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GIRL STUDENTS ARE BREAKFAST EATERS

WHOLESOME FOODS USED

Survey of Phi Beta Kappa Nominees Show That They Are Accustomed to Eating Regular Meals

The Northwestern university girls recently nominated for Phi Beta Kappa are not so reserved and studious. as they are at times pictured. One secret of their scholastic success is nct in midnight oil, but in wholesome food and regularity in eating. At Willard hall, where several of the honor students reside, their bill of fare includes no such stimulating beverage as coffee or tea; the drinks are limited to cocoa and milk.

Are Breakfost Easters From a survey of the 150 women living at Willard, Miss Bernice Gordon, house director, has just discovered that the scholarship girls are those who never fail to eat breakfast on schedule, and those who are lax in table attendance invariably rank low in class work. For breakfast Willard hall girls are served with food enough to satisfy the keenest appetite. Fresh fruit heads the menu each morning, followed by meats, or eggs, and warm breads

Miss Gordon admits that much of her time is consumed in preparing charts of food values estimated in terms of calories and vitamines. The average college girls needs approximately 2500 calories per day. Of course, she says, some who are athletically inclined need more and others can thrive on less.

Fresh Fruit Leads Fresh vegetables have a prominent place on the tables at Willard. Head lettuce with thousand-island dressing is the favorite salad with the girls. Their favorite dessert is steamed chocolate pudding with hard sauce. The sauce, however, has no kick in it; but is made from a combination of butter, sugar and whipped cream. Baked ham-not necessarily Virginia hamwith raisin sauce is the choice cut of meat, although Miss Gordon asserts that very few are able to recognize beef, pork, or mutton, by taste.

All pastries especially liked by the girls are prepared and baked by the Willard hall chef. And he knows how to bake! Just ask the co-eds. And why shouldn't he after having had several years' experience on the dining cars of one of our fast transcontinental limiteds? One barrel of flour is used each day in making bread, cakes and pies for the women stu-

Sixty Dozen Eggs a Week The chef uses sixty dozen eggs a week in omelets, and other dainties which bedeck the Willard hall dining room tables. Over one hundredpounds of butter are used weekly for table consumption and much more is needed for cooking purposes. The Willard hall students consume the highest-test butter that can be purchased in Chicago. The milkman sneaks up to the back door in the wee hours of the morning and drops off between eighty and one hundred bottles of milk to satisfy the craving of the girls. The milk used for cooking purposes is delivered in bulk.

Miss Gordon believes in the good effects of merriment at the dining table. To encourage this she changes the seating arrangements every four weeks. Thus each girl is required to riake new acquaintances periodically and necessarily attempts to make herself agreeable to the others.

NEW POSTAGE STAMP ON SALE IN COUNTY

Tens, Twos and Fives Differ in Design From Those Which Preceded Them

The new ten cent postage stamps are now on sale in Lake County postoffices. They bear a portrait of Monroe, and are orange in color, the same as the old issue, which bore the likeness of Benjamin Franklin.

The new two-cent stamp booklets also have been placed on sale. They bear a different portrait of Washington than the old issue, and the numetals are larger.

The five cent "Roosevelt" stamps have been on sale for some time. The other values of the new issue, which run from one cent to \$1 will be placed on sale as the old issue supply becomes exhausted.

FOURS - SIXES



The World's Greatest Car Values

LAKE SHORE MOTORS CO.

(Not Inc.) 55 S. St. Johns Av. Tel. H. P. 115 Highland Park, Ill.

The Largest Exclusive Boys' Store in the World-Sixth Floor

Boys' Norfolks for Graduation



WE'RE ready with real "Boy Clothes"—the new styles in pencil stripes, light grays, plain serges, unfinished worsteds and dark mixtures. They all have two trousers and are the kind of Clothes that will look new long after Graduation Day is past.

\$15 \$20 \$25

White Flannel Knickerbockers,\$4.95

Or Perhaps He Is Ready for

Lytton Hi-First Long Two Trouser Suits

Its very important to see that he gets exactly the right proportions and style for a youth of his age. Lytton Hi was designed especially to meet his needs. Styles and patterns that will appeal to those young fellows just beginning to take an interest in their clothes. Sizes 32 to 36. \$30, \$35 to \$45.

White Duck Trousers, Long or Short . . . Finest grade Imported English Broadcloth Shirts of high luster, resembling silk \$4.50 Fine White Madras Blouses; low collar, satin striped, French cuffs Boys' and Youths Oxfords; tan and black

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izens of High-

land Park, Ill.

Henry C. Lytton & Sons STATE at JACKSON-on the Northeast Corner

The Hotel Highcliffe

land Park and its citizens right from the start. A substantial fee is paid to the city for the permit t build, and from the time the building is completed the sum The paid in taxes is made available for city administration and Second of a

city improvements or for the reduction of the local tax rate. This should be much more acceptable to citizens than the disbursement of funds raised by taxation in court controversies. The construction of the Highcliffe Hotel will mean much work to local mechanics and purchases in large volume from

local material and supply houses. Approximately \$250,000

will be paid out in wages alone during the period of construc-

tion, and of this amount much will be spent in Highland Park.

The erection of the Highcliffe Hotel on Central Avenue,

just east of the Witten Building, will benefit the city of High-

The operation and management of the hotel will likewise give continuous employment to a large number of people. Banks, garages, provisioners, merchants-all will benefit from the expenditures of the guests of a 300 room hotel. Especially will this be true of the type of guest to which this hotel will cater, semi-permanent in character. In addition the

The city of Highland Park needs and will be greatly benefitted by a hotel. The site of the Hotel Highcliffe is the logical one, and with its coming property values will greatly increase and prosperity be on the upgrade.

hotel will be constantly purchasing supplies and provisions.

Have you signed a petition?