

"The Bank of Personal Service"

Report of the condition of the

## HIGHLAND PARK TRUST & SAVINGS BANK

At the close of business July 9th, 1919

#### RESOURCES

Loans and Discounts	206,445.10
Liberty Bonds	25,689.11
War Savings Stamps	846.00
Other Bonds	148,025.50
Furniture and Fixtures	1,106.71
Cash on hand and due from banks	80,882.57
	462,994.99

#### LIABILITIES

Capital Stock	\$ 50,000.00
Surplus	5,000.00
Undivided Profits	5,496.81
Deposits	402,091.98
Reserve for Taxes	406.20
	\$462,994.99

#### **DEPOSITS**

December 6, 1916	Bank Organized			
January 1, 1918	\$200,168.36			
January 1, 1919	263,546.60			
May 12, 1919	361,702.83			
June 30, 1919	363,656.81			
July 9, 1919	402,091.98			

JOHN A. BUNNELL

Officers JOHN OLIVER HARRY PAUL Vice President

## Directors

IOHN A. BUNNELL GEORGE F. GOODNOW MAUD ERSKINE MORTON R. MAVOR ERNEST S. GAIL

JOHN OLIVER W. B. EGAN FRANK L. WEAN LOUIS N. BERUBE RICHMOND DEAN

ALFRED E. OLSEN

All officers and directors reside in Highland Park

# The Highland Park Press

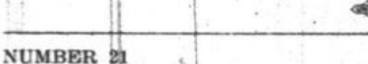
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THURSDAY, JULY 24, 1919

#### FEEDING THE FAMILY

We have always heard of malnutrition. It is an old subject to most of us, and one which we associate with extreme poverty. We heard that sixty-seven per cent of our men examined for military service were the victims of malnutrition. We shook our heads solemnly, lamenting so grave a condition. Something ought to be done.

But malnutrition is not alone a product of the slums and slum condi tions. It has now become a fashionable complaint and can be found in the very best of families. "A balanced ration," "food value," "calories," are unknown terms to many house-wives. The subject of diatetics is, of all subjects, the dullest on earth. "Let the cook order the meals and let me know nothing about them whatever until I sit down to the table," is the fervent pronouncement of women even of superior intelligence.

Before the high cost of living came into the equation of ordering meals, this sort of hit-and-miss program did not entail such disastrous results. Now, if fresh vegetables are high, we simply do not order them. Perhaps macaroni and cheese will serve just as well. We just omit the green or yellow vegetable food with their mineral properties and all their vital importance to the proper maintenance of the human body. Similarly we cut down on milk for the children because it is so expensive, utterly ignoring its high neurishing properties. One glass of milk contains more valuable nourishment than a cut of beef-steak which one person would ordinarily consume at a meal, and so also does one egg. Fruit which is absolutely indispensible to good health is often left out of the day's order because it is so expensive. Oleomargarines of all kinds are used on the table as a substitute for butter without any thought whatever beyond its relative cost and the way it tastes. Commercial and cottage cheese are bought or ignored without any regard to their food value. Cabbage, lettuce, celery, and other rough uncooked vegetables whose place on the bill of fare is so essential to good health, follow the same rule, and are bought according to caprice or not bought at all, because of the price.

Assuming an equal indifference to food values in families which keep help, and in those which do not, the really grave situation exists in the case where the house-wife does her own work. Here we find the pernicious canned feeding - salmon, sardines, potted ham, beans, corn, together with sweet rolls and hastily bought pastry. Often enough the meal is never thought of until the last minute, and then anything will do. Delicatessen stores of all kinds and numerous bakeries offer the woman of our day an easy way out. In a household where "pick-up" meals prevail, one will find no soups nor soup stocks even in winter. Theirs is truly a handto-mouth existence in which the feeding of a family of children is regarded as negligible, the meal, a chore - a thing to be gotten over and forgotten, the sooner the better. The children grow pallid, pinke-lipped; they have no color in their ears. They are suffering from malnutrition, and so indeed are all the family, but the children's rosy faces show it up.

Their mother, intelligent in everything except her first and most vital business, is perhaps busy making over the world. Such a family is one of the by-products of our modern city life.

#### LOCAL AND PERSONAL NEWS

Mr. and Mrs. J. V. Noreross family left Tuesday for Phelps, Wis. where the will spend the summer

Sgt. David Carlson arrived home Saturday from overseas where he spent the past ten months with the A. E. F.

Mr. Jesse L. Smith left on Wednesday for a four weeks' tramping trip "somewhere in the Rockies" in Colo-

of Homewood avenue.

Campbell Chapter O. E. S. will meet his evening in Masonic hall.

The Misses Louise and Esther Mc-Donald and Mr. Donald McDonald left Monday for Fish Creek, Wis., where they will spend the remainder of the brother.

is visiting her sisters, the Misses tives Muench of Homewood Ave.

The St. James Catholic club of Highwood will give a Benefit dance on Thursday, July 30th, at Santi Hall, All are cordially invited to attend.

Mrs. Morton R. Mavor has as her guests this week her brother, Mr. Sherwood Baker, of Manistee, Mich. and his flancee, Miss Catherine Mc-Cutcheon, of Galva, Ill.

Mr. and Mrs. Gottfried Arnswald; and daughter, Margaret, spent Sun- TO FORM CHAPTER OF day in Chicago as the guests of Mr. and Mrs. Cobb.

Mr. and Mrs. Joseph Pettle are receiving congratulations on the birth of a son, born Sunday, July 20.

Mr. and Mrs. Rex Jones and family are spending two weeks in Eph-

Miss Ruth Schwab has as her war. guests for a few days the Misses Lila and Jeanette Urvauer of Naperville.

of Estherville, Ia.; are the guests of tious objectors are eligible. Among Mrs. S. A. St. Peter and Mrs. John the good features of the organization

L. Udell. Anna Dorothy Siegel of Glencoe is spending this week as the guest of Mrs. G. L. Vetter.

The Reverend Frederick L. Gratiot of Chicago spent Monday in this city visiting friends.

in Chicago as the guest of Miss May been appointed.

Mrs. Hassenprug of Akron, O., Mrs. Bertha Grove and two daughters and the Reverend O. K. Spefford of Messlenberg. Pa., were the guests last week of Mr. and Mrs. Samuel Levin. Miss Helen Gorman of Ravenswood

Mr. Charles I. Harbaugh and Mr. Paul Udell were the guests of Lieutenant Colonel L. A. Hine at Camp

was the guest last week of Mrs. John

Logan, on Friday.

anston on Monday. Mrs. Alfred Hill who underwent dance, for a very good time is being

hospital has returned home much improved.

Mr. and Mrs. Carl Horenberger are receiving congatulations on the birth of a son born Saturday, July 12.

Mrs. Samuel Levin had as her week end guest Mrs. John Kessinger of Washington, N. C.

Mr. and Mrs. Frank A. Moore, Miss One Dollar each, and admit one cou-Evelyn and Franklyn Moore, Miss Helen Gaffney and Mr. John Weisall of Chicago visited with Mr. and Mrs. tion of the people of Highland Park Carl Horenberger over Sunday.

Miss Helen Hart and Miss Siljestrom spent last week at Lake ed to help you in case help was need-Mills, Wis., visiting friends. Miss ed and now we want your help Siljestrom returned home early this in making this week but Miss Hart will remain for proficient. As an example of their another week.

ed Monday from Oklahoma where pened last Sunday to bring out this they have been for the past few point. A report was given the tele-

spent a few days this week with Miss Bessie Carolan.

Mr. Lester Levin, who for the past nineteen months, has been in active service overseas, returned home yesterday honorably discharged from the service. Mr. Levin was commissioned lieutenant at the second officers' training camp at Ft. Sheridan and was sent overseas at once. After the armistice was signed he served with the Jewish Welfare from which he has been released.

nor, of Chicago are spending a few goes to show that the crew was on weeks as the guests of Mrs. William the job and ready to help somebody

Miss Lulu Griener and Mrs. Laura Schulenburg of Chicago were the week end guests of Mrs. Herman Den-

Mr. Bert Ranmelt of Racine, Wis., spent a few days last week with his aunt, Mrs. James Nolan.

Mrs. P. E. Clatsaddle of Kankakee is spending a few days with her daughter, Mrs. George Koon, of E Park Ave.

irs. M. A. Malman and two sons, Herbert and Matt Jr., are spending a month in Watford, Ont., visiting

The Sewing Club of Sheridan Rebekkah Lodge No. 801 will give an cream social on the evening of August 6 at the home of Mrs. Jacob Barbar. Further details in next

Mr. and Mrs. Harold Harbaugh and small son of St. Charles, Ifl., were the week end guests of Mr. and Mrs. Charles I. Harbaugh.

Mrs. (Albert Jones, who has been spending several weeks with her sis Mrs. A. B. Priest of Anderson, Ind., ter, Mrs. Rex Jones, is visiting Mrs is visiting her aunt, Mrs. A. M. Kline, Charles Schweppe in Lake Forest for

> James Mulvihill of Los Angeles, Calif., was the Sunday guest of Mr. and Mrs. Fred Greenslade.

Mr. E. C. Ohrmund spent Sunday in Guneau, Wis., as the guest of his

Mr. August Haak is spending a few Miss Harriett Muench of Olney, Ill., days in Madison, Wis., visiting rela-

> Mr. Roy B. Eddy of Des Moines, Ia., is visiting Mr. and Mrs. S. Levin. Mr. and Mrs. Henry Wolthers and family spent Thursday at Lake Gene-

Mrs. George M. Howe returned on Monday from Marshall, Mo., where she spent several weeks. She will leave Saturday for Eauclaire, Mich.

## AMERICAN LEGION HERE

An American Legion organization is being organized under the laws of the District of Columbia for the purpose of promoting one hundred per cent Americanization among those who took part in the great World

It is planned to organize Highland Park Post No. 1 a chapter of the Am-Miss Irene Zentner of Milwaukee, erican Legion organization during Wis., is the guest this week of Mrs. the coming week. All men who have been discharged from the army, navy Mrs. Charles Hager and children or marine service except conscienare an insurance and employment plan. By the employment plan men who are out of positions will be supplied with new places in any city where they may desire to work as soon as possible.

A temporary organizing committee consisting of Edward Maechtle, Wil-Miss Charlotte Brand spent Sunday liam Burke and George Phillips has

#### YOUNG MEN'S CLUB

The benefit dance to be held Friday evening, Aug. 1, at the High School gymnasium, is now only one week away. As announced in previous issues of this paper, the proceeds of this dance will be used for the purchase of new equipment for the life saving crew, and for repairs and general maintenance of the boat house at Miss Lily Gallagher visited in Ev- the lake front. We want everybody who possibly can, to come to this an operation at the Highland Park planned. Harvey's Orchestra, with a very big reputation, will furnish the music, and this in itself will assure all those present a good time. The entertainment committee of the club

is also planning for some extra fea-

tures between dances, so take a walk

to the high school Friday the first

and spend an enjoyable evening.

Tickets, which are now on sale, are

We respectfully desire the cooperain making this dance a successful Eva one. Our life saving crew was formwillingness and readiness to perform Otho and Clerihew Morgan return- their duties, a little incident happhone company that a woman was Miss Irene Needham of Chicago drowning off Roger Williams Avenue, Ravinia. The telephone company notified the Fire department, but no word was given to the public works department down at the lake. One of the club members heard this report, and hastened to the lake in an auto. informing the crew of the accident. Right members of the club, who are also members of the crew, were at the, boat house at the time, and in a few minutes were on their way to Ravinia. Upon arrival there it was found that the woman had died of heart failure, and of course the crew Mrs. J. Suldane and daughter, Elea- could be of no assistance. But this in distress. For this, and other similar reasons, we ask that the people do all possible to help our crew, by buying tickets for this dance.

Don't forget that we fill prescriptions

Earl W. Gsell, Pharmacist

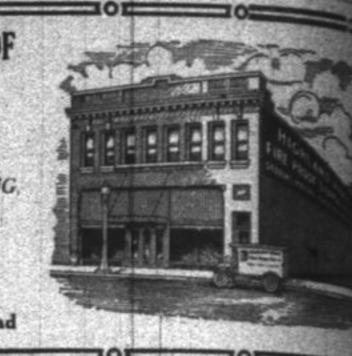
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LOSES

Score 7-2. Hudson Na Appear Owing to Get Team To

Another victory was ocal 'team's list Sun took the strong Ft. into camp by a score The Hudson Nation duled to play here, be that they coul together they the players as well as a close and exciting ed forward to. The als are regarded as teams booking games called Junior League. However, the failu make their appearance

game was staged by t The locals won th first inning by scori which was plenty for

tal failure, for an

was in fine form. Rudolph's double t