MUST SHIP MORE MEAT OVERSEAS SUPPLY IS SHORT

Washington.—To meet the needs of the American and Allied Armies and the civilian populations of France, Great Britain and Italy the American people is asked by the Food Administration to place themselves on a limited beef allowance until September 15.

Householders are requested not "under any circumstances" to buy more than one and one-half pounds, including the bone, for each person in the household.

Hotels and restaurants are asked not to serve boiled beef more than two meals weekly, beefsteak more than one meal weekly, and roast beef more than one meal weekly.

"The demand for beef for our Army, the armies of the Allies and their civilian populations for this summer," says the Food Administration's announcement, "are beyond our present surplus. On the other hand, we have enough increased supply of pork this summer to permit economical expansion in its use. It, therefore, will be a direct service in our armies, and the Allies if our people will in some degree substitute fresh pork, bacon, ham and sausage for beef products.

"The public will realize that the changing conditions of production from season to season, the changing situation in shipping, and, therefore, of the markets available to the Allies, and the increasing demand for our growing Army, with the fluctuating supplies of local beef in France, all make it impossible to determine policies for a long period in advance. We have recently asked for economy in all meat consumption; we wish now to emphasize further reduction of beef by the substitution of pork. It is anticipated that this program will hold good until September 15, and the co-operation of the public is most earnestly requested."

SO HUNGRY FOR FATS SAMMIES EAT VASELINE.

You can give material to make American shells with just a little thought.

By using every bit of fat on all meat, fowl or fish your demand for fats on the market is lessened. This releases just that much animal fat for munition making.

The average citizen does not know that fats are the foundation of that deadly explosive, nitro-glycerin. Neither does he realize that fats alone of all food elements supply the enormous amount of energy required to carry on the deadly work of war.

We must feed our boys fats or they will not have that last minute drive that is so necessary to success in battle.

The ordinary person doing a normal day's work can get along with a small amount of fatty food. His system does not require the intense heat that the oxidization of fat throws off.

But the soldier who spends his life in a water-filled ditch, without sleep, awaiting the moment when he should be called upon to cross No Man's Land, needs every heat caloric that can be generated in his tired body, and fats alone will answer this purpose.

A Red Cross nurse, writing her family in America, made the assertion that unless put under lock and key, vaseline, cold cream and all other oily substances soon disappear, to be devoured by some soldier hungry for fats.

But it is not only for the feeding of the human organism that we who stay at home must do with less fat. The base of nitro-glycerin, so necessary in war of artillery, is glycerin, and glycerin can only be made through the reduction of fats.

CORNMEAL PUFFS.

One quart milk, one-half cup cornmeal, four tablespoons syrup, one-half teaspoon nutmeg, six eggs.

Bring milk to boil, stir meal, sugar and nutmeg and boil five minutes—stirring constantly. Allow mixture to cool, then stir in the eggs beaten very light. Place in custard cups and bake 30 minutes in a moderate oven. Serve with lemon sauce or fresh fruit sauce.



"If a few runner beans are planted on the cabbage patch, caterpillars will give but little trouble."—*Daily Paper.*

Sauerkraut by any other name would be a splendid war food, and, therefore, Herbert Hoover urges that its use should not be curtailed by "over-zealous and ill-advised patriotism."

Lie-abeds in hotels, etc., are hit by the Canadian Food Board. They must break their fast by 10.30, or wait until the officially set time for the midday meal.

As soon after birth as possible food and meat cards are issued to British infants, so that their rations may become an extra allowance for the mothers.

One week without wheat will show how easy it is.

IS YOUR GARDEN ENTRY IN?

NOTICE TO THE PUBLIC

The Hogans & Cooper Co. having bought Buck Neck Wharf and Warehouses, with all conveniences, we have put in a line of boats for general freighting of all kinds. We want an unlimited acreage of tomatoes for J. Langrall & Bro., and pears also. We buy grain.

Thanking the public for its business of the past, I am very truly,

W. H. COOPER, Manager,
Worton, Md., R. R. No. 1.
Phone 817-22. Feb. 16-6m.

Sapolio doing its work. Scouring for U.S. Marine Corps recruits.



ENOCH MORGAN'S SONS CO.

Join Now!

APPLY AT ANY POST OFFICE for SERVICE UNDER THIS EMBLEM

Men who wear this emblem are U.S. MARINES

SACHS SHOES ATISFIES

This Week Is

Dr. Scholl's

Foot Comfort Week

Throughout the continent this week is being devoted to Foot Comfort, as brought about through the use of the famous Dr. Scholl's Appliances. This store carries the complete line, and we are experts at fitting them to individual needs.

Dr. Scholl's Foot Comfort Appliances



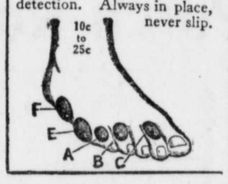
We have been trained in the methods pursued by Dr. Wm. M. Scholl, the recognized foot authority and inventor, and can promise immediate relief and quick correction of your foot troubles.

Foot Comfort is a thing that not over 25% of adults enjoy, yet *all* can enjoy it. Come in and let the expert examine your feet and demonstrate how the discomfort can be banished. *No charge whatever* for this service. Come in *this* week (Dr. Scholl's Foot Comfort Week) or *any* time. Note our window display this week.

Trade Mark Reg.

Dr. Scholl's Bunion Reducer
Protects the bunion or enlarged joints, gives immediate relief and causes reduction through softening and absorption.
50c Each

Dr. Scholl's Absorbo Pads
Made of soft, pliable rubber. Afford absolute protection. Worn in the daintiest slippers without fear or detection. Always in place, never slip.



Dr. Scholl's Toe-Flex
Straightens the toe, prevents overlapping and removes the cause of bunions. Perfectly comfortable
50c Each

"Watch Your Feet"

SACHS' SHOE STORE



The Best in his Pack

THE FREE SEWING MACHINE

THIS is a day of necessity—not extravagance and Santa's gifts are consistent with the day. Not foolish trinklets and novelties but necessary articles like a sewing machine—a sewing machine which will enable you to cut your clothes bill in hlalf.

Santa has left the FREE sewing machine above illustrated at my store for your inspection. Coom in and let me show it to you. If you decide hat you want to own it.

We Will Allow You $12.00 For Your Old Sewing Machine.

JOHN BARTLEY,
Chestertown, Maryland.

MILLINGTON

The following are the averages of those pupils in Millington Academy who made 70 per cent or over in the June examinations:

Eleventh Grade.—Stella Moffett 90, Richard Feddeman 89, Mildred Wheatman 88.

Ninth Grade.—Mary Stevens 93, Charlotte Ogden 91, Florence Dixon 88.

Eighth Grade.—Ethel Turner 92, Elizabeth Bottomley 91, Irene Slez 89, Earle Dixon 87.

Seventh Grade.—Thomas Jacobs 94, William Feddeman 93, Cecilia Hollins 92, Ada Rolph 92, Charles Comegys 89, James Spear 87, Beatrice Hollins 86, Mildred Gordon 83.

Sixth Grade.—Ethel Jones 92, Ella Hardy 86.

Fifth Grade.—Dorothy Taylor 97, Alice Higman 93, Myrtle Hollins 92, Dolly King 91, Homer Wheatman 87, Anna Belle Harris 83, Virginia Anthony 83, Dora Hopkins 82, Henry Walls 79, Charley Duling 73.

Fourth Grade.—Richard Comegys 95, Anna Jones 94, Catherine Clark 89, Bessie Slez 88, Helen Tyler 87, Dorothy Anthony 87, Bradford Dudley 86, Noland Robinson 83, Annie Bottomley 82.

Third Grade.—Doris Shahan 92, Mildred Taylor 90, Louise Shahan 89, Hazel Townsend 89, Elwood Rolph 84, Elizabeth Walls 76, Roland Porter 72.

Second Grade.—Emma Jones 98, Florence Anthony 97, Frances Turner 96, Helen Higman 96, Elizabeth Kulley 95, Pauline Comegys 93, Herman Voshell 92, Marie Poore 91, Louise King 90, Carlton Wallen 88, Grace Davis 83, Orville Sturtevant 82, Irving Taylor 80.

First Grade.—Wesley Duling 91, Edward Walls 87, Alice Dill 87, John Bottomley 85, Carmeta Ashley 84, Frances Shahan 79.

Primer Class, 1st Division.—William Voshell 97, Elsie Wallace 97, Esther Forter 97, Myrtle Jones 94, Morton Hollins 94, Helen Vansant 94, Baxter Harris 94, Anna Shahan 93, Anna Robinson 92, Walter Kulley 91, Roland King 88, Cornelius Comegys 86, Geo. Wallace 75.

Primer Class, 2nd Division.—Millard Porter 95, Clifton Rolph 78, Mary Dill 75.

The regular monthly meeting of the Woman's Foreign Missionary Society of Asbury M. E. Church met on Thursday afternoon of last week at the home of Mrs. R. J. Taylor.

Mr. W. J. Tolson spent last Monday in Wilmington.

Miss Elva Reese, of Washington, D. C., was the guest this week of her parents, Mr. and Mrs. William Reese.

Miss May Green, of Holmesburg, Pa., visited friends in town this week.

Mr. Howard Stevens, Jr., who has enlisted in the Naval Coast Reserves, left on Thursday afternoon of last week for Norfolk, Va.

Mr. Ollie Short and Mr. Earle Carter, of Dover, visited friends in town last week.

Commencement exercises of Millington Academey were held on Friday, June 14, 1918, at 8.30 p. m., in Asbury M. E. Church. The following program was rendered: Processional; chorus, by school; invocation, by Rev. E. G. Coe; essay, "Women and the War," Miss Mildred Wheatman; chorus, America; essay, "Our Debt to France," Mr. Richard Feddeman; quartette, "Shout the Song"; address, Rev. D. J. Moore; anthem, "Rejoice in the Lord," by choir; presentation of diplomas, by Mr. Charles Atkins; chorus, "Happy Summer Days"; essay, "How We Can Best Serve Our Country During the War," Miss Stella Moffett; chorus, "The Star Spangled Banner"; benediction, Rev. E. G. Coe.

Mrs. W. G. Painter, of Staunton, Va., is visiting her sister, Mrs. Merritt Brice.

Sergeant F. C. Numbers, Jr., of Camp Meade, spent last Sunday with his parents, Mr. and Mrs. F. C. Numbers.

Miss Helen V. Price, of Marion, Ill., is spending a few weeks with her mother, Mrs. Annie Price.

Services at Asbury M. E. Church tomorrow, June 23, will be as follows: 9.30 a. m., S. S., subject, "Jesus Triumphant over Death"; 10.30 a. m. and 8.30 p. m., preaching by the pastor, Rev. D. J. Moore; 8 p. m., song service; Friday 8.30 p. m., prayer meeting.

Miss Marguerite Ahern was the guest of Mrs. Lee Price of Centreville.

Miss Emily Hicks and Mr. William Edwards, of Wilmington, spent the week-end with Miss Helen Stevens.

Mr. Elwood Mallalieu, of Buffalo, N. Y., visited his mother, Mrs. Julia Mallalieu, last Sunday.

Mr. Julian C. Numbers, who has enlisted in the Signal Corps, Aviation Department, was ordered to Ithaca, N. Y., and reported on duty Saturday, June 15.

Mrs. Elizabeth Hazell and daughter, Miss Mattie G. Hazell, are visiting Mrs. John R. Howze, of Richmond, Va.

Mr. James Pennington, of Baltimore, was the guest last Sunday of his parents, Mr. and Mrs. Liston Pennington.

Services at Trinity M. E. Church South tomororw, June 23, will be as follows: 2 p. m., S. S., subject, "Jesus Triumphant Over Death; 3 p. m., preaching by pastor, Rev. E. G. Coe, subject, "Our Variegated Life"; 7.45 p. m., Epworth League, subject, "How to Have a Good Time"; 8.30 p. m., short sermon by the pastor, subject, "Following Jesus."

Miss Frances McAndrew, of Scranton, Pa., spent last Sunday with Miss Helen Numbers.

Mrs. John Woodall visited relatives in Philadelphia and Wilmington this week.

Mrs. Mollie Newnam, of Massey, was the guest last Wednesday of her neice, Mrs. Sudler Weist.

ARE YOU GOING TO EAT TOUGH ROOTS NEXT WINTER?

Simple Dehydrating Devices Will Dry The Water Out Of Fresh Vegetables Which Can Then Be Stored In Small Space Without Risk Of Decay.

Why should countless Americans eat tough, old root vegetables in the winter time when they could almost as easily have fresh, tender ones? And why do most of the others push up the High Cost of Living by buying vegetables in a form which necessitates shipping around the country millions of gallons of water? The reason is that they use only a little more foresight than the squirrel who hides away nuts for the winter, and will not take the little extra trouble which would make vegetables, fruits, milk, and even eggs equally storable. "Dehydration," the method by which this is done, is so simple a way of "drying" that it was practiced in ancient Egypt and savage Africa. Even the old-time Redskins were more up-to-date in this regard than thousands of Maryland housewives. That is why the Government is so anxious to spread the gospel of "dehydration" at a time when war is being waged on all kinds of waste—waste of vegetables, waste of money, waste of cans, waste of storage room, and waste of railroad facilities.

There has been installed at the War Food Bureau, Lexington Building, Baltimore, a modern drying plant which gives daily demonstrations and soon will be put on a commercial basis. It will reduce vegetables three or four-fifths of their volume without impairing their form, flavor, or fragrance—by the simple process of drawing out the water-content which in some vegetables is in greater proportion than even in milk! Dwellers in flats and small homes where there is little storage space will find this reduction in volume a Godsend. And the price of next winter's menu will be less because of the prudent purchase of vegetables at a time when they were plentiful and, therefore, cheap.

The New York plant, which was the pioneer community drier in this country—Germany has over 2,000—involved an initial cost of $1,500 and with volunteer workers will dry a half-ton of material daily at an operating cost of one-third cent a pound. The output takes up one-tenth the room of the original commodity. It cannot be injured by summer's heat or winter's cold.

The Baltimore plant, too, is able to handle big quantities, but a home-made equipment of a few little chicken-wire trays will serve in private homes. With a small stove, some trays, and the help of a young daughter and a farm-boy, one Baltimore woman put up five hundred pounds of dried vegetables from a farm. By adding a ton or so of water as needed, she put her household where railroad tie-ups or the high price of tin and glass could not reach it. "I just used commonsense," she explained, "put the sliced vegetables a few feet above the stove where they were dried—till they were dry. Then I put them in muslin bags and stored them in a dry place. It is, of course, the presence of moisture that allows the forces of decay to operate. When the vegetables were required they were simply soaked in fresh water till they regained their former volume. Then cooked, they were found as tasty as ever and in some cases even better than new."

Dehydration of war-garden products has carried the enemy through three years of war. Maryland is now the scene of the biggest garden contest ever arranged in this continent. If the housewives will grasp this simple dehydrating idea, this State and each community in it can become self-supporting next winter. There will be no need to worry over transportation tangles. Indeed, the trains, instead of carting around millions of gallons of water, will be able to apply more motive power to hauling coal.

All round there will be saving instead of waste. And in addition, there will be fresh, palatable vegetables instead of tough, old roots to make our wheat-saving diet a delight as well as a service. Every woman who can visit the drying plant at the War Food Bureau should learn there how to get pleasing winter meals at lower cost than poor ones. For those who cannot reach Baltimore there is ample dehydrating literature issued free by the Department of Agriculture, Washington.

SUGARLESS GINGER BREAD.
(Official recipe.)

Two cupfuls flour, one-and-a-half teaspoonfuls soda, one tablespoon ginger, one-quarter teaspoonful salt, one cupful molasses, one cupful thick sour milk, one egg.

Mix and sift the dry ingredients, add molasses, milk and egg and beat well. Pour into a greased pan and bake in a moderate oven twenty-five minutes.

The need of easily transported food in military operations is shown by the failure of the Japs to stop the Huns in Siberia because of scarcity of rice Our army is working on a wheat basis to push the Huns out of France. Maryland must help save and ship that wheat.

IS YOUR GARDEN ENTRY IN?

SHAKE INTO YOYR SHOES

Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes and sprinkled in the foot-bath. It relieves painful, swollen, smarting feet and takes the sting out of corns and bunions. Used by the American, British and French troops. Allen's Foot-Ease is a certain relief for sweating, callous, tired, aching feet. Sold everywere, 25c. Aways use it to Break in new shoes. Trial package FREE. Address, Allen S. Olmsted LeRoy, N. Y.

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SURVEYOR.

Farm surveys for area, division lines and recovering lost lines.
Leveling for ditches, drains and grading.
Maps, plots and blue prints.
High-class work, moderate charges.
P. O. Chestertown or Millington, Md.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher.

In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

ANNUAL SPRING SALE

To make room for our new spring goods we have put on sale articles that are too numerous to mention.

Our Prices Will Surprise You

when you consider the prices you have been paying elsewhere. We have a new line of Spring goods now in stock which will please the most particular persons.

We are also selling Shoes for Fall and Winter "right now." If you buy now you will thank yourself many times next fall. You will have a large stock of the best known and guaranteed shoes to choose from, and we are satisfied that we can save you money. Just to prove what we say, buy a pair now and come back next fall and ask the price of the same kind of shoe from the new stock then.

Deal with us and save money to buy *Liberty Bonds for the boys that are fighting for the Stars and Stripes.*

B. S. SUTTON & SON,
BLACK'S, MARYLAND.

Still Pond Marble Works.

THE ONLY REASONABLE PRICED MARBLE DEALER IN KENT COUNTY

MARBLE AND GRANITE MONUMENTS.



Marble and Granite of All Kinds

OUR WORK WILL SET UP and we do not have to reset.

Let us give you an estimate on any work before purchasing elsewhere. Large stock on hand.

Marble work cleaned and reset.

Lettering done in cemeteries and work guaranteed to give satisfaction.

Wm. H. KRUSEN, - - Still Pond, Md.

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of Baltimore City, Md.,
Removed to 216-218 Light Street.
Office—216 Light Street, Second Floor.

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, Bread street or Dunn.
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Best Companies,

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Currant Rates.

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