About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

Alleviating Bronchial Distress

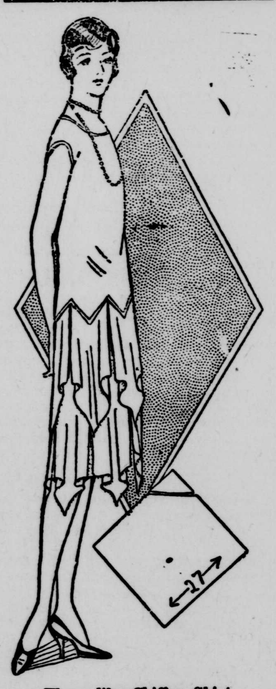
"Winter Bronchitis" is a real affliction, peculiar to those already aged or approaching old age. It is a very common complaint, as every practicing physician knows. Its care becomes a problem to many families who number older folks among their treasures. To old people, life and comfort are paramount blessings. Cough mixtures are legion, and many are palliative but seldom curative. Indeed, proper conduct does more permanent good than medicine. The "fresh air crank" comes in and demands the inevitable wide-open windows. No matter how cold—how damp—or how laden with floating gases and micro-organisms, the windows must be open, and the cough goes on, to the distress of the sufferer and of those about him. To stupefy such patients with narcotic cough mixtures is the general rule, but how futile!

Remember this: Warm air may be just as pure as cold, and is usually much more comforting than cold night air. Bedrooms should invariably be "aired out" thoroughly during the day. Beds are much healthier un-made, and allowed to air thoroughly. When night comes close the windows, and allow as little change of temperature as possible in the bedroom till morning. Do not close bedroom doors if the sleeping apartment is small and this suggests airing the entire residence as often as necessary for pure air, but do it in daytime. Sleeping-rooms should be where bright sunlight can enter freely during the day. And, remember this: Cold night-air never benefitted a cough—on the contrary, it aggravates and prolongs the difficulty. Night-airs are laden with impurities, and, in winter, chill the delicate respiratory membranes, beyond their recuperative power. The closed bedroom is not an "old fogy" idea.

—The Old Age.

Practical Instructions in HOME SEWING

By Ruth Wyeth Spears



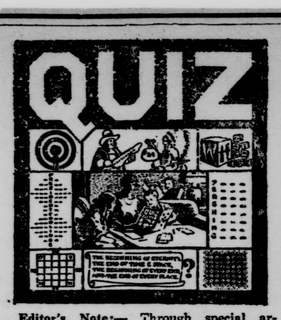
Flowerlike Chiffon Skirt for Evening Wear.

The bodice of the dress is fitted very slightly to the figure and cut in six pointed scallops at the bottom. These scallops are finished with bias bindings.

The dress is made with a plain foundation of the chiffon. There are two tiers of the chiffon draperies, six on each row. The easiest way to shape these drapery pieces is to cut squares of twenty-seven inches dimensions. Then cut off the upper corner of each square as shown in the diagram at the right. The drapery pieces are then sewn in place at the top only, the rest being allowed to fall as it will. The edges may be picoted or rolled and whipped.

One and one-half yards of the crepe de Chine and five and a half yards of fifty-four inch chiffon will [illegible]

QUIZ



Editor's Note:— Through special arrangement with The Educational Book Co., N. Y., this newspaper now offers its readers this interesting feature, "QUIZ", being extracts from that book, endorsed by Eugene C. Gibney, Director of Extension Activities, New York Board of Education. These puzzles will be found intellectual as well as instructive.

Puzzle No. 1



At a Hallowe'en party, three pumpkins were brought in, numbered as the ones shown above. The largest pumpkin was offered as a prize to the boy who could arrange the pumpkins in a row so they formed a number of three figures that could be divided by eleven. How did the winner arrange the pumpkins?

Puzzle No. 2

Fill in the missing space with the proper letter, making a three letter word to meet the requirements. When rightly guessed, the central letters reading down, will spell the name of a President of the United States. You certainly should not have much trouble with this puzzle. Time allowed three minutes.

A	•	T	A performance
D		G	An animal
R		D	A measurement
A		L	A totality
S		R	A title
O		E	A poem
A		E	Number of years
B	•	D	A berth

Puzzle No. 3

An Arab died and he left his seventeen camels to be divided among his three sons, so that the eldest had half of them, the next had one third, and the youngest had one ninth of them.

Think it over.

Solutions will be published next week. The first five solutions received to each set of puzzles will receive ten credits; when such winner has obtained 100 credits he will be entitled to a "QUIZ CLUB" button or pin. 500 credits will entitle the winner to receive an attractive prize and also [illegible]

Baxter, Kosloff and Miss Faye all have strong characterizations.

Playing in support of the featured players is a cast of equally prominent names. Henry Walthall, one of the real veterans of the screen, is cast as a southern gentleman, a sort of twentieth century version of his Colonel character in "The Birt of a Nation." Others prominent on both stage and screen are Robert Cain, Robert Edeson, Charles Clary and three unusally clever children, Jacquelin Wells, Mary Jane Irving and Don Marion.

A spectacular "candy ball," gorgeous wedding scene, Alpine episode and other big features are linked to[illegible] strongly dramatic story which shows how one woman can cause the downfall; another make, a man.

"The Golden Bed" is a thoroughly human story in which De Mille has cleverly combined comedy and drama

SUGGESTIONS TO MARYLAND'S FUTURE MOTHERS

Simple practical advice to mothers-to-be, on matters connected with health is given in a circular recently issued by the State Department of Health, thru the Bureau of Child Hygiene, under the title, 'Suggestions to Maryland's Future Mothers." Copies of the circular may be obtained by writing to the department, 16 West Saratoga Street, Balimore.

"The importance of early care of the mother-to-be is better understood," said Dr. J. H. M. Knox, Jr., Chief of the Bureau of Child Hygiene, "by a study of our records of infant deaths fifteen years ago, throughout the entire country, nearly one-third of the baby deaths were caused by digestive diseases; one fifth were due to prematurity and to congenital weakness, and one-fifteenth to pneumonia and other diseases of that sort. Among the digestive diseases, summer complaint, as it was called, flared up each year as soon as the hot weather set in, and for a number of years the efforts of hte baby saving forces were directed against this enemy of baby life. Doctors, health officers and public health nurses worked together in one group which was tremendously strengthened when the mothers were [illegible] and like good soldiers were drilled and trained in the essentials of baby feeding and baby hygiene.

"As a result of this joint campaign the digestive diseases of infancy have lost much of their terror—tho eternal vigilance will have to be exercised against them—but they no longer rank first in baby deaths. The firstplace is taken now by thebaby deaths that occur during the first 4 weeks after birth. And nearly half the thebabies whose little lives flicker outbefore they are one year old, die during thoseperilous four weeks. This is true not only of our Maryland babies, but of thebaby detahs thruout the United Staes.

"I is obvious thatcareful feeding of the baby and training of the mother in baby hygiene after thebaby's arrival will have little effect in improv[illegible]ition. The care must begin long before this and it must begin with the care of the mother herself. Parents generally should understand that skilled advice and care are the right of every future mother. When this is provided there will be fewer unnecessary deaths among the mothers of Maryland and a great reduction in the number of infant lives that are now lost in the early weeks."

Seaford, Del., Nov. 2.—Mrs. Emma Ellis, 77, wife of George Robert Ellis, retired farmer, residing four miles west of Seaford, was fatally burned this morning at her home. A match with which she was lighting a lamp, set fire to a table covering and in her attempt to extinguish the blaze she set fire to herself.

Ellis is an invalid, the result of a paralytic stroke, and his wife ran to the room of her son, Joseph Ellis. She battered on his door awakening him, but when he reached her side she was a mass of flames, dying a few hours later. Besides her husband she is survived by four sons and two daughters.

Who's the president of Mexico?

Don't know—haven't read the morning papers.—Malteaser.

for Economical Transportation

CHEVROLET

Quality

determines the pride you take in your car

Quality in its design and finish makes you proud of its fine appearance.

Quality in its chassis construction gives you a brilliant performance of which you may well be proud.

Because of the lasting pride to be found in its appearance—and a performance worthy of much costlier cars—more than two million people have become Chevrolet owners.

Come in and let us show you some of the quality features that make Chevrolet preferred by millions. Let us explain how inexpensive it is for you to become the owner of a fine new Chevrolet.

Touring	$525	Sedan	$775
Roadster	525	Commercial Chassis	425
Coupe	675	Express Truck Chassis	550

ALL PRICES F. O. B. FLINT, MICHIGAN

DEN-MAR MOBILE CO.

DENTON, MARYLAND



QUALITY AT LOW COST

ERNEST G. COOPER

• • •

FIRE INSURANCE

Law Building

DENTON, MARYLAND

"GOLDEN BED" HAS BIG ALL-STAR CAST

Fans have become so used to hearing about so called "all-star" casts in pictures that they are apt to pass up the real thing when it comes along.

Cecil B. De Mille's newest production for Paramount, "The Golden Bed," coming to the Palace Theatre Friday and Saturday is a picture with an all-star cast if there ever was one.

Featured in the principal roles of the production which is adapted by [illegible] Wallace Irwin's novel and Pictorial Review serial, are Rod La Rocque, Vera Reynold, Lillian Rich, Warner Baxter, Theodore Kosloff and Julia Faye.

La Rocque's role in "The Golden Bed" is a composite of the thousand "nobodies" who rise to wealth each year through sheer power of will and hard work.

Lillian Rich, De Mille's new "find," has a part described by several book reviewers as the "greatest fiction character of the year." As Flora Lee Peake she has an alluring role, highly dramatic and well set off by Vera Reynolds as her plainer sister, Margaret. Miss Reynolds is said to have an acting chance even better than that in "Feet of Clay."

Lower Prices on PoultryFeeds

Laying Mash, 24% Protein	$2.70
Scratch Feed	2.60
Country Bran	2.00
Country Middlings	2.25
Concentrated Buttermilk Barrels	lb 4c
½ Barrel	lb 4½c

Special Price on Ton Lots

[illegible]rmers Supply Co.

DENTON - Maryland

The Maryland & Delaware Coast Railway Co.

Will Operate a Special Excursion to

BALTIMORE, MD.

and Return on

SUNDAY, Nov. 8, 1925

Train leaves Denton, Md., at 8.31 a. m.

Returning, leave Baltimore at 5.30 p. m.

FARE ROUND TRIP $1.75

CHILDREN—HALF FARE

Last EXCURSION of Season to BALTIMORE

Your Birthday

Is it this week?

NOVEMBER 8-14

If your birthday is this week you are proud, conservative, and independent—with a secretive and judicial nature. Your perception is remarkably keen, and your intuition is exceptional. You possess an indomitable will power, and are capable of exercising a remarkable influence over others.

You are irresistably attracted by enterprises and projects characterized by novelty, daring and uncertainty, and are always looking for new fields to conquer.

Self-satisfaction is strongly marked in these people. They are inclined to live too much within themselves, becoming sad and disheartened, suffering much through disappointment.

The women usually have very fine voices, and become great singers, public speakers and actresses. The men are admirably fitted to be doctors, surgeons, or dentists.

Children Cry for



MOTHER:— Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Chas. H. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

Phone 14-W

S. G. BYE & SON

Agents for the

SWIFT FERTILIZERS

Right Quality and Right Prices

Also Dealers in

FEEDS, SEEDS, GRAINS, Etc.

Fertilizer on Hand

At The Warehouse

Dr. Fisher's Wharf W. Denton

Hall's Catarrh Medicine

Those who are in a "run-down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions.

HALL'S CATARRH MEDICINE is a Combined Treatment, both local and internal, and has been successful in the treatment of Catarrh for over forty years. Sold by all druggists.

F. J. Cheney & Co., Toledo, Ohio.

Claiborne-Annapolis Ferry, Inc

FALL SCHEDULE

Effective September 22, 1925

Daily and Sundays

Lv. Annapolis	Lv. Claiborne
8.00 A. M.	10.00 A. M.
1.00 P. M.	3.00 P. M.
5.00 P. M.	7.00 P. M.

B. Frank Sherman, General Mgr.

DR. W. A. SMITH

DENTIST

House and Office

409 MARKET STREET

Office Hours—9:15 a. m. to 5 p. m

Appointments by mail or telephone

Use this CORONA FOUR in your office



IT IS the latest and most convenient form of office typewriter. We believe that it will entirely replace the heavy type of machine because of its greater convenience and lower cost. This Corona has:

Standard (4 row) Keyboard
Standard (12 yard) Ribbon
Standard (10 inch) Carriage

It writes more *visibly* than other typewriters. Its accelerating typebar action gives it marvelous speed and lightness of touch.

Phone and let us send one to you for examination.

The Portable Adding Machine

Is Just Right for either the Large or Small Business and the Price is within the reach of either

Both Machines on Display at

RUE PUBLISHING CO.

DENTON, MD.

Phone 20.

M. K. NEWNAM

FUNERAL DIRECTOR

Denton, Maryland

©Maryland State Archives, msa_sc2929_scm3548-0352.jpg