

**Drink Milk For Health
And National Defense**

When Uncle Sam says "Drink more milk to aid national defense" he isn't kidding, according to Dr. C. W. England, Professor of Dairy Manufacturing at the University of Maryland. He means that milk will help to make strong, healthy people, and strong, healthy people are needed for our defense, he states.

Dr. England cautions that we should not relinquish the habit of drinking a quart of milk a day, now that "Milk Month" is passed, because it means so much to our health and well-being. He emphasizes that "teen-age boys and girls should not stop drinking their quart of milk a day", and says that many at that age think other beverages should be substituted for milk, believing that the change is a necessary part of their growing-up process. He quotes the National Dairy Council as saying, "Feed a growing child properly and you have helped to make a good citizen."

Dairy products, eggs, fruits, and vegetables from the basis for feeding the growing child properly, Dr. England says, and of these milk is the most important for growth, he states, is a sign of good health, and good health means fewer doctor bills, better attitudes, and better attendance and grades in school. Some coaches of high school and college athletes, he says, demand that all participants drink lots of milk. He quotes one university football coach who says, "I see to it that every player on my squad drinks milk—the most important food for athletic skill and endurance."

Adults are many respects like the teen-age boys and girls. Dr. England declares. Many have a false idea that after they grow up milk is no longer necessary in maintaining good health. It furnishes more of the essentials of our dietary requirements, he asserts, than any other food, and the best way to keep physically fit is to provide these essentials by liberal consumption of milk.

Thousands of families in the United States do without milk they need because of limited incomes. Farm families, even though their incomes may be limited have the advantage as milk producers, in doing their part for national defense by keeping fit through liberal use of milk.

**Special Navy Reserve
Class For Watermen**

The Navy Department has authorized the enlistment in the Merchant Marine Reserve Class M-2 of all men who have had experience in fishing craft, yachts, etc., or any craft which has operated in waters adjacent to and in the Chesapeake Bay areas. Minor physical defects will be waived and most of those enlisted will be available for duty in local defense. These men will not necessarily be enlisted as seamen, but in ratings for which their experience and seafaring knowledge will qualify them.

Men enlisted in the Naval Reserve are excluded from other military duty. Further details can be procured from Naval Reserve Recruiting Station, Richmond Market Armory, North Howard Street, Baltimore, Md.

↓

Courtesy
IS A
TRADITION
OF THE
TELEPHONE
BUSINESS

↑

C. & P. Telephone Company
Of Baltimore City



**3 Youths Sentenced
In Illicit Still Case**

Three youths from Preston, Caroline county, Monday were sentenced to four months in the Federal Reformatory at Petersburg, Va., after they pleaded guilty to operating an unregistered still and possessing untaxed whisky.

The prison terms were imposed by Judge W. Calvin Chesnut in Federal Court. The defendants also were fined \$1 each. They were Jas. Lee Dolbey, 23; Raymond Dolbey, 20, and Alton Darling, 22. They were arrested by Federal agents several weeks ago near Harmony, Caroline county.

According to Thomas J. Kenney, Assistant United States Attorney, the agents found a fifty-five-gallon unregistered still and about five and a half gallons of untaxed whisky.

**Rural Mail Carriers
Sell Defense Stamps**

Thirty-two thousand rural mail carriers are now acting as agents in the sale of Defense Savings Stamps, postal officials have informed the Treasury Department. Demand for the stamps in sparsely settled districts caused the Post Department to authorize the carriers to act as salesmen.

The stamps range in value from ten cents to five dollars. Purchasers are given albums in which they can be mounted. When filled, the albums may be exchanged for Defense Savings Bonds.

Post Office officials recalled that rural mail carriers acted in similar capacities in 1917 and 1918 selling War Savings Stamps.

**Masonic to Meet
At Ocean City**

On Sunday, July 27, a meeting of the Past Masters Service Association of the Eastern Shore will be held in the George Washington Hotel, Ocean City, Md. Dinner will be served at 1.30 P. M. followed by a short business session.

This association is composed of all Past Masters of Masonic Lodges of the Eastern Shore of Maryland. A review of the accomplishments of the first year will be given by the Chairman and the aims and objectives will be discussed and new officers elected for the ensuing year. It is hoped that every Past Master will come and bring his lady.

S. M. OMAN



Practicing in Easton
For 31 Years

We invite you to use the facilities of this office to help safeguard the only eyes you'll ever have. Phone 235.

Have Your Eyes Examined Regularly.

Dover at Harrison Sts. Easton, Md.

Florence C. Seward

Mrs. Florence Seward, wife of Thomas R. Seward, died Friday morning at 1.45 o'clock at the residence of Herbert Everett, Centreville, age 52 years. She suffered a paralytic stroke early Thursday evening of which she never recovered.

Funeral services were held Sunday afternoon at the Church Hill Methodist Church, followed by interment in Church Hill cemetery.

Besides her husband, she is survived by three sons, James R. Seward of Centreville, Edwin B. Seward and Thomas I. Seward of Queenstown, and one daughter, Mrs. Jerry Skaggs of Queenstown. Her father and Mother, Mr. and Mrs. J. H. Furbush and two brothers and two sisters survive.

**COOLING DRINKS FOR
HOT DAYS**

Recipes for refreshing drinks the whole family will enjoy are described by Mrs. Christine Frederick, eminent authority on household efficiency. A Housewife's Food Almanack feature in the August 3rd issue of The American Weekly, the big magazine distributed with the Baltimore Sunday American. On sale at all newsstands.

ELECTROLUX I

See and use the new small Electrolux, the vacuum cleaner that cleans everything, and is economically to operate. New low prices.

For a free demonstration apply to

VERBROOK BEECHER,
Queenstown, Md.

**ANNUAL
Tournament
At Old St. Joseph's
Catholic Church, near Cordova
WEDNESDAY,
AUGUST 20, 1941**

Announcement

Wish to Announce the Agency for Willys American

COST YOU LESS TO BUY

COST YOU LESS TO OPERATE

Do your part for National Defense. Buy a Willys and save Gasoline.

The car that will make up to 32 miles per gallon of Gasoline.

W. H. BISHOP,

QUEENSTOWN, Phone 2441 MARYLAND

We want Your Wheat

Messrs. Medford Golt of Stevensville and Ralph Whaley of Queenstown are our agents for the handling of wheat in their territories.

We have a blower and scales at each point.

We are prepared to either buy your wheat or store it with the government.

We solicit your patronage and assure you satisfaction and a square deal.

W. D. ROE & SON,

SUDLERSVILLE, Phone 2111-2121 MARYLAND.

**Queen Theatre
QUEENSTOWN MARYLAND**

FRIDAY-SATURDAY

JULY 25, 26

STOUT HEARTS AND POUNDING HOOF!

Blazing the terror-ridden trail of the Pony Express

**JOHNNY MACK
BROWN**

PONY POST

FUZZY KNIGHT

— PLUS —

A GALA CARNIVAL OF MERRIMENT AND MUSIC!

**Country
Fair**

EDDIE FOY, JR.
JUNE CLYDE
GUINN BIGBOY WILLIAMS
WILLIAM DEMAREST
HAROLD HUBER

AND FEATURING THESE RADIO STARS
LULUBELLE & SCOTTY
HAROLD PEARY
WHITEY FORD
THE VASS FAMILY
THE SIMP PHONIES
A REPUBLIC PICTURE

MONDAY-TUESDAY

JULY 28, 29

HER ROMANTIC ESCAPE...
IS THE **TALK** OF THE TOWN!

Deanna kicks over the traces and goes places... in her most delightful—and daring—role!

DEANNA DURBIN

"Nice Girl?"

with her grandest cast
FRANCHOT TONE

WEDNESDAY-THURSDAY

JULY 30, 31

Paramount presents

REACHING FOR THE SUN

Starring **JOEL MCCREA**
ELLEN DREW

with **EDDIE BRACKEN**
ALBERT DEKKER
BILLY GILBERT

Produced and Directed by WILLIAM A. WELLMAN