

### Funeral Services Held for Father of Local Persons

Funeral services were held at Fowler, Indiana Sunday for John Shoup Sr., father of Kenneth and Miss Lucille Shoup, 206 N. Raymond avenue. Burial was in Greenwood cemetery in Fowler.

Mr. Shoup had been in ill health for the past eight years and passed away at his home Thursday afternoon.

John Shoup was born in Fowler, Ind. April 2, 1871, the son of Mr. and Mrs. Henry Shoup. He had resided in that community all his life.

He is survived by five sons, Howard and Robert of Fowler, Ind., John of Peoria, Louis of Peoria and Kenneth of Barrington. There are four daughters, Mrs. Earl McKee of Earl Park, Ind., Mrs. Anna Watson, Morocco, Ind., Mrs. Mabel McFall, Oxford, Ind. and Miss Lucille of Barrington.

Relatives and friends from several states attended the funeral.

### Lake Zurich

Mrs. John Gebke and family, Mrs. C. Wiese and Henry Gebke attended a birthday party Friday evening at the home of August Gebke at Cary.

Mr. and Mrs. Elmer Rudinski and family of Huntley spent Sunday at the C. H. Rudinski home.

The Christmas program given by the St. Peter Evangelical Sunday school will be held Christmas Eve at the parish hall. The Christmas service will be held at 8 o'clock Christmas morning. At 6 o'clock Christmas morning, Mrs. St. Peter choir will go carolling.

Alleen Starke spent the weekend at her home in Kingston.

Mr. and Mrs. Charles Weaver and daughter Lola were Sunday dinner guests at the Ray Jabke home in Barrington.

Mrs. Emma Hans returned home Thursday after spending several weeks in Joliet.

L. Bryan is under observation at the Lake county hospital in Waukegan.

Mr. and Mrs. Franklin Selp and Mr. and Mrs. Irving Selp of Chicago spent Sunday at the Louis Selp home.

Mr. and Mrs. William R. Singleton of Chicago and Virginia Wie of Deland, Fla. were Sunday guests at the Edith Dymond home.

Students of the Edith Dymond high school on the honor roll for this six weeks are: seniors, Ella Buschling, Marjorie Claude, John Custer, Lucille Hornan, Franklin Young, Florence Kessler, Sophomores, Evelyn Cline, Marilyn Prohm, Gladys Dyer, freshmen, Mitchell Kane, Spencer Loomis.

The Edith Eight met Thursday evening at the home of Ethel Rudinski. Bridge was enjoyed throughout the evening. Prizes were awarded to Miss Evelyn Stelling, Miss Helen Frank and Miss Violet Umbdenstock. A Christmas party will be enjoyed by the club at the home of Miss Evelyn Stelling.

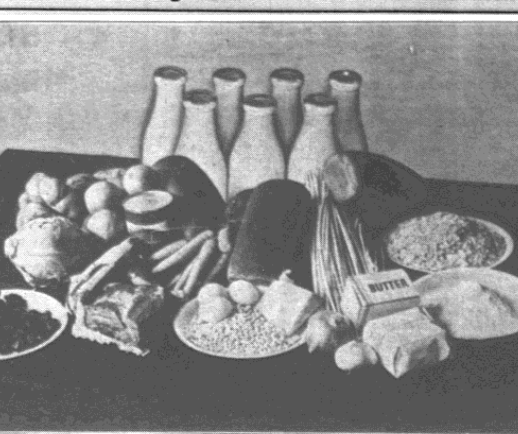
**Evolution of the Case**

A stick was probably the first personal property owned by primitive man. He found it and fastened upon which to fend off the sabre-toothed tiger and of great assistance to him on his week-end trips over the by no means perfect highways of the period.

The stick persisted through Biblical times, prophets being generally pictured with a staff crimped firmly in the right hand as they wandered their way into the wilderness.

Kings and dandies had their sticks, too. Dierotti, credited with having been a bit of a dode in his time, had a different cane for each period of the day.

### These Economy Foods Promote Good Health



Shown above are the foods that should be included in the average person's daily menus for each week in order to provide adequate nutrition. Of these foods, fruits, vegetables and fresh pasteurized milk are known as "the protective foods."

Fortunately for most of us these days, it's become the fashion to be practical in everything that we do. We buy clothes with an eye to their doing double or triple duty, our furniture and automobiles with thought of their durability and economical service, our food with an idea of its providing good sound health as well as momentarily pleasing the palate.

And that's one of the reasons why the advice of physicians and nutritionists about fresh pasteurized milk has been followed so closely by thinking persons. Advancing prices of food stuffs have necessitated revisions in most food budgets, and housewives are more than ever on the alert to procure the most food value for the least expenditure. And when one realizes that one-third to one-fifth of the average food budget spent for fresh milk

will yield one-half of the food elements needed daily, it is easy to understand the vital necessity of including an abundance of fresh milk in the daily diet of every adult and child.

Just as an indication of milk's place as our "most nearly perfect" and most economical food, compare the costs of these two methods of securing the daily calcium requirement. An adult needs slightly more than a pint of milk in order to get the required amount of calcium. Two servings each of fruits and vegetables will supply about one-fifth of the average adult's daily calcium need. Thus it would require five times as much, or ten servings of each daily, to get the necessary calcium—all of which may be obtained from little more than one pint of milk.

Although fruits and vegetables are indispensable to the well-balanced diet, it might prove a bit monotonous to eat so much of this type of food each day.

The "Protective Foods"—fresh pasteurized milk, fruits and vegetables—must be provided for first when planning the adequate diet on a low cost basis. Following them should come cereals, meats and meat substitutes, and last of all—fruits and sweets.

The foods shown above are those that expert nutritionists have selected as comprising the adequate low cost diet for one person for one week. Included are seven quarts of milk, two pounds of fresh fruits, one-half pound of dried fruit, three pounds of fresh or canned vegetables, seven and one-half pounds of potatoes, four loaves of bread, eggs, cheese, meat and fish, sugar, corn, cereals, canned tomatoes and butter.

**Stinkwood From South America**

Stinkwood is a native of South Africa and was widely used by the early Cape settlers in making furniture that is highly prized by collectors. The wood is dark walnut in color, brown to black, with a yellow sapwood and a grain that is extremely fine, close, dense and smooth. It is very hard and durable. The name was suggested by the strong, unpleasant odor emitted by the trees when freshly felled and sawed. All efforts to substitute Cape walnut, Cape laurel or laurel wood have failed. The scarcity of stinkwood is due to the wasteful employment of it in recent years in building houses, wagons and other commonplace commodities. There is an abundant supply of it still standing in South Africa, which will be ready for the cabinet-makers a century or so from now, a stinkwood tree requiring about 200 years to reach furniture size.—Detroit Free Press.

### Cuba Township

Mrs. Frank Balmeo of Detroit was a week-end guest at the home of her parents Mr. and Mrs. Frank Kelsey.

Mr. and Mrs. Gus Kraus, Father P. A. Kilderry of Cary and Mrs. Conrad Kraus attended the funeral of Mrs. Nick Beck at Kenosha Thursday.

Mrs. Frank Lagechulte attended the surprise birthday party given in honor of Mrs. Colla Pichon of Cary Tuesday afternoon.

Mr. and Mrs. Norris Iverson and sons George and Francis of Downers Grove enjoyed Sunday afternoon with Mr. and Mrs. Frank Kelsey.

Mrs. Arthur Rasmussen of Crystal Lake and Mrs. Ainer Rasmussen of Cary were Thursday evening guests of Mr. and Mrs. Frank Lagechulte.

Mr. and Mrs. Harold Kelsey and Mrs. Knuch Brandt spent Friday in Waukegan.

Mr. and Mrs. Frank Kelsey called at the home of Mr. and Mrs. Herman Brooks of Wauconda Friday.

Mr. and Mrs. Harold Kelsey were Saturday evening guests of Mr. and Mrs. Jack Wichman.

Mrs. Wase was well represented at the 19th district convention of the Young Republican club held at Evanston Sunday.

Six tables of cards and bunco were in play at the Mothers' club party Thursday with Mrs. Thomas Smith as hostess. Mrs. Erickson was awarded a blanket. The Christmas party will be Thursday, Dec.

**Seven as Lucky Number**

Seven, from its remarkable repetition in the Bible, was for centuries considered a lucky number and for ages it has exercised its spell over the mental operations of our ancestors. Some people apparently still find this number lucky, just as they find 13 unlucky, though it would be difficult to prove either. Superstitions with regard to the moon and stars are of ancient origin and are just as irrefutable.

### Ela Township

Mr. and Mrs. Herman Schneider and family of Libertyville called at the Elmer Holtsman home Sunday.

Mr. and Mrs. Frank Meyer and son Donald of McHenry visited at the Herman Buschling home Sunday.

The Girls' club of Ela township high school will hold its Christmas party at the home of the club's president, Phyllis Bauer, Friday evening.

Mrs. George Krueger attended the Women's Union Christmas party at Des Plaines Thursday.

The Hubbard school is presenting a Christmas party and program for the parents, Wednesday evening.

The pupils of Pomeroy school will present a Christmas program Friday evening.

Mr. and Mrs. Walter Rees and family and Ralph Bedeker spent Sunday with Mrs. Mary Bedeker of Wadsworth.

Mr. and Mrs. Lewis Laempert and family and A. Fisher of Chicago spent Sunday at the R. Fisher home.

Mr. and Mrs. F. Berg called at the Charles Holtsman home Sunday.

The pupils of Schultz school are holding their Christmas party Friday evening.

### Various Uses for Raisin Seed; Oil in Demand

The magazine Food Industries says the by-product of seeded raisins is sprayed back on this in the form of fine oil. This prevents the seed raisins from sticking together or to their packages, and enhances their appearance.

From 2000 to 4000 tons of raisin seeds are accumulated annually from the 200,000 tons of raisins sold each year in the United States. When the seeds are extracted from the raisins some of the pulp, or meat of the fruit, naturally clings to them. From this, by diverse means, comes:

- 12 to 14 per cent of grape sugar.
- Alcohol from that.
- 101-proof brandy and sweet wines from the latter.
- 15 per cent of oil from the seeds after they are crushed, dried and cured.

Raisin oil is also used as a salad oil (it blends readily with olive oil); for frying doughnuts and potato chips because of its non-greasy flavor; in the paint industry, particularly on canvas; for awnings and airplane wings, because of its slow-drying and high-resisting qualities and, finally, in lubricants.

To top everything off, the residue from the crushing process is utilized in croak feed, as a fertilizer and as a fuel.

### \$515,026 to Be Expended on 39 WPA Work Projects in Lake County by July

Expenditure of Federal funds totaling \$515,026 in Lake County is contemplated for completion between now and July 1 of the 39 projects already in operation. Mogens Ippen, WPA district director, announced this week. It is expected this figure will be increased as additional projects go into operation.

There are 21 counties in the district with a total of 362 projects at an estimated cost of \$1,191,492 to the government. Added to this will be \$1,939,175 which is the sponsors' cost. Cuba township has a road project using 35 men which is expected to last several months.

Director Ippen reports that the recent withdrawal of \$20,000.00 previously allocated to Illinois WPA work will not handicap completion of the present program, but that funds will be obtained from Washington to carry the work program to July 1.

**Hot-Bands and Baldness**

Baldness, says a writer in the Los Angeles Times, is not due to perspiration, sweat, or pressure of brain-work, but to the pressure of hot-bands upon the blood vessels in the scalp. Therefore, women were loosely fitting hats, and men wore caps. Narrow-banded hats do not feel the pressure of hot-bands as much as do the thick, padded, and narrow bands now so common.

According to the United States Department of Public Health, it is impossible to restore hair which has vanished. Baldness can not be cured, but may be prevented.

### Country Estates

Restricted Country Estate Sites are offered for sale from the former Otis Farm consisting of 450 acres including Hills and Dalms, Lake of the Woods and adjoining beautiful rolling and wooded land.

This property lies south of Barrington Hills Country Club and Barrington Country Day School, about two miles from North Western station. Immediate title. Also 2 ten room modern homes, 4 baths in each.

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### Will Rogers' Last Picture Is Bill at Catlow Theater

### Christmas Program For Jane Withers in "The Life"

Will Rogers' last picture, "Old Kentucky," will be shown Christmas week at the Catlow theatre. It is scheduled for day-Monday showing.

In the elaborate romantic heart, horse and humor, Rogers again reveals that an unassuming American has endeared him to all followers of the movie.

The feature chosen for Christmas day evening and day following is "The Life" starring Billie Jane Withers. It will be remembered, her debut in "Bright Eyes," which she has since surpassed. She has been accorded star status in the story centers about a child child performer who is a virtual slave by her guardian until she is rescued from the hands of John McQuinn, father of robbery and seeking to arrest by the police.

Masquerading as a boy, Withers appears in the picture with her new-found friend, Jane, who is rescued from the hands of her guardians.

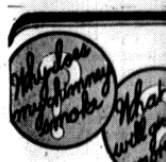
McQuinn is subsequently to establish his innocence and manfully remove Jane from custody of her guardian who has been defrauding her.

Short subjects for the Christmas program include the comedy from the "Our Polite" it is titled, "Our Polite" of 1918. In addition there will be a Christmas color, special scene and descriptive news.

Gone Stratton-Porter's "Ales" will be shown for the time tonight.

The "Rainmakers" with W. and Woolsey, plays 8 night. The story centers on the desperate efforts of the farmers of Long Island to obtain moisture for their crops.

The "Rainmakers" are sent and there, immediately followed by scenes of storms—just what rain storms, snow storms, brain storms—will storm.



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