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QUALITY FOODS

**WEEK END MEAT SPECIALS**

Fresh Dressed Roasting Chickens . . . lb. 49c

Rid End Pork Loin Roast . . . lb. 57c

Genuine Spring Leg O' Lamb . . . lb. 63c

Bestmade Sliced Bacon . . . lb. layer 83c

**WEEK END GROCERY SPECIALS**

Sunkist Oranges, Med. size. . . 2 doz. 65c

U. S. Grade No. 1 Maine Potatoes . . . 15 lb. bag 67c

Tree Sweet Pure California Orange Juice. . . 46 oz. can 37c

Cranbrook Tomato Juice - No. 2 cans . . . 2 for 21c

Shiff O' Life Black Berries - In Light Syrup, No. 2 cans . . . 2 for 49c

Hunt's Tomato Sauce - 8 oz. cans . . . 2 for 15c

Sunbeam Tomatoes - No. 2 cans . . . 2 for 29c

Premier Diced Carrots . . . No. 2 can 10c

Estmor Early June Peas - No. 2 cans. . . 2 for 27c

Elmer's Chee Wees . . . 6 oz. can 42c

**12 Birmingham Men Plan on Attending YMCA Fall Retreat**

The 29th annual fall retreat of the Detroit YMCA will be held this year for the first time in Christ Church, Colebrook, Ontario, Saturday and Sunday, Oct. 3 to 4 p. m. Two hundred active church laymen and Y lay leaders are expected to attend. Twelve men representing Birmingham Branch will go to this meeting according to Everett W. Allen, local Y committeeman.

The guest speaker this year will be Dr. Frank L. McCluer, president of Lindenwood College, St. Charles, Mo., and past president of Westminster College, Fulton, Mo. In addition to many other outstanding positions on both the state and national levels, Dr. McCluer has recently served as executive director of the Missouri committee for the new constitutional delegate to the Delaware conference on the basis of just and durable peace; board of directors association of American colleges; moderator, Synod of the Presbyterian Church in the United States and member of the Missouri constitutional convention of 1942.

Retreat Speaker  
Dr. Perry E. Gresham, new pastor of the Central Woodward Christian Church, succeeding Dr. Edgar DeWitt Jones, will be the local retreat speaker. Previous to coming to Detroit, Dr. Gresham was pastor of University Christian Church, Seattle. Before that for a decade he held a pastorate in Fort Worth, Texas. He received his A. B. degree summa cum laude from Texas Christian University and his B. D.

**Home Owners Set Up New Group to Enforce Building Restrictions**

Home owners of the Birmingham Hills Subdivision have organized the Birmingham Hills Association, Inc. with Garland D. Tait, member of the Detroit Legal firm, as the first president.

Other officers are Howard E. Johnson, vice-president, and Evan Pease, secretary and treasurer.

The main purpose of the association, it was announced, will be to enforce building restrictions.

Directors of the corporation are the officers and Dr. Thomas Y. Watach, C. S. Grant-Walters and Everett C. Swanson, Sr.

Committee chairmen are: building, Howard E. Johnson; membership, T. C. Thompson; membership, Mrs. A. P. Fontaine, and publicity, Mrs. Everett C. Swanson, Sr.

**Visitor Returning Home Sorry to Leave America**

By Alice Morgan

Mrs. Harriet Phillips and Miss Olive Phillips, who have been visiting in Birmingham, are leaving Birmingham on Friday, Oct. 2, for England from New York on Friday, Mrs. Phillips entertained a group of friends and family members at which time they were presented with a large basket of food.

Miss Phillips, who is in this country shortly before Thanksgiving Day last year, Miss Phillips, who is in manager of a resort hotel in Torquay, Devon, England, has been touring this country studying American methods of hotel management and speaking before various groups.

While in this section she has made several speeches, including a WWJ broadcast and an appearance, last week, before the Birmingham Scepticist Club. She has also spoken in Milwaukee and Chicago.

She said that in most of the places where she had visited hotels, the English system of making each guest as though he were someone of special was highly praised. She herself, admired the speed and efficiency of the American hotels.

**Personal Touch**  
"People everywhere tell me," she smiled, "to go back to England and make some changes, but to be sure and not to touch the personal touch that now exists. They like the feeling that they are individuals worthy of consideration, not just a commodity to be handled in the speediest way possible."

She said that when she first landed in the States last fall, she was struck with the plentiful food and clothing that is in great demand as a speaker throughout the country.

The retreat will close with communion service administered by the Rev. J. H. Smith of Christ Church, Chestnut St., Detroit. Y board member, will preside. Guest soloist, Joseph Boothroyd, of Calvary Presbyterian Church; organist, W. Carey Foster.

Dinner will be served in the Christ Church.

**NOTE ANNIVERSARY**

Saturday, Oct. 4, will mark the 14th anniversary of K. R. Koehler as manager of the local Karmel Korn shop.

The local store is the fourth oldest in the country, and has been located in its present site on East Maple for the past three years. It had previously been located on South Woodward avenue for 13 years.

In the past nickel has been mined in a great many countries. It has been mined in recent years in quantity in Canada, Colombia, Cuba, New Caledonia, Norway and Russia and in smaller amounts in several other countries.

**HOW YOU WILL BENEFIT BY READING**

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**THE CHRISTIAN SCIENCE MONITOR.** You will find yourself one of the best informed persons in your community on world affairs when you read this world-wide daily newspaper. You will gain new—PLUS help from its exclusive features on home-making, education, radio, sports.

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The USS Ranger was the only prewar carrier which went through World War II without a hit from an enemy bomb, torpedo or shell.

degree with highest distinction from Britle College of the Bible. Dr. Gresham was a professor of philosophy at Texas Christian for six years. He received his Ph. D. degree in work taken at the University of Chicago and Columbia University. He is a contributor to current publications and in great demand as a speaker throughout the country.

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**COMPLETE EYE TO GLASSES SERVICE**

IN OUR SHOP

Eyes Examined — Glasses Fitted

WE GRIND OUR OWN LENSES

Dr. Norman R. Becker, O. D. And Staff

Formerly associated with Dr. J. H. Miller, Detroit, Michigan. Optical Dept. as Manager and Optometrist.

129 E. Maple Phone 2328

**HOW TO Care For Your Dog**

By Erik Bergsjogren

Bergsjogren, well-known Birmingham authority on dogs, their care and training, has written a new book, "How to Care for Your Dog," which is a complete guide to the proper care of the dog.

**THE RIGHT WAY TO FEED THE DOG (PART I)**

The dog's gastric juice contains practically no starch digesting enzyme. Many old-time fanciers hold to the one meal a day method of feeding. I am opposed to such a method, especially for dogs which live a confined city life. I find it much better, to feed a dog twice a day. This results in a stomach not overcrowded at either feeding and the rest between meals allows the gastric-intestinal glands a chance to recuperate and fill with digestants for the next feeding.

**DON'T OVERFEED!**

Overfeeding is a common fault among the owners of dogs. Gross overfeeding leads to serious cases of indigestion and also to obesity. Moderate overfeeding causes obesity and, in many cases, indigestion.

There is no reason why a dog should be overfed. It is the nature of the average dog to eat more than is necessary to balance the energy expended. This results in a gradual increase in the animal's weight. It gets soft and inactive. There is a persistent loss of the fine tapering waist-line. The abdomen becomes heavy and somewhat pendulous.

If this is allowed to continue, the neck, especially the loins, become heavy and there are large masses of fat around the internal organs. The heart is most seriously affected in this respect. It is also quite common to find that such animals become asthmatic or dropical. These diseases are not caused by the obesity, but it is undoubtedly a contributing factor.

**LESSENING RESISTANCE**

Underfeeding, or semi-starvation, will result in a gradual breaking down of the constitution. There is a gradual loss of weight. The animal presents an increasing emaciation. The normal resistance to disease is lessened, as time goes on and the underfed dog becomes prey to any stray micro-organism he may pick up.

Under these circumstances, there is a tendency for the dog to hunt food to make up the deficiency. If a dog has his freedom, as is often the case in the country, he will forage in neighbors' back yards or garbage cans. Often he will develop a hunting instinct which will lead him to stray into woods or swamps in search of natural game. He may even develop into a sheep-killer on account of underfeeding.

There is no set rule for the amount of food necessary for the correct nourishment of any particular dog. Such an amount is controlled by the life which the dog leads. A very active bird dog, for example, will require more food in proportion to body weight than does a toy dog leading a sedentary life.

If the owner of a dog would take the trouble to weigh his dog occasionally, and be guided by the result, he could easily regulate the amount of food the individual dog requires to be healthy.

Climatic conditions have a marked bearing on the amount of food necessary to health. In the colder North and in winter a large amount of food is necessary. In the South and in summer the food should be given more sparingly.

P. S. stands for Prompt Service which you will get by using Eccentric-Water.

**New Classes Starting Day and Evening**

Increased production is impossible without competent well-qualified, young people in the business offices.

The mastery of Business Machines, Short-hand, Typewriting, Comptometer and Accounting will enable young men and women to prepare for the many excellent opportunities which are now available.

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With the destiny of the State ever in the hands of its youth, the doctors of medicine in Michigan are of a single mind in wanting the youth of the State to meet its future with healthy bodies and an appreciation of the part that health plays in the elevation of living standards. To that end, Michigan medical doctors actively promote a state-wide program of health education, giving of their time and experience enthusiastically. Educational services of doctor organizations are being offered on matters of health hygiene to youth. Are you making the most of these services for the benefit of the children of your community?

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**IF YOU CAN FEEL THE BEAT OF MUSIC I CAN MAKE YOU A Beautiful Dancer**

You'll dance after your very first hour—the famous Arthur Murray way

You step out and dance with your teacher-partner to music in your very first lesson at Arthur Murray's. That's the magic of his famous Magic Step Method.

You pick up the new steps with lightning speed . . . develop a quick ear for the new rhythms . . . acquire grace and balance. Your dancing has style . . . Why, you'll be a beautiful dancer all your days after a few happy hours with an Arthur Murray expert!

Try a lesson today. See how much you can learn in 30 minutes when you place yourself in the hands of an Arthur Murray expert. Com in today—or phone Birmingham 4950.

**HOW TO SELECT A DANCING SCHOOL**

Anyone can operate a dance studio. No examination, no license is required. Even a person who knows nothing about dancing—or teaching—can hang out his shingle and profess to teach dancing "the new way." So be careful—ask these questions:

1. Who is the actual owner of the school? What experience does he have in teaching dancing?
2. Will you learn simple, easy steps that you can do on a crowded floor?
3. Will you learn the fundamentals of good dancing—waste your money learning novelty routines?

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114 So. Woodward Birmingham, Michigan

**HOW TO Care For Your Dog**

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