

Young Men's Club Lays Foundation of Center's Program

The Highland Park Men's club, to date Community Center's most important enterprise, held their second organization meeting last Sunday afternoon at the Center's headquarters before a large and enthusiastic group.

The meeting was in charge of a temporary committee appointed at the club's first gathering to formulate the skeleton structure upon which the organization is to be built. This committee under the chairmanship of Dr. Baker M. Hamilton and consisting of George Bowden, Harry Skidmore, Tom Brennan, Dick Hawley, Ed Maroney and James De Santo, held a preliminary meeting at the Center last Thursday evening at which time it worked out a set of articles and by-laws to be subsequently used as a nucleus for the club's charter. This committee is to act as the governing body of the organization until such a time as the club's permanent officers are elected, which undoubtedly will be at the next meeting scheduled for March 3.

Last Sunday afternoon's meeting was conducted by Dr. Baker M. Hamilton, chairman of the club's temporary organization committee. George Bowden acted as secretary. In his preliminary remarks, Dr. Hamilton outlined the purposes of the club stressing its non-political and non-sectarian policies. He also presented for the groups approval a suggested framework of organization. This suggested form of organization calls for a president, three vice-presidents, a secretary, a treasurer and a board of three trustees, one of which is to be elected for one year, one for two years and one for three years. This staggering of the trustees will prevent an entirely new and inexperienced regime from obtaining control of the organization. The president upon retiring from office is automatically appointed to the executive board for one year.

One of the vice-presidents is slated to be in charge of organization and extension, another will head recreational activities and the third will be in charge of the club's social program. Members will be charged for dues on the basis of fifty cents for the first year and one dollar for each year thereafter.

After considerable discussion it was decided to limit membership to residents of Highland Park only. A junior membership for boys from 16 to 18 years of age was set up allowing them all the privileges of the organization with the exception of the power to vote.

Meetings of the organization are to be held once a month, preferably on Monday evenings. The executive board is to meet quarterly. Before adjourning for the afternoon the group agreed to hold its next meeting at the Center on March 3 at 3 p.m. Every young man interested in the club and its activities is strongly urged to attend this meeting. The temporary organization committee will hold another meeting on Sunday, February 25 at 3 p.m. at the Center's headquarters.

In the meantime, the various committees comprising the Community Center organization are holding meetings to further the Center's program. The directors and officers of the Center express themselves as well pleased with the progress made to date and feel that with the continued cooperation of the community it cannot fail in its purpose of giving Highland Park a Community Center second to none.

Government Needs Radio Inspectors

The United States Civil Service Commission has announced open competitive examinations for the positions of radio inspector, \$2,600 a year, in the Federal Communications Commission, and assistant radio inspector, \$2,000 a year, in various Government departments. Applications must be on file in the Commission's office at Washington, D. C., not later than March 4 if received from states east of Colorado, and not later than March 7, 1940, if received from Colorado and states westward.

Except for the substitution of certain experience for education, applicants must have completed a 4-year college course in electrical or communications engineering. Certain experience is also necessary for the inspector grade. Applicants must not have passed their forty-fifth birthday.

Full information may be obtained from Raymond F. Seiffert, secretary of the U. S. Civil Service Board of Examiners, at the post office in this city, or from the secretary of the U. S. Civil Service Board of Examiners at any first- or second-class post office.

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Highwood Highlights

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HIGHWOOD HIGHLIGHTS

The American Legion held a district meeting last Friday night at the Labor Temple for its members and friends. Part of the entertainment was furnished by little Mary Casorio, who did a specialty dance number.

On Tuesday evening the Adult Education class of Highwood entertained its friends and the Highland Park class at a Valentine party.

Mr. Harry Hansen and Caesar Pasquesi returned on Thursday from Florida where they had been vacationing for a week.

GIRL AND BOY SCOUT TROOPS MEET

Boy Scouts, Girl Scouts, their parents and friends, Cub Scouts and Brownies all gathered at the Waukegan Township high school gym on Sunday afternoon in observance of Girl Scout International month. Mr. Raymond Moore, principal of the Lake Forest high school, was the main speaker of the occasion, choosing as his subject "International Goodwill."

The Highwood Drum and Bugle corps lead the grand entry and parade of international flags, and the community singing was led by William Ehner. Mrs. J. E. Sams was the Girl Scout commissioner, and Elwyn Wightman was chairman of the activities.

Mr. and Mrs. Wm. Luebke had as their guests on Sunday Mr. and Mrs. C. L. Thomas and Jenny and Tom Kern of Libertyville.

Mr. Lee East has returned home from Tulsa, Oklahoma, having finished his training there at the Spartan school of Aeronautics.

Among those vacationing in Hot Springs, Arkansas, is Mr. Casper Santi. He will be there for the next two or three weeks.

Julio Campagni was home over the week-end from Carroll college in Sparta, Wis., visiting his parents the Evaristo Campagnis.

After having spent several years visiting his family and friends in Italy, Joe Cortesi has returned to Highwood to live.

ST. JAMES AGAIN TIES FOR FIRST PLACE

Once again tied for first place, St. James of Highwood and Holy Family of North Chicago will battle for the championship of the CYO basketball league, at the Lake Forest Young Men's club next Tuesday night. The loser in the title game will play St. Mary's Aces of Lake Forest for second place honors. Next week's card will terminate competition in the loop.

Earlier this week St. James whipped St. Joseph of Waukegan, 43 to 26, to climb into a first place deadlock with the Holy Family five. Sharing in this honor are the following players: Bernardi, forward; Turelli, forward; Digani, center; Campagni, guard; Shelton, guard; Nizzi, center; Joe Castelli, guard; Somenzi, forward, and Zanotti, forward.

Mrs. Wm. Webster was the guest of her mother, Mrs. D. Herman of Winnetka on Wednesday.

Friends of Otto Fisher will be glad to know that he is making a satisfactory recovery from an operation at the Victory Memorial hospital on Wednesday.

Applying for a marriage license last week were Mr. Louis Monfardini, 320 Oak Terrace avenue and Katherine Dean, 320 Oak Terrace avenue, Highwood.

Fifth of a series of games to benefit the Highwood-Highland Park Drum and Bugle Corps was held last Tuesday night at the Labor Temple. Sponsored by the Parents association, 25 games were played for additional entertainment. All proceeds are to benefit the corps.

CHARLES KAPSHULL ADDRESSES LIONS CLUB

Charles D. Kapschull of Deerfield, former state commander of the American Legion, will speak at the dinner meeting of the Lion's club tonight (Thursday) being held at the Pagoda at 6 p.m. With the Lions clubs throughout the nation celebrating Dedication Week, Mr. Kapschull will address members and their wives and friends on the subject of "Americanism."

In the absence of president Otto F. Fisher, Dr. N. C. Risjord, first vice-president, will preside over the meeting.

Mrs. C. Bartlett has as her guest this week her sister, Mrs. V. Stokes of Tulsa, Oklahoma.

Observe Common Sense in Combating Spread of Colds

Despite all the medical research that has been made on colds and all the records of physicians and hospitals throughout the world, the exact cause of colds has not yet been determined with absolute certainty. In most cases the beginning of a cold is probably due to some kind of an infective agent called a virus, or perhaps to germs. But whatever the cause may be, it is still possible to do things that observation and common sense indicate are helpful in building up staunch resistance against colds.

Among these Miss Marjorie I-

sen, superintendent of the Highland Park hospital, suggests the following:

Stay as far away as possible from persons who seem to have a cold or who cough and sneeze carelessly. Avoid close contact with such a person.

Do not remain in a stuffy closed room with a person having a cold or who is suspected of having one. Do not use unwashed cooking or eating utensils used by someone with a cold.

Use only your own towels and handkerchiefs. Let no one else use yours. Make every member of your family or home circle do the same. Wash your hands with plenty of soap and water before eating or handling food.

Avoid the common drinking glass, as you would poison.

Beware of kissing, even if that may be a hardship. And do not shake hands more frequently than necessary.

Keep shy of individuals who have "throat trouble," such as diseased adenoids or tonsils, as they are often more likely to have colds than persons in better health.

Persons exposed to dust, in their daily occupation, are easy victims to the cold virus or germ. Keep them at a distance.

Avoid extremes of heat and cold upon the body. This means that one should dress warmly when out of doors in cold weather, and dress coolly when inside, especially if the apartment or house is well-heated through the day and night. It is believed that over-heating in homes and in schools and places of work is the cause of many colds. The most healthful room temperature is from 70 to 72 degrees.

Obtain adequate rest. Physical and mental fatigue and loss of sleep predispose one to colds.

Exercise wisely and regularly, to build up the strongest possible resistance against colds.

But, if in spite of everything, you do catch cold:

Go to bed at once. School or work cannot be more important than your health. If, for any reason, you cannot go to bed at least stay indoors and rest. This is especially important if you feel weak, as weakness may be a sign of influenza.

See a doctor, or have him come in and see you.

Eat lightly of simple nourishing food.

Drink plenty of water, fruit juice, and other simple liquids. Avoid heavy drinks.

Your physician will instruct you regarding baths and exercise. Be careful not to expose yourself to low temperatures when perspiring.

Take medicine as prescribed by your doctor. Don't do your own guessing about pills, tablets and "home remedies."

Remember that the symptoms of colds are also those of even more serious diseases. Therefore, never neglect a cold. Attack it promptly at first sign of its presence.

Remember, too, that a long-continued cold may open the way for chronic infections or dangerous illness.

"To defeat this enemy," says Miss Ibsen, "Conquer a cold as quickly as possible."

European War Victims Receive Red Cross Aid

Shipment of 15,000 surgical dressings and 1,200 articles of clothing for European war victims by the Chicago Chapter, American Red Cross, was announced this week by James B. Forgan, of Lake Forest, chapter chairman.

The articles were packed in 19 wooden cases, which brought the total shipped by the chapter since the outbreak of war to 117. A total of 68,000 surgical dressings and 33,000

pieces of clothing have been shipped, believed to be the largest provided by any Red Cross chapter in the country.

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WHAT'S TRUMPS?

Yes! Mrs. Boodlebeck clean forgot what trumps were yesterday at the bi-weekly meeting of the Beetle Blossom Bridge Club. She'd been explaining that she didn't have a new dress; it had just been cleaned at RELIABLE LAUNDRY.

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