



"The Bank of Personal Service"

Report of the condition of the HIGHLAND PARK TRUST & SAVINGS BANK

A STATE 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

Officers

JOHN A. BUNNELL	JOHN OLIVER	HARRY PAUL
President	Vice President	Cashier

Directors

JOHN A. BUNNELL	JOHN OLIVER
GEORGE F. GOODNOW	W. B. EGAN
MAUD ERSKINE	FRANK L. WEAN
MORTON R. MAVOR	LOUIS N. BERUBE
ERNEST S. GAIL	RICHMOND DEAN
	ALFRED E. OLSEN

All officers and directors reside in Highland Park

LOCAL AND PERSONAL NEWS

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

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 Colorado.

Mrs. A. B. Priest of Anderson, Ind., is visiting her aunt, Mrs. A. M. Kline, of Homewood avenue.

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

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

Miss Harriett Muench of Olney, Ill., is visiting her sisters, the Misses 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 fiancée, Miss Catherine McCutcheon, of Galva, Ill.

Mr. and Mrs. Gottfried Arnswald and daughter, Margaret, spent Sunday in Chicago as the guests of Mr. and Mrs. Cobb.

Mr. and Mrs. Joseph Pettie 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 Ephriam, Wis.

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

Miss Irene Zentner of Milwaukee, Wis., is the guest this week of Mrs. Robert Pease.

Mrs. Charles Hager and children of Estherville, Ia., are the guests of Mrs. S. A. St. Peter and Mrs. John L. Udell.

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

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

Miss Charlotte Brand spent Sunday in Chicago as the guest of Miss May Schuman.

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

Miss Helen Gorman of Ravenswood was the guest last week of Mrs. John Sheahan.

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

Miss Lily Gallagher visited in Evanston on Monday.

Mrs. Alfred Hill who underwent an operation at the Highland Park hospital has returned home very much improved.

Mr. and Mrs. Carl Horenberger are receiving congratulations 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 Evelyn and Franklin Moore, Miss Helen Gaffney and Mr. John Weisall of Chicago visited with Mr. and Mrs. Carl Horenberger over Sunday.

Miss Helen Hart and Miss Eva Siljestrom spent last week at Lake Mills, Wis., visiting friends. Miss Siljestrom returned home early this week but Miss Hart will remain for another week.

Otho and Clenihew Morgan returned Monday from Oklahoma where they have been for the past few weeks.

Miss Iryne Needham of Chicago 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.

Mrs. J. Suldane and daughter, Eleanor, of Chicago are spending a few weeks as the guests of Mrs. William Denzel.

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

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

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

Mrs. M. A. Matman and two sons, Herbert and Matt Jr., are spending a month in Watford, Ont., visiting relatives.

The Sewing Club of Sheridan Rebeccah Lodge No. 801 will give an ice cream social on the evening of August 6 at the home of Mrs. Jacob Barber. Further details in next week's Press.

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

Mrs. Albert Jones, who has been spending several weeks with her sister, Mrs. Rex Jones, is visiting Mrs. Charles Schweppe in Lake Forest for two weeks.

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 brother.

Mr. August Haak is spending a few days in Madison, Wis., visiting relatives.

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 Geneva.

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

TO FORM CHAPTER OF 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 War.

It is planned to organize Highland Park Post No. 1 a chapter of the American Legion organization during the coming week. All men who have been discharged from the army, navy or marine service except conscientious objectors are eligible. Among the good features of the organization are 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, William Burke and George Phillips has been appointed.

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 the lake front. We want everybody who possibly can, to come to this dance, for a very good time is being planned. Harvey's Orchestra, with a 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 features 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 One Dollar each, and admit one couple.

We respectfully desire the cooperation of the people of Highland Park in making this dance a successful one. Our life saving crew was formed to help you in case help was needed and now we want your help in making this crew more proficient. As an example of their willingness and readiness to perform their duties, a little incident happened last Sunday to bring out this point. A report was given the telephone company that a woman was 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. Eight 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 could be of no assistance. But this goes to show that the crew was on the job and ready to help somebody 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.

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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 conditions. 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 dietetics 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 nourishing 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 indispensable 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. There is truly a hand-to-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.

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