Calisthenics for the Young Women.

Last Thursday evening soon after five o'clock, a Record reporter walked into the Armory. Then it dawned upon him at once why outstripping nearly all the young women take calisthenics under the instruction of Lieut. Bandholtz.

The class was a large one, comprising nearly all the young women in G. E. W. They were formed in double rank and put through the instructions, including trunk, head and limb movements, jumping, skipping, etc., to give elasticity and suppleness and to develop moderately all muscles. Next came simple exercises with Indian clubs. Besides the work with Indian clubs they have been given several exercises with the medicine balls.

The work will be continued and will include simple and medium combinations with the clubs. Then "will follow exercises with dumb-bells and bands. Basketball also promises to be a popular winter recreation for the women.

The street cars are coming.

Yes, it is now very probable that within a few days we shall have the street cars on the campus; instead of having to walk half a mile and wait ten, fifteen or twenty minutes for a car, we shall be able to step aboard at Station Terrace, or if we must wait at all it will be in a neat little waiting room.

The road will extend along the road on the north side of the grounds, just outside of the north row of elms, to the east side of the arboretum. Here it will enter the grounds and run through the plum orchard to a point between the residence of Dr. Edwards and Station Terrace. At the terminus the College will erect a neat little depot.

The extension of the road will be of most inestimable value to the College.

Young people from the city, especially young women, have found it disagreeable in stormy weather to leave the cars at the west entrance and walk a long distance through the rain and snow, which is not at all comfortable. After returning to be compelled to wait in rain, sleet or snow for the car. All this will be done away with. Then, too, it will do the great saving of time and patience to College residents.

Two Football Victories.

Saturday afternoon our first eligibility scored a victory over Alma against the boys who played all around them in one game last year. Tests were given setting-up treatment at the hands of the Alma instructors.

The score was 10 to 0. Next Saturday Alma plays the return game. No M. A. G. concern should be given the game, but the most courteous treatment we can.

The same afternoon our reserves won from the Charlotte high school eleven a victory over the College girls, with a few line backs and end runs by Smith and Sanford scored a touchdown in three minutes, and it was a tense kicked goal. After the test on the Alma ground, the score was somewhat ragged, and neither side scored again. The game ended in a 15-0 victory for the M. A. C. in possession of the ball.

Enthusiasm in Military Drill.

The visitor to the parade ground at drill time sees this year something out of the ordinary for M. A. C. Instead of three or four small companies of uniformed cadets, and a somewhat larger "awkward squad," as in former years, he behold two large, well-drilled, uniformed companies, and an "awkward squad" larger than the whole battalion in any former year.

The old companies no longer drill as single events or with the front and rear rank, but in full double rank according to army regulations. These companies present a fine appearance, and are rapidly getting into good military form.

And the "awkward squad!" The progress they are making is remarkable.

To the freshman who comes here with no idea of military discipline, no idea of attention or subordination, the strictness of the drill regulations is trying indeed. But he soon sees order coming out of chaos; attention, promptness and ready obedience become a habit; and he learns to admire the system, and even to enjoy the restraint that was at first so irksome. The members of the class of 1901 are no exception to the rule. The College was already graded its share of the roadbed, the part that lies on College grounds, and the grading will be completed to-day. As soon as this is done the company will be put on the oryx, the drill lay-truck, and rush the work to completion. The College will construct and own that portion of the roadbed which runs through College property.

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The College authorities have been arranging for the entertainment of the others on the grounds.

But for many the greatest blessing seemed to be the hour of sunset on Sunday, when covering the summit of Round Top, a little hill back of the camp and overlooking the lake, we listened to that great Y. M. C. A. worker, Mr. L. D. Washburn's account of the revival among the students in Japan, and how they were led by him in a service of dedication.

The glowing glory of the sunset faded into the twilight gray. The faint light of the new moon touched the leaves with silver, and met the night leaves with silver, and met the night in one of the above addresses. The College authorities have been arranging for the entertainment of the others on the grounds.

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Their hands to give them a way of disposing of and then a rather decided descent of many of them carry slender, elastic, nearing the harbor, though none is I always enjoy seeing these fellows marines on his way to the barracks. Man or two going to Devenport, people in the streets, a stray work.

Stonehouse to the Barbican in Plymouth to see the sale of fish in evenings at 7:00. Fourth Wednesdays. Mrs. J. L. Snyder, President. Mrs. W. B. Church, Secretary.

UNION LITERARY SOCIETY—Meetings every Saturday morning at 9:00, East Ward, Wells Hall. Sunday meetings with the Y. M. E, C. A. Wednesday afternoon at 1:00. West Ward, Wells Hall. King's daughters—Meet alternate Wednesdays.

NATIONAL SOCIETY—Meets Monday evenings. A. A. H. Clark, Secretary.

SHAKESPEARE CLUB—Meets Wednesdays at 5:30. T. H. Raskin, President. O. W. Stimson, Secretary.

ROYAL CANVA Y- Society—Meets Monday evenings at 8:00, Second Floor, Williams Hall. Dr. E. M. Aiken, President. Dr. W. Gleason, Secretary.

FEBRERONIAN SOCIETY—Meets every Friday evening at 8:00, First Floor, Williams Hall, President. Dr. E. W. Perry, Secretary. SOCIETY OF FRIENDS—Meets every Monday evening at 5:30, Fowshall Hall. President, E. F. Thompson. Secretary, Mrs. J. W. Brown.

OLYMPIC SOCIETY—Meets every Saturday afternoon at 5:00, Fourth Floor, Williams Hall. Dr. J. H. Christiansen, President. Dr. E. J. McCallum, Secretary.

PHI DELTA FRATERNITY—Meetings every Monday at 8:00, First Floor, Williams Hall. President, H. H. Metzger, Jr. E. M. Aiken, Secretary.

UNION LITERARY SOCIETY—Meets every Thursday evening at 9:00, East Ward, Wells Hall. President, Dr. T. E. Raskin. Secretary, Dr. E. A. D. Aiken.

TAU BETA PI FRATERNITY—Meetings on alternate Wednesday evenings. President, Dr. E. W. Thompson. Secretary, Dr. W. S. H. Thompson.


A Morning with the Fishermen of Plymouth.

Half past five in the morning is rather an early hour for a sight seer in England to be abroad, but there are some things that can be seen only at that time and for this reason I am hurrying through the streets of Stonehouse and bring myself to Plymouth to see the sale of fish in the fish market. There are few places where one can get a closer view of man or woman going to Devenport, and a non-commissioned officer of marines on his way to the barracks. It is very strange to see these fellows with their close fitting red jackets and little fatigue caps deftly hang on the back of their iron clad heads. It seems curious that so many of them carry slender, elastic, being used by the individual as taste may be applied to a class of articles used in the preparation of food for the table, or used by the individual as taste may direct after the food has been prepared. Condiments differ from foods in that they supply nothing which is essential to the system. The common uses are pepper; mustard; various herbs, as sage, mint, thyme, parsley, bay-leaf, and others; and all the spices, principally ging, cinnamon, cloves, allspice, nutmeg, mace; also freezing extracts, van-ilia, lemon, bitter almond, etc. Most of these are grown in the tropics and raised in any kitchen-garden, and many of them, as sage and mint, are used for medicinal purposes as well as in cookery. Other spices are used.

Ordinary black pepper is made from the dried berry of a climbing plant, found in Japan and various other Asiatic countries. White pepper, which is by many cooks preferred, differs from black pepper, only in being made from the inner part of the berry after the outer husk has been removed. The berries are sometimes used whole and are then called allspice.

Red pepper is made from Capsicum, a species of plant which belongs, botanically, to the same family as our common pepper. It is very similar in flavor with the green pods raised in our gardens and used in our pickles, but the Capsicum is used for the red pepper commerce is prepared from the fruit found in South America and the West Indies. Mustard is prepared from the seeds of a plant between rollers.

Cinnamon is the ground bark of a tree found in Ceylon, Java and other islands of the East.

Cloves are the unexpanded flower buds of a handsome evergreen tree.
found in the West Indies and elsewhere. They derive their name from the French word clove, meaning a nail, from a fancied resemblance in shape. Allspice, or Pimento, is also the dried fruit of a tree found in the West Indies, and takes its name from being supposed to combine the flavors of all other spices.

Mace and nutmegs are the products of a tree largely cultivated in the Moluccas, Java, Sumatra and Banda Islands, Java, Sumatra and Brunei. These trees produce a fruit resembling a peach and enclosing a hard kernel. From the outer covering of the kernel, mace is obtained; the inner kernel is the nutmeg. Wooden nutmegs are essentially a New England product.

Among extracts for flavoring is vanilla, which is prepared from a bean grown in tropical America. Others are prepared from the shrubs or fruits whose names they bear.

Ginger is prepared from the rootstock of a plant largely cultivated in the West Indies, and also in Africa and China. It is the most healthful of all spices and is used in medicine, internally as an aromatic stimulant, and externally as a plaster for headache.

Most condiments have no value as food, but simply act as stimulants, increasing the flow of saliva and gastric juice and enhancing the fine flavor of the food.

As I have said, their name signifies that the proper use of them may generate into their abuse. Among savages they are unknown, and they are generally relished by children. In many Europeans in India, who, failing to recognize in the loss of appetite and the desire for food by hot curries, etc., thereby increasing the very evil they must have been from the good old light refreshments, are blessed with vigorous appetite and sound digestion. Nor are many condiments, as I have said, beneficial in medicine, internally as an aromatic stimulant, and externally as a plaster for headache.

Different conditions are appropriate for different foods, and there is a hygienic reason for the use of pepper and mustard with lobes and beans. Lemon juice or vinegar, which "increases the solvent powers of the gastric juice," with sausages and hashes. It is in the proper admixture of different spices and flavors that the cook has an opportunity of displaying culinary skill, for upon this much of the excellence of the cookery depends.

At the College.

H. A. Hagadorn, '98, spent Sunday with his sister in Albion.

Prof. Edith F. McDermott returned to M. A. C. Saturday evening.

C. W. Tree, '00, enjoyed a visit from his father Wednesday and Thursday.

Miss Mildred Beals, of Ionia, took supper with Miss Amy Vaughan, '97, Monday.

Mrs. Ireland, of Cheesman, visited her son, M. L. Ireland, '01, Thursday.

Miss Marion Graham, '01, who has been ill for about a week, is convalescing.

This week the sophomores begin the study of drill regulations—field engineering.

Miss Grace Melton, '01, entertained her sister from Mason Sunday, October 24.

C. E. Dunston, of Fowlerville, visited his son, W. E. Dunston, '01, Thursday.

G. B. Wells and Eugene Price, '01, took advantage of the fall leaf trip to Alumni, and visited at their homes in Ithaca over Sunday.

Last Wednesday evening Pres. Snyder gave an address on the educational rally in Plymouth Congregational church. Friday evening he and Prof. Smith made addresses at the meeting of Capitol Grange.

The new steam pipe line connecting the Agricultural and Veterinary laboratories with the boiler house has been completed, and the inside work on the two buildings will be completed soon.

The King's Daughters will meet tomorrow, Wednesday afternoon with Mrs. Gunson. Text, "Prayer," Lesson, the twenty-first Psalm, Leader, Mrs. Real. Members please remember this is "pound week."

Walter Flynn, '99, was initiated into the Tau Beta Phi fraternity last week, being the representative of the junior mechanical class who had done the best work during the past two years.

Sunday services in the chapel were conducted by Dr. George T. Fairchild, ex-president of Kansas Agricultural College, and at one time professor of English at M. A. C., who is visiting his brother-in-law, Dr. Kedzie.

The sophomores in physics have not met for two days on account of the absence of Prof. Woodworth. They have just begun on the subject of electricity, which they will study during the remainder of the term.

The College has recently purchased a set of nine wire door-mats, one for each hall with the name of the building woven into the mat in white marbles. Saturday night some facetious youth changed the "a" to an "e" in the College Hall mat.

The Hesperians gave a Hallow-e'en party to the co-eds Friday evening. The main society ball was lighted by Jack-o'-lanterns, and decorated with corn and grain, giving a very quaint effect. The evening was spent in dancing and playing games, and eleven o'clock came all too soon. Light refreshments were served.

Co-eds Remember

We have some of those GREEN HATS for you as well as for the gentlemen.

Saturday Nov. 6, we will have a special sale on sweaters for M. A. C. students. Lowest Prices ever made on finesweaters. Can save you money on Overcoats and Mackintoshes.

* * * Elgin Mifflin.

The House that Jack Built—

Hiram Rikerd Brand of Lumber.

It Stands the Test of Ages.

Suits all Places and Purposes.

Dress Goods and Cloaks.

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All the new stylish weaves in Poplin and Canvas Cloths at 50c, 75c, and $1.00 Yd.

Cloak Dept.

Ladies' and Misses' Jackets—the latest Fall and Winter Styles, at $5.00, $7.50, $10.00, and $12.00.

New Line of Wool Shirt Waists.

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News from Graduates and Students.

W. F. Statler, '88 and bride called at the College October 24.

It is reported that there is a little daughter at the home of Mr. and Mrs. L. J. Briggs, '93.

William Petrie, '90, came from St. John's on a business trip last Monday.

Word received from H. D. Baker, with '94, announces that they have a 12-pound boy at their house.

Cass B. Laitner is at home recovering from his accident. He expects to visit M. A. C. soon.

Mrs. Perry G. Towar, one and one-quarter years old, will be very glad to have the paper sent to her.

The '96 class seems to have come to the institution, as indicated by the number of students. While the Record contains much news that is in the interest of the students, or who have been regular contributors, such a number of such articles are well worth the subscription price of the paper. I should be very glad to have the paper sent to more of our old students if I could forward the names of such. I have two young hopefuls in our own little family that may eventually turn up at M. A. C. to complete their medical education. But for the adoption of the co-education feature, which I consider a very wise step, one of these young hopefuls might be seeking a school for girls.

The Eclectics Entertained.

The Eclectics and their friends, about forty in all, were very pleasantly entertained in the Eclectic Hall, October 23, at the home of Mr. and Mrs. Perry G. Towar, one and one-half miles north of the College. Mr. Towar had invited several neighbors and some young people of Lansing. The Eclectic Society gave the entertainment, and their regular literary program, consisting of articles by Messrs. Merkel, Gugger, and others, was an exposition of the fine point to which they have been held by T. H. Libbey and an abandonment of speech by J. S. Buckley.

After the program luncheon was served, and dancing was the amusement of the evening. The Eclectics extend their thanks to Mr. and Mrs. Towar, and hope to be with them again.

John Herrmann
Fine Tailoring.
218 WASHINGTON AVENUE N.