

TRAIN CARRIES RECORD CARGO

N. W. Road Takes 25,000,000 Shingles In One Load

A solid train of 125 freight cars carrying 25,000,000 red cedar shingles from the Hunting Merritt Lumber company, sufficient to roof over 2,000 average-sized houses representing a town of over 10,000 people, is now enroute over the Chicago & North Western railway for Chicago and the east.

This is the largest single long distance shipment of this kind ever moved by rail. If the shingles were laid end to end on the ground, they would reach over four thousand three hundred miles, and over 11,750,000 square feet could be covered if the shingles were laid side by side in a square.

Starting at Seattle, and placed on the ground end to end, they would reach to New York City and three quarters of the way back to Seattle.

Trees from which shingles are made, red cedar, grow to tremendous sizes along the western slopes of the Pacific coast. They often measure ten feet in diameter. This timber thrives in districts subject to the greatest rainfall.

Two thousand years ago many of these red cedar trees were even then young giants of the forest. The Indians knew their value for certain purposes, as a wood that would practically last forever and they called red cedar "The Tree of Life." They used it in the building of their gigantic war canoes. These large sea going canoes, which entailed years of labor in the building, were cut from a single tree of red cedar.

CANNED GOODS ENDORSED

Canned vegetables and fruits are practically as wholesome and valuable as fresh products of this nature if the canning is done correctly. It is well to remember, however, that only perfectly sound, fresh, sweet material should be used in any canning process. Commercially canned products are almost always wholesome.



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Corner Belden and Lincoln Aves.
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KENILWORTH TO OBSERVE FOURTH

Plans Big Street Parade, Athletic Events

A big parade will start at 10 o'clock with a brass band in the lead, followed by American legionnaires in uniform, and decorated automobiles and cycles. The parade will wind its way through the Kenilworth streets to the athletic field north of New Trier high school, where the Fourth of July festivities will take place.

Prizes will be awarded to the best decorated automobile, the most colorful and tasty looking bicycle and to the winners of the races. Athletic events will be held for boys and girls and men and women.

A program is being arranged for the entire day. In addition to the above mentioned events, there will be a speaker who will paint a word-picture

of the real meaning of Independence Day. A community sing of patriotic music will take place, accompanied by the band.

Americans to Address Advertisers' Meeting

Discussion of public utility advertising will be one of the features of the international convention of the Associated Advertising Clubs of the World in London next month. The program, announced by Frank L. Blanchard, director of public relations, Henry L. Doherty & company, and chairman of the London program committee of the Public Utilities Advertising association, shows four American and four British speakers listed.

The American speakers and their subjects will be "Municipal vs. Private Ownership of Public Utilities," by B. J. Mullaney, vice president, the People's Gas Light and Coke company, Chicago; "How to Make Good Will for the Company," by P. L. Thomson, Western Electric company, New York, and "Progress of Customer Ownership," by Mr. Blanchard.

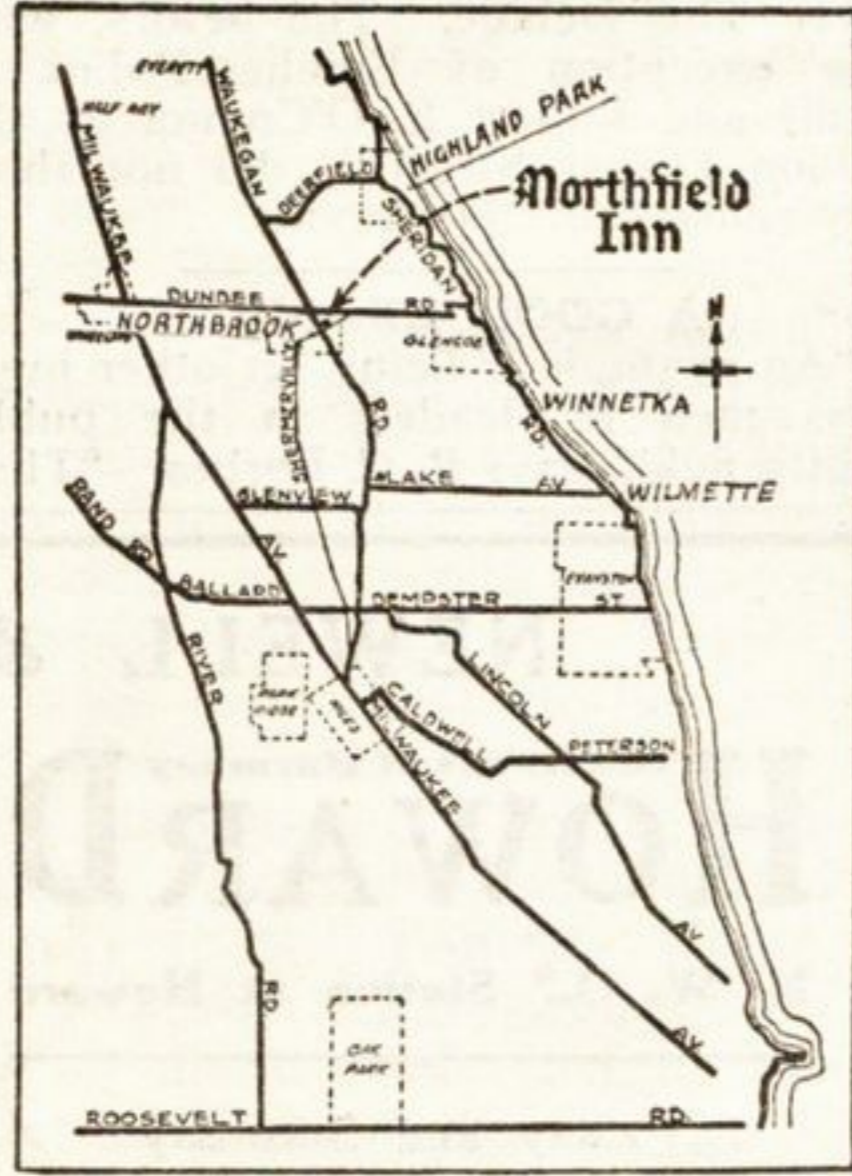
The subjects of the British papers will be "Company Ownership and Operation Under Public Control," "Co-

operative Advertising of a Public Utility," "The Personal Element in Advertising" and "Railroad Advertising."

DIET IS IMPORTANT
Eating to live or living to eat—no

matter which your philosophy—you will get the greatest benefit out of the process if your diet is well balanced so as to give you the right proportions of calories, proteins, minerals, and vitamins. Your diet is probably well balanced if you eat a dozen different foods daily.

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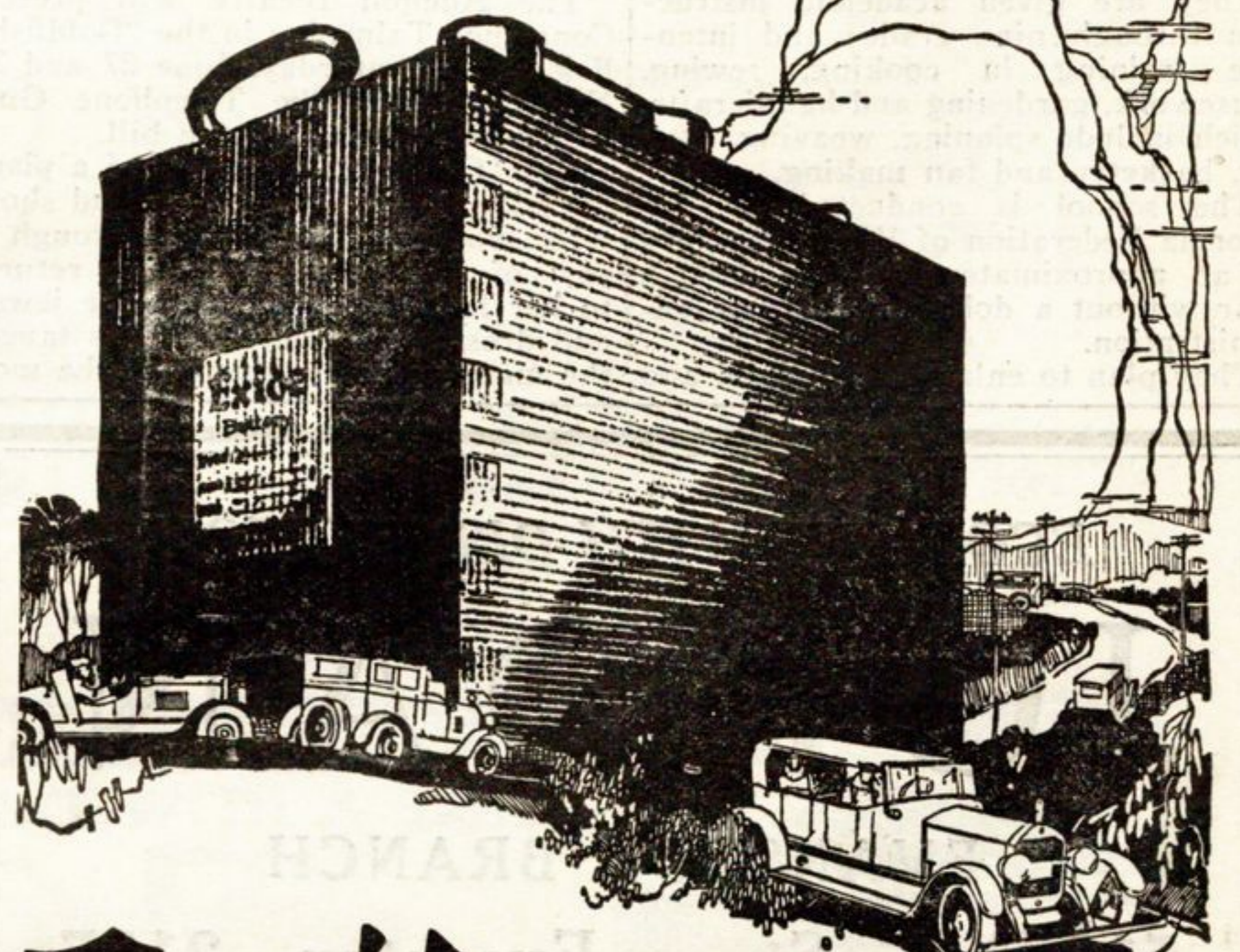
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