Keeping Fit In Winter Months especially rich in vitamins are: Milk, Regents Named To Smith-

habitual use of a well balanced diet. | etables each day. We are only beginning to realize, he said, the part the diet plays in the defense mechanism of the system.

"a certain amount of ill health was spring." expected as a matter of course, during the winter months. After a few months of snow and cold every one felt run down. This was probably due to the fact that the winter diet had very little variety and contained few fresh or green foods. It was natural that by spring every one complained of that tired feeling and there was a great demand for spring tonics. Wonderful results were claimed for such tonics. Few of those who used them realized that the increased vitality they enjoyed probably came, from sunshine, new spring greens, and plenty of eggs and milk.

"There is no excuse now for getting run-down in the winter because of the lack of a balanced diet. Vegetables and fruits are on the market now all year round, or if we cannot get all of them fresh there are canned products which are an excellent substitute for fresh foods. Cod liver oil is available also to give us most of the benefits of sunshine.

"The dietary dangers to be especially guarded against in the winter are lack of iron which is necessary for blood building and lack of vitamins which are required for vigorous health and for resistance to disease. Foods that are rich in iron are: Green leafy vegetables (such as kale, spinach, mustard greens, beet greens), lean meat, especially liver and kidney, whole wheat grains. Foods that are

Special Notice To Employers

Notice is hereby given that in order to secure credit against the Federal Excise Tax of two per cent for the year 1937 under Title IX of the Social Security Act, contributions of 1.8 per cent due under the Maryland Unemployment Compensaiton Law for 1937 must be paid to the State of Maryland on or before January 31, 1938. Employers who do not pay Maryland contributions in time to secure the 90 per cent credit will be required to pay both the Federal tax and the Maryland contribution in full.

MARYLAND UNEMPLOYMENT COMPENSATION BOARD. BALTIMORE TRUST BUILDING

BALTIMORE, MD.

eggs, green leafy vegetables, fruits, One of the most effective ways of whole grain cereals, and organ meats keeping fit throughout the winter (such as liver, kidneys, heart) and months and of developing the powers cod liver oil. Since one of the im- the appointment as regents of the of resistance to disease, according to portant vitamins, vitamin C, is easily Smithsonian Institution of Represent-Dr. R. H. Riley, Director of the State destroyed by ordinary cooking it is atives Goldsborough, Democrat, of Department of Health, is through the wise to use some raw fruits or veg- Maryland; Cannon, Democrat, of Mis-

"If these iron and vitamin-containing foods are used liberally there will be no need for sulphur and molasses, "In days gone by," he continued, nor for any other special tonic in the

sonian Institution Board

Speaker Bankhead today announced souri, and Gifford, Republican, of Massachusetts.

The Popular Apple The apple is a combination of refreshing acids, substantial bulk, and timulating juices.

"ON THE



Eve LeGallienne.

adopted city habits.

fused to show off when his mother (Harriet Hilliard) wanted him to Rhythm." Kate Smith has adopted the Holly-

untied his father's shoelaces and re-

wood custom of holding open house for friends in her dressing room backstage after each broadcast.

Versatile Spencer Bentley is cast as the romantic lead in "Betty and Bob" and as the villain in "Hope

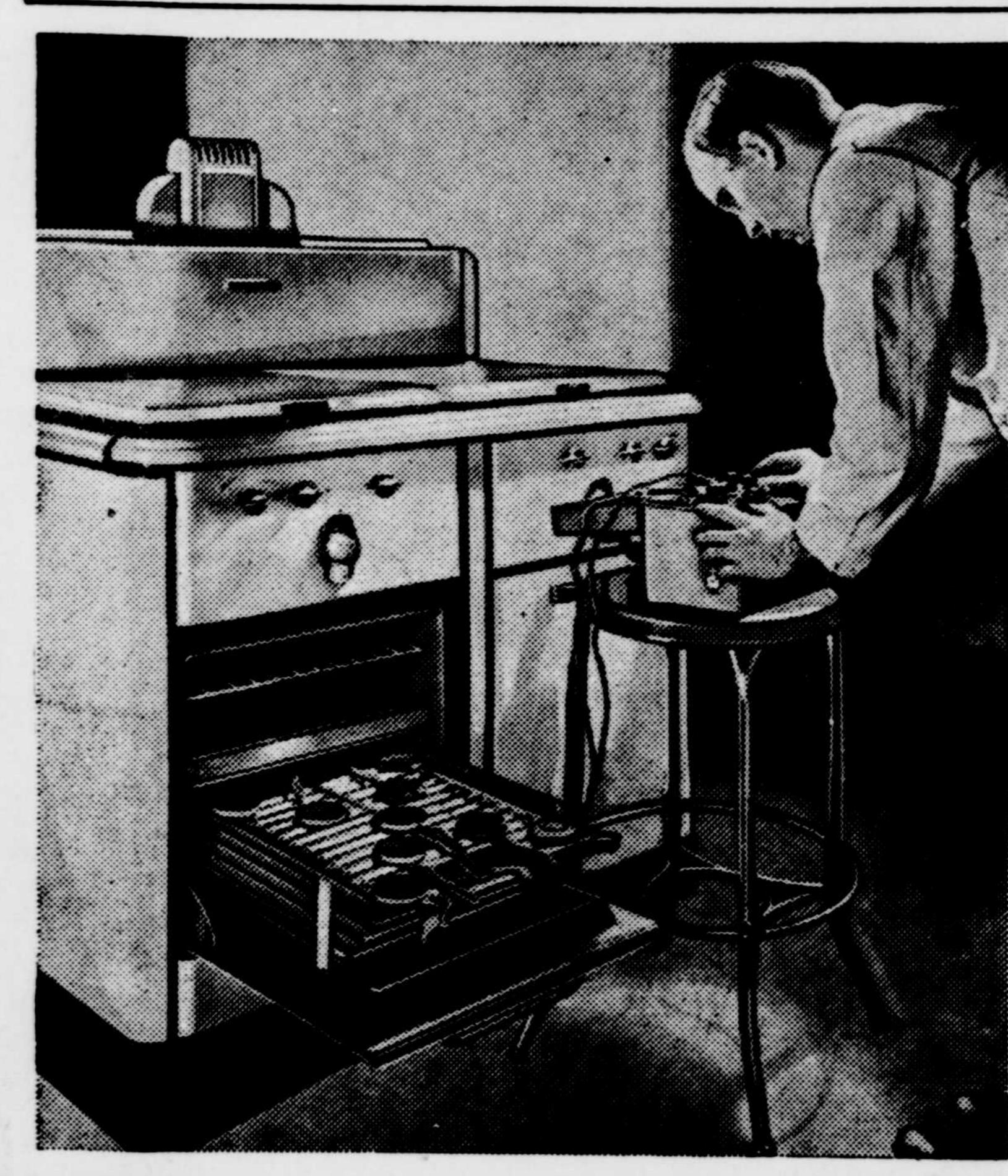


This concerns Grace Moore and her performance in the Monday night CBS Radio Theatre's "Enter Madame." After her triumphs in the Metropolitan Opera and concerts where the audience is so important, it is strange that of all radio performers Miss Moore is just about the most indifferent to the studio audience because she concentrates on the microphone. Not a bad objective for some other radioites to shoot at!



Harry "Bottle" McNaughton, Phil Recent visit to one of the Sunday Baker's goofy butler on the air, is broadcasts featuring Feg Murray, anything but out of character. True Oszie Nelson and Harriet Hilliard to his English tradition he's an imwas 14-months-old David Ozzie Nel- maculate and natty dresser at all son, who pulled the microphone cord, times.

Science Rewards the Gas Range



TTAVE you ever wondered what a scientist looks like? Above is one II pictured conducting a broiling temperature test on a new model gas range in the famous testing laboratory of the gas industry at Cleveland, Ohio. This is but one of more than 500 scientific tests a range must undergo before winning the laboratory seal of approval, which means the range will give long and distinguished service so the paer among cooking appliances.

Man and Wife

Jailed In Robbery

The theft of several miles of copper wire from the Western Union Telegraph Company and articles from Rock Presbyterian Church, including a page marker from the pulpit Bible, is laid against Jack Willis, a young married man of the Fair Hill section. His wife, Mary, is charged with being an accomplice in the cutting and stealing of the wire from the telegraph company.

Deputy Sheriff Elwood Racine and other officers found the Bible marker, and alleged stolen articles from the automobile of the church sexton in the Willis home, they claim.

M. Walston, a junk man of Red Hill, who is alleged to have told the officers he bought the wire from Willis when a quantity of it was found by cord. on his truck, is under bail as a wit- 20 Cords at Theodore, 5th District.

The Constitution Framers Of the men who framed the Constitution fourteen were fifty or over, 21 were under forty. Franklin, the eldest, was eighty-one; Dayton, the youngest, was twenty-six.

No matter how many medicines you

have tried for your cough, chest cold, or now with Creomulsion. Serious trouble may be brewing and you cannot afford right to the seat of the trouble and aids nature to soothe and heal the inflamed expel the germ-laden phlegm.

Even if other remedies have failed. from the very first bottle. Creomulsion is of January next. one word-not two, and it has no hyphen you'll get the genuine product and the relief you want. (Adv.)

To Get Rid of Acid and Poisonous Waste

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WANTED-Woodchoppers, to cut wood

15 Cords near Elkton (11/2 miles on stone road). Thomas J. Murray

E. Kirk Brown, Assignee ORDER NISI

The Mortgaged Real Estate of Susan E. McClintock In the Circuit Court for Cecil County. In Equity, No. 5198

ORDERED, This 3rd day of Janbronchial irritation, you can get relief uary, 1938, that the report of Henry L. Constable, Auditor, mentioned i to take a chance with any remedy less these proceedings, be ratified and conpotent than Creomulsion, which goes firmed, unless cause to the contrary thereof be shown on or before the mucous membranes and to loosen and 28th day of January next, provided a copy of this order be inserted in some newspaper printed and published in don't be discouraged, try Creomulsion. Rewspaper printed and published in Your druggist is authorized to refund Cecil County once in each of two successive weeks before the 14th day

WALTER E. BUCK, Clerk.

Clayton Bldg.

WALTER E. BUCK, Clerk.

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NEW THEATRE PHOTOPHONE

THE TALK OF MARYLAND ELKTON, MARYLAND Maryland's Finest Sound Equipped Theatre MONDAY, TUESDAY



WEDNESDAY - THURSDAY -



ROBERT YOUNG

Billie BURKE-Reginald OWEN Directed by DOROTHY ARZNER Produced by JOSEPH L. MANKIEWICZ A Metro-Goldwyn-Mayer Picture

FRIDAY Warner Bree. Present The Picture That Shows What Woman's Love Can Mean!

SATURDAY

DOUBLE FEATURE HE WAS A SPEED MARYEL IN THE WORLD'S FASTEST GAME!

"They Won't forget" Matinee at 2.00 P. M.

Evening at 5.30 and 8.30 COMING ATTRACTIONS "Ali Baba Goes To Town" "Double Wedding"

"Outlaws of the Orient"

Seeks Courage of Eagle The Tyrolese hunter wears tufts of eagle's down in his hat to gain the eagle's keen sight and courage.

Seek Scotch Records

Since 1328 Scotsmen have been seeking the return of historical Scotch records removed to London in 1290 when Edward I was conducting inquiries into the succession of the Scottish throne.

COLDS FEVER SALVE, NOSE DROPS Headache, 30 min.

Try "Rub-My-Tism"-World's Best Linament

Notice lo l'respassers .. Having reason to believe that certain parties are in the habit of trespassing upon the property of this company, and emoving firewood and other timber. we thereby warn all persons to refrain from trespassing in any manner, and from removing wood of any kind, from the information that will lead to the arrest Company's property or shores. A reward of twenty-five (\$25) dollars wil be paid in each and every instance and conviction of parties trespassing any of the property of this Comp

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BIG DOUBLE FEATURE THE ONE AND ONLY BUCK JONES

Big Matinee at 2 O'Clock

CRYSTALWARE TO ALL

LADIES MONDAY BULLETS CRASH AND FISTS FLY IN NEW DACKET WAS

BIG NIGHT \$200 \$100 \$50

Thursday-Friday and they're putting on a riot

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and sound-effects expert.

