

PERSONALS

If you needus, fonus, 188-J.

Edward Ellis has the chicken pox. Miss Paulyne Reiner visited with friends in La Grange Sunday.

Mrs. Henry Martin of Chicago, is visiting her daughter, Mrs. Paul Herring and family.

Mrs. Frank McCollum went to Rogers Park Wednesday to see her daughter and new grandson.

Mrs. Edwards of Chicago, visited Tuesday with her sisiter, Mrs. Ray McCollum.

Miss Alice Rehm, of Naperville visited with her folks on West Maple avenue last Sunday.

Mr. and Mrs. August H. Grotefeld of Chicago, visited at St. Paul's parsonage last Sunday.

You can be sure of results if you send your laundry to us. J. Mazza, phone 62-M. adv.

Have you ordered that share for your plow? R. C. Elliott, Implement Dealer. adv.

Mrs. Floyd Rouse and son visited the Ralph Kelly's in Aurora Saturday.

Mr. and Mrs. A. Snumaker returned Friday from their extended visit in the east.

Miss Marion Corcoran is laid up with a broken bone in her right ankle.

Mr. and Mrs. Fred P. Drissler visited with friends in Chicago Sunday. Mr. and Mrs. P. O'Boyle spent Sunday in Chicago.

Mrs. Regar and children returned home Sunday from Chicago where they had been staying with Mrs. Regar's sister who was ill.

Do not miss the bakery sale in the Congregational church basement, on Thursday, April 1st, beginning at 10 a. m. adv.

The next time you are in town drop in at R. C. Elliott's and see the International's latest type of Manure Spreader. adv.

Mrs. Feasley will read "Jean Val Jean and the Bishop" from Victor Hugo's masterpiece, "Les Miserables" at the Easter matinee April 3.

If you want to enjoy a good cup of tea or coffee, try Savoy Brand, quality unequalled. Lehmann & Michel. adv.

Frank Frisbie left Sunday night for Dallas, Texas, on a three or four months' business trip for the Fleischmann Company.

We have a full line both bulk and package garden and flower seeds, lawn seed and onion sets. Lehmann & Michel. adv.

The usual artistic and seasonable program will be presented at the Easter matinee April 3rd, at the M. E. Church.

Get ready for spring. Get your hats cleaned and blocked. Goods called for and delivered. Call J. Mazza, phone 62-M. adv.

Born to Mr. and Mrs. LeRoy E. Renn of Rogers Park, March 16, a son, Richard Warren. Mrs. Renn is

a daughter of Mr. and Mrs. Frank McCollum.

Mrs. Hugh Wyllie has purchased the Washburn property on East Maple avenue from the Herring estate. W. H. Edwards negotiated the deal.

Mrs. F. P. Clark, 105 Carpenter street, entertained Mrs. F. W. Green, Mrs. M. M. Holmes and Mrs. W. F. McKay, of LaGrange, at a luncheon on Wednesday.

Hinsdale Upholstering & Furniture Repair Shop. All work neatly done at reasonable prices. Phone 635 or send postcard. Will call and deliver free of charge. adv. 2-20 tf.

Mrs. Elbert H. Sanford, who has been spending the past four weeks with her mother, Mrs. J. D. Anthony, at 184 East Maple avenue, has returned to her home at Polo, Ill.

The Jolly Jays held their monthly meeting at the home of Miss Marguerite Smith. Refreshments were served and all present enjoyed the occasion.

Miss Beatrice Anthony, who has been attending the University of Illinois as a Sophomore, has withdrawn to be with her mother, Mrs. J. D. Anthony, for the remainder of the year.

Frogs croaking, robins, bluebirds, and meadowlarks waking one up o' mornings with their cheerful song, makes it apparent that the spring is really here. The weather of the last few days has been beautiful and as B. L. T. remarked, "if this isn't spring, it's a mighty good imitation."

The beautiful Northern Lights display in the heavens on Monday evening excited the admiration of all of those lucky enough to notice it. The streamers of light were longer and more brilliant than have been seen in years and reached from the northern horizon to almost directly overhead.

The mothers of the Patapochon campfire girls met with the girls at their regular business meeting and were very much surprised and pleased with the many useful and pretty things the girls have prepared for their sale sometime early in April. The meeting was held on March 16 at the home of Mrs. Brevilier.

Buy your tickets for the Easter matinee given under the direction of the Civics and Philanthropy department of the Womans Club. This is an annual occasion which benefits the treasury of the Philanthropy committee and their work is dependent on a general patronage. The date is April third.

Evangelistic Singer Lieut. R. F. Joop, who had charge of the congregational and special singing during the Evangelistic campaign at the 1st Evangelical church last January, will be back in Downers Grove next Sunday evening and will lead the singing and sing special numbers in the 7:30 evening service at the First Evangelical church. Visitors cordially invited.

Miss Grace Downes underwent a serious operation at the Englewood hospital yesterday morning when one of her limbs was amputated at the knee. After coming out of the ether it was found that she was doing fine. The weakened condition of her heart made the doctors on the case a little doubtful about undertaking the operation, but this was the only thing that would have saved her life.

Miss Miriam Butler, a bride to be, was given a shower by her sorority sisters, the Omicron Alpha Chi girls at the home of Mrs. Wm. M. Parrish on the evening of March 18th. The shower was of aluminum for the kitchen, the decorations were of green built around the four leaf clover sentiment, faith hope, love and luck. Guests were Misses Marie and Alice Olson, Grace Peterson, Olga Rundquist, Martha Farrar, Inez Gustin, Josephine Sangster, and Mesdames Jay M. Allison, Herbert McLaurie, Earl S. Prince.

Additional locals on page 8.

Not Merely Ordinary Hunger,
My aunt, who is noted for her skill at baking cakes and cookies, is very popular with the younger members of our family. One day while my small brother, aged 4, was visiting her he mentioned that he was hungry. Upon being presented with a piece of bread and butter, he said, "Oh, thank you; I'm not that kind of hungry, I'm only cake hungry."—Exchange.

Each Had a Reason.
A neighbor who had been working hard all day decided she wanted a little recreation, so she remarked to the family at supper that she was going to a show tonight, just to get out. The little 3-year-old daughter looked up, and said: "I'm going to the show just to get in."

Keeps Them Interested, Anyhow.
A habitual falsifier always seems able to get a number of people interested in the hope that some day they'll catch him in the truth.

"WALLOP" THE "H. C. OF L." BY EATING BREAD

Scientists Assert That Familiar Loaf Is More Nourishing Than Steaks, Eggs or Potatoes.

With the "High Cost of Living" threatening to compete with "ace" aviators for ascension records, the public again has turned to the calorie standard in order to solve the food problem.

This may explain the growing public appetite for certain well-known foods, such as bread, which are rich in caloric strength—energy giving.

Measured by the caloric standard in proportion to price, bread is the greatest of all foods. Besides, it contains proteins—tissue builders—an abundance of carbohydrates and a portion of fat which produce energy and heat.

With a table showing the caloric value of foods, the average housewife can switch cards on "H. C. L." and keep the family bank roll in a healthy and growing condition.

Learned scientists and dieticians have measured the energy-giving value of virtually all kinds of food by the caloric standard.

By simply comparing costs with the caloric value of foods the housewife can furnish the family with necessary food energy at minimum cost.

The entire scheme is to buy by caloric measurement. In other words, buying by the hundred calories. A few common foods and their respec-

five energy-giving values per pound are:

Bread	1123 Calories
Beefsteak	623 Calories
Eggs (20)	739 Calories
Potatoes	369 Calories

A pound loaf of bread, selling for 14 cents, and a little example in division teaches that one cent's worth of bread equals 80 calories.

Steak, costing 55 cents per pound, gives only 11 calories for a penny, or only one-seventh the amount of energy as bread. Besides, steak does not contain any carbohydrates, although it is rich in proteins.

Considering that it requires 20 average-sized eggs to make a pound and that the cost of 20 eggs would smash a big hole in a dollar bill, just to obtain a trifle more than 700 calories, it is hardly worth while com-

paring them with bread. Roughly, a cent's worth of eggs has about one-tenth the caloric energy of bread.

And, "calorically" speaking, the famous spud family—potatoes—are ladsly outranked, when matched against bread. But in proportion to price they lead both beef and eggs as callory-givers.

"How many calories do we need each day?" That is the first question to rise in the mind of the housewife.

That varies according to age and occupation. The average workman, we are told, requires between 3,000 to 4,000 calories per day. Calorie experts say that 3,500 is a good average for the workingman who uses considerable physical energy.

Professional men, clerks, and profes-

(Continued on page 6)

The Dicke Theatre
BELMONT AND FOREST AVENUES DOWNERS GROVE, ILLINOIS
Fri. Mar. 26, & Sat. Mar. 27



Joseph M. Schenck presents
Constance Talmadge
"TWO WEEKS"

The story of a little show girl who spends two weeks unchaperoned in the home of three bachelors, each of whom considered himself a real woman hater. It is full of genuine humor and spicy fun but never overstepping the border-line of good taste.

ALSO
LLOYD COMEDY — "PAY DUES"
PATHE NEWS FORD TRAVEL PICTURE
CHRISTY COMEDY — "MARY'S NIGHT MARE"
Matinee—Saturday Only—3:00 p. m. Admission 10 & 20 cents inc. War Tax
Evening—Both Days—7:30-9:15. Admission 15 & 25 cents inc. War Tax

Tuesday, March 30th
JUNE ELVIDGE
in
"The Moral Deadline"
A PICTURE FULL OF PEP, SPEED AND SPARKLE
ALSO
STAR COMEDY — "WOES FOR WOMAN"
CHESTER OUTING PICTURE
Evening—7:30-9:15. Admission 15 & 20 cents including War Tax

Thursday, April 1st
A RIP-ROARING FARCE!
especially for
BACHELORS
who are avoiding the matrimonial trap.
FULL OF FUN
CLEAN as a WHISTLE
ALSO
LLOYD COMEDY
"SOFT MONEY"
FORD EDUCATIONAL WEEKLY
BRAY PICTOGRAPH
"REFORMED SALOONS"
EVENING — 7:30 and 9:15
Admission 15 and 20 cents, Including War Tax



OWEN MOORE
in **"SOONER OR LATER"**
Story by Lewis Allen Browne
Direction Wesley Ruggles
Scenario by R. Cecil Smith

For EASTER

Little Easter Remembrances in Cards and Folders to remind your friends you are still thinking of them.

Birthday Cards
Everyday Cards All Kinds of Cards

Puffer Pharmacy
THE CORNER DRUG STORE
Main & Curtiss Sts. Phone 6

Everything To Eat

Prices Right

Groceries, Meats and Vegetables

North Side Grocery & Market
H. C. PITCHER, Proprietor
32 North Forest Avenue Telephone Number 2

MORALE and CLOTHES

In the army they realize the effect clothes have on the morale of soldiers. Every man's uniform must be pressed and spotless—it must fit—it is cut along snappy lines.

Good clothes are as important in civilian life as in the army. They give you confidence and make a favorable impression.

Let us measure you for your new suit. It will cost no more than ordinary clothes, but when you try it on you'll soon realize what we mean by "Clothes That Make The Success Spirit."

"CLOTHES THAT MAKE THE SUCCESS SPIRIT"

JOSEPH MAZZA
Successor to W. S. Wilson
CLEANING — DYEING — PRESSING
and — REPAIRING
27 South Main Street
Phone 62-M Garments Called for and Delivered.

BONELESS CORNED BEEF	26c
This includes Boneless Brisket, Round and Rump	
Bacon Squares	29c
Salted Tongues	38c
Lamb Stew	19c
Salt Pork	28c
Veal Shoulder Roast	32c
Veal Breast Pocket	24c
Leg O' Lamb	38c
Veal Loin Roast	34c
PRIME RIB ROAST BEEF	28c
SUNBEAM EVAPORATED MILK—15c; per doz.	\$1.65
Dunham's Shredded Coconut, small 14c; large	27c
Baker's Chocolate, 1/2 lb bar	27c
Sunsweet Prunes, California Pack, 5lbs.	\$1.30
Kellogg's Krumbled Bran	18c
Shredded Wheat	14c
Pride of Aurora Vanilla, 2 for	25c
Richelieu Icing Sugar	24c
Morton's Package Salt	10c
Baker's Cocoa	28c
Fowler Peas & Corn, 6 for	\$1.00
Wesson Oil, new stock	42c
American Family Soap, 3 for	25c
Wright's 1000 Isle Salad Dressing	33c

On April 1, 2, and 3, a big Soap Demonstration will be held in our store. Watch for it!

Klein's Market
SO. Main St. PHONE 279