

GIVE HINTS FOR OUTDOOR SLEEP

Institute Tells How to Make the Bed

From the Grosse Point Health center comes more advice in connection with the Outdoor Sleeping campaign now being conducted by the Chicago Tuberculosis institute.

The following description is for outdoor sleeping in extremely cold weather and may be modified according to changes in temperature:

Use a small iron bed with firm springs, or a wire cot, if bed is not available. Over these springs place building paper, or several thicknesses of newspaper, making it secure by sewing over it heavy muslin or ticking. This is to keep cold air from penetrating from below, as it is as important to have the patient protected in this way as from above.

Insure Cleanliness

Cover the mattress with a muslin cover, as there is more dirt out of doors than in the house and greater care will have to be taken to insure cleanliness. Over this place a mattress pad, covering it with a sheet and securing this firmly under mattress. Next, place a double blanket with one edge coming to edge of bed, allowing other side to fall over opposite side. Use a second blanket with edge coming to opposite side from the first. Now place pillow on bed. Next place a flannelette sheet, which should be five yards in length, and this should be doubled crosswise, as patient will sleep between the two thicknesses. The lower part of this should come well up over pillow and can be folded under and used at night to wrap around head and shoulders. Fold corners of this double sheet to make extra protection for feet.

Now take the part of second wool blanket which is hanging down and place over bed; then the same with the first blanket; over this place a comforter or other blanket, tucking in firmly at sides and bottom, allowing a part of sheet to fold back over covers. Over all this place a waterproof cover of khaki or canvas.

The patient slides into this bed between the two portions of the flannelette sheet, and this is done by sitting on pillow and entering this sleeping bag first.

If very cold, hot water bags, cans, jugs, or soap-stones, may be placed in the bed.

Better Than Bag

This bed has the advantage over the sleeping bag in that it can be taken apart and aired.

The dress for outdoor sleeping should be warm and fairly loose, a suit of underwear, flannel or flannelette pajamas, bed socks of flannelette, eiderdown, or lamb's wool, and a night cap of flannel or flannelette. Great care should be exercised to make the patient comfortable enough so that he will find outdoor sleeping a pleasure and not a hardship; and that he keep nose free to the air, as sleeping in a room with head covered by blankets and canvas is far worse than sleeping under ordinary conditions.

Caution

Better have some protection from wind and extreme cold than use up your vitality keeping warm while asleep. Too much cover fatigues by its weight and soothes the skin. Your skin needs to breathe.

You can use only so much air. Get outdoor air and plenty of it, but use judgment too.

KENILWORTH HAPPENINGS

Miss Jeanette Cherry, daughter of Mr. and Mrs. Frank W. Cherry, 422 Abbottsford road, spent last week-end in Madison where she attended the University of Wisconsin homecoming. This week-end Miss Cherry will have a house party in honor of the Chicago-Wisconsin game and her guests will be Miss Jeanette Cummin of Ann Arbor, Miss Margaret Ennis of Kansas City, Miss Eva Smith of Madison, and Miss Dorothy Bailey of Princeton.

Mrs. W. L. Woodward, formerly of Kenilworth and now of Chambersburg, Pennsylvania, is another visitor. Mrs. P. D. Rathbone, 523 Abbottsford road, entertained at luncheon for Mrs. Woodward on Thursday. Mrs. Warren Pease, 320 Leicester road, is entertaining at luncheon today. Mrs. Woodward is staying at the home of Mrs. C. W. Hopkins, 904 Michigan avenue, Evanston.

Congressman and Mrs. Henry Riggs Rathbone will leave on Sunday afternoon for New York where they will be a week or ten days before going to Washington for the winter. Mrs. Rathbone will spend March and April at Palm Beach, and will return to Kenilworth the middle of May. The Rathbones entertained 35 guests at a delightful dinner and musicale Sunday evening.

Dr. and Mrs. Eugene Chaney who have been residents of the Kenilworth Inn for the past three years have taken up winter residence at the North Shore Health resort where Dr. Chaney is presiding physician.

PICTURES MAKE SPLENDID HOBBY

Portraits Called Genuine Inspiration

By ESTELLE H. RIES

Everyone realizes today the importance of a hobby, and every wise person has one. The business or professional work that engages our attention during the day requires some offsetting thing for our leisure hours.

Pictures serve us admirably in this connection. For almost every hobby there are pictures, which, hung in our home, will at once reveal that hobby.

and supplement it. There are subjects that engage the interest, whether it be medical, legal, historical, architectural, social, foreign, domestic, real or fanciful, dramatic athletic, ancient or modern, or what not. If the hobby is for the country, what is finer than the presence of some well chosen landscapes? If the hobby is for the sea, why not a few good marines? If the hobby is for dress, why not some of the attractive pictures of medieval and renaissance styles in costume? Should the hobby be for a certain period of history in any of its phases, it is easy to hang upon the walls the pictures that portray these things.

It often happens that one member of the family is interested in a famous people. A group of similar size and similar framing may do much to stimulate the owner of these hero pictures, and it is just as important and valuable to have them surround one in pictures, as to have information

available about them in books. More so, for the book has to be sought, but the picture's influence is a constant mentor, ever present and needing only to be seen.

Pictures of Famous Men

Indeed, even where there is no decided hobby, it is a good thing to provide pictures of representative men and women who have in some distinguished way contributed to the world's progress. It is well to keep these people in mind. They appeal to our often too-latent ambition and keep our eyes above the mere mechanics of living.

In our own room I have a group of six that on the surface might be said to defy the rules of picture-hanging. Dominating the group is a picture of the Christ, representing the spiritual influence and changing the course of thought in this era. Slightly smaller pictures are those of Beethoven, the master musician; Lincoln, an admired

American; Mary Twain, a favored one who took life seriously and saw it kindly; Darwin, who represents the scientific mind; and finally, a reproduction of Michelangelo's "Creation of Adam"—a large subject and an impressive work of art.

Anyone can see that this is a peculiar mixture of all races of men and all periods. Yet by having good reproductions which are their own excuse for being, and by suitably grouping them to avoid incongruity. I have only to look at these, hanging above my desk where they are always in view, to clear my mind of annoying trifles and think clearly if possible on finer things. It might sound grotesque to have Michelangelo and Mark Twain, or Christ and Darwin in the same group, and yet the seriousness of their message serves as a unifying thing. The arrangement is justified by its good purpose.

Engraved Christmas Cards

Christmas is drawing near and you will want engraved cards to send to your many friends.

Our samples are complete, a variety of sizes, styles of print, colors and sentiments.

Early choice is the best. Visit us and we will give you complete information without feeling under any obligation.

In order to guarantee your complete satisfaction, we cannot take orders for engraved work after November 25.

Lloyd Hollister, Inc.

Printers and Publishers

Wilmette 1920

WILMETTE