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CONCENTRATION IS THE KEY TO SUCCESS, SAYS PSYCHOLOGIST MARSTON

The so-called "genius" has no more mental equipment than the average normal person. He merely knows the secret of applied concentration, says Psychologist William Moulton Marston, who discusses the "secret" in a current Rotarian Magazine article.

In this age of distractions, with interruptions by phone, friends, wars, noise, "scares," and our own fidgetiness, concentration "is essential to the full enjoyment of pleasures or to effective work," and upon concentration depends "a man's success in this specialized world," Marston declares.

"The capacity for concentration is in no sense the exclusive property of genius. Indeed it is common to all of us until we lose it or let it atrophy. . . . Concentration is interest in action. Interest in a task, when you attain it, creates attention as a tree bears fruit, and so you find yourself concentrating upon it without effort. Even though you dislike a task, some way can often be found to acquire this essential interest in it. Men who naturally dislike selling often learn to enjoy work by regarding it as a contest for kudos, a type of ambition game which naturally appeals to them. Many a lazy and excitement-craving girl has acquired interest in cooking, sewing, and housework, not indirectly, because it means to her husband, home, and children.

"Even after we begin manfully to concentrate," there are a "multiplicity of thoughts, half-thoughts, sounds, impressions that crowd into our minds and assail our best efforts." One must learn to "select ruthlessly from among many interests," and disturbances must be replaced with chosen thoughts. "You cannot push a thought out of your mind," the famed psychologist asserts. "You must replace it with another. If you doubt this, try Walter Pitkin's little joke; spend the next 30 seconds not thinking about the word 'hippopotamus.'"

A one-track mind has its advantages, because all of us must cultivate a one-things-at-a-time mind to win success. Aids to concentration outlined by Marston include memorizing, reading aloud, personalized dramatization of the thing at hand, and taking a seat directly in front of the speaker. The rewards of concentration are the ability to do more things, and a greater pleasure in doing them, he declares.—From THE ROTARIAN Magazine.

LADIES FROM HELL
By CRAWFORD

"Views on Many Topics," in a recent copy of the Chicago Daily News, contained an interesting letter which should be enlarged upon.

The letter, from a Chicagoan, states what a hopeless task Hitler will have in subduing Scotland. Quoting from this letter: "The Highlander would rather fight than eat. At the wild screech of the pibroch, he is off on the warpath."

As far back as Alexander III, in Scottish history, the national characteristic . . . "the carl o'hemp in man" . . . was already developing. This is the dogged persistence which the world has recognized as a peculiarity of the Lowland Scot. The Scots of today are the heritage of the Teutonic race, which is predominantly German. It is interesting to note that Scotland's own kin is bombing them now.

Besides Scotland's brave men, she also possesses the mighty shipbuilding facilities for Great Britain. Hitler is probably striking there first, because he knows the "Ladies from Hell," as they were nick-named during the World War, will stand a terrific beating before any surrender . . . if they would admit defeat, which is quite unlikely.

Men such as Wallace and Bruce have contributed to the greatness of Scotland in history. The Scots under Wallace rose in rebellion against the English, and won a decisive victory against huge odds, at Stirling in 1297. Again Edward of England entered Scotland, and another champion of the cause was found in Robert Bruce, who, in 1314, at Bannockburn, drove the English into headlong flight and thus freed his country of foreign dominance again.

These are a few examples of Scottish feats. Romans, Danes, Vikings, Saxons and Normans all tried to conquer this valiant little nation, but eventually failed. Today their indefatigable spirit is being

tried once more. We wish them power, and simultaneously pity Nazi parachute troops who have the utter misfortune to land in this Bonnie land.

The Germans once laughed at the Scotman's kilts. Now their buffoonery has changed to admiration and dismay.

Salad Companions

A salad served without bread or rolls is like cake without icing. Hot rolls enhance any good salad. Try quick prune rolls with a fruit plate. Or, slice crisp French rolls an inch thick and spread with cheese. Toasted, these cheese slices are perfect with a tossed green salad.

Split, buttered, and toasted English muffins with marmalade are excellent with a salad of grated carrots and cheese-stuffed prunes.

Named after a great opera singer who liked toast thin, crisp, and browned throughout, Melba toast goes well with any salad, simple or elaborate.

Hot raisin muffins, made by adding a half cup of raisins to plain muffin batter, are delicious with lemon gelatin ring filled with melon balls, or with cottage cheese.

Fruit salad and cheese cubes are a pleasant pair. Roll one-inch bread cubes in a mixture of 2 tablespoons melted butter and 1 beaten egg, roll in grated cheese, then bake on a cookie sheet in a moderate oven (350 degrees F.) until the cheese melts. Hot or cold, they are grand with summer fruits.

Cheese sticks, made of pie paste with cheese added, and cut into strips for baking, are crisp contrast to soft-textured salads.

Looking Backward
at progressive Highland Park through the files of The Press

TWENTY YEARS AGO
July 17, 1920

The funeral of Mrs. Joseph Menoni who died Friday after a short illness, was held Sunday morning—James Butterworth of W. Park ave. was the winner of the Illinois State Metallic Light 200 yard championship held at Fort Sheridan, Sunday—Mr. and Mrs. Jacobs are receiving congratulations on the birth of a daughter born Monday, July 14th—Mr. and Mrs. Harry Luebe of Glencoe announce the marriage of their daughter Laura Mather to Donald Russel Browning, former resident of this city—Dr. and Mrs. Morley D. McNeal are the happy parents of a baby girl born Thursday, July 10th, at Highland Park hospital—Ruth Marie Tennerman of Deerfield celebrated her second birthday anniversary, Wednesday—Weston Davie in a letter to the City Council asks the possibility of obtaining a lease for a yacht harbor here—Mr. and Mrs. Charles Robinson of St. Johns ave., announce the birth of a daughter, born Thursday.

TEN YEARS AGO
July 24, 1930

Plans for the construction and landscaping of the newly acquired six and one quarter acre tract into a public park and playground have been completed by the East Park Commission of Highland Park—Walter Netz, former pharmacist with Highland Park Pharmacy, passed away Monday in a Chicago hospital where he had undergone an operation—Mr. and Mrs. Alex McEwen of Naila Terrace announce the birth of a daughter, on July 21st at Highland Park hospital—Mr. and Mrs. A. L. Savage of Deerfield announce the birth of a son, Tuesday, July 21st—Mrs. James Dixon of Deerfield died at Waukegan hospital, Monday evening after a long illness—Mrs. William F. Peter and two daughters sailed last week from New York on the North German Lloyd Liner Berlin for Paris where the girls will enroll in school in September—Mr. Henry Hanson is enjoying a two weeks vacation at Oconomowoc, Wis.

A special delivery of surplus commodities is being made this morning to relief clients of West Deerfield Township. The delivery included potatoes and tomatoes. These foods are in addition to the regular federal delivery made the first of the month.

How they dine leisurely in Lower California—and what they eat. An intriguing article with a new set of recipes and other interesting items in the housewife's Food Almanack. Don't miss this popular feature in The American Weekly.

Highwood Avenue To Be Widened

In order to "cut expenses," the Highland city council voted to widen Highwood avenue, between Railway ave. and High st., by contract rather than by day labor.

Ald. Albert Bork asserted that the recently-completed Railway ave. widening project completed by day labor cost \$19,000—"\$5,000 more than a contractor would have done it for."

On the recommendation of City Engineer James Anderson III, the council voted to advertise for bids on the Highwood ave. job. The estimate was \$12,000. The money, like that for the previous work, will come from the state motor fuel tax funds.

The council voted 4 to 8, at the semi-monthly meeting to permit parallel parking only on the west side of Railway ave. The present lines on the east side will be painted over to facilitate the movement of traffic.

Speed License Drive Faced with payless paydays because "the general fund is empty," Highland police were instructed by Ald. John M. Simpson to collect delinquent dog license and pinball machine license fees immediately.

City Collector Thomas E. Russell, Jr., revealed that the annual \$25 fee had been paid on only 14 of the 28 pinball machines in the city's taverns.

The council authorized the removal of the concrete piled near Walker ave. to the waterworks beach to construct a breakwater to protect the \$226,000 plant.

Former Resident Builds Apartment Building in Florida

A clipping from a Fort Lauderdale, Fla., paper announces the building of a 10-unit apartment building to be started soon by Mr. and Mrs. Thomas S. Martin of that city. The building is valued at \$29,000. The Martins were former residents of Highland Park. This clipping was sent to the Press by another former resident, Mr. L. R. Rigdon.

Sewing Classes
If you are interested in making your own clothes, don't forget to join the sewing classes held at the "Y" every Tuesday afternoon and evening. During the course Mrs. Nicholson, the director, will help you in practical sewing, cutting and fitting. Registrations will be taken for the second term beginning next week.

Red Cross
Anyone interested in knitting or sewing for the Red Cross will find the "Y" recreation room a cool place to work. The room is equipped with tables, sewing machine and has excellent lighting. Meetings every Thursday evening from 7:30 to 10 o'clock.

Q. What stroke of showmanship had Oglesby planned for the convention?

A. He had met old John Hanks, who had worked with Lincoln, and questioning him found that Lincoln had been a rail splitter. Oglesby secured two old rails that Lincoln had split and carried them off to his barn in Decatur pending the convention.

Q. How were the rails used after Lincoln had been introduced?

A. John Hanks and a friend marched through the crowds bearing the rails with a banner between.

Q. What was the legend on the banner?

A. Abraham Lincoln—The Rail Candidate For President In 1860. Two rails from a lot of 3,000 made in 1830 by John (the banner erroneously read "Thos.") Hanks and Abe Lincoln—whose father was the first Pioneer of Macon County.

Q. What was the "Great Wigwag" in Chicago in 1860?

A. A rambling two-story shed to house the Republican National Convention.
Q. How was it financed?
 A. The money for its erection (\$5,000) was raised by subscription.

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Friday, Saturday July 26, 27
 (Saturday Matinee 2 to 4; Evening 7 to 11)
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 Dorothy Lamour, Robert Preston, Lynne Overman, J. Carroll Nash
 WALT DISNEY CARTOON — "Donald's Penguin"
 FITZPATRICK TRAVELTALK — "Modern New Orleans"
 LATEST PATHE NEWS

Sunday, Monday July 28, 29
 (Sunday Continuous 2 to 11)
 "FLORIAN"
 Robert Young, Helen Gilbert, Charles Coburn, Lee Bowman, Reginald Owen
 LOONEYTUNE CARTOON — "Porky's Poor Fish"
 NOVELTY — "Gun Dogs Life"
 LATEST NEWS

Tuesday, Wednesday, Thursday July 30, 31, August 1
 "SATURDAY'S CHILDREN"
 John Garfield, Anne Shirley, Claude Rains, Roscoe Karns, Lee Patrick
 NOVELTY — "Information Please"
 NOVELTY — "All Girl Revue"
 LATEST METROTONE NEWS

Next Week: "WATERLOO BRIDGE," "TORRID ZONE."
 Coming: "BEYOND TOMORROW," "PHANTOM RAIDERS," "MY FAVORITE WIFE," "SUEAN AND GOD," "ANNE OF WINDY POPLARS," "MORTAL STORM," "ANDY HARDY MEETS A DEBUTANTE," "NEW MOON," "THE GHOST BREAKERS."

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