



Some of the cast members of Music Man are from left to right, **Bob Pipkens, 12B; Norma Hall, 12B; George Spooner, 12B; Yvonne Schumacher, 12B; Dan Berry, 12B; Laurel Pilch, 10B; Dave Guffey, 12B; Sandy Slavin, 10B; and Sam Sicilia, 10B.**

## Cast Selected, Rehearsals Begin For This Year's School Musical

"The Music Man" is the title of the musical that has been selected by Mr. Neil Brown, the high school drama teacher. Rehearsals are now in process and on March 9, 10, and 11, in Edsel Ford's auditorium, "The Music Man" will be presented to the public. All seats, for the first time, must be reserved.

Tryouts have been completed and the cast chosen consists of **Bob Pipkens, 12B; Yvonne Schumacher, 12B; George Spooner, 11B; Mark Sawyer, 11B; Norma Hall, 12B; Laurell Pilch, 10B; Sandy Slavin, 10B; Bob Matkovic, 12B; Lorna Chaplick, 10B; Dan Berry, 12B; Dave Guffey, 12B; Dave Lanyon, 12B; and Sam Sicilia, 10B.**

Others are **Doug Berry, 6th grade; Orianna DeAngelis, 11B; Joanna Black, 11B; Maureen Murtagh, 12B; Paula Trumble, 12B; Linda Marley, 11B; Jan Hoehner, 12B; Bill Barker,**

**12B; and Rick Turpen, 11B.** The two students chosen to direct the musical are **Dan Berry** and **Cheryl Riske**, both seniors. The stage manager is **Dave Guffey**, who is also a senior.

## Student Runner-up In NCTE Contest

**Jane Brundage, 12B,** has been named runner-up in the National Council of Teachers of English contest.

To participate in this contest, Jane was chosen along with twenty-five others from Edsel Ford. Each person was asked to write an autobiography from which four school finalists were chosen. These four wrote a composition or poetry as an example of their work and then took several English achievement tests. From these results and her poetry, Jane was chosen as a runner-up in the national competition.

## Six German Edsel Ford Students To Travel To Austria, Germany

Did you ever dream of going to Europe? This will come true June 30, 1967, when six German students from Edsel Ford journey to Kitzbuhel, Austria and Cologne, Germany.

The students chosen for this trip abroad are juniors **Janet Weber, Sandy Stefaniak, Chris Bredow, Marilyn Neher, Bill Gelgota,** and senior **Bonnie Ledebuhr.** They are being sent through the Foreign Language League of which Edsel Ford is a member.

In order to qualify, certain requirements had to be met. Each student had to be between the ages of fifteen and nineteen and had to be registered

## Hi-Y Members Work Diligently On Annual Christmas Dance

People laughing, dancing, and having fun are typical characteristics of the Christmas Dance. Tonight the Hi-Y will sponsor the annual Christmas Dance which will be held at 8:30 in Thunderbird Hall.

### Students Vote for Santa

The highlight of the dance will be **Ron Hardesty, 12B,** the master of ceremonies, naming Mr. and Mrs. Santa Claus of 1966. Earlier in the week when students bought their tickets, they were given a ballot to vote for their favorite couple. Tonight as students arrive at the dance, they will vote for one of the ten couples who made the finals.

### Students Work Diligently

The boys have been working diligently on the dance under the supervision of **Alvin Jenks, 11B,** chairman, who today rushed frantically around trying to put the finishing touches in place. Special committees have been functioning since October.

Those students heading the various committees are **Ed Grigg, 12B,** refreshments; **George Spooner, 11B,**

invitations; **Chuck Schnieder, 11B,** tickets; **George Barbu, 11B,** publicity; **Stuart Baker, 11B,** coat check; **Don Rowley, 12B,** and **Bill Pine, 11B,** decorations; **Les Luchonok, 12B,** band; **Alan Walthall, 11B,** clean-up; and **Eric Cross, 12B,** program.

## Interested Students Try Styling Contest

All students interested in car design may enter the seventh annual Thunderbird Styling Contest, sponsored by the Bank of Dearborn and the Ford Motor Company.

This contest, open to both boys and girls, gives students a chance to express their own opinions about car design. Ideas for exterior or interior perspective rendering, or a three dimensional model of wood or clay may be entered. Contest sponsors point out that, though the styling is difficult, it is also fun and rewarding.

In the past five years, Edsel Ford High School has had nine winners, many runners-up, and a number of honorable mentions. Last year, **Larry Hickey, 12B,** won first place in the exterior rendering division and second place in interior rendering. **Paul Silfven, 12A,** won second place in the model division, and several other students received honorable mentions.

Kits consisting of plans and drawing suggestions will be available after Christmas vacation. Students wishing more information or help should see Mr. Hashoian in B14, or Mr. Nicholas in D7.

## Plans Made For Annual Program

The annual Christmas assembly was presented yesterday by the music department in the auditorium.

The assemblies, held 5th and 6th hours, included performances by both the choir and the orchestra.

Mrs. Ruth Stolfo directed the choir in singing some of the more popular carols such as "Carol of the Drum," "Gloria In Excelsis," "Do You Hear What I Hear," and "From the Heights of Heaven To Earth I Fare."

The orchestra, directed by Mr. Eldon Scott, put us in the Christmas mood that surrounds us during this time of year.

We gratefully acknowledge the music department and students who worked so hard to make the program a success.



Students going to Germany are **Bonnie Ledebur, 12B,** and juniors **Janet Weber, Bill Gelgota, Marilyn Neher,** and **Chris Bredeau.** **Sandy Stefaniak** was absent.

# Editorial

## The Magic of Christmas Giving

Ah--that Christmas spirit. It's that time again, the one time in the year when everyone wears a smile. The shoppers that fill the stores and hurry along the streets laugh gaily, their arms piled high with bags and boxes. All are caught up in the magic of Christmas and the spirit of giving.

What is there about Christmas that makes even the stingiest of us drop a few coins in the kettle as we pass the Salvation Army band? All of a sudden we no longer begrudge fighting tuberculosis by giving a little extra for Christmas seals or sacrificing some of our allowance to support the Boy Scouts' Christmas wreath sale.

The real joy comes in giving rather than in receiving--that's what we have been told about Christmas. But what about the rest of the year? What happens to the smiles and the generosity in January--- or July? The Christmas spirit seems to fade as quickly as the season. It doesn't have to be that way.

Why not try showing your generosity in some other season besides Christmas? It doesn't have to be the same kind of giving--it doesn't have to be a material item. Just try giving something of yourself in the way of a couple of hours a week or some conscientious effort and make the world a better place to live in the whole year around.

## Edsel Ford Students Prove Teens Care About Others

Many adults think teenagers are too wrapped up in themselves to care about the rest of the world. Twenty Edsel Ford High School students have disproven this theory; sixty more are waiting to try.

On one day a week, the students give up half of their last hour study hall, plus an hour of their own time, and travel to the Salina area where they act as "big sisters" to children who need their help.

Eighty girls have signed up for this program, but as of now, only twenty of them have been assigned. Ten volunteers are working on individual assignments where they work with a child directly in his home. The rest are assigned children at Salina School, where educational and recre-

ational equipment is available to them.

Edsel Ford students take part in this program on Wednesdays and Thursdays, but due to lack of transportation, only one carload is able to go each day. The Rotary Club has donated \$200 to provide a school bus for the volunteers, and if it is approved, twice as many girls (boys are welcome, too) will be able to take part.

Do you care? If you do and have a last hour study hall on Wednesdays or Thursdays, contact visiting teacher, Miss Johanna Bielecki, and see what you can do to help.

## Feathers

by Jane Brundage

The Choir and the Vocal Ensemble have been promoting Christmas spirit all day. This morning they sang at Whitmore Bolles school and this afternoon they sang for the Rotary Club at the Dearborn Inn . . . The 11A's will be spending a day at Mr. James Shader's farm, near Spring Arbor, Michigan, on January 28 . . . This year's seniors decorated the senior lounge Christmas tree with personalized tree bulbs. The tree will be donated to a needy family for Christmas and the bulbs will be saved for next year's tree . . . The special fall Driver's Education session, composed completely of Edsel Ford students, will be completed during vacation . . . Glen Shilling, 11B, has been elected Inter-Council Hi-Y Chaplain . . . A special Christmas tea was given Monday, December 19, for the faculty by the office secretaries . . . The Pear Tree literary magazine will have its first meeting on Tuesday, January 3. Students interested in donating or editing should plan to attend . . . And, of course, have a very merry Christmas!



## The World In A Flower Pot

by Sue Stedman

Do you long for the "good old days" or Christmas as it was when your grandparents believed in Santa Claus? The Christmas of long ago has been re-created at the Henry Ford Museum.

At the Museum, for a few weeks, can be seen the old traditions of "homemade" Christmases. The lost art of creating a holiday mood out of household objects has been revived for visitors.

### Employees Reproduce Objects

The exhibits are set up in various sections of the Museum across from Main Street. Employees of the Edison Institute, dressed in period clothing, demonstrate in the exhibits various aspects of an old-fashioned Christmas.

### Glass Ornaments Blown

Skilled tradesmen, practiced in the art of blowing glass, produce beautiful reproductions of antique orna-

ments. Next to them, a printer with an old hand printing press, runs off copies of Saint Nick's picture, one by one. Farther down Main Street, women using antique stoves and original cookie molds from the same time period, bake dozens of cookies in shapes of Santas, Christmas trees, and wreaths.

An escape from reality? A rest from rush, commercialism, and the expense of Christmas? No, just a chance to observe some forgotten arts and an opportunity to appreciate our easier way of life.

## Class Winners of Candy Sale

The Junior - Senior Halloween Candy Sale prompted many seniors to become highly competitive salesmen. The profits from this candy sale went to the scholarship fund here at Edsel Ford as well as the class funds. The sale also started a contest between the senior Human Relations Classes.

### Class Winners

Mrs. Flegle's 4th Hour, Monday-Wednesday Human Relation class sold a total of 601 bags with Rick DeZelia, 12B, selling the most candy in that class, 46 bags. Because they sold the most candy, they were given permission to have a small party on Monday, December 19.

### Grand Total Sold

The grand total of all the senior Human Relations classes was 3588 bags of candy. Mrs. Flegle's classes sold the most with a total of 1616 bags. Mr. Zipple came in second with 1362 bags of candy, and Mr. Adams' classes came in last with the total of 580 bags.

## Shortage of Funds is a Problem; EF Students Seek New Solution

Dear Editor:

I would like to comment on a letter that was printed in your December 9th issue. The writer made reference to the Flight policy of not having group shots of the total membership of each club.

There is an answer to this student—a very practical one—money! The Flight staff is forced to print a book giving complete coverage for 2,000 students, with insufficient funds. Everyone is aware of the rising cost of living, yet Flight is denied a reasonable increase in the cost of their book. The price increase we just received really amounted to nothing because we are not allowed to accept

a donation from the senior class as we have in past years.

The staff, 47 members, is willing to have a money-making project like any other club. However, we are denied this, also.

Is there a solution? Not this year, or the next. Yet, I can't help feeling that a little more support from students and teachers would increase the chances of more revenue in the future. Instead of finding fault with your yearbook, one of the best in the country, try to understand the problems of putting together a 176-page book with not enough money.

Staff and Academic Section  
Sue Stedman, Editor

## Clublicity

by Debbie Soens

### ARCHERY CLUB

Don't give up yet! Here is your chance to join a new club.

If you're the type of person who likes to be with people, needs to let off a little of that worked up steam, and wants to develop your interests and skills in the field of archery, then this is the club for you.

The sponsor of the club is Mr. Motillo. The two officers are Ron Roy, 12B, president; and Patsy Heber, 10B, vice-president. For further information you may speak to either of these people.

### HI-Y, Y-TEENS

A joint meeting between the Hi-Y and Y-Teens was held on the evening of December 14th. During the meeting a questionnaire was passed out to each member of the two clubs. The questions which were asked pertained to the teenage morals of today. Another meeting will be held during the month of January to discuss the feelings of the students on the issue.

**THE BOLT**

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# Christmas Shopping Student Senses Santa Needs Certs

Christmas! That joyous season of peace and good will among men . . . Are you serious? Have you ever tried to go Christmas shopping? I did—once!

It all started when I decided that a friend of mine needed Listerine. The perfect Christmas gift—(also the perfect hint). I borrowed my boyfriend's car. It goes (about 20 m.p.h.)!

As I went on my way, I came across a ditch that somebody had put right in the middle of the road. However, after the tow truck pulled my car out, I finally reached the shopping center.

Ge. some people! An old man got upset just because I cut him off and took his parking space. It wasn't my fault—if you snooze, you lose.

After fighting off three old ladies and a dog, I got inside the depart-

ment store. Here I was viciously attacked by a shopping cart. Then, I heard over the loud speaker, "Bargain at counter three." Suddenly I was trampled.

"Can I help you?" But before I could reply, some blonde guy tried to sell me everything from a live, human hair, dandruff-free, machine washable, drip dry wig, to Aunt Gertie's original, old fashioned, corn plaster. I'm going crazy! Everyone around here is nuts! Let me out!

Then suddenly a great fellow dressed in red appeared before me. "And what would you like for Christmas little girl?" Is he kidding? Cool it, Santa!

He just stood there and stared at me with his mouth wide open. Then I couldn't stand it, so I gave him a Certs—(it's a candy mint, too.).

# Court Shivers On Wintery Days

Ever notice what the subject of conversation is about on cold winter days?

"Boy is it ever hard driving on icy streets."

"I had to ride half a mile without heat."

"I had to walk!

Get the picture? We're spoiled! But think of the poor little birdies in Thornley Court who have no protection except for some measly thin feathers. They're the ones we should feel sorry for. If they talked English their conversation might say:

"Hey Ducky, keep chipping away at that ice. If we can get rid of it, maybe our morning bath won't be so cold."

"Gladys, you know your feet are so cold at night. Couldn't you alternate standing on one foot at a time so that when we settle down tonight you wouldn't freeze me out?"

"I know how to fight the cold, Chickie. When I lived on ole Mc-

Donald's farm, the dogs used to dig these holes. I don't know why, but if we start scratching we can make a hole big enough for the two of us and get us out of the snow."

Sure they might complain but they have something to gripe about and they do try to solve their problems. So next time you complain about how hard the winter's treating you, just remember you're not covered with feathers.

# Homemaking Christmas Party Held For Faculty's Children

Twas three days before Christmas and all through Edsel . . . homemaking students were busy preparing a Christmas party for the children of the faculty of Edsel Ford.

The tradition of the Christmas party started ten years ago when the



Ginger Turpen, 11A, leans proudly against her "Pride and Joy."

## Boltly Bomb

# Turpen's Car A Riot Of A Wreck

Hey, look! Here comes Santa's sleigh!

Wait, that's not right; why it's TURPEN'S PRIDE and JOY!

Boy, you sure had me fooled. That's because the 1960 Valiant S-U-P-E-R S-P-O-R-T is white with red rims and emerald green interior.

Oh, yeah? Tell me more.

Well, see those spots that look like rust; they're really beauty marks, and the holes are actually air-conditioning units. The back windows are automatic, and once down forget it!

What else makes it so special?

In the first place it belongs to Ginger Turpen who's an 11A. And there are other things too. For instance, how many cars do you know that have a windshield wiper knob

in the middle of the dash board, and—a BLUE gas cap? And there's something new, a big bright, red, racing stripe which naturally makes the car go faster. Oh, almost forgot, that little red light that usually goes on when there's something wrong, only lights up when there's something right with the PRIDE and JOY.

Ginger and her friends all agree that the little "three on the floor" "is not much to look at, but it's wheels and it's been a riot of a wreck."

## Christmas is -

- ... signing Christmas cards and licking stamps.
- ... shopping all day in the Christmas rush.
- ... trying to keep from peeking into that box hidden in the attic.
- ... getting all tied up in that wrapping paper and ribbon.
- ... going to see Santa Claus.
- ... leaving milk and cookies for Santa Claus.
- ... remembering the names of all the reindeer in order.
- ... vacation.
- ... mistletoe.
- ... going to the Christmas Dance with someone you like.
- ... baking different kinds of brightly decorated cookies and cakes.
- ... singing Christmas Carols.
- ... decorating the Christmas tree.
- ... a time for traditions.
- ... a time of giving and receiving.
- ... thoughtfulness.
- ... red and green.
- ... the joy of giving rather than receiving.
- ... going to church on Christmas Eve.

school first opened. It is being held today, last hour, in the homemaking room.

While the parents will be in the living room having refreshments, the children will be in the adjoining room. There the child care students will show the children music, art, and light displays. The children will also be read to and later served refreshments.

The moment all the children have been waiting for will finally come when Santa visits them. Many of the brave children will go and talk to Santa, but a few will stand by their mothers and just look.

# Christmas Celebrated Internationally

All over the world people are celebrating Christmas. The customs differ somewhat from country to country, but all are characterized by joy and merriment.

In Norway they decorate their trees with suet, nutmeats and seeds which provide a feast for the birds.

A German Christmas always includes a decorated evergreen tree. The Germans began this custom during the Middle Ages and it was brought to the U.S. by immigrants.

The Chinese make a lot out of distributing gifts to the homes of the

needy villagers during Christmas. They don't use our familiar version of Santa, but rather a St. Nick who takes care of the needy, and is very real and alive.

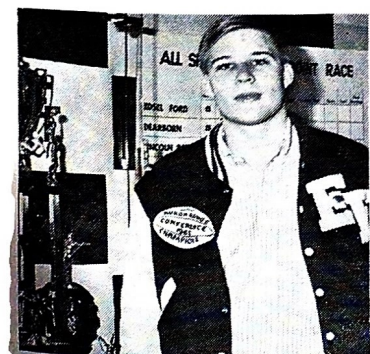
In Paris the children go out into the fields and gather laurel, holly, berries and greenery and build a representation of the manger scene. Then on Christmas Eve, they light it with candles.

These are just a few of the many thousands of customs that people all over the world use to celebrate Christmas.

## Student Starlight

# A Sports-Minded Tim Edwards

Tim Edwards, co-captain of the 1967 football team, spoke with hope and confidence as he speculated on next year's football season. "If we have the spirit and the drive that we had this year, we can take the title again next year, easily."



The vigor that he spoke with matched the vigor that he displayed as he played football this past season for Edsel. Tim, now an 11B, earned his varsity letter playing football in his sophomore year. With Ted Grignon, they were the only two boys in their class to accomplish this feat. Next year, Tim and Ted will serve as co-captains of the football team. Tim spoke modestly as he talked of his hopes for next year, "I thing being elected co-captain is one of the biggest honors in the school. I only hope that I can do as well as Sam Kachaturoff and Dan Schewe did this past year."

To keep himself busy since football season has ended, Tim participates in many other activities. He weight-lifts during the winter to stay in shape, and belongs to the winning intramural soccer team. Next summer he hopes to play Gaelic football.

# Cagers Score For Edsel

The best laid plans of mice and man often go astray. That goes for Cardinals too. The T-Birds took the short bus trip to Melvindale a couple of weeks ago, ready to play the fast-moving, high-scoring sport of basketball. But the Cardinals had other plans. They wanted to play the slow-moving, low-scoring sport of basketball . . . so Edsel beat them at their own game, 41-38.

## Stall Tactics

After the opening tip-off, Melvindale brought the ball down the court and began to stall. They passed, dribbled, and stood. They did everything but shoot. Every time they got their hands on the ball they did this. With Melvindale killing the clock, it was hard for Edsel to score points. At the end of the first quarter it was 6-3 for the T-Birds.

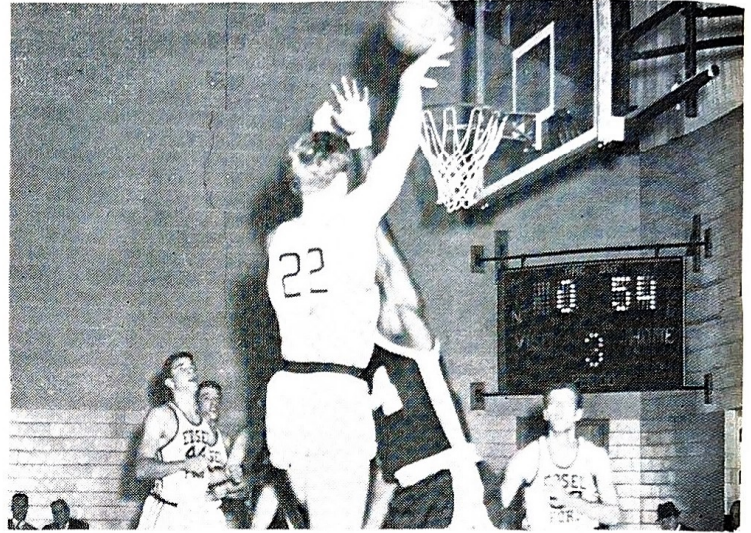
When the second quarter opened, the Cards were back at their dull, if

not infuriating tactics. And when it closed, the score was still low, as Edsel Ford led 15-8. If it weren't for some key rebounds by **Sam Kachaturoff**, who grabbed 13 off the boards during the game, and some clutch buckets by **Paul Smith**, the score would have been even worse.

## Second Half Brighter

In the second half, the pace was stepped up a bit, as Melvindale had to play catch-up ball. Both teams exchanged baskets but the T-Birds kept a safe margin ahead, as **Dan Schewe** (who has had a fine season) came to life. He was hitting from all over the court, and it began to look like a basketball game after all.

Then with about three minutes left on the clock, the Melvindale "Five" began their final surge. Taking advantage of Edsel's mistakes, they moved from a seven point deficit to within one basket of the lapsing T-Birds.



But then with just a minute to go in the game, Edsel took up the Melvindale game plan. They showed everyone that they knew how to kill the clock too. The Cardinals had to foul someone in order to get the ball back, so they did. But they picked the

wrong man—Sam Kachaturoff. He hit on the second of two free throws with just seconds remaining and it was enough to insure the victory. Melvindale's late surge was all for nothing. Because they just didn't play their Cards right . . .

## Wrestling

### Matmen's First Pin - Belleville

Edsel Ford's matmen got off to a good start this season by winning their first meet of the season with Belleville with a score of 26 to 18. Sophomore **Brian Guffrey**, at 165, wrestled his first varsity match for Edsel, and scored a second period pin to give us our only fall in the match.

#### Tradition Broken

With one win under their belts the matmen proved their superiority by blasting Catholic Central with a close match of 23 to 19. A good show was made by **Frank Nastase**, 11B, who pinned for seven points.

#### Six Pins Made

On Tuesday night the grapplers defeated Lutheran West by a score of 42 to 8. This win made it the third

victory in succession. Edsel made history at this match and pinned six consecutive opponents. The pinners were **Frank Blaskowski**, 11B, wrestling in the 138 pound class; **Pat Carmichael**, 10B, in the 145; **Rod Machak**, 12B, in the 154; **Brian Guffrey**, 10B, in the 165; **Frad Kemp**, 11B, in the 180; and **Ron Haney**, 11A, in the heavyweight division.

With three wins so far and eleven more matches to play, the future looks somewhat bright for the Edsel grapplers. The two captains of the team even seem optimistic. **Rod Machak** thinks "We have a lot of work ahead for us if we want to be a title contender." **Jim Moss** feels that "We have got a team that could go all the way this year." Everyone hopes so.

## Swimming Season Promising; Edsel Ford Placed In Top Quarter

Edsel Ford shows promise in the upcoming swimming season by placing third among 12 teams in the suburban relays. Allen Park won the meet with 74 points, Trenton came in second scoring 66 points and Edsel Ford followed with 62 points. These three leaders left all other teams far behind.

#### Outstanding Swimmers

It takes all the swimmers to make a championship team, but there are the few outstanding individual swimmers who give the team those all important points. The outstanding swimmers are comprised of mostly seniors: **Rich McDonald**, 50 and 100 yard freestyle; **Rich Roach**, 100 freestyle; **Rob Slick**, 200 yard freestyle; **Mike Paris**, diving; and **Bob Burkhardt**, 200 yard individual medley. Those swimmers who will return next year are juniors **Dennis Vogel**, 100 yard butterfly; **Tom Liddie**, 400 yard free-

style; and **Larry Rattray**, 100 yard breaststroke.

#### Good Season Anticipated

The tri-meet last December 3 placed Edsel Ford against Thurston and Trenton. Edsel dunked Thurston 67 to 38. Coupled with this win there was a loss to Trenton resulting in a 61 to 44 point defeat. State-ranked Fitzgerald beat Edsel Ford in a close dual meet with the score of 60 to 45.

Edsel swam its first league meet on December 15 with Dearborn High, a contest considered one of the roughest meets. They also met on December 20 with Royal Oak Kimball, listed as one of the top teams in the state. In an upcoming meet, the tankers meet Ypsilanti on January 5.

Even though Edsel will be losing some of its key men at the semester's end, we hope the team will still have the winning talent to carry it through a successful season.

## Sports Scene

### The All-Sports Race Begins

Do you know what the All-Sports Trophy is? When the three winter sports are finished, points will be added to see who's ahead in the Huron Rouge Conference.

#### Race for All-Sports Trophy

The point standings after football and cross country left Edsel in fourth place, with a first in football and a tie for last in cross country. The total for the fall sports has Ypsilanti with 9½, Lincoln Park 8½, Dearborn High 8, Edsel Ford 7½, Wayne 5, and Melvindale with 3½ points.

#### Trophy Goes to Top Placer

The All Sports Trophy goes to the school who places top in all major sports (football, cross country, basketball, wrestling, swimming, baseball, golf, track, and tennis). Six points goes to the school that places first in each major sports. The second place team gets five points and on down the line to one point for placing last.

#### Edsel Wins Trophy

If you are worried about Edsel's slow start, it was the same way last year. It's too early to tell who's going to win the trophy, so keep supporting your teams. Last year, Edsel Ford

**J.V. NEWS**—The Junior Varsity basketball team has finally won a game after losing their first four. Let's make that two games by beating Taylor Center and Lincoln Park.

Coach Arnold Domke, who produced a winning team last year, felt this year's team has overcome their problem by working together.

The J.V.'s received their Christmas present earlier by winning. Why don't you give the J.V.'s a present by attending their games!

earned 42 points, next Ypsilanti with 38, Dearborn High 36, Lincoln Park 27, Wayne 18½, and Melvindale with 15½ points.

The All-Sports Trophy is becoming part of Edsel; let's keep it here. If you would like to view this award, the All-Sports Trophy is located by the boy's gym in the trophy case.

## Self-Help Program Reduces Problems

1-2-3-4, 1-2-3-4.

Heel- Side- Ball- Toe, Push, Heel-Side- Ball- Toe.

These are the directions that are called by the instructor as the girls are instructed in the proper manner of walking, as practiced in the Girls' Physical Education classes.

#### Girls Learn About Nutrients

Vitamin A, thiamine, riboflavin, vitamin C, vitamin D, calcium, iron, and protein were explained as nutrients needed in leading a healthy life. The girls also learned about vitamins and well-balanced meals containing the proper nutrients, in addition to activity and the number of calories that could be burned off by a certain number of hours of activity.

#### Isometrics and Isotonics

Exercises also proved to be an important part of this program. Both isometrics, non-moving exercises, and isotonic, moving exercises were practiced. This included emphasis in areas on muscular tone, strength, endurance, elastic tone, relaxation, and organic tone.