







VOICE OF ENGLISH SPEAKING MEMBERS

"PROGRESS" "NAPREDEK"

GLAS ANGLEŠKO GOVOREČIH ČLANOV



From The Director's Desk

By Michael Vrhovnik

CELEBRATE IN JUNE WITH YOUR JUVENILE MEMBERS

What pleasant memories are associated with the month of JUNE! Everywhere in this beautiful land of ours, millions of men and women and boys and girls, over-flowing with inspiration, impulse and ambition, are thinking, as they look back and then forward to that most glorious month of the year, "Happier days will soon be here."

The Supreme Board, meeting in regular session last January was presented with a resolution asking that the month of June be set aside as SSPZ JUVENILE MONTH. This resolution was adopted by unanimous decision and, thereby, designated the sixth month of the year as SSPZ JUVENILE MONTH.

Thus, for the first time in the history of Slovene Fraternal Societies, a certain period of the year has been set aside to do honor to our Juvenile members, to make them more SSPZ conscious, to enliven their interests in the Society's progress and growth, to promote and carry out a program of entertainment appropriate to the community and the occasion, to establish ACTIVE VRTEC UNITS where there is opportunity for their successful existence and to increase the membership of every Vrtec in the SSPZ.

Our Juvenile members are the SSPZ leaders of tomorrow, and for that reason, it is the duty of every adult member to set only the best of examples, in the interest and welfare of the Society, to make them proud that they are members of the SSPZ.

There is no better or quicker way to attract new members into our ranks than by staging an interesting program of entertainment that gives satisfaction to all who come.

If your Lodge plans to join in (and it should) with the Juvenile members in celebrating at a party, dance, picnic or just an old-fashioned outing with lots of games and contests; be sure to invite all your friends and their friends!

Greetings and congratulations to all Vrtec members, with good wishes for a happy vacation and a glorious Juvenile month!

Weight Reduction

F. J. ARCH, M. D., Supreme Medical Examiner SSPZ. Not long ago I received a letter from an overweight person asking me what foods he should eat to reduce in weight.

The principle underlying a reducing diet is to reduce the daily intake of food to a point below the needs of the body without unbalancing the diet by omitting the essential foodstuffs or reducing the calories so much that weight loss is too rapid and strength and well being consequently impaired.

Weight can be safely reduced only by ascertaining first whether overweight is due to physical, that is organic or functional, deviations from the normal.

or functional, the question or treatment becomes one of diet and exercise. In the absence of organic causes for overweight it has been demonstrated by hospital experiments that diet can be so adjusted to the nutritional needs of the individual that weight can be brought to and maintained at normal.

The mind is like the stomach. It is not how much you put into it that counts, but how much it digests.

"I guess I have lost another pupil," said the professor as his glass eye rolled down the sink.—Nebraska Blue Print.

Challengers to Celebrate Third Anniversary

By Marion C. Pellegrini. Usually whenever one hears the word celebration mentioned—the very first thing to enter his mind is a picture of a "gay and happy crowd," dancing, singing, drinking etc. The most important factor which is music is often forgotten.

and the band play dance engagements at the famous Hotel William Penn, the monarch of all Pittsburgh hotels. Broadcast over station WWSW every Sunday afternoon. In making his appearance here at the Rose Dance, dance loving fans of this community along with fellow members of our organization will be given the opportunity to dance to one of the finest dance orchestras to appear at the SNPJ Hall since Val Garvin's last appearance here back in the year of 1935.

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VICTORIAN JUNE PARTY

Gala Time Planned. Chicago, Ill.—Yes, it's June 12th that you want to circle on the calendar which occupies the most prominent spot on your wall, because you can't afford to miss this gay evening.

The proceeds of this party will go to help defray expenses of athletes participating in the coming National Athletic Meet in Cleveland, Ohio, Sept. 4, 5 and 6. Let's all be boosters, by attending this party you will be helping the Victorian boys and girls to bring home the bacon.

TRY THESE ON A FRIEND

Tell a friend that you will give him an easy word that you think he will be unable to spell. Probably he will say that he can spell any short, simple word. Then you say, "How would you spell 'need' meaning to need bread?"

The deadline for contributions is Monday at noon. Please co-operate.—Editor

SPARTANOLOGY

Forgotten. Moe and Rae wrote a play one day. Rehearsals were soon to start, Heroes, villains and others Rode to the National Home in a cart.

less. A committee was elected to boost our lodge in the SSPZ membership campaign. And say, remember the outing, scheduled for May 23rd! Well, that's been postponed and better fun, frolic and merriment is to take place on June 20.

had to treat them. Don't let them get away with it Stan! Lud Batis trying awfully hard to explain his viewpoints but nobody can get what he means right away!

In the first act each was perfect in their part. Said Moe & Rae "The second act will now start."

Regular meeting adjourned we had a bit of refreshments and enjoyed our selves at playing games. Only one thing was wrong—they had too much wine (left over we mean). All in all we enjoyed a pleasant Sunday afternoon.

Julie Zdesar just as grand as ever and all smiles having a prim time. Eddie Centa "Spartans' Wandering Troubadour" is going to have the time of his life when he attends Challengers' Anniversary Dance in Pennsly.

But they couldn't find the 2nd act. What were they to do. They shook everything loose. Still it was of no use.

ADOLPH CANDON, age "around" 23 (he won't talk), dark and handsome and in the painting business, has been a Spartan member for five years.

Johny Hostnik kept quite busy by (?) Tut, tut that love bug must have bit him. Max Batis and of course brother Lud were there and they certainly were enjoying themselves, especially Lud.

No trace of it could be found. Poor Moe & Rae's hopes were blighted. Till suddenly it dawned on them. They completely forgot to write it.

Just a Side Line. ADOLPH CANDON, age "around" 23 (he won't talk), dark and handsome and in the painting business, has been a Spartan member for five years.

Why did a certain gal sneak home all by herself. Afraid of somebody taking you home toots—you know whom we mean toot!

A game with the SNPJ Feeds is scheduled for May 26, at 6:30, at Diamond 4 at Gordon park. What about having the rest of the fellows show up for practice Tuesday.

Local Anesthetics. At the last meeting: Chuck Koman swinging the gavel and Anne Opeka afraid that it might land on her head.

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Membership Campaign. As you all know (by now you should), there is a membership drive in force and we, the Spartans, are anxious to land on top.

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"PROBLEM CHILDREN"

(A talk delivered at a symposium by FRANK SODNIKAR, Editor, English Section of "Enakopravnost")

Tonight I will talk on something I know will surprise you. Some of you may think at the start that you will not even be interested since you are not married. You may question my authority on speaking on this, but stay with me. I do not know if you have read the general topics to be discussed here, but regardless I have chosen my topic and will stick to it.

I am going to speak on "Problem Children." But my Problem Children are different from the usual children mothers are accustomed to. Mine are the first-generation American-born Slovenes. In other words, to honor Lindberg with a plagiarism, "We".

Many of our leaders and writers too often tend to treat the first generation American-born offspring of the Slovene immigrant as "Problems." Some have built around us, American-born children, so much mystery that they finally considered it too much of an enigma and despaired of ever doing anything about us.

From my experience and observations in putting out a publication which the second generation can read, that is in the English language, I will attempt to dissect this problem child and show what it is and what are its activities in the realm of the community.

There is really very little of a "problem" around us first generation Slovenes. Of course, we have our imperfections, but who hasn't? We are different from our parents, but that is to be expected, we were born in America, a land much different from the small, suppressed agrarian country of our fathers.

Parents find in us a big problem because we have different views on our activities, some of us do not speak Slovene, are not, generally speaking, as interested in Slovene reading, writing and culture as they are. But that does not mean that we are losing ourselves, that we are "ashamed" of our nationality, that we want to be only Americans.

The hard-working, honest pioneers in our fraternal organizations found that this "problem" child, that is so American and different from its parents, could not be interested in the same type of activities and community life and therefore conceded to organize English-speaking branches of their organizations.

Once they gave the American-Slovenes an outlet for their community activity, they themselves were surprised at the interest and enthusiasm these showed. English-speaking lodges began growing in every community. The younger people joined twenty and thirty at a time. Managing their own affairs, these younger people began activities to which they were accustomed.

Elaborate sports programs were instituted. Social promotions, dances, boat rides, lectures had amazing results. Many of the older pioneers settled back and agreed that the problem was solved.

(To be continued)

PHOTOGRAPHY

F. R. L.

The Importance of Exposure. The most important factor in securing pictures that are sharp and brilliant is that you must give them a correct or reasonably correct exposure.

How "F" Settings Are Used. By calibrating the diaphragm in this manner, a setting of "f 11" will give the same exposure as the corresponding setting on any other camera, regardless of lens or picture size.

Diaphragm apertures are always expressed in fractions of the focal length of the lens; thus f-8 indicated that the aperture so marked is one-eighth of the focus. With apertures of f-8 and smaller they are so arranged that each smaller size requires twice the exposure of the next size larger.

Table with columns for Exposure (2, 3, 3.5, 4.5, 5-8, 8, 11.3, 16, 22.6, 32, 45) and rows for f numbers (f 2, f 2.8, f 4, f 5.6, f 8, f 11.3, f 16, f 22.6, f 32, f 45).

When a boy takes his girl for a drive it's not the curves in the road that bother him as much as the ones beside him.