

The Highland Inn

Home-made

Ice Cream
and Ices

at the

The Highland Inn

Telephone 237

THE HIGHLAND PARK PRESS

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THURSDAY, AUGUST 2, 1917



How Women May Help

Feed your own family first.

Don't feed high-priced food to
hogs or chickens.Don't send valuable food to the in-
cinerator or the fertilizer heap.Don't pour into the sewer nourishing
food in the shape of milk, skim
milk, sweet or sour, soup, gravy, or
melted fat or water in which cereals
or vegetables have been cooked.Keep good food out of your gar-
bage pail and kitchen sink.

Demonstrate thrift in your home.

Make saving rather than spending
your social standard.

Be a progressive in foods.

Don't be finicky. Be willing to try
new foods. Certain plentiful and
nourishing foods widely used and en-
joyed in one section are practically
unknown in other sections of the
country. Learn to know all the good
things, not a few only.People too easily get into food ruts;
insist on eating only the food they
are used to, and refuse to give a fair
trial to others. This causes undue
demand for certain staples, with re-
sulting scarcity or high prices when
crops are short. At the same time
other valuable foods may be relative-
ly cheap and available. A striking
instance of this is failure to appre-
ciate rice—a valuable source of
starch—when potatoes are scarce
and high. Another example is re-
fusal in certain sections to use any-
thing but wheat as a breadstuff,
when corn—a valuable cereal used
elsewhere as a breadstuff—is plenti-
ful and relatively cheap.Learn how to cook all kinds of
staple foods and to serve them in a
variety of ways. Simple dishes well
prepared are better than expensive
foods badly cooked.Many persons are prejudiced
against certain good foods because,
when first tried, the foods were im-
properly cooked or prepared.Remove from your vocabulary
"don't like" or "can't eat".Most individual prejudices against
widely popular foods are either im-
aginary or baseless.Try to like every simple food;
give it a fair trial.If Rigoletto was "sunk" at Ravinia
as the W. G. N. insists, we are right
here to say that at times the artists'
voices are drowned—by the C. & N.
W. R. R.So far the German universities
have had the fortitude to refrain
from conferring the degree of D. D.
on commanders of U-boats.An observer from an altitude can
see far into the water below. The
aeroplane will be known as the fish-
hawk of the war.Kilts certainly are picturesque, but
nobody cares what the masculine
knee looks like, anyway.

LOCAL AND PERSONAL NEWS

Mrs. M. Lauritsen of Highwood,

has returned to the Evanston Hos-
pital.Mrs. Henry C. Briedert and her
mother, Mrs. D. Snyder of Vine Ave.,are spending two weeks in Havana,
Ill.Miss Annie L. McKenzie is spend-
ing two weeks in Toronto, Canada,
with relatives.Mrs. Thomas Milton Wilder, her
sister, Mrs. Burdick and Miss Eliza-
beth Wilder are spending ten days
in Michigan.Little Mary Elizabeth Mann is
spending a month in Detroit, Mich.,
with relatives.Miss Helen Hoyle has as her
guest, Miss Dorothy Derby of Chi-
cago.On Monday the Highland Park Pol-
ice found a completely demol-
ished automobile on the parkway at
the corner of St. Johns Place and
Bloom Street. Investigation as to
how the machine was wrecked and
who the occupants were has proved
quite fruitless. The wreckage has
been removed by this time.Mrs. C. F. M. Smith and children
who have been in Denver, Colo., for
the past two months will return this
week.Mr. and Mrs. George Taylor have
returned from Taylorville, Ill., where
they have spent several weeks.Mr. Sherrill Kent of New Haven,
Conn., and Mr. Kenneth Noble of
Fort Wayne, Ind., were week end
guests at the home of Mr. and Mrs.
Henry M. Bacon.The Misses Olivia and Mildred
Goeltz have returned from Duce's
Lake, where they were in camp with
the Y. W. C. A. girls.Mr. Arthur Goeltz who has been
studying with the naval reserves is
to be one of the crew of the Albion,
and having received his papers, left
yesterday. He is machinists mate.The Young Ladies Mission Club of
Highwood will give a dance on Sat-
urday evening, August fourth, in the
Spanish-American War Veterans'
Hall. Invitations have been sent out
and ladies who wish to attend are re-
quested to present them at the door.Miss Elizabeth Prindiville of Win-
netka, formerly of this city, leaves
this week for Harbor Point, Michi-
gan, for a number of weeks.Mrs. George Vogel of St. Louis
Mo., is the guest of her sister, Mrs.
John R. Grant of Skokie Ave. for
several weeks.Mr. and Mrs. Arthur Gruel have as
their guests this week Mr. and Mrs.
Raroff of Danville, Ill.Mrs. Margaret Sheahan left the
early part of this week for Wisconsin
where she will spend several weeks
visiting relatives.Mrs. Frank Miller had as her
guest on Sunday Mrs. Shumway of
Chicago.Mrs. Arthur Gruel and two child-
ren returned the latter part of last
week from Danville, Ill., where she
spent the past two weeks visiting
relatives.Mr. and Mrs. George M. Howe will
leave tonight for Beloit, Wis., to at-
tend their annual family reunion.Mrs. Roy Howe and Mrs. E. H.
Ohrmund returned last week from
Crystal Lake, Wis.Mr. John F. Kelley left Sunday
evening for Fort Des Moines, Ia.,
where he will go in training with the
medical corps.Mrs. Carl Booth has as her guest
Miss Elisa Cortez of Buenos Aires,
South America.Miss Mary Merryweather is trav-
elling in the east. She will return
in two weeks or so.Mr. and Mrs. O. B. Brand spent the
week end at Random Lake, Wis.,
visiting relatives.Mr. and Mrs. Jos. Montgomery and
son Glen spent the week end at
Fourth Lake, Ill. Mr. and Mrs. A. L.
Adams of Winnetka were their guests.Mr. and Mrs. Chas. Green had as
their guests on Wednesday, Mrs. Ida
Lightcap and Miss Alma Hansen of
Evanston. Mr. Chas. Donaldson of
Deatur, Ill., and Mr. Ted Evans of
California.Mr. and Mrs. M. Warner returned
home Sunday from a two weeks
visit with relatives in Detroit and
Clare, Mich.Mr. Oscar Lundgren left Saturday
for Fort Des Moines, Ia., where he
has enlisted with the medical corps.Mrs. John V. Norcross and her
son have gone to Long Lake Lodge,
Phelps, Wis., for the month of
August.Mr. Adolph Goeltz is in the south
on a business trip, visiting Memphis,
and Atlanta. He has been gone two
weeks and will return in one week.Mr. and Mrs. Ralph Daid of Park
Ave., are receiving congratulations
on the birth of a son born Tuesday,
July thirty-first.Mr. and Mrs. A. Schwitzer of Seld-
mere, Fla., were the Sunday guests
of Mr. and Mrs. E. M. Umbach.Mrs. Arthur St. Peter had as her
Sunday guest Mrs. Leo Ungar of Chi-
cago Beach Hotel, Chicago.Mrs. C. Crosby and son Tony who
spent the past three weeks in Olney,
Ill., visiting relatives returned home
on Monday.Mr. and Mrs. Spencer Eheridge
of Grand Rapids, were the guests of
Mr. and Mrs. John Udell and Mr.
and Mrs. Paul Udell this week.Miss Marie Manes is spending the
summer months at Charlevoix Inn,
Charlevoix, Mich.Mr. and Mrs. E. M. Umbach have
as their guests this week Miss
Schwitzer of Chicago.Mr. and Mrs. C. H. Merritt and
family are spending six weeks at
Newtown, Conn., and Milford on the
Sound.Mr. and Mrs. W. B. Spengler and
children motored to Racine, Wis.,
last week and spent the week end
there.Ruth Bedford of Chicago was the
guest last week of Mrs. James He-
ler.Messrs. George Heiler and George
Harder left Saturday for Minneapolis,
Minn., where they will spend sev-
eral days.The annual picnic of the Spanish
American War Veterans will be held
next Sunday, August 5, in the U. S.
A. W. V. hall and on the surround-
ing grounds.Mrs. James Heiler had as her
week end guest Mrs. Bedford of Chi-
cago.The five hundred club motored out
to Lake Zurich on Sunday and en-
joyed a picnic.On Sunday two hundred members
of the Brotherhood of Locomotive
engineers enjoyed a picnic at the Rail-
road Men's home. A most interest-
ing program consisting of speeches,
and music was given. Various games
were enjoyed by the children.Mr. Walter Goeltz is in Elizabeth,
Ill., where he will remain until
school opens at the University of
Illinois, Champaign, Ill.Mr. and Mrs. Eugene Wilson have
returned from Nantucket where they
have spent several weeks.Mr. and Mrs. John D. Purdy, Jr.
announce the arrival of a son John
Purdy III Sunday, July 22.Mrs. Sidney Miller and Miss Dor-
othy left last week for the Pines on
Spring Lake, Mich., for an indefinite
stay.Mrs. Hussey and Miss Martha Hus-
sey of Minneapolis are the guests of
Mrs. Franklin Hussey.Mr. and Mrs. Noble Grandall of
Ravinia, are on a fishing trip in the
northern woods of Wisconsin.Mrs. John Grenville Mott is at
Harbor Springs, Mich. for a short
visit.Mrs. Joseph Fleming of Detroit, is
at the Hotel Moraine, to be near her
son, who is in the officers' training
camp at Fort Sheridan.Mrs. Jerec Johnson and children
of St. Louis, Mo., are guests of Mrs.
H. H. Chandler.Mr. and Mrs. Thomas Clements are
in Virginia Hot Springs for two
weeks.Mr. and Mrs. Robert F. Carr have
as their week end guests Dr. and
Mrs. Arthur Reynolds of Chicago.Mr. Orville St. Peter who has
been confined to the Augustana Hos-
pital, Chicago, for the past seven
weeks with blood poisoning will re-
turn at the end of the week. His con-
dition is quite improved.Mr. B. O. Fritsch and daughter,
Ada, spent Sunday with Mr. and
Mrs. Clinton Fritsch of Chicago.Mrs. John Booth spent the week
end in Green Bay Wis., visiting
friends.Mrs. C. A. Winston is visiting in
Hancock, Michigan.Mr. and Mrs. Albert Larson and
two children Lois and Bradford spent
Wednesday in Milwaukee visiting
friends.Mr. and Mrs. Howard Wrenn are
leaving Skmoor Country Club, where
they have spent part of the sum-
mer and are going to Bridgeton, Me.,
for two months. At the end of that
time they will go to Washington and
travel in the east. They are leav-
ing Highland Park indefinitely.Mr. and Mrs. E. R. Phelps and
Mr. and Mrs. Frederick Watkins have
returned from a trip to Harbor Point,
Mich., where they were guests of
Rev. and Mrs. R. Calvin Dobson who
are spending August there. On Sat-
urday evening the guests were hon-
ored at a delightful dinner party. Mr.
and Mrs. E. B. Metzler were present
also.Mrs. Charles Boehm has as her
guests for several weeks Mr. and
Mrs. Gust Lomis and family of Puel-
lo, Col.Mr. Walter Nitschke and several
of his cousins are spending two
weeks in Chicago visiting friends.Miss Maud Redmond of Chicago, is
spending a week with her sister,
Mrs. J. L. Gibson and family.G. K. KENRY IN AUTO
ACCIDENT MONDAYCar Turns Over 3/4 Mile West of
Highland Park. Not Much Dam-
age DoneOn Monday evening about eleven
thirty an automobile party composed
of Messrs. G. K. Kenry, D. Watkins,
H. Hearst, and D. Malcolm of High-
wood were returning home from a
trip through Deerfield. About three
quarters of a mile west of Highland
Park, the machine gave way in the
front, which caused it to turn com-
pletely over. The only damage done
to the car was the breaking of the
fenders and a slight damage to the
radiator. With the assistance of the
other occupants, Mr. Kenry was able
to drive the car back into Highland
Park. Mr. Kenry suffered quite a
bruised face, and an injured knee.
All four boys are employees of the
C. N. Shore and Milwaukee Rail-
road. Mr. Kenry's accident will keep
him away from his duties for two
weeks or so.LOCAL CHAPTER D. A. F.
IN CHICAGO PARADE

Continued from page 1

ters of the flag, Mary Tapper, Kath-
erine Winters, Alice Knox, Grace
Marsh and Betty Wolters, waving
their assurances to the sailor from
across the waters. Then came "For
Humanity—Your Flag and Mine"
with Miss Nellie Bosen, Nellie, Hazel,
Frances and Eloise Brown, and Eun-
ice Knox. "We Girls are Backed by
Old Glory" with Ruth Bournique,
Margaret Forgan, Florence Boyd,
Geraldine Faxon, Katherine Martin,
Sara Lauderback and Mrs. Robert
Donald Forgan. Another "Barbara
Fritchie Chapter" car carried Doris
Oliver, Muriel Payne, Beatrice Thayer,
Elizabeth Lauderback, Elizabeth
Page and Mrs. Richard Carqueville,
and under the banner "Loving Ser-
vice" rode Jane Tapper, Elizabeth
Doty, Elizabeth Tuttle, Georgiana
and Carlisle McBean, Edith Nagel
and Margaret Parkin.When the bands had stopped play-
ing the sailors and the soldiers
from the Lakes and the Fort had re-
turned to their duties the loyal
Daughters of the British Empire and
those older ones among us who
know what grim war is, had gone
home with a stronger assurance for
the future, then the loop resumed its
busy noonday whirl. The young
daughters of the American Flag
found their way to a quiet spot in
Lincoln Park for their lunch, and
were met by a sturdy son of old
Britain, Herbert Rockey of Devon-
shire. A look of triumph was on
his face as he said to the English
girl by his side, "They put me thru
and I'm going." A look of mingled
gratitude, pain, and loyal obedience
swept over the face of the White
Rose of England. The devoted friends
from the motherland stepped aside
to shed tears which mingle often
with rejoicing and the the enthu-
siastic young American girls said
"Great! Just what we did it for."IS "MOTHER" TO 12,000
NAVAL RECRUITSMrs. William A. Moffett, wife of
the commandant of the Great Lakes
Naval training station, is known
among the 12,000 sailors as "Mother
Moffett" and the name is well ear-
ned, for in addition to a lively and
growing family of her own, Mrs. Mof-
fett takes the bluejackets under her
supervision, which means listening
to homesick confidences and untan-
gling individual problems sure to
come where thousands of boys, from
different parts of the country, con-
gregate. The responsibility does not
trouble Mrs. Moffett, for each day
she can be seen visiting tents and
canteens, cheery, helpful and in love
with her work.

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