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HIGHLAND PARK TRUST & SAVINGS BANK

"The Bank of Personal Service"

MORTON R. MAVOR President GEORGE F. GOODNOW Vice-President HARRY PAUL Cashier

The Highland Park Press

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VEGETABLES FOR BREAKFAST

Dietary advisers to the human race want to know why we do not eat vegetables for breakfast. They want to know why meals are standardized, certain edibles for breakfast, certain others for lunch, and a fixed routine for dinner. Why is it that eggs are distinctly a breakfast dish, and roast beef or baked chicken leading players at the drama of the evening repast.
 The country over, breakfast consists of a few staples. Ninety per cent have coffee at that meal. Its meat is generally bacon or ham. Vegetables are never served at the first meal of the day. The nutritionist says that is wrong. Vegetables are as desirable a diet to begin the day on as they are to end it.
 The only answer to the queries is habit. It is a national habit to drive vegetables from our thoughts at that time of day.
 Would it not be good for us all to change our dietary habits, and give our daily meals a shaking up; shift some of the evening meal to the morning, and some of the morning to lunch. Soup and spinach for breakfast and fried eggs and toast for supper might cause a laugh; but what of it? Styles change in dress, etiquette, manners, conversations, collars, shoes, and neckties. Why not in menus?

NEW STAMP DESIGN

The design on the special delivery stamp has been brought up to date. To be in keeping with the progress of the service, the special delivery boy on the stamp, like his fellow workers, has a motorcycle to replace his bicycle.
 The new issue went on sale at the Philatelic Stamp Agency of the department on July 12 for stamp collectors and at the Washington city post office for the public. The new stamps are printed in blue ink of a slightly lighter shade than used on the old stamp. It contains within a simple border a picture of the front of a colonial house, illustrating the actual deliver of a special delivery letter. The bicycle used as a means of transportation in the old stamp, is superseded by a motorcycle, representing more prompt and efficient service.
 Third Assistant Postmaster General Glover, under whose supervision postage stamps are designed, manufactured, and issued, states that the new model stamps probably will not be issued to the postmasters throughout the country to be placed on sale until the manufactured stock of the old design is exhausted.

BARNYARD GOLF

If you are wont to think you are a good horseshoe pitcher, consider the record made by G. E. Snyder of Ithaca, New York, the other day. In three fifty-games he threw 46 ringers, and eight double ringers. These are the figures furnished by Director Mann, of the New York state college of agriculture at Cornell university, and they must be accurate, though they are amazing. Mr. Snyder is a fruit grower at Albion, and he was the Empire State's champion at the national tournament in Florida last winter. He deserves to rank with Babe Ruth, Chic Evans and other kings of athletic endeavor, for horseshoe pitching is a game of highest skill. The man who can throw ringers and double ringers so felicitously should have a monument erected to his honor while he lives.

GOING TO CLEAN UP FIRST

According to a dispatch from Riga last Sunday the first trade transaction between a private foreign concern since the abolishment of the foreign trade monopoly was completed on that day when 3,000 cases of Armour & Co.'s soap were shipped to a company in Moscow. From all the stories of suffering and privation we have heard lately we would expect food to go first. We wouldn't even suspect that the bolsheviki had missed the soap.

ELKS TO HAVE DAY AT THE COUNTY FAIR

Elks of Highland Park and Lake County are planning to make Elks' day at the Lake county fair at Libertyville this year the biggest event of the kind ever attempted. The establishment of Elks' day is a new feature this year. The Highland Park and Waukegan lodges will send large delegations, and invitations have been sent to other lodges on the north shore, from Chicago to Milwaukee. Arrangements are being made to secure special trains

WORK PROGRESSING ON NEW PAVEMENT

Work is progressing rapidly on the new First street pavement. This week the concrete has been laid on the stretch between Laurel and Central avenues. It is expected that all of the work on First street and Elm place will be completed within a few weeks. The new roadway in First street west of the C. & N. W. station is a decided improvement. Its increased width will relieve congestion at train time. E. E. Farmer is the contractor.

LOCAL AND PERSONAL NEWS

Edward Huber and Julius Zimmer have purchased 500 feet of the Sheridan road frontage of the Martha Hill estate and will build three attractive modern houses on the lot.

The Ladies Aid society of the M. E. church met Thursday at the home of Mrs. A. M. Trout.

Miss Safford, a former resident of Ravinia, will be at her former home during the month of August.

Mr. and Mrs. George Taylor leave next Monday for a motor trip to Spider Lake in the northwestern part of Wisconsin.

Miss Hilda Larson will have as her guest next week Miss Agnes Mortenson of Oak Park. They will spend the week at Druce Lake.

Mrs. E. Lidicker and children has returned from Delafield, Wis., where she spent the past three weeks visiting relatives.

Mrs. Mary Searcy writes from Colorado, that she is having a most wonderful trip and is now located at Manitou, Colo.

Miss Dorothy Curtis, daughter of Mr. and Mrs. John F. L. Curtis has Miss Constance Hale of Cleveland, Ohio, as her guest. Miss Hale returned with Miss Curtis from the east, where they have been visiting school friends.

Mrs. Emilie Mechem and her son and daughter-in-law, Mr. and Mrs. Albert Mechem, will motor to Hinsdale Saturday where they will visit Mr. Arthur Dahl over the week end.

The North Shore Wellesley club will meet with Mrs. Wm. Sherman Hay, 645 Sheridan road, Winnetka, on Friday, July 28th, at two in the afternoon. Members are asked to bring their thimbles with them, as this is their first meeting to sew for the "Four-College Benefit" which is to be held November 10th and 11th at the Evanston Country club.

Mr. Joseph H. Dimey of Chicago with his niece, Miss May Dimey of Leeds, England, spent the week end with Mr. and Mrs. Leo A. Pereira in Ravinia.

Mr. and Mrs. J. F. Learning have returned from Denver, Colo., where they spent ten days.

Mr. and Mrs. John Christman spent the week end in Kenosha, Wis., with Sam Bailey.

Mr. Morris Sterrett of Chicago and Mr. Lester Ball of Evanston were the Sunday guests of Mr. Edgar Ball.

Mr. J. B. Garnett has returned from the east where he spent the past two weeks.

Miss Margaret Gray of Corning, New York, a former resident here is spending several weeks with relatives in this city.

Miss Monica Desmond of Deerfield was the guest of Miss Tessie Sheahan, last week.

Mr. and Mrs. Milton Tillman spent the week end at Long Lake, Ill. Mrs. Tillman is spending this week at the lake.

Mr. A. H. Root and sister and family motored to Heppburn, Wis., their former home, last Sunday.

Mr. Frank Siljestrom who underwent a serious operation at the Highland Park hospital a few weeks ago is improving and will be out in about ten days.

Mrs. A. M. Cline of Homewood ave., accompanied by Mrs. A. A. Glass of Kentucky, who has been visiting here for the past six weeks, left for a trip to Kentucky. On her return Mrs. Cline will visit her niece, Mrs. A. B. Priest of Muncie, Ind.

Mr. and Mrs. H. H. Sellery and daughter are enjoying a motor trip through Northern Michigan.

The Charles Harbaugh family will move into their beautiful new residence on Linden avenue, on Friday. Mr. and Mrs. Harbaugh and family have been living at the Moraine for the past few months.

Mrs. Abbie B. Bastin left Tuesday for McMillan, Mich., where she will visit her daughter, Mrs. Wilbur Brother, Jr., for several weeks.

Robert Aynsley is enjoying a two weeks vacation at Pontiac, Mich.

Mr. and Mrs. Ed. Murtha and Mr. and Mrs. Harding of Milwaukee were the guests of Mrs. Matt Zahle on Tuesday.

Mrs. Charles Frank Sack and three children have gone to the Moose Home at Mooseheart, Ill. Mr. Sack whose death occurred a year ago, was a member of the local lodge of the Loyal Order of Moose.

Mr. and Mrs. Charles A. Roberts who have spent the past ten days with Chicago friends on a motor trip thru Wisconsin has returned home.

Word has been received from the J. H. Aldridge's that they have arrived in Bradford, Canada and are enjoying their trip very much.

Mr. and Mrs. Charles Green and daughter Ruth, returned last week from a motor trip to Ohio. They were accompanied home by their niece Miss Marjorie Hamilton of Sandusky, O.

Mr. and Mrs. Redman Egan and family and Mr. and Mrs. Herbert Martin of Chicago were the Sunday guests of Mr. and Mrs. John Sheahan.

Mr. and Mrs. Roy Page of Peoria will arrive Saturday for a week's visit with Mrs. Page's parents Mr. and Mrs. William Monroe Wright.

Mr. and Mrs. A. Boettcher and family motored to Park Ridge last Sunday where they visited relatives.

Beginning Tomorrow Vacation Clearance of PARKER PENS

By special arrangement with the makers we allow \$1.00 for your old pen or pencil (any make) on any new \$2.50 pen or better

Sale ends when all pens are sold



For the first time in their 30 years' history The Parker Pen Co. has authorized this special sale, which enables you to obtain any celebrated "Parker Lucky Curve Pen," from \$2.50 up, at \$1 less than the maker's established price—

But only for 7 days, or less!

And only by turning in to us an old fountain pen or metal pencil!

We say 7 days or less, because we must positively end this sale as soon as our limited stock is gone. That may happen the first day. So don't put off. Come tomorrow and come as early as you can to get the best pick.

SALE TERMS ARE:

- 1st—\$1.00 allowance for your old fountain pen or metal pencil toward the purchase of any Parker Pen in stock at \$2.50 or better.
- 2nd—All pens in this sale are brand new Parkers in first class condition.
- 3rd—FREE—Signed Accident Policy goes with every pen insuring it for one year against breakage, damage or unsatisfactory service in any way!
- 4th—Sale ends promptly next Saturday—copies if all pens are taken. No phone orders filled.

Money cannot buy happiness, but more perfect-writing pens than the Parker. And since we offer a score of styles; some plain, some chased, some gold mounted—both men's and women's styles—with waist pocket clip or ring end for chain, ribbon or chain.
 If you come in time you can get just the point your hand requires, extra fine, fine, medium, broad or stub—from the most flexible to stiffest manifold point that writes several carbon copies.
 To be sure of obtaining the style and point you want come tomorrow as early as you can!

LOOK!
 The Only Two-Way Filler on Earth



Parker is the only self-filling pen in the world that can also be used as a Non-Self-Filler. Sack and filler can be removed and pen filled with dropper if desired.



Parker "Lucky Curve" Feed employs scientific principle of capillary attraction making steady, leakproof flow. No other pen has it.



Ink can't get on fingers because the Parker cap is made in two sections to provide airtight seal between the shoulder in the cap and the shoulder at the end of the barrel.



Genuine 14K Rolled Gold Points Will last for years. Not affected by acids—can't rust or corrode like thin-plated gold points or imitation nibs!

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