Announcement

A Special Electric

Service Rate For

Electric Cooking

And Refrigeration

Effective April 1, 1926

We offer any domestic customer installing an Electric Range or an Electric Refrigerator, or both, a special electric service rate for the operation of these two indispensable helps of the kitchen.

This new low rate makes it possible for every one of our customers to avail themselves of the superior and economical advantages of Electric Cooking and Electric Refrigeration.

In addition, the use of these two household necessities will reduce the cost of Electric Service now used for other purposes in the home.

With the Electric Range you can cook meals automatically, without any supervision whatsoever. There is no dirt, no soot, no fumes, no odors. The kitchen is always clean and cool. And with our Special Rate, Electric Cooking is MORE ECONOMICAL THAN BY ANY OTHER KNOWN METHOD.

The Electric Refrigerator solves your Ice problems. It will keep your foods sanitary, clean and at an even temperature the year 'round. Small cubes of ice are always at hand AND YOUR ICE BILLS ARE ELIMINATED.

Watch for further announcements of a special Lecture and Dmonstration of Electric Cooking and our special low offer to introduce Electric Ranges in the homes of our customers.

EASTERN SHORE GAS & ELECTRIC CO.

C. O. CULVER, Gen. Mgr.

Ferdie—Is Miss Ethel in?

Maid—No, sir.

Ferdie—Very sorry. I'll leave this candy for her.

Maid—Thank you, sir. She was just wishing she had some when you rang.

—

Cannibal princess—Mother, I am bringing home a man for dinner.

Cannibal mother—Well, don't bring home a tough one.

"Those college girls should make wonderful firemen."

"Why?"

"Because they've had so much experience rolling hose."

—

"Isn't it astonishing that I was left a million dollars by my aunt? She only saw me once."

"Yes, Jack, and it would have been still more astonishing if she had left it to you after seeing you twice."

"Do you know how rats get in here?"

"Naw."

"Yes, that's right.

—

Not Suited to it

Mrs. Keyhammer—Don't you like my playing? You know "music hath charms to soothe the savage beast."

Hubby—Mebbe it hath. I s'pose I am not savage enough.

NEGRO HEALTH WEEK

In accordance with a special proclamation issued by Governor Ritchie, Maryland will take part in the nation wide observance of the week of April 4 to 10 as Negro Health Week. The celebration this year marks the 12th annual health week arranged under the auspices of the Tuskegee Negro Conference and the National Negro Business Leage with the assistance of federal, state, county and city health authorities and of various organizations, notably those interested in the improvement of the healh of mothers and children, the prevention of tuberculosis and other communicable diseases; and in the general improvement of sanitary conditions.

The program recommended for the week has been carefully planned by the U. S. Public Health service and has been published in pamphlet form. The underlying theme is "More Negro Health Work." Special emphasis is placed also on the establishment and maintenance of health habits by each member of the community.

Beginning with Sunday, April 4, as "Mobilization Day", with appropriate services in the churches followed in community meetings where health talks are to be given, a special subject is suggested for each day. Here is the list:

Sunday—Mibilization day. Services in the churches. Community meetings in the afternoon at which plans for the week are announced.

Monday—Home hygiene day; better health through cleaner and more sanitary homes; balanced diet; better sanitation and disposal of waste. Beginning of annual campaign against flies and mosquitoes.

Tuesday — Community Sanitation day. Annual cleanup campaign; drainage of marshes; prevention of malaria and of other communicable diseases.

Wednesday—Children's day. Health conferences for mothers and young children; medical inspection of school children; vaccination against smallpox; immunization against diphtheria and typhoid fever.

Thursday—Adults' day. Personal health; health habits, a health examination for each grown-up.

Friday—Special campaign day. Tuberculosis clinics. Talks on "What disease is most prevalent in our community?" "Go to your doctor; don't prescribe for yourself."

Saturday—Planning day. Meeting of central local committee in each community to decide upon follow-up work. Mass meeting at which plans for year's work are announced.

The pamphlet contains suggestions in regard to the appointment of committees and the organization of the program for the week in such a way that the interest aroused in personal and community health may be utilized in follow up work all the year round. Copies of this pamphlet may be obtained by writing to Dr. John S. Fulton, director of the State Department of Health, 16 West Saratoga street, Baltimore.

The following health rules are recommended by the State Department of Haith in connection with the observance of Negro Health Week:

1. Ventilate every room you occupy and let in as much sunlight as possible. Sun-bake mattresses and covers thoroughly once a month.
2. Keep your feet clean, dry and well shod.
3. If you are an indoor worker be sure to get recreation outdoors.
4. Sleep in fresh air always; in the open if you can.
5. Hold a handkerchief before your mouth and nose when you cough or sneeze and insist that others do so. Shake hands with others if your own hands are clean.
6. Always wash your hands before eating.
7. Do not overeat.
8. Eat freely of fruit and of leafy and coarse vegetables.
9. Eat slowly; chew thoroughly.
10. Drink six to eight glasses of water daily.
11. Evacuate thoroughly, regularly.
12. Stand, sit and walk erect.
13. Avoid contact with diseased persons.
14. Keep teeth and gums clean.
15. Work, play and rest and sleep in moderation.
16. Keep serene. Worry is the foe to health. Cultivate good companions.
17. Avoid self drugging.
18. Have your doctor examine you carefully once a year. Also consult your dentist once or twice a year.

A Correction

We wish to crorect an error which occurred in the Burrsville items in last week's paper. The items should have read as follows:

Mrs. John Chance has returned from Cambridge hospital.

Miss Gladys Chance, who has been visiting her parents, has returned to her position at Swarthmore.

EDITOR GIVES VALUABLE SUGGESTIONS

Writing under the heading "Opportunity Opens the Door," John T. Borum, editor of the Eastern Shore of Virginia News of Onancock, Virginia published this week the following editorial as a comment on the joint meeting of Del-Mar-Va Eastern Shore Association representatives and Accomac and Northampton Virginia visitors at the Wicomico hotel in Salisbury last Wednesday:

"By extending the strengthening hand of fellowship toward Accomack and Northampton, the Del-Mar-Va Association made a friendly and timely gesture.

"In accepting the offer of assistance from the larger organization, the Eastern Shore of Virginia Chamber of Commerce displayed a disposition to set aside sectional Pharisaism, which would have long kept the local chamber in the toddling stage and impeded the proper growth of the altruistic spirit which must be maintained in such movements, if they are to survive.

"At the meeting at Salisbury, the Del-Mar-Va officers were emphatic in the declaration that all they desired from us and what they desired most, was our interest and enthusiasm. There is no doubt that the exchange can be made mutual for the energy they have shown in going forward to a concrete realization of their ideal, the open-handedness every county, large and small has revealed in its financial support of the movement shine like twin beacons to us in Accomack and Northampton.

"The greatest foe to progress — custom and the greatest obstacle to forward thinking, is the habit of allowing our minds to travel in an age old rut. That's probably why we have so many ruts of a more material and earthy nature, now in the Eastern Shore of Virginia.

"It's a waste of time to try to dodge facts. In supporting the local chamber and in working hand in hand with Del-Mar-Va, we will be brought face to face with conditions and events that will jar our complacency and environmental selfishness. The measure of fitness and that will apply to all in Accomack and Northampton, whether leaders or followers, will be shown by our response to this demand upon our better selves. If we are fit, we'll carry it through. If we are not fit, then others more competent, broad-minded and far sighted, coming after us, will do it, and the glory and success will be their own.

"Self adulation is one of our most pronounced and pernicious indulgences. We have told ourselves so often, or flattery has uttered it with unctuous reiteration that we are the two leading counties in so many ways in the past, that we have grown hazy on our present shortcomings and needs.

"Development, material and otherwise, in the United States is now passing through a period which does not allow the outdoor sport of basking in the shade of the family tree or living on the interest of the accomplishments of hardy work forbears. The time for completion is when your work is finished, and Accomack-Northampton has a lot of unfinished work awaiting willing hands and able minds if it does not want its achievements to be cast in the shadow by the ancestors it reveres.

"Whether or not we are capable of enswering the call of the times and place a true estimate on the heritage we hold, rests entirely with us. We hope—and we think—we will be guided by our better impulses and prove worthy of the task."

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