

TELL MOTOR CAMPERS WHAT TO EAT, WEAR

Homelike Breakfasts Easy to Prepare; Garments of Wool Best Protection

The question, "What shall we eat, and what shall we wear, on our camping trip?" is answered in a bulletin issued by the touring bureau of the Chicago Motor club. "The motor camper who subsists on a diet of canned, powdered and dehydrated foods, is not aware of the latest developments in camping" says the bulletin. "The camper has cereal, grape fruit, toast and coffee for breakfast at home, why not have the same breakfast while hitting the gypsy trail? The cream for breakfast comes out of the refrigerator basket, the butter comes from this same basket, or from the tonneau or runningboard ice box. As for toast, nothing is easier to prepare when the camper is equipped with a collapsible camp stove.

"Campers now go equipped not only with ice chests, but with kitchen cabinets as well. The portable kitchen cabinets contain a score of compartments where salt, pepper, mustard, coffee, tea, spices, and various condiments may be carried. Pots, pans, and kettles may also be carried in the portable cabinet.

"The matter of proper clothing is as important as proper food. Those who can should wear wool next to the skin at all seasons, for wool is the surest protection from every whim of the elements, and it is not uncomfortable in warm weather, in fact the contrary is true. Silk stockings and cotton underwear have spoiled as many camping trips as uncomfortable beds. A sixty per cent wool garment is the sensible thing to wear in summer, for the wool insulates the skin against intense heat and also against the sudden chill that comes on after the sun has gone down in high altitude camping.

Health Leader Declares House More Than Shelter

Dr. Bundesen, in a recent issue of "Chicago's Health" says that the progress of mankind is attested by his manner of abode. From the hole or cave in the earth of the primitive man to the well equipped, modern homes of today there may be read a history of gradual improvement in the manner of living, and a corresponding increase in healthful advantages. Man has found that sunshine and fresh air and living space are as essential to health as protection from the wind, rain and snow. Therefore, he makes the attempt to provide himself with such housing facilities as will not only protect against inclement weather, but will also admit a maximum of the health-giving agencies of nature.

"Today housing is more than merely providing shelter for human beings; it means airy, sunshiny rooms where children may play in safety; it means facilities for sleeping out-of-doors and a cheerful, wholesome environment for the entire family," says Dr. Bundesen. "Chicago stands abreast of the large cities of the world in housing improvement, yet the problem of proper housing still remains in a measure unsolved and will so remain as long as property values are regarded as greater than health values," the Commissioner states.

HOLD RUMMAGE SALE

A rummage sale for the benefit of the National Kindergarten and Elementary college was held yesterday and will be held again today at 1818 Sherman avenue, Evanston. The sale is being conducted by the North Shore Alumnae of the college and Mrs. Percy Arden of Wilmette is chairman of the committee in charge. The proceeds will go to the building fund of the college.

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