

**Services in the Churches
Lodge and Club Meetings**

And Notes of Interest

**Time of Services and Meetings in
the Various Churches**

Trinity Episcopal Church
Rev. P. C. Wolcott, D. D. Rector. Holy Communion, Sunday 7:30 a. m. Morning Prayer and Litany 11:00 a. m. Holy Communion, first Sunday in the month and Festivals at 11:00 a. m. Evensong, 5:00 p. m. Sunday School 9:45 p. m.

St. Mary's Church
Laurel avenue and McGovern street. Rev. J. D. O'Neill, pastor. Sunday services First Mass, 6:00 a. m. Sunday School 6:45 to 7:30; Second Mass, 7:30 a. m. Last Mass 9:45 a. m.

Swedish Evangelical Lutheran
Highwood. Rev. C. E. Lundgren, pastor. Sunday services, preaching at 3:00 p. m. Sunday School at 2:00 p. m. Wednesday prayer meeting 8:00 p. m.

First Church of Christ, Scientist
Hazel avenue near St. John's avenue. Regular service every Sunday morning at 10:45 o'clock. Sunday school immediately after the Sunday morning service. Regular Wednesday evening testimonial meeting at 8:00 o'clock.

The Reading Room, second floor, Erskine Bank Building, is open daily, except Sunday, from 9 to 12 a. m. and 1 to 5 p. m. All authorized Christian Science literature is on file for reference, and may be purchased if desired.

St. Johns Evangelical Church
Corner Green Bay Road and Homewood Avenue. Rev. R. B. Fiedler, Pastor. Sunday morning, German preaching at 10:30 a. m. and English preaching at 7:30 p. m. on first and third Sunday of the month. Everybody is welcome to attend these services.

Ebenezer Evangelical Church
Second Street near Laurel Avenue. Sunday School, 10:00 a. m.; morning worship, 11:00 a. m.; Christian Endeavor, 7:00 and evening service 7:30 p. m. German prayer meeting Wednesday, 7:30 p. m. Bible study Friday, 7:30 p. m. We cordially invite your attendance.

Believers Meeting
Library Hall Highland Park. Every Sunday 7:45 p. m., Gospel address. Every Thursday 8:00 p. m., Bible study. You are cordially invited.

Evangelical Lutheran Church
Central Avenue, W. F. Suhr, pastor. Sunday service, German preaching at 10:30 a. m.; English preaching at 8 p. m.; Sunday School, 9:15; German Saturday school, 9:00 to 12:00.

First United Evangelical Church
Corner of Laurel Avenue and Green Bay Road. Rev. J. Foster Van Evera, pastor. Sabbath morning worship, 10:45 evening service and K. L. C. E. from 7:00 to 8:00 p. m. during July August and September. The midweek prayer services Wednesday and Friday evenings at 7:45; choir meetings Thursday at 8 p. m.; Sunday school at 9:30 a. m. A cordial invitation extended to all.

Swedish Lutheran Church
There will be Swedish Lutheran Church services every Sunday evening at seven forty-five o'clock in the Y. W. C. A. rooms on Central Avenue, Highland Park, Carl E. Lundgren, of Waukegan, Illinois, pastor.

Baptist Church
East Laurel avenue, Henry Clay Miller, minister. Sunday, morning worship, 10:45; Sunday evening people's service, 7:45. The Bible school, Mr. Charles H. Warren, Superintendent, assemblies at 12:00 o'clock. The Baptist Young People's Union, Mr. Leigh Bittinger, President, meets each Sunday evening at 7 o'clock. The mid-week service is held in the parlors of the church each Wednesday evening at 7:45. The Ladies Guild, Mrs. C. E. Thompson, President, holds its regular sessions on the afternoon of the first and third Thursdays of each month. The public is cordially invited to all the services of this church.

Highland Park Presbyterian Church
Corner of Laurel, Linden and Prospect avenues. Rev. R. Calvin Dobson, Pastor. Bible School meets at 9:30 a. m. in the church building. Sunday morning worship, 11:00 a. m. Young Peoples Meeting at 7:30 p. m. Mid-week prayer service Wednesday evening at eight o'clock in the auditorium of the church. The public is cordially invited to all of these services

SYRIA'S HUGE MONOLITH.

Largest Stone Ever Quarried is a Relic of Antiquity.

One of the most interesting proofs of the wonderful civilization of the ancients is afforded by the great slab of stone at Baalbec, in Syria. This huge monolith is sixty-nine feet long, fourteen feet broad and seventeen feet in depth. It is said to be the largest piece of stone ever quarried and its estimated weight is 1,500 tons.

It is thought by archaeological scholars that this huge stone was intended by the ancient builders to adorn the Temple of the Sun near by—now, of course, in ruins. Here in one of the walls which still stand are to be seen huge slabs of stone, which careful measurements show to be sixty-three feet long and thirteen feet high.

And, more remarkable still, they are placed in position nineteen feet above the ground level. Moreover, although no sign of any cementing mixture is to be found in these ancient buildings, the stones have been squared and polished so evenly that only after the most minute search can the joints be found and when traced it is impossible to thrust the blade of a pocket knife between them!

How these things were done is a standing mystery to the scientist. Wide World Magazine.

THROWING THE DISCUS.

Methods of the Grecian Athletes in Homeric Times.

Discus throwing was a refined form of hurling the stone. In Homeric times, and even at Olympia, a stone or mass of iron was first used for the purpose. This was held by a leathern

snoug, swung in a circle and hurled as far as possible. A circular or lenticular disk of bronze was used at least as early as the beginning of the fifth century.

A standard weight must, of course, be assumed for the great games. A discus now in the British museum, which seems to have been used, weighs 11 pounds 9 ounces, but whether this was the standard weight or not is not definitely known.

The thrower took his stand upon a slight elevation of limited circumference, where he could have a secure foothold and was prevented from running. Then, with a swing of the arm and a corresponding movement of the whole body, he hurled the discus as far as possible.

The value of the body movement was recognized by the sculptor Myron in his famous statue, "The Discobolus," and is understood by the modern athlete when he swings the hammer or even when he makes a drive at golf.

A Mine of the Incas.

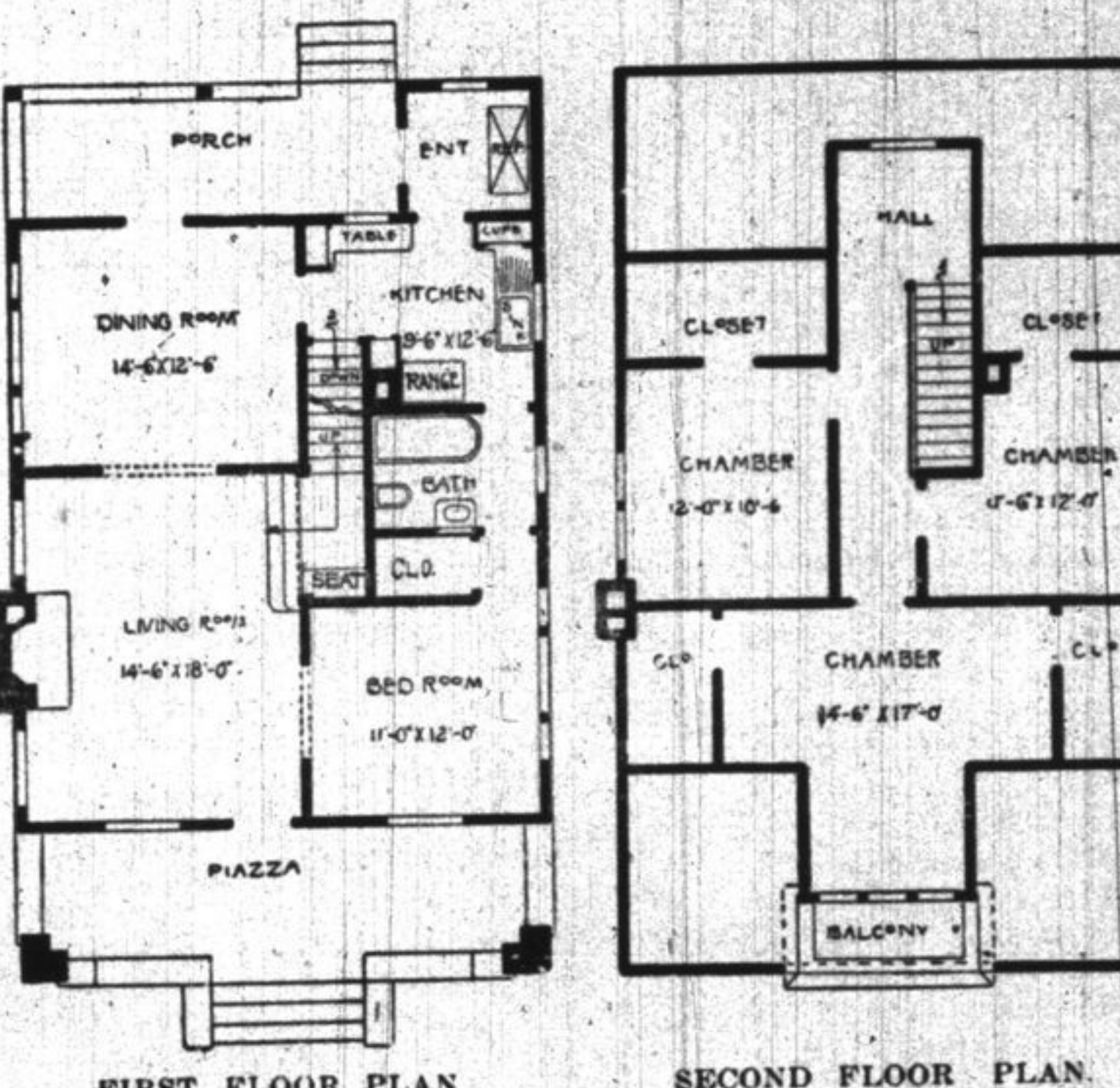
One of the famous best emerald mines of Peru is said to have been discovered recently by a Greek immigrant. This man had some land near the little village of Acomayo, and he wanted some time for building purposes. So he set some workmen to digging out limestone. The men dug in a depression that looked like a natural cave. Soon, however, the Greek proprietor thought that the cave did not look natural, and he began investigating. He thought it might be a mine, and so it was—so they say. He found three different holes with emeralds in them farther down in the old workings, and then it dawned on him that he had discovered one of the lost mines of the Incas, the sovereigns of ancient Peru.

A NEAT TWO STORY BUNGALOW.

Design 979, by Glenn L. Saxton, Architect, Minneapolis, Minn.



Copyright, 1912, by Glenn L. Saxton.
PERSPECTIVE VIEW—FROM A PHOTOGRAPH.



For a bungalow here is a very practical and well arranged plan. There is a piazza across the entire front with large cobblestone piers in each corner. Size over main part, exclusive of piazzas, is twenty-eight feet wide and thirty-two feet deep. First story nine feet, second story eight feet. Cost to build, exclusive of heating and plumbing, \$3,200.

Upon receipt of \$1 the publisher of this paper will supply Saxton's book of plans, entitled "American Dwellings." It contains 254 up to date designs of cottages, bungalows and residences costing from \$1,000 to \$8,000.

**Milady's
Mirror**

Harm Dandruff Does.

Dandruff has come to be such a common disease that many of us lose sight of the harm it works until the real harm is done. It causes the hair to become dry and lusterless and by clinging to the clothing gives the appearance of uncleanness.

One of the chief causes of dandruff is weakness of the scalp, caused by infectious diseases. Pressure of heavy or close hats on the head is another common cause, while the practice of matting the hair close to the scalp is a well known promoter of the disease. Hair oils and dyes used to excess invariably cause malignant dandruff.

If you find your scalp is becoming affected make haste to discover if one of these prevalent practices is not bringing about a condition you will find great difficulty in overcoming.

First of all, keep the scalp perfectly clean. Shampoos containing yolks of eggs, with chloroform, borax (with or without camphor), carbolic acid, soda and chlorate of potash are recommended for dandruff.

Add to the yolk of an egg ten drops of chloroform and beat with an egg beater to a stiff froth. Rub the size of a black walnut of this remedy into the roots of the hair, then wash it well with a good soap. Dry quickly with a soft towel, and you will find the remedy most efficacious.

A tendency to gray hair is often hereditary—that is to say, in certain families there seems to be a lack of the pigment which gives the hair its natural color. This deficiency in such cases sometimes makes itself apparent in early life and cannot be prevented. Other people notice gray hairs for the first time after some illness or other loss of their normal vitality, and in such cases there is rarely any restoration of the natural color.

Sudden or severe mental disturbance may sometimes produce gray hair, and if the mental worry be very quickly removed and the general health has not suffered there may be a chance of the hair regaining its original color.

Chocolate and the Teeth.

A box of chocolates and a matinee ticket constitute happiness for a great many girls of today. If the play is good the matinee ticket is a real benefit, which is more than can be said for the chocolate.

There is always a temptation in a well-lit layer of rich brown goodies behind that tempting and delicious looking box of chocolates to nibble. So strong is this temptation that the girl who neglects her dentist throws discretion to the winds, knowing full well

the price of her indulgence will be aching teeth and a disgruntled digestion.

A famous authority who recently declared "chocolate can only do harm, in common with all good foods, when eaten to excess" seems to ignore the view generally taken by the dental profession that chocolate, like other sweetmeats, does a vast amount of harm to the teeth, at least when eaten, even in small amounts, at the wrong time—that is, between meals or before going to bed.

Unfortunately it is at these times that chocolate generally is eaten. If it were always taken toward the end of a meal, followed by a detergent food-stuff, such as fresh fruit, what is claimed for it would no doubt be true.

Unfortunately we like to nibble on chocolate over our books and magazines or in idle moments such as come to us at odd hours of the day. A thorough cleansing and sterilizing of the mouth and teeth will do much to counteract the harmful effects of chocolate.

To Cure Brittle Nails.

Brittleness of the nails is caused by a weakened physical condition. Then again if you do your own household work the strong soap which you probably use for cleaning purposes will make your nails brittle.

Twice a day hold the tips of your fingers for five minutes in a vessel containing enough olive oil to cover the nails. At night before retiring dip the fingers into cold cream and let the tips take up as much as they will retain. After this dip them into talcum powder.

Never polish the nails too vigorously, as this beats them and increases their dryness.

Hairful Suggestions.

When your eyes are tired close them for five minutes. If they smart and burn bathe them in lukewarm water. A teaspoonful of witch hazel in the water will aid them in a few moments.

When your ear aches get a little absorbent cotton, dip in Jamaica ginger and pack tight in your ear. You will be surprised how soon the ache will leave you.

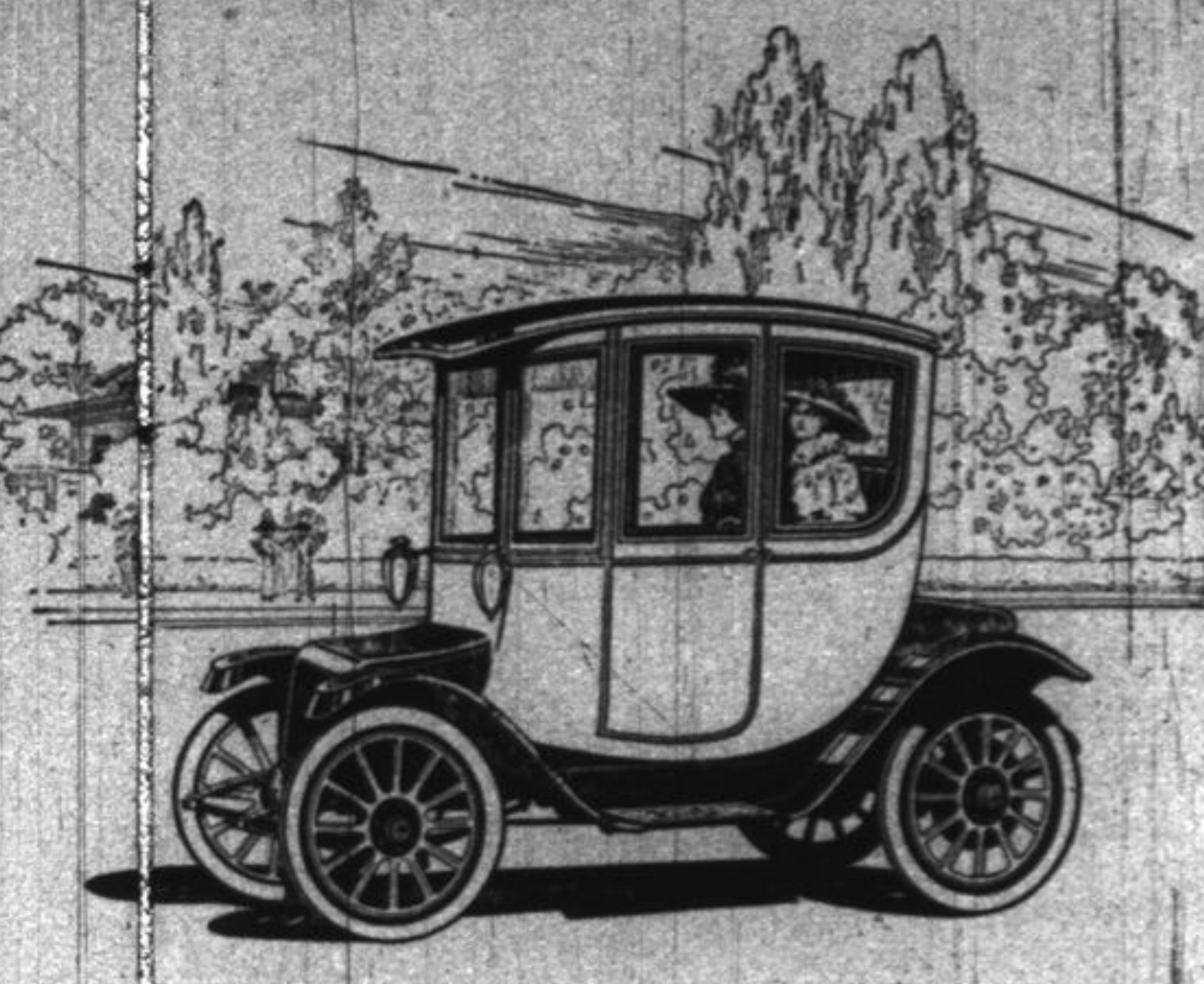
Cabbage contains a great deal of sulphur and for this reason frequently causes flatulence. Cauliflower, which is of the same family, is more easily digested.

Scalp Massage.

A thorough course of massage to the scalp will do much toward improving the hair. The finger tips may be dipped into sweet almond oil or a stimulating lotion before massaging. Comb-ing and brushing the hair are other points.

Hostess (after presenting fan to prize winner at whist drive)—Really, I'm afraid it's hardly worth accepting. Winner (appraising its worth)—Oh, thank you so much! It's just the kind of fan I wanted—one that I shouldn't mind losing.—London Punch.

Conceit may puff up a man, but can never prop him up.—Ruskin.



**That New Woods
Is A "Speed-boy"**

- Another point about the newest model of the Woods Electric is the fact that it is a mighty speedy affair. At the speed the law allows—and a lot more is bottled up inside of its new batteries and motor, ready for use any time and all the time. Moreover, the improved batteries give even a greater mileage than ever.
- With all this speed and all this extra mileage, and with the new and improved cushion tires that outlasts three sets of pneumatics and simply can't be punctured; and with the wonderful Woods springs that absorb every bump and jolt; and with the smart, chic, Frenchy body design and innumerable other improvements—you've got a car that is a car! It's the ideal electric at an easy price. Let us demonstrate, just write or phone.
- If you love your wife, give her a Woods.

Woods Motor Vehicle Co.
Factory and Salesrooms
Calumet, Cottage Grove Avenues and 25th St.
Chicago, Illinois
Our own garages at Highland Park and Evanston



We Are Off Today

That you Jack? Well; we are off today. Hoped to run in to shake hands with you before leaving, but have been so busy clearing up business matters that I haven't had a minute. Let that Calkins matter rest till I get back. Six weeks. Thanks.

"Good luck to you, old man."
When time presses, the telephone is frequently relied upon for last words and farewell messages.

Every Bell Telephone is a Long Distance Station
CHICAGO TELEPHONE COMPANY

Geary's Home Bakery
handles the finest line of fresh Candies, Ice Cream and Bakery Goods. When in need call 580 or 340
Finest of Bakery Goods
Don't Forget to try a 10c Loaf of GEARY'S SPECIAL

Coal, Coke and Wood
Lime, Cement and other Building Material
The Highland Park Fuel Company
HERMAN DENZEL, President
Office 126 E. Central Avenue Telephone 335