

### Kenilworth Man Head of New Trier Board

Edward J. Phelps of Kenilworth was elected president of the New Trier High school Board of Education at the meeting of that body last week. He succeeds J. R. Gathercoal of Wilmette. Mr. Phelps has been a member of the New Trier board for 11 years and has been intensely interested in the affairs of the school. On January 1, 1929, he retired as

president and manager of the Northern Trust Safe Deposit company after serving that company for more than 31 years. With his retirement from business he plans to devote more of his time to the interests of New Trier high school.

#### Machines Vs. Laws

One can get better results by using farm machinery operated by a good man than by passing laws.—Farm & Fireside.



## MILADY'S BEAUTY SALON

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SPECIALISTS in all lines of BEAUTY CULTURE  
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## Fourth Annual DANCE PANTOMIME

given by

Pupils of MILDRED HAESSLER

at the

RAVINIA AUDITORIUM

Friday Evening, May 10th, 1929

at eight o'clock

Admission 50c; Children 10c



The profits are for the Auditorium Committee to purchase stage equipment.



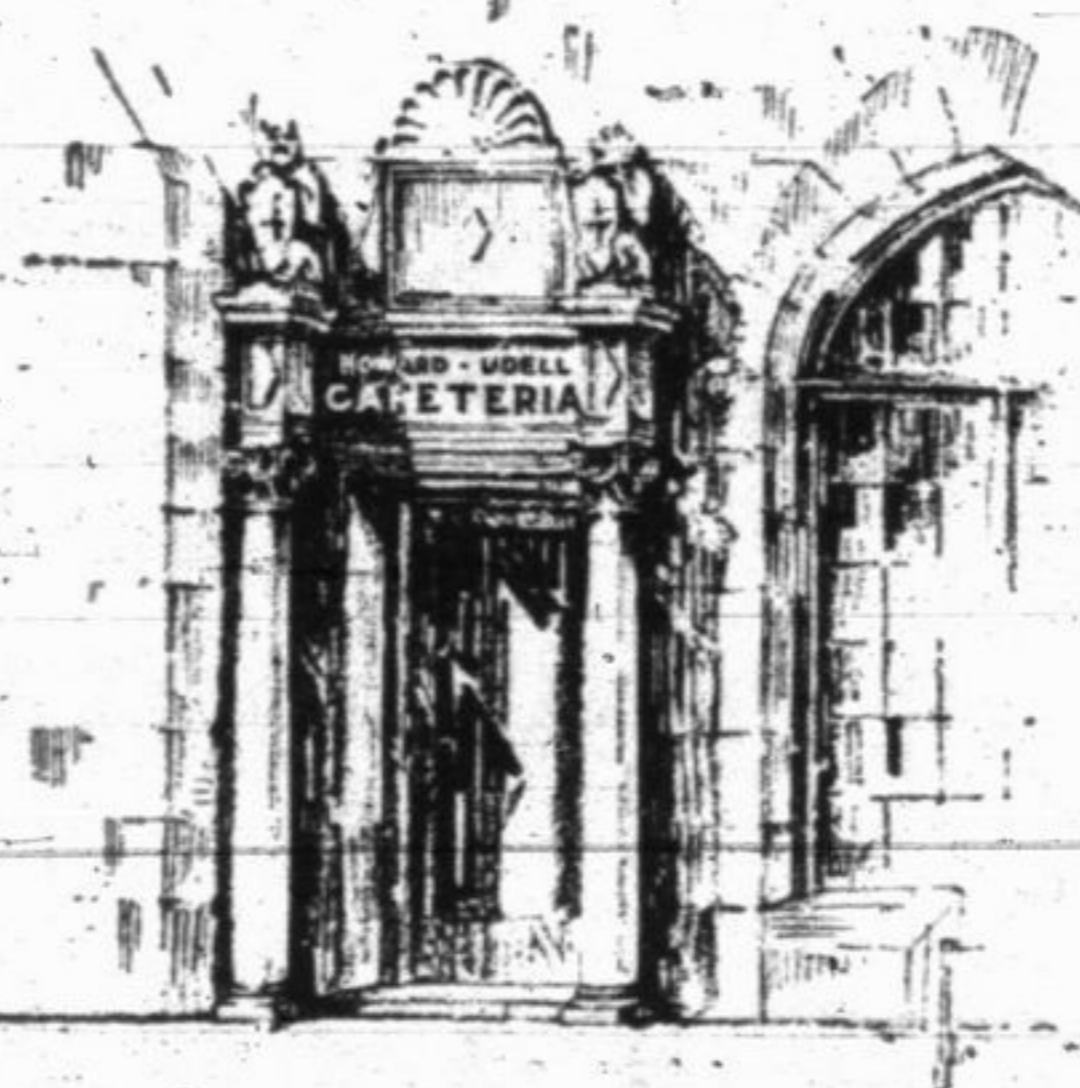
Beauty, how frail and how fleeting,  
The bloom of a fine summer's day.

—Burns

Spring is a most difficult season for the skin, for at this time the general system is undergoing subtle changes which are quite naturally reflected in the complexion.

Usually the blood is thinner and more acid in content, which causes a rash to break out. Tiny raw surfaces and itching white lumpy places—almost too small to be visible to the naked eye but large enough to admit microbes which infect the skin—form on the back and shoulders, face, neck and chest.

Even women whose complexions are never affected in this way at any other time of the year may show these disturbances in the spring. And those who suffer all year round from acne, that distressing, humiliating affection commonly known as pimples, find it aggravated.



### HOWARD-UDELL CAFETERIA

"A Pleasant Place to Eat"

Highland Park, Ill.

This changed spring condition of the system has always been acknowledged, as we know from the old-fashioned habit of taking "spring tonics"—sulphur and molasses or figs and senna. And these relics of grandmother's day are still in vogue with certain women in sections of the country.

But better than any tonic—however fine the tonic may be—both for the system and complexion—is a proper diet. Modern scientific knowledge of proper dieting is a safe and certain way to the cure of many ills.

In the spring and summer season eat plenty of fresh green vegetables and fruits. The leafy vegetables and the citrus fruits—oranges, lemons and grapefruit—are among the best.

Avoid greasy fried foods, pastries, sweets and starches. Eat less meat, although fresh meat and fish may be eaten profitably once a day, unless one is suffering from severe acne, when it is wiser to refrain from meat entirely.

Protein foods such as nuts, eggs and cheese may be substituted for meat or fish in the diet. Remember that these are rich and highly concentrated and do not over-indulge in them.

Drink plenty of water. Bathe frequently with soft water and a mild, pure soap. Cleanse the face, night and morning, with a special washing preparation—not a soap—unless it is a reputable acne soap, or use a medicated antiseptic cleansing cream.

Never irritate the skin by harsh rubbing. Instead pat it dry softly. Protect it with a film of good non-greasy astringent lotion and finish with a fluff of pure, fine powder.



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PINKING and OTHER  
DRESS TRIMMINGS

Quick Service

MRS. ZAHNLE

120 North Green Bay Rd.  
Phone 354

### Ravinia Ma Broken W

David Giacomo Ravinia and an ex of Glencoe, survived last week's broken.

At the Highland Park body was encased, he has recovering.

He was wounded in Glencoe village, presumed, in state him to fall from

The physician of the injured man in hospital, where it was referred a fracture of the fifth and sixth

### Outdoor Life in Ch

Dotted here with looking cabins, and miniature streams, the two of Coliseum floor the exhibits of exposition and which opens on until May 11, at the inspection of men, nature lovers vacationists who annual Chicago S toward a summer door enjoyment.

To Be We Americans serious meaning self discipline, prudish morality towering facts W power.—The Am

The Secret Some men are boys playing at go-getting.—The