

# Society -:- Womens News -:- Locals

## Full Schedule Ahead For H. P. Woman's Club Membership

The call to colors will sound for members of the Highland Park Woman's club on Oct. 20 when they march into a full schedule of general activities.

Mrs. Harry G. Pertz begins her second year as club president assisted by "staff" officers: Mrs. Mason Smith, first vice president; Mrs. Clarence Bassler, second vice president; Mrs. Robin K. Macfadden, recording secretary; Mrs. David Levinson, corresponding secretary, and Mrs. Armand V. McPhee, treasurer.

In addition to a selection of speakers chosen by Mrs. Claburn Jones, program chairman, and Mrs. Verne H. Moon, co-chairman, the club's war contributions are increased in many fields.

Representing the club on the community war front, the volunteer members of the victory committee are continuing their work under Mrs. Herbert R. Smith, chairman, and Mrs. Robert Morris, vice chairman. Members of this "commando" committee are on call for selective service registration, various ration board duties, USO work, war bond booths and for special work in soldier and sailor assistance.

Early last August this committee handled all details and supplied complete facilities for the mobile unit of the blood donors service of the Red Cross. In five days 498 persons came to the Woman's club building to donate blood.

Blood donors who were unable to contribute when the mobile unit was here in August will be given an opportunity to perform this service when the blood bank makes its second visit to Highland Park Nov. 9 through 12. Headquarters will be at the Woman's club building and arrangements will be handled by the victory committee.

By vote of the board of directors,

## 'America Marches On' Subject of Dr. Sherwin's Talk at D.A.R. Meeting

The first regular meeting of the North Shore chapter of the D.A.R. this fall will be held on Thursday, Oct. 8 at 2 p. m. at the home of Mrs. George Rogers, 506 East Walnut rd., Lake Forest.

The speaker on that day will be the Reverend Louis W. Sherwin who has chosen as his subject "America Marches On." Since his return from Fort Bragg, many organizations have heard his story of experiences there.

It is hoped that all the members of the chapter will find it possible to attend. Assisting Mrs. Rogers will be other members of the chapter who live in Lake Forest: Mrs. John McNicols, Mrs. E. N. Ibbotson and Mrs. Sterling Williams.

The monthly meeting of the board of directors will be held at the home of Mrs. Sinclair, on Thursday, Oct. 1 at 9:30 a. m.

## RETURNS FROM COLLEGE TO VISIT PARENTS

Marion Carol Berg, a student at Augustana college, Rock Island, will spend the week-end with her parents, Mr. and Mrs. William A. Berg, 127 Summit place. She has been awarded a freshman scholarship and is now a member of the Augustana choir.

### THE HIGHLAND PARK

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Lester S. Olson, Publisher

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# MOR

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THE MEAT FOR DINNER

AND CHUCK AS A WINK FOR SANDWICHES



## COOKING VEGETABLES—how to do it to preserve the vitamins and minerals

Dorothy Greig



Baked stuffed peppers are rich in vitamins and full of flavor.

LATELY, it's the scientists rather than the cooks who've been teaching us new wrinkles about cooking vegetables.

They tell us that some of the health giving vitamins and minerals in vegetables evaporate when exposed to air. Some dissolve in water. Therefore, to prevent that we must do these simple things:

In boiling vegetables, use the least possible amount of liquid. (And save the liquor for sauces, gravies and soups.)

Cook quickly until just done—and serve immediately. Keep the pot tightly covered and don't stir the vegetables.

Boil potatoes in their skins (skins slip off easily after cooking.) Don't force hot vegetables through a ricer.

Treated in this kind of fashion vegetables not only retain their vitamins and minerals but their natural fresh flavor, too. Now dad and the youngsters won't balk at vegetables—they'll ask for 'em.

With these general directions in mind we can then use our imaginations. For instance, let's cook carrots in consommé instead of water—like this:

- Savory Glazed Carrots**
- 2 tablespoons butter
  - 2 tablespoons onions, chopped
  - 1 tablespoon flour
  - 1/2 teaspoon salt
  - 1-2 whole wrapped carrots (1-2 inches long)
  - 1 can condensed consommé
  - 1/2 cup water
- Cook the chopped onions in the

butter until soft but not brown. Roll the carrots in the flour and salt and saute with the onions and butter for about 10 minutes. Then pour the consommé with 1/2 cup water over the carrots. Cover tightly and cook until tender. Garnish the dish with sprigs of parsley or, even better, sprinkle the carrots themselves with chopped parsley just before serving.

Then, too, green peppers stuffed deliciously with rice, cheese and vegetables and baked whole are wonderfully good:

- Baked Peppers Stuffed with Rice and Vegetables**
- 4 slices bacon, sliced
  - 4 tablespoons chopped onions
  - 2 cans condensed vegetable soup
  - 2 cups cooked rice
  - 1 1/2 cups grated cheese
  - 1/2 teaspoon salt
  - 1 pinch of pepper
  - 8 tablespoons buttered crumbs
  - 8 green peppers (medium size)

Cook the sliced bacon until brown. Remove bacon from fat and cook onions until soft and yellow. Then add bacon, vegetable soup, cooked rice, grated cheese and seasonings and mix thoroughly.

Wash peppers, cut a slice from stem end, remove seeds and cut away seed parts, leaving a clean shell. Place in boiling salted water and boil 5 to 8 minutes or until almost tender. Drain and stuff with the "Rice and Vegetable" filling. Sprinkle buttered bread crumbs over the top. Bake in a moderate oven (375° F.) 35 to 40 minutes. Serve 6.

## Tennant-Reidy Marriage Planned for October 10

The marriage of Miss Barbara Tennant and Lieut. T. Hamil Reidy is planned for Saturday afternoon, Oct. 10, at 4:30 o'clock in the home of her mother, Mrs. Lufkin Tennant of 273 Central avenue.

The bride will be attended by her twin sister, Miss Jean Tennant, and her older sister, Mrs. Robert Ainsworth Morris, who returned this week-end from Washington, D. C. Mr. Morris, who is serving in the Office of Production Management, will arrive later.

Lieut. Reidy and his bride will live in Highland Park while he is stationed at the Glenview air base.

## Announce Approaching Marriage of Mary Tomei To Pvt. D. W. Flowers

Mr. and Mrs. Louis Tomei of 322 McDaniels avenue announce the approaching marriage of their daughter, Mary, to Pvt. Donald W. Flowers, son of Mr. and Mrs. Benjamin Flowers of Davenport, Fla., at the Immaculate Conception church, Deerfield avenue, on Saturday, Oct. 3, at 9 a. m. Rev. J. D. O'Neill will officiate.

Attendants will be Miss Katherine Weber as maid of honor and Miss Dorothy Weber as bridesmaid. Pvt. Stanley Sorzynski of Fort Sheridan will be best man and Pvt. Raymond Berndt, also of Fort Sheridan, will usher.

A wedding breakfast and dinner will be held at the home of the bride's parents.

## Women's Association Announces It's Calendar For The Present Month

### Fifth Season of Creative Writers to Open At Y.W.C.A.

Anyone interested in writing as a hobby or in listening to discussions of literature in the making is invited to attend the open meeting of the North Shore Creative Writers when the fifth season begins Thursday morning, Oct. 8, at the Highland Park Y.W.C.A. Although this session will be less than one of the ten weeks term there is no registration fee required for this "get-acquainted" session. The class session will be followed by an informal luncheon at the "Y," catered by Mrs. Louis Schemmel of the Sunset Valley Golf club. Reservations for the luncheon should be phoned or written in before Oct. 6.

Rowena Bennett has again been chosen by the education committee to lead the course. Mrs. Warren Danley, Mrs. George K. Bowden, Mrs. Eugene Hotchkiss, Mrs. Louis Sinclair, Mrs. Theodore Osborn, Mrs. Clark Wampler and Mrs. Everett Fontaine are among those interested in the continued success of this group.

Each person registering for the course has the privilege of bringing a service man's wife as her guest to each session. Special guests already "dated" during the course include Ruth Harshaw, Elizabeth Pickett Chevalier, author of "Drivin' Woman," Phyllis Whitney, author of "A Star for Ginny" and pulp stories. An informal report on such highlights of this summer's Conference as the registrar's report of "folks from a distance," contests already planned for next year, will be given at the Oct. 8 luncheon. These luncheons are optional once a month features planned for this year.

"Creative listeners," that is those who do not wish to turn in manuscripts for the anonymous discussions are again invited. Tickets are interchangeable. Mrs. John Lemmon, Mrs. Lester Olson, Mrs. O. L. Olesen and Mrs. Fred Giesecke, are among local writers in the group.

## Ravinia Women Open Club Year With Lecture-Meeting

Ravinia Woman's club members will open their season Wednesday, Oct. 14, with a luncheon, to be followed by a lecture on "What Our Fashions and Homes Owe to the Peasant."

Reservations for the luncheon, which will be served in the Village house at 12:45 instead of at 1 o'clock as in other years, must be made with Mrs. R. M. Bussard, H. P. 1865, by Oct. 10. Annual dues are payable at this meeting, and the yearbook will be ready for distribution.

The lecturer, Miss Alma Pratt, is director of the International School of Art, which has branches in Sandusky, O., New York City and Mexico City. She will illustrate her talk with colored moving pictures, examples of embroidery and pottery, and with costumes which will be modeled by fifteen Highland Park high school girls. Miss Pratt will be introduced by Mrs. Sidney Frisch, program chairman.

The Highland Park Presbyterian church Woman's association calendar for the month of October is as follows:

Programs: Oct. 5, 1 p. m., group meetings in the homes; Oct. 12, 9:30 a. m., board meeting; 2 p. m., book review; Mrs. Elizabeth S. Harvey will review "The Cup and the Sword" by Alice Tisdale Hobart, who wrote "Oil for the Lamps of China." Oct. 19, 10 a. m., sewing and hospital dressings. 12 o'clock, devotional service at the chancel; 12:30 p. m., luncheon; 2 p. m., meeting and program; Rev. Fernando A. Laxamana, a graduate of Northwestern university, who is in charge of Filipino work in Chicago, will be the speaker.

Group leaders and hostesses: Mrs. Paul Date's group, Mrs. James M. Murphey, hostess, 1717 Rice street; Mrs. Frank Frable's group, Mrs. Hamilton Winton, hostess, 2377 Pierce road; Mrs. P.O.E. Johnson's group, Mrs. Lloyd A. Tupper, hostess, 177 Lakeside Manor road; Mrs. George Ryan's group, Mrs. John G. Chery, hostess, 196 Central avenue; Mrs. Louis C. Schultz' group, Mrs. K. B. Lacy, hostess, 1645 Dato avenue; Mrs. E. L. Vinyard's group, Mrs. Ross J. Beatty, hostess, 260 Ravine drive; Mrs. Joseph B. Garnett's group, Mrs. Charles C. Davis, hostess, 800 South Greenbay road.

Mrs. E. L. Vinyard's group will be in charge of the Oct. 19 luncheon. Mrs. Frank Frable's group will be in charge of the bake sale. The fall rummage sale will be held Oct. 29 at the church. There will be no opening tea this year.



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