Your Telephone Expert

This is the telephone operator who answers your call and makes your connections. She has a mission in life, and her mission is to serve you well.

All day and all night there is a patient, alert, trained young lady at the other end of the line, ready and willing to help you send your messages wh re you will.

70,000 of these girls make the connections for Bell subscribers.

Have you Bell telephone service?

THE CHESAPEAKE AND POTOMAC TELEPHONE COMPANY

R. C. HARRIS, Agent

Tel. 9000 Spring Ave., Chestertown

BROWN BROS. FOR SPRING SUITS!

The Haas Tailoring Co. will have an expert tailor at our store on

March 19, 20, 21.

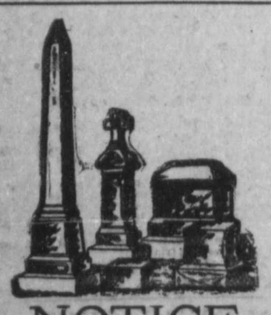
You are invited to look this beautiful line of woolens over. Suits made-to-measure from $13.50 to $45.00.

400 samples to select from. Let us take your measure. Fit and workmanship guaranteed.

BROWN BROS.,

The Leading Head-to-Foot Outfitters for Men, Young Men and Little Men,

Opposite Court House, CHESTERTOWN, MD.



NOTICE

NOW IS THE TIME to place your order for cemetery work for fall delivery. THE CHESTERTOWN MARBLE AND GRANITE WORKS is the PLACE to deal. The majority of the city people who bury in Kent deal here, they save money by doing so. You can do the same.

J. W. KIRBY, Prop.,
CHESTERTOWN, MD.

To Enjoy the Popular Dances,

The feet must be free from pain. Many women and men realize the comfort to be enjoyed by using Allen's Foot Ease, the antiseptic powder to be shaken into the shoes before the dance. Since dancing has become so popular, Allen's Foot-Ease is in demand everywhere because it rests the feet and makes dancing a delight. For Free Sample, Address, Allen S. Olmsted, Le Roy, N.Y.

Many Children are Sickly.

Mother Gray's Sweet Powders for Children Break up Colds in 24 hours, releive Feverishness, Headache, Stomach Troubles, Teething Disorders, and Destroy Worms. At all druggists, 25c. Sample mailed FREE. Address, Allen S. Olmsted, Le Roy, N. Y. f21-4t.

PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff.
For Restoring Color and Beauty to Gray or Faded Hair.
50c. and $1.00 at Druggists.

HERBERT E. PERKINS,
ATTORNEY-AT-LAW,
Chestertown, Md.
Office on Court St., oppo. Court House

EXERCISE AT HOME

A Short Course In Body Building For Business Men.

NEW LIFE FOR THE MUSCLES.

This System Is Simple, Gives Help Where Help Is Needed, Takes but Ten Minutes Night and Morning and Increases Strength and Vitality.

This is a synopsis of the preliminary setting up exercises used by the trainers of the various athletic teams, which I tested personally when captain of the Yale athletic team, and which were approved by the late Mike Murphy. I have adapted them for use by business men.

SAMUEL SCOVILLE, JR.

Get up! That's the hardest part. Then cross a pair of two pound dumbbells, holding them with both hands up over the head, and swing them down between the outspread legs, then up until they are shoulder high and swing straight out to one side as far as possible, holding the arms stretched out straight and stiff. Go back again down between the legs and up and out the other side. If you don't have the dumbbells clasp the hands and do it without.

This is the famous "liver squeeze," which Sandow once said helped more muscles than any other single exercise. Moreover, it helps the muscles that need help.

Even the most sedentary man exercises his arms and legs somewhat. Few after middle age ever exercise the great trunk muscles that cover the vital parts of the body. That is the reason so many men past forty are ruptured and suffer so easily from strained or rheumatic backs and sides. That is one reason, too, for dyspepsia. The blood is never flowed across the stomach and back as it should be. The liver squeeze stretches and strengthens the muscles of the lower and upper back and the great flat muscles across the breast and abdomen, and, as its name implies, stimulates and increases the blood supply of the digestive organs underneath these vital muscles.

Do this exercise every morning and night five times, if you are over forty, ten times if under, for a week. Then add one a day to the number until it reaches thirty. That is enough for the average man. In two weeks you will find that your stomach and back are hardening, that your appetite has increased and that your digestion is better.

After the liver squeeze and after each exercise take five long, slow breaths, holding for a moment and breathing out slowly. Breathe right down to the bottom of the lungs or, rather, right up to the little upper corners that are so seldom inflated in everyday life and where the fatal tuberculosis bug always gets its first foothold.

Then lie down flat on the bed with the legs hanging over the side and slowly raise them, without bending, straight up and down again. Put one hand on the stomach and see how the abdominal muscles come up in hard ridges. This is the "melter," so called because it melts the fat off the stomach. Five times every morning and night is enough for the first two weeks. Then add one a day until it, too, runs up to thirty. This is the great weight reducer and is used by all athletes to get into condition and take off "slush," as the trainers call the fat that gathers so quickly and insidiously over the stomach.

After this exercise and the five deep breaths stand with the stomach in, chest out and arms straight out at right angles to the body, shoulder high, and make each dumbbell describe a small circle, kneading the shoulders back. This is part of the military setting up exercises to insure a good carriage. The average man works over a desk all day and long before he is fifty stoops at the shoulders. Twenty times every morning and night is enough for the first two weeks. Then increase it slowly up to a hundred.

The last of the exercises is for the neck muscles, which never get any exercise and often let the head sag forward. Clasp the hands back of the head and bend the head until the chin touches the breast. Then push the head back against the pull of the hands, keeping the chin down. Do it the same number of times as the setting up exercise, and in a few weeks you will be looking the world in the face again.

All of these exercises should, of course, be done before an open window or on a sleeping porch. If possible do them stripped. This gives the skin an air bath and hardens it so that it can resist cold and colds.

After these exercises take a cold sponge or tub bath and drink one glass of cold water. Get up early enough to walk at least a mile on your way to work and again on your way home. On either walk don't think of business. Relax your mind, watch the people you meet or, better still, get some friend to walk in and out with you. This prescription is to be mixed with eight hours of sleep daily.

These exercises take less than ten minutes, and you can't use twenty of the daily 1,440 to better advantage. Try this system for three weeks and see what an increase of power and vitality there is and how much easier it is to think and work and play with a helping instead of a hindering body.—New York Tribune.

Pure Sugar.

Pure sugar will be entirely consumed by fire, while no ash will remain if it is adulterated.

Ambition, like a torrent, ne'er looks back.—Ben Jonson.

Beating It In.

Dr. Brandes, in his lecture on Shakespeare's "Hamlet," said the interest of Shakespeare was to be found in story and not in psychology. Elizabethan art was intended for an audience who read but little. Like all early art, it was explicit. The conditions were similar to those in the story of the old London stage manager, who said:

"If you want the British public to understand anything you must tell them what you are going to do next, that you are doing it, and, last, that you have done it," and he finished by saying, "Then they will perhaps understand you."—Pall Mall Gazette.

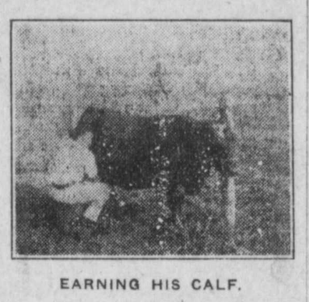
KEEPS HIS BOY ON THE FARM

How a Maryland Farmer Gave His Son a Life Interest In Farming.

SNOWDEN STABLER.

Since every farmer who has sons must wish to keep them interested in farming, I am going to tell how my father's system worked with me. When he was keeping a herd of cows several years ago, my father told each of us boys that as soon as we learned to milk he would give each of us a calf. This made me long for the day when I would be old enough to milk a cow. I used to watch the cows and hang around the cow stable at milking time and try to milk. When I was seven years old I got my calf. I fed this calf myself and watched it every day until it became a cow. I became so fond of cows and calves that the raising of the other calves was trusted almost entirely to me. This gave me something to do and kept me out of mischief.

When my heifer was first fresh, I could scarcely stay in my skin. When I sold her calf, I felt as if I were the richest man in the world. I saved this money and also the money I got for the other calves she had, my father getting the cow's milk for her feed. Later a neighbor gave me a nice pair of ewe lambs. My father and I both took a liking to sheep and as there seemed more money in them for us than in cows, we decided to get a flock and turn the cow stable into a sheep fold. Father went to the stock yards in Baltimore and bought twenty ewes, which were of a very poor grade. He bought too, a Shropshire ram to go with them. I was to take care of them when they came. I picked out all the good ewe lambs and my father sold off the old ones as fast as the lambs took their places until he had a nice flock of grade Shropshires. I got half the returns from my two sheep, which I used mostly for spending money.



EARNING HIS CALF.

Meanwhile my older brothers had been going to the Maryland Agricultural College and are now both farm managers. Last fall I came here myself, and just as soon as I finish college I shall go back home and farm because I think it the best life there is. I think most any boy would find farm life interesting if he had a start like my brothers and myself with some live stock or in some little business of his own. I think it is splendid training for a boy to have to work for a good part of what he gets and to get what he deserves.

The Farm Woman Deserves Her Share

Should Have Her Say In Making Farm and Home Investments That Pay.

H. J. PATTERSON, President, Maryland Agricultural College.

When the farmer thinks of getting a new binder, let him find out whether or not a new sewing machine or bread mixer is not needed more. His wife is the one to help him decide the question. When he thinks of getting a share in a pure bred stallion, perhaps he had better think twice. His wife might be able to make a few pure bred chickens pay even better. When he is planning his field work, let him see that the half day's work needed in the garden is done in season. A good garden will help his wife take better care of his family than a dozen fields of corn.

A lot of things can be done about the house, from time to time, making it brighter and more comfortable yet costing little. A bay window might make the living room a lot cosier and provide a place for a few flowers, a nice, little corner to darn socks and sew in. The farmer might build out a bath room over the back porch with a home-made bath tub in it. To be sure he ought to have running water to go with it. Why not? Some pipe, a few tools, and a little knowledge of pipe fitting would do the trick. Add a little gasoline engine that could grind feed and churn or run a separator. The whole outfit, engine, water, and bath room ought not to cost over $100 if the farmer will turn to and get busy. How many horses could he buy for $100 that would save his wife as such an outfit would and keep her young?

One pint more milk per cow per day would give the dairymen over one million dollars more for their labor each year.

Unused hill land could be turned into pastures that would feed at least a half million sheep.

Maryland can be made the greatest fruit State in the East. Land suitable for orchard fruits that now sells for $10 to $30 per acre can be made worth $150 to $300 per acre.

Stewart Fruit Company,

of Baltimore City, Md.,
118 & 120 E. Pratt street.

COMMISSION FRUIT AND PRODUCE SHIPPERS AND JOBBERS.

Highest market prices. Returns same day.
Fruits, Berries, Melons, Vegetables, Poultry, Eggs, Live Stock, Furs, Hides, Country Produce, Oysters, Grain, Hay, Marsh Grass.
Shippers are invited to visit our new store.
Largest Fruit and Produce House in Baltimore.
Reference—National Bank of Commerce, Bradstreet or Dunn.
CONSIGNMENTS SOLICITED.

To Form Farmers' Exchange.

At a joint meeting Saturday of the Rich Neck and Progressive Farmers' Clubs at Prices plans were formulated for the establishment at Prices of a farmers' exchange similar to the one operated by the farmers of the Rich Neck district. Prices now has a milk-cooling station and it is thought that farmers will command better prices for their products if they will organize an exchange.

A. C. Hayden presided at the meeting and addresses were made by W. Irving Walker president of the Rich Neck club; John T. Smith, Charles E. McKee, T. R. L. Price, William McKenney and John M. Perry.

Of Local Interest

Some People We Know, and We Will Profit by Hearing About Them.

This is a purely local event.
It took place in Chestertown.
Not in some faraway place.
You are asked to investigate it.
Asked to believe a citizen's word;
To confirm a citizen's statement.
Any article that is endorsed at home.
Is more worthy of confidence.
Than one you know nothing about,
Endorsed by unknown people.

John M. South, photographer, Imperial Hotel, Chestertown, Md., says: "I suffered a great deal from my back and kidneys. The secretions were irregu- and I had pains through my sides and back. Seeing Doan's Kidney Pills advertised, I got a supply at Toulson's Drug Store. They gave me relief. I consider Doan's Kidney Pills worthy of the strongest praise."

If your back aches—if your kidneys bother you, don't simply ask for a kidney remedy—ask *distinctly* for *Doan's Kidney Pills*, the same that Mr. South had—the remedy backed by home testimony. 50c all stores. Foster-Milburn Co., Props., Buffalo, N. Y.

For sale by all dealers. Price 50 cents, Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's—and take no other.

Md., Del. & Va. Ry. Co.

CHESTER RIVER LINE.

SCHEDULE

In effect Oct. 27th, 1913.

Steamer will leave Baltimore, Pier 9, Light St. Wharf, Tuesday, Thursday and Saturday, 11 A. M., weather and tide permitting, for the following points: Rock Hall, Queenstown, Bogles, *Spaniard's Point, Cliffs, *Indiantown, *Ashland, Quaker Neck, Booker's, *Riverside, Rolph's, *Piney Grove, arrive Chestertown about 5.30 P. M.
*Stop on Signal.

Returning, steamer leaves Chestertown for Baltimore, Monday, Wednesday and Friday at 8.00 A. M., weather and tide permitting, stopping at the above landings, arriving in Baltimore about 2.00 P. M.

Steamer will leave Baltimore, Pier 9, Light St., weather and tide permitting, Wednesday at 6.00 P. M., stopping at: *Spaniard's Point, *Cliffs, *Indiantown, *Quaker Neck, *Booker's, *Riverside, *Rolph's, *Piney Grove, Chestertown, *Buckingham, *Spry's, *Deep Landing, Crumpton.

*Stop on Signal.

Returning, steamer will leave Crumpton, weather and tide permitting, for Baltimore, Thursday at 2.00 P. M., Chestertown at 4.00 P. M. stopping at the above landings.

This time-table shows the times at which steamers may be expected to arrive at and depart from the several wharves, but their arrivals or departure at the times stated is not guaranteed, nor does the Company hold itself responsible for any delay or any consequences arising therefrom.

WILLARD THOMSON, General Manager. T. MURDOCH, Gen. Pas. Agt.
W. H. BROWN, Agent, Baltimore.

TOLCHESTER COMPANY

WINTER SCHEDULE

(In effect after December 24th, 1913.)

SASSAFRAS RIVER AND TOLCHESTER LINES.

(Weather and Ice Permitting.)

Every Thursday steamer will leave Fredericktown at 12.00 noon; Betterton, 1.00 P. M.; Worton Manor, 1.45 P. M.; Tolchester at 3.00 P. M., arriving in Baltimore about 5 P. M.

Will leave Baltimore Thursday at 7.00 A. M., for Betterton and Sassafras River landings, stopping at Tolchester on the return trip. (No boat Christmas or New Year's Day.

TOLCHESTER SCHEDULE—Saturdays leaves Baltimore at 7.00 A. M. and 2.30 P. M. Leaves Tolchester at 9.00 A. M. and 4.30 P. M.

For further information, apply to agents at different wharves, or

TOLCHESTER COMPANY,
Pier 16 Light St., Balto., Md.

THE BALTIMORE NEWS

Daily and Sunday

¶A live, independent newspaper, published every afternoon (daily and Sunday).

¶Covers thoroughly the news events of the city, State and country.

¶A newspaper for the home—for the family circle.

¶Enjoys the confidence and respect of its readers.

¶One cent everywhere.

Buy it from your local Newsdealer or order by mail.

One month.....$ .30
Six months..... $1.75
One year.....3.50

The Baltimore News
BALTIMORE, MD.

Subscription to the Transcript $1 per annum.

These are Busy Days all Right

But don't miss this Furniture display of ours on that account.

In spite of the many selections that have been made, you'll find here any of these days the most complete display that we have ever had the pleasure of showing you.

And in spite of the many buyers, you'll find us doing our best to give you a prompt service.

Keep in mind the suitability of Furniture as Holiday remembrances.

Don't forget that a good piece of Furniture lasts a lifetime.

And that it has a daily use—which is the best of all arguments why you should give Furniture.

We invite you to take all the time you like to do your buying—and when you have bought you can rest assured that you have spent your money in the wisest possible way.

Glad to welcome you any day.

JOHN BARTLEY,

CHESTERTOWN, - MARYLAND.

STAVELY & BOWERS

Large LUMBER YARD and Hardware Emporium

At LYNCH'S, MD.

Va. and Ga. Flooring,
Va. and Ga. Framing,
Va. and Cypress Siding,
Va. and Cypress Dressed Boards,
Cypress Fencing and Va. Fencing,
Va. Barn Boards,
Shingles, Shingling Laths, Plaster Laths,
Sash, Doors, Blinds and Frames.

John W. Masury & Son's Paints and Leads.
John T. Lewis & Bro.'s Paints and Leads.

All Kinds HARDWARE

FARM GATES kept on hand.

AMERICAN WIRE FIELD FENCE, 1047, 1041, 939.
American Garden Fence, 1948, 2053, 2158.
Wire Staples and Barbed Wire, Brace Wire.

ALL KINDS ROOFING

LIME by the barrel.
CEMENT AND HAIR.

We have recently added a BLACKSMITHING AND WHEELWRIGHTING DEPARTMENT, and we are ready to do all kinds of Blacksmithing and Repairing.

STAVELY & BOWERS,

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ATTORNEY-AT-LAW.
CHESTERTOWN, MD.
Office—Kent News Building.
Special attention given to all collections.

HARRISON W. VICKERS,
ATTORNEY-AT-LAW,
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Will practice in Kent and Queen Annes Co

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