

DECLARES WOMEN NEED GYMNASIUM EXERCISE

Community House Women's Class Fulfills Distinct Need, Says Director Clarke

The large attendance at the morning gymnasium class for women at Community House, appears to indicate that its program meets a distinct need as well as offering an opportunity to women for recreation and exercise. This is shown not only by the enthusiastic spirit which radiates from the class, say leaders at the center, but is evidenced in the pink cheeks, sparkling eyes and spirit of youth in all. Many women are present each Monday and Thursday morning and allow nothing to interfere with this 9 o'clock class.

An interview with Harry P. Clarke, who has this class in charge, gives some interesting facts concerning the things he is attempting to carry through in this work.

"This is not a class," said Mr. Clarke, "in which technique is especially emphasized. I am not so much interested in perfection of accomplishment and skill as I would be with a group of children. What most women need are healthful activities, properly coordinated, which offer an outlet for nervous energy, and bring about a relaxation. Many women lead an artificial life, with insufficient exercise. Deep breathing and increased circulation and action of bodily processes are stimulated in a class of this kind. There is also a social and recreational element in it which is enjoyable. Many women who would never take the time to do regular exercise alone, come to this class and, under the stimulus of the group, and the

inspiration and rhythm of the music, go through the work with a vigor and enthusiasm that surprises even themselves. It is most important that women between the ages of 30 and 40 keep themselves in good physical condition, for their condition then largely determines their physical fitness for the remainder of their lives. Most women do not exercise enough during these years. The automobile has done away with the good old-fashioned exercise of walking in the out-of-doors, and as the winter months approach, women are apt to lead more and more of a sedentary, artificial life. It is to overcome the effects of this that this program of the morning gymnasium class is offered."

These gymnasium classes have been in progress for several years, and are open to all women in Winnetka.

HOLDS HALLOWE'EN PARTY

Twenty-eight members of the Friendship Circle were present at a Halloween party given by the circle at Community House Tuesday evening of this week. The affair was a costume party and was hailed as a great success by those who attended.



GET INTO THE HABIT

If beauty is skin deep then it is your duty to yourself to take the best of care of your skin. Better still, let us treat it for you then you will know that it is in skillful hands. Make it a point to come to our beauty parlor regularly for skin and scalp treatment. Yes, we bob and marcel the hair as well.

PERMANENT WAVING
\$15.00

Phone: Winnetka 800

ALICE BEAUTY SHOP

ALICE FJELLMAN, Prop.

Permanent Marcel Oil Wave
Expert Shingling - Marcelling
Manicuring-Oil Shampoo - Facial
Children's Hair Bobbing
522 Linden St. Winnetka, Ill.

QUALITY

AUTOMOBILE PAINTING

and a guaranteed job

WINNETKA AUTO PAINTING CO.

E. LYLE, Prop.

562 Lincoln Avenue

Rear Wersted Motor Co.

Phone Winnetka 165

Patterson Brothers

EASY PAYMENT HOUSE

RADIO

Pianos and Players
Sonora, Columbia
Edison Phonographs
Adjusting, Repairing,
Tuning.

Singer Sewing Machines
Washing Machines and
Hoover, Hamilton Beach,
and Eureka Vacuum
Cleaners
Repairing and Supplies

OPEN TUES. THURS. and SAT. EVENINGS

816-818 CHURCH STREET, EVANSTON

Between "L" and Post Office

Tel. Univ. 654

Wilmette 526

Chicago Store, 1950 Irving Park Blvd.

Tel. Graceland 4950

Ice-Cold Weather!—

If your battery is in a run-down condition, it should not be left in your garage. It may freeze up and be ruined. Then you'll have to buy a new battery. Let us recharge it for you.

Starting, Lighting, and Ignition Work

WINNETKA EXIDE BATTERY SERVICE

Opposite Winnetka Post Office

Winnetka 1387 552-554 Lincoln Ave.

WINNETKA

SOLITE

The Light and Fast

GASOLINE

*Try It
at*

HUBBARD WOODS GARAGE

1010 Tower Road

Hubbard Woods

Phones Winnetka 617 and 1834