



Mrs. Rubenstein helps Ruth Moore and Barbara Burl complete sewing projects.

Physical Fitness Promoted

The subject of physical fitness has come into prominence within recent months. At Hughes a program of physical fitness is carried out through the physical education courses. Both the girls' and boys' gym classes carry out a regular schedule of exercises. Besides exercising in this manner, the students also engage in various sports. The girls' classes especially stress hockey, volleyball, basketball and softball, while the boys enjoy football, basketball, and baseball. Each of the gyms is equipped with a swimming pool, so both girls and boys can receive swimming instruction. In the spring and fall when the weather is warm, the gym classes walk to Coy Field where they play outdoor sports.

Hughes students not only have the opportunity to become physically fit, but they also can enjoy participating in a variety of sports activities.

Girls play volleyball with a carriage ball as Mrs. McKibben looks on.



Planning For The Future

Home economics is thought of mainly in terms of just cooking. Although it also involves managing the home, learning to care for the needs of the family is stressed most in home economics.

Junior high girls are usually required to take home economics for at least one year. This course includes cooking, sewing, home decorating and managing. Home economics courses offering this same outline in greater detail may be elected. A course called home-making is available to senior girls. It especially stresses caring for a family and teaches girls skills helpful in marriage.

The home economics department has a variety of equipment which is used in the courses. Sewing machines and individual kitchens represent just two of the types of equipment used.

Home economics is a vital field for all girls. These girls will be wives and mothers in the future, and at Hughes they learn how to care properly for their future husbands and families.

Mr. Kindschy instructs a boys' gym class in the use of the rings.

