

17th, 18th Century Music Included in Next Vesper Program

The regular series of vesper services at Christ Church, Cranbrook, will continue Sunday, Feb. 16, at 4:30 p.m., with a musical program consisting of seventeenth and early eighteenth century music for the organ, voice, flute and violin.

Soloists will be Mrs. Marion Jewell, contralto; William Case, flute; Mrs. Janet Fosenkemper and Miss Patsy Walden, violins, and

E. W. Hill, organist, who will play the following program:

Sarabande et Fuguetta by Couperin; Bach's Trio Sonata in B Minor (violin, flute and organ); The William Boyce Suite (for strings and organ); the Prelude, Gavot, Shepherd's Dance and Symphony; The Pipers by d'Andouin; Krebs' Chorale Prelude "I Cry To Thee, Lord Jesus"; Mozart's Aria from Mass in C Major and Corelli's Trio Sonata in D Major (for two violins and organ).

All kinds of household goods are readily sold by use of Eccentric Classified Ads.

Tired B'ham Housewives Find Much Relaxation in Special Gymnastics Classes

By Helen Bishop

"Noise, rush, excitement, confusion—these are all symptoms of the universal 'disease' of nervous tension," according to Mrs. Wasja Enoch, instructor of the Balance-Rhythmic class of the Adult Education Program now being carried on at the Adams School.

Worried by the demands of the day, tired Birmingham housewives troop to Mrs. Enoch's class each Wednesday at 3 p.m. at Adams for the physical and mental defense with the problems of their busy households.

Quite unaware that the plan for each lesson is to coordinate certain muscle joints with inner functions, whether it be the heart, respiratory system, blood circulation, nerves, etc., the enthusiastic members of this class find themselves joyously (and gracefully) waving common dowel sticks like fairy wands, or tossing red rubber balls as though they were thistle-down.



Tension, according to Mrs. Wasja Enoch, gym instructor at Adams School, is the "disease of our times." It is just as susceptible as a Birmingham housewife.

"If we don't look for help in this world that moves too fast, we lose the beat and get out of step with our life," contralto Mrs. Enoch, diminutive Mrs. Enoch. "Participants in our gym work find that it offers this needed help."

The founder and director of this school of physical education to graduate nervous tension is Dore Jacobs of Essen, Germany, under whom Mrs. Enoch had her training. This particular school of gymnastics was the first to be recognized in the Ruhr district by the American Military Government in 1919.

Teachers of the Dore Jacobs School are not interested, according to Mrs. Enoch, in fancy exercises, nor in how fast, graceful or strong someone is—they are primarily interested in a physically and mentally fit person.

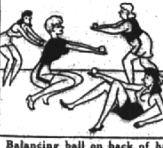


Mrs. Enoch's exercises are simple enough to be practiced in the home with an unrelaxed neighbor and whatever equipment comes to hand.

"If an instrument in an orchestra is out of tune, the music is sour—of our bodies and of our lives there is no joy in life," Mrs. Enoch explained, in between singing, in an exceptional, contralto voice, a rhythm which carries her pupils' walking through the gymnasium, making their own discoveries of free movements, and at the same time unconsciously observing basic posture principles.

"Charter" members of the Birmingham group, facetiously known as the "Body-Builders," include Grace Kindler, Alice Mahaley, Phyllis Jackson, Dorothy Van Camp, Marion Wentworth, Van Patten, Fran Patten, Kitty Rouss, Jane Limbocker and Margaret Chalk.

The enthusiastic members of this class, which is in its fifth year in Birmingham, forget themselves and their weary bodies like fairy come to the gym and learn a type of cooperation in group work.



Balancing ball on back of hand while sitting down and getting up in one smooth movement is quite a trick—try it.

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Family Center Will Hold First Annual Meeting, Election

The first annual meeting of the Family Service Center for the Pontiac, Birmingham and Bloomfield areas will be held next Thursday, Feb. 20, at All Saints' Church in Pontiac.

The service center came into existence February 1, 1946. Guest speaker for the occasion will be Clarence A. Pretzer, director of the Family Service Society in Detroit. Reports of the president, treasurer and executive secretary are also on the schedule, to indicate what the Center has accomplished during the past year.

An election of new board members and officers will follow the general meeting. Presently serving on the board are the following Birmingham men and women: Paul N. Averill, Mrs. T. Hollister Mahaley, Mrs. Marc Patten and Mrs. Paul B. Hoffman.

Rotary, MBF Win by Identical Scores on Same Night

Mortimer-Birmingham Fruit and Rotary maintained their first place lead in the City YMCA Basketball League by identical 27-to-17 scores over American Legion Post No. 14 and the Lions Club.

Stoups-Thurber-Ladd broke into the win column with an impressive 24-to-19 victory over the Exchange Club. Bob Dasechner, Fred Billingsley and Don Fouracre played well for Stoups-Thurber-Ladd while Blauman maintained his score line lead with Exchange Club by tussling in 8 points.

Rotary Club and Mortimer-Birmingham Fruit started slowly but both maintained a steady, short passing attack against a shifting zone defense to defeat the Red and White and the Orange and Black.

Gene Sutton and Harry Kelley scored 8 points each for Mortimer-Birmingham Fruit and Bob Moody sank the same number for Rotary.

League Standings

| W. | L. | Pct. |
|---------------------|----|-------|
| Mortimer-B' Fruit | 4 | 1.000 |
| Rotary Club | 4 | 1.000 |
| Exchange Club | 3 | 2.800 |
| American Legion | 2 | 3.400 |
| Lions Club | 1 | 4.200 |
| Stoups-Thurber-Ladd | 1 | 4.200 |
| Blue Blau | 0 | 0.000 |

Games scheduled for next Monday are: Exchange Club vs. Mortimer-Birmingham Fruit—7 p.m., American Legion vs. Lions Club—8 p.m., and Rotary Club vs. Stoups-Thurber-Ladd—9 p.m.

Oakland County RED CROSS NEWS

Bloomfield and Birmingham were represented at a Red Cross meeting in Battle Creek Wednesday when Basil O'Connor, chairman of the central committee of the American National Red Cross addressed the group.

In attendance from Pontiac: Marshall Smith, chapter chairman; Milo Cross, fund chairman and from Southern Oakland County: Mrs. Del Wessell, vice-chairman; volunteer service; Mrs. R. C. Douglas, Motor Corp chairman and Mrs. Hilda Moore.

NEWS COPY that is submitted early for publication each week is necessarily given preference over late items. The "early bird" gets the space.

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