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## The Social Side of Life Local Affairs of the week

By the Observer

Society ladies of the North Shore are taking great interest and making elaborate plans for a benefit bazaar for Arden Shore winter camp for convalescent men and boys to take place on Monday, November second, from two until ten o'clock at Evans-ton Woman's Club, Chicago avenue and Church street, Evanston. Fancy articles of all kinds and cakes and candies will be on sale. Tea will be served and dancing will be included in the program. The affair is under the direction of the chairmen of the Arden Shore Association from Evanston to Waukegan of which Mrs. Robert B. Gregory is president. The chairmen are Mrs. E. L. Upton, Waukegan, Mrs. C. E. Pope, Lake Forest, Mrs. McGregor Adams, Highland Park, Mrs. Walter McNeil, Ravinia, Mrs. H. C. Holloway, Glencoe, Mrs. J. S. Burnet, Winnetka, Mrs. Ralph Farwell, Kenilworth, Mrs. C. C. Mitchell, Wilmette and Mrs. O. B. Tennis, Evanston.

Mr. and Mrs. M. Warner of No. Second street announce the marriage of their daughter, Miss Alice Warner, to Mr. L. J. Terriff of Waukegan, Wis. to Mr. L. J. Terriff of Menasha, Wisconsin. The ceremony took place in Chicago, June 7th, 1914. Mr. and Mrs. Terriff will make their home in Racine, Wis.

The lecture on Friday evening given at the Moraine Hotel by Miss Mary Humphrey on "Russia and Her Russian Refugees" for the benefit of the winter camp of Arden Shore, was largely attended. The ladies who were in charge of the arrangements included Mesdames C. N. Kimball, Fayette S. Munro, Frank L. Wean, Earl W. Spencer, McGregor Adams, Robert B. Gregory and Frederick W. Cushing.

Mrs. Mary Kelley of Highwood entertained a number of her friends on Friday evening in honor of her birthday anniversary.

Miss Dorothy Miller of Prospect avenue will be hostess at a masquerade party at her home this evening. There are about thirty guests bidden and they will all appear in gay costumes in the attic which will be decorated in yellow and white in keeping with the season. There is to be dancing and prizes will be given for the best disguise.

The members of the eighth grade of the Lincoln avenue school are to give a Halloween supper at the school house Friday evening. There will be about twenty people present, including the whole class and some of the teachers.

### Deerfield News Items

Mr. and Mrs. W. A. Whiting and their guests, Mr. and Mrs. Allen, were the guests of Mrs. Whiting's sister, Miss Elizabeth M. Clark of Irving Park Sunday.

Mr. and Mrs. Ralph King of Waukegan were the guests at the home of Mr. S. P. Hutchinson Friday.

Special services celebrating the installation of the new minister, Rev. J. Lender of Crown Point, Indiana, were held in St. Paul's Evangelical church Sunday morning. The ceremony was performed by Rev. F. Schaer of Shermanville whose congregation participated in the ceremony.

A dancing club, the purpose of which is purely social was organized Saturday evening under the direction of Mr. Oscar Reichman and will hold weekly dances at Anderson's Hall, the date to be voted on at the next meeting which will be Wednesday evening.

Miss Eleanor Meyer was the week end guest of Miss Irene Macadie.

Mrs. Simeon B. Chittenden of E. Central avenue was hostess at a luncheon Tuesday at which time Mrs. W. S. Brenart, formerly of Detroit, Mich., now at the Moraine Hotel, will be the guest of honor. Dr. and Mrs. Brenart will make their home in Highland Park, taking possession of the Dean house on Montgomery Road, early next week.

Mrs. Robert F. Carr of Laurel avenue has cards out for an eight table, handkerchief bridge party for Wednesday afternoon, November fourth, at two o'clock.

Miss Valencia Rafferty was hostess at an informal dancing party Tuesday evening, at her home on Prospect avenue. There were fourteen guests present.

Mrs. Frederick Mains entertained the North End Embroidery Club at luncheon at her new home in Riverside, Ill. on Wednesday. The ladies who attended were, Mrs. Frank Laing and her mother, Mrs. Egnaw, Mrs. S. A. St. Peter, Mrs. Paul Udell and her mother, Mrs. W. H. Bennett and Mrs. Joseph Simons of Waukegan.

Mrs. Albert Larson was happily surprised on Friday evening when some of her friends came to help her celebrate her birthday anniversary. Cards were the feature of the evening. The successful prize winners were Mrs. Roland Bleimel, Mr. Neils Nelson, Mrs. Neils Nelson and Mr. M. Kutzer.

Mrs. George Howe was hostess to twelve ladies at luncheon on Wednesday in compliment to her sister, Mrs. Joseph Kerby of Marshall, Missouri, who is the guest of Mrs. Howe for the week.

Master George Allen Mason, Jr., of Hazel avenue has issued cards for a Halloween supper to be held at his home Saturday evening at five-thirty. The guests are to come dressed in sheets and pillow-cases to represent Halloween ghosts. After supper at the Mason home the young people are to go to the Highland Park Club to enjoy the annual Children's Halloween Party which includes motion pictures, dancing and games.

The Luther League of the Evangelical Lutheran church will hold its regular business and social meeting tonight at the home of Mr. George Schuman. The members of the League have decided to turn the meeting into a Halloween party since the date is so near, accordingly the house is to be decorated with yellow and white decorations.

The Euchre club met at the home of Miss Mary O'Donnell Monday evening.

Rumor has it that the parties who broke into the depot a week or so ago and stole several hundred dollars' worth of railroad tickets have been apprehended and the authorities are of the opinion that they have also captured the lone man hold-up of several months ago at the Knaak drug store.

The dramatic club which met at the home of Mrs. Geo. McDonald Monday evening decided upon a three act comedy which they expect to give about the middle of January.

Mrs. Wm. A. Whiting was hostess at an afternoon party in compliment to her guest Mrs. Herbert Allen of Detroit, Mich., Monday afternoon.

The sacred concert which was given under the direction of Mrs. J. C. Wolf in the Holy Cross church Sunday evening proved very interesting. Among those who took part were Mr. and Mrs. Wm. Loony, Mrs. Rapp Lampe and Miss Violet Martin Hughes of Chicago.

Mrs. Bernard of Libertyville was the guest of her parents, Mr. and Mrs. H. Haunschild last week.

The Christian Endeavor Societies of the United Evangelical and Presbyterian churches held a union service in the United Evangelical church Sunday evening under the leadership of Mr. Milton Frantz, the subject of which was "Christian Citizenship."

The Dorcas Society will meet in an all day session at the home of Mrs. George Pettis Thursday afternoon.

At a meeting of the directors of the Deerfield Grammar School, held last week a unanimous vote was taken to allow all churches in the village the privilege of renting the assembly hall for public entertainments for the nominal consideration of five dollars per evening.

Mrs. Deshauser and Miss Florina Deshauser of Chicago were week end guests at the home of Dr. Knaak.

Mrs. John A. Reichelt gave a dinner for the teachers of the grammar school Monday evening.

The next moving picture show will be held in the school Friday evening, October thirtieth. The boys will sing popular songs and the girls will sell home-made candy for the benefit of the equipment fund.

Miss Bell Beiderstadt of Highland Park was the week end guest of her parents, Mr. and Mrs. Fred Beiderstadt.

Mrs. Mary Kehoe of Waukegan was the guest of her brother, John Carolan last week.

Mr. and Mrs. Frank Hempstead are now occupying their new residence on Lincoln avenue. Mr. Robert Seyfarth, the well known architect of Highland Park, is credited with many new and original ideas and this home is one of the most complete in Deerfield.

A son was born to Mr. and Mrs. Alonzo Hildebrand Monday, Oct. 26.

### STRENGTH IN EXCITEMENT.

Either Fear, Rage or Pain Starts the Adrenal Glands to Work.

Many a person has wondered where he obtained the strength that enabled him to undergo some emergency that called for unusual physical exertion when under ordinary conditions he would be unable to control a tithe of that strength. It was from the adrenal glands, two little glands situated above the kidneys which secrete what is known as adrenaline and when stimulated discharge the same into the blood. The effect of this addition to the blood is to release sugar from storage in the liver and bring it into the blood, drive the blood from the abdominal regions into the heart, lungs, central nervous system and limbs. The resulting effect is to excite the muscles to irritability and enable unusual effort to be made.

Either fear, rage or pain will supply the stimulus required to set the adrenal glands into action. When a muscle is fatigued without any accompanying degree of excitement it may take a couple of hours for it to recover its normal condition, but if adrenaline is injected, or if through excitement the adrenal glands are stimulated to discharge and secrete, the fatigued muscle may regain its "irritability" in three minutes. The sugar set free from the liver and circulated in the blood stimulates the muscles, for sugar is the source of muscular energy. Fear, rage and pain are thus given us by nature as agencies to enable us to use our physical powers to their fullest extent in the crisis that produces the excitement.—Los Angeles Times.

### BEARDS IN BATTLE.

And Why Clean Shaven Men Became Prized as Warriors.

The habit of shaving is not of a very ancient origin. According to James Stephens in "Here Are Ladies," when humanity lived a quiet, rural and unambitious life men did not shave; their hair was their glory, and if they had occasion to swear, which must have been infrequent, their hardest and readiest oath was "By the beard of my father," showing clearly that this feature was held in veneration in early times and was probably accorded divine honors upon suitable occasions.

With the advent of war came the habit of shaving. A beard offered too handy a grip to a foe man who had got to close quarters; therefore, warriors who had no true hardihood of soul preferred cutting off their beards to the honorable labor of defending themselves.

Many ancient races effected a compromise in order to retain a fitting military appearance, for a barefaced warrior has but little of terror in his aspect. The ancient Egyptians, for example, who had cut off or could not cultivate or had been forcibly deprived of their beards, were wont to go into battle clad in heavy false whiskers, which, when an enemy seized hold of them, came off instantly in his hand, and the ancient Egyptian was enabled to dispatch him while in a trance of stupefaction and horror.

Clean shaven men became by this cowardly stratagem very much prized as fighting men, and thus the foundation of the shaving habit was laid.

That Feminine Minute.

"Sit down and let's have a good talk, I have a free hour."

"Aren't you going out with your wife?"

"Yes, but she just called down she'd be ready in a minute."—Baltimore American.

## Points for Mothers

Hot Weather Hygiene.

In hot weather danger sometimes arises for the children in a faulty condition of the food. This is especially the case with milk, and it is necessary to see that the milk used comes from a guaranteed source and that it is kept under hygienic conditions in the house.

Fruit, too, becomes a danger, and the eating of unripe or overripe fruit is a very common cause of nursery ailments.

Now to consider the question of medicine and dieting when the first warm weather appears. For the former, when circumstances render it necessary, magnesia may be safely recommended, provided it is in a suitable form for children's use. Any obvious disturbance in the internal arrangements should be counteracted by this in preference to castor oil or even olive oil, for both have a tendency to heat the blood, a tendency which is counteracted in magnesia.

To the older children a simple saline draft may often be given with advantage. A good, homely remedy is made by steeping prunes in water in which some lemon pods have been soaked, one ounce of the pods being put into a pint of boiling water and left until the water is cold. Strain the water, then add four or five tablespoonsful of golden syrup; then pass the mixture through a sieve and keep it in a well stoppered bottle, giving one teaspoonful as a dose each morning. It is quite nice to take and generally liked by children.

### When the Youngsters Travel.

Children traveling can all too easily prove a bore to every one. On ship board it is easy to keep them out of the way. On some of the ships, of course, special nurseries and playrooms are provided. Even when this is not the case the children can be kept happily occupied with books and toys in their deck chairs or else can be taken for walks about the deck. But they should not be allowed to romp up and down the deck, running thoughtlessly into other passengers and stumbling rudely against the deck chairs.

Children in a train are harder to take care of. Whatever their own discomfort may be, don't allow them to rump up and down the aisles. If they become very restless they may walk up and down the aisles a few times without disturbing any one if they can be trusted to be quiet and mannerly.

For the most interesting games and books that can be enjoyed in their seats should be provided for their entertainment. Colored crayons, pencil and other paper games, games of cards—like "solitaire"—paper dolls and the other sort of dolls and various word games that can be directed by an elder member of the party are all good entertainment for child travelers.

### Summer Drinks For Children.

Barley water when very carefully prepared is a first rate drink for children in hot weather and makes a welcome change from plain water or milk and water. Lemonade should be only very sparingly given them, and then only when carefully made with fresh lemons.

A child should be allowed to drink as much as it likes either of barley water or plain cold filtered water. The extra perspiration caused by the hot weather will often induce thirst, and the usual nature makes felt in this way should be met.

In hot weather, too, when there is a tendency to signs of ill health, one of the excellent patent foods should be given for a time in this way the nutriment required which is not given by the ordinary diet will be obtained, for it is no use to force a child to eat more than it wants at ordinary meals—a very common nursery mistake in the first warm weather.

It is quite surprising to find the difference which a cup of melted milk once or twice a day and a meal of some good patent food for supper will make, even in a few days, in a child who is peevish and generally out of sorts.

### Fruit For the Little Ones.

The question of fruit for children is a vexed one, and it is well to put parents on their guard. Really fresh fruit, either raw or cooked, provided it is in good condition and free from skins, strings and pits, is excellent for the little ones.

Rhubarb is a very valuable nursery food. It should be carefully rinsed through a sieve after having been stewed with raw brown sugar for young children. Then it can be given freely, even to times from eighteen months onward, especially if beaten up with custard. Indeed, this form of simple "food" makes a first rate nursery pudding and one much appreciated.

Raw fruit, except bananas is rather a promising now, but these should have the fibrous strings adhering to them carefully removed before being given to children, while for babies under two and one-half years they should be mashed up with a little cream.

### Food Between Meals.

Give the children a cupful of warm liquid—soup or milk—if they come in hungry. It is nourishing and doesn't spoil their dinners.

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