MALNUTRITION---WHY ?

More attention is paid in the United States to automobiles than to food according to Bureau of Census figures. An analysis of statistics issued by the Department of Labor also shows that where incomes are small, the proportion spent on food is too little. It is estimated by nutrition experts that the minimum amount for diet to maintain health is just under half of the earnings, if these are low, whereas the ratio indicates that approximately but a third is actually so spent.

Apparently, then, people would rather economize on diet than do without a car. The result must be malnutrition with its attendant ill effects. Facts appear to show that this is so:

A survey of 22,000,000 American school children, for instance, was made quite some time ago and, according to Dr. Herman J. Norton, 75 per cent. had physical defects. That is to say that three-quarters of them suffered in one way or another. It is a fact that should make parents think.

So closely allied are food and health that malnutrition often times means trouble with eyes, or teeth, or skin, or the nervous system, or other organs of the body. Let us see just why. Certain mineral elements and vitamins are essential to the body as the vitamins both ocnatined in fruits and vegetables, especially the green ones, as well as in milk, eggs, butter are necessary to vigor and tone. Without the lime found in milk, teeth and bones suffer as well as the blood and without Vitamin A. also found in this food as in those enumerated, the lungs, bladder, skin and ear are all likely to be affected. Eye trouble may also be a result of lack of Vitamin A.

Every cell of the body needs phosphorus as the blood needs iron. The only source is through foods such as eggs, meat, whole wheat and potatoes.

Definite nerve trouble develops without a supply of Vitamin B, again found in milk. whole cereal foods, fresh vegetables and fruits. Another food deficiency as when Vitamin C, present in raw cabbage, lettuce, oranges, lemons, spinach and tomatoes whether raw or canned, is lacking results in scurvy. By eating just a few of the important foods that contain most body necessaries, trouble is saved.

When what we eat does not supply enough power for energy, there is a general tired feeling. Our most economical energy foods are starches and sugars and fats. But there is not as much danger from lack of these as from lack of the vitamin foods. Most people eat too many starchy viands and too few fruits and green vegetables. That may be why there is malnutrition. Food values have to be understood to insure a balanced diet. A nutritionist has been specially trained to understand these. She passes on her knowledge to the wife and mother and such a one would never allow economy on food at the expense of health.

MIRIAM KINCHELOE,
Red Cross Nutritionist.

BETTER FORESTRY

Several forestry demonstrations, where action will be substituted for ringside seats and where good judgment in action will be rewarded with useful and appropriate prizes, are to be conducted in the county later this fall, the county agricultural agent, Mr. H. B. Derrick, announces. Plans for a shodt, intensive forestry improvement campaign have just been completed by the county agent following a recent visit of State Extension Forester F. B. Trenk to Mr. Derrick's office.

There are few activities about the average farm during the winter months, Mr. Derrick beleves, that give more direct returns and results in more lasting benefits, than properly conducted cuttings made in the farm woods. Most farm woodlands are really in need of some cutting. and if this cutting is made along constructive lines, the county agent points out, tree growth will be stimulated and the quality of the whole woodland will be improved. Fully 60 per cent. of the woodlands in Kent County fall within this class.

"In order to get across the 'why' and the 'how' of forestry improvements most effectively, and to add more immediate interest to the work, all forestry demonstrations this fall are to be conducted on the basis of contests," says mr. Derrick. In the woodlands chosen for the demonstrations, two score or more trees will be tagged and numbered. The principles of forestry improvement cuttings will be explained to the contestants, following which each one will be given a score card, upon which he will determine for each numbered tree whether it should be taken, or left for further growth. The Extension Forester, Mr. Trenk, who will conduct the contest, will prepare a similar score card, and the cards of the contestants, after a full discussion of the merits of each tree tagged, will be graded on the basis of Mr. Trenk's card. The man with the card having the least number of differences with the Extension Forester's card will be declared the winner, and will receive a new axe as first prize. A second prize consisting of a new hatchet, is also to be awarded at each contest.

Further announcements concerning these contests are to be made shortly by the County Agent, Mr. Derrick. Any farmers interested in this work should get in touch with his office within the next week or two.

HOSPITAL GETS OUTFIT.

The Kent County Hospital recently received the gift of a fine oxygen outfit from a Kent County citizen. This is a much-needed and a most important addition to the equipment of the plant.

In order to correct an erroneous impression which has sprung up in regard to the cost of operations, the following explanation is given. The hospital charge for a case which requires the usual twenty-four hours attention is seven dollars. This does not include the fee of the surgeon which is altogether a matter between the surgeon and his patient. When the seven dollar hospital charge was made public some time ago, a number of people who had prospective patients in their family came to the conclusion that the seven dollars covered the entire cost. It may be safely said, however, that the surgeon's fee is practically a minimum charge for the removal of tonsils and adenoids. In cases where the patient is unable to pay at all, the work has been done free of all costs.

Ten operations, with the hospital filled to capacity is the record for this week. From the very beginning the present quarters proved to be too small and the growth of the work too great for its sponsor, the Kent County Public Health Association to handle unaided. The Ways and Means of the Health Association will serve luncheon on the Maryland Turkey Farm in connection with the Turkey Tour of this Thursday, the proceeds to go for the benefit of the hospital. While a number of generous gifts have been contributed to the hospital a certain amount of publicity in connection with the gifts has been lacking due to the fact that the donors wished their names withheld. A gift and a giver often prove an inspiration for other gifts of a similar nature or as a supplement.

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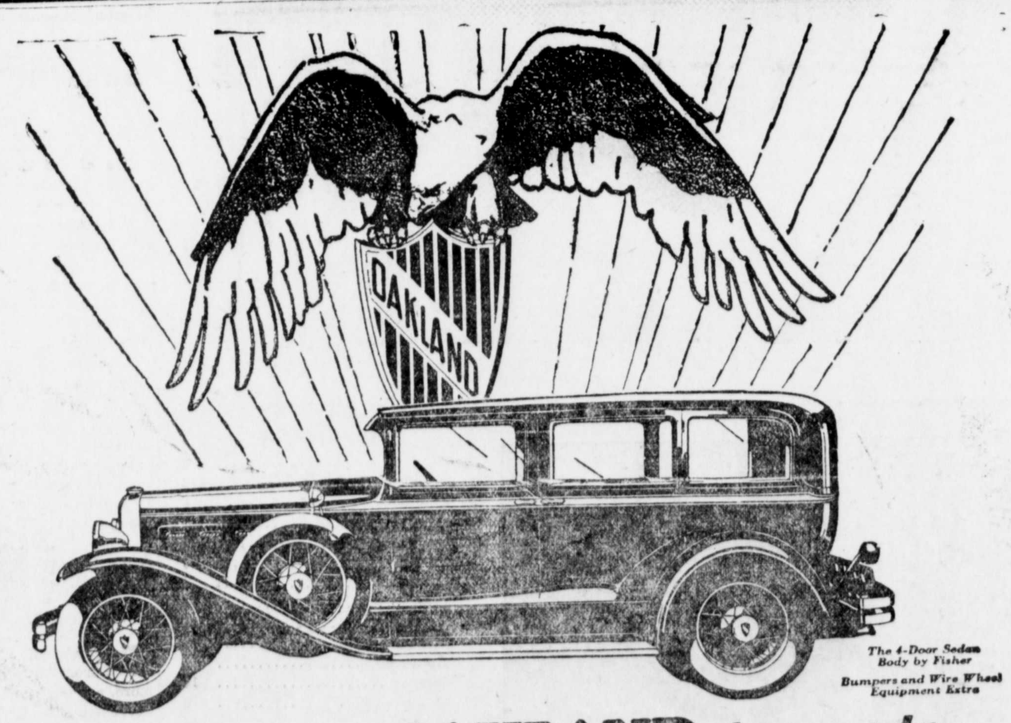

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A new chrome-plated radiator . . . surmounted by a large flat chrome-plated cap. Graced by a new front louvre effect in an exclusive chevron design. Flanked by new seamless full-crown fenders . . . flaring fenders with a 71-inch spread.

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And then the bodies! Seven new and superbly beautiful types . . . Closed types with adjustable drivers' seats. Two convertible closed cars . . . the Convertible Cabriolet and the Landaulet Sedan.

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And such glorious performance as you've never known before. Soaring top speed . . . seventy miles an hour and more! Sixty-eight brake horse-power at 3000 r.p.m. A flashing pick-up . . . from 10 to 25 miles per hour in six seconds flat.

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Such balance . . . such smoothness . . . such silence . . . such poise. Resulting from its great new 228-cubic inch engine with exclusive patented rubber-cushioned mountings . . . 81-lb. crankshaft . . . harmonic balancer . . . larger, more highly perfected carburetor . . . the G-M-R cylinder head. Such marvelous control. Steering ease from a new improved mechanism. Braking ease from its new internal expanding four-wheel brakes . . . individually adjusted . . . requiring minimum pressure for a sure, silent, velvet-smooth stop.

* * *

Only the highlights have been mentioned. Only a hint regarding its pulse-stirring performance and style. To get the whole picture . . . to appreciate what its price will buy . . . come in. Have your highest expectations realized!

Prices $1145 to $1375 at factory. Lovejoy Hydraulic Shock Absorbers and spring covers included in list prices. Bumpers and rear fender guards extra. Check Oakland delivered prices—they include lowest handling charges. General Motors Time Payment Plan available at minimum rate.

STRONG & COOPER
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CHESTERTOWN, MARYLAND

MILLINGTON

Miss Julia Cacy returned home last Saturday, after spending several weeks with friends in Washington, D. C. and Baltimore.

Mr. Edward Vansant moved last Friday from Marcus Hook into the Manning house on S. Sassafras St. recently vacated by Mr. Spencer Stevens.

Mr. and Mrs. John Slosseur, of Williamsburg, Va., were guests this week of Rev. and Mrs. R. L. Tawes.

Miss Mary Quinn, of Washington, D. C., visited Mrs. John Tobin last Saturday.

Mr. Philip Williams, of Baltimore, spent the week end with Dr. Merritt Brice.

Mrs. Heighe Hill and little daughter, Jean, returned last Sunday to their home in Chestertown, after spending two weeks with her father, Mr. Howard Stevens.

The regular monthly meeting of the Woman's Foreign Missionary Society, of Asbury M. E. Church, was held last Thursday evening at the home of Mrs. J. E. Higman.

Miss Ruby Ahern, of Philadelphia, and Mr. P. H. Wood, Jr., and family, of Wilmington, were guests this week of the former's parents, Mr. and Mrs. J. P. Ahern.

Mrs. Mabel Kenton and daughter, of Washington, D. C., visited her grand mother, Mrs. Maria Stevens, last Monday.

Mr. James Pennington, of Baltimore, spent the past week end with his parents, Mr. and Mrs. Liston Pennington.

Mr. Howard King was taken to the Delaware Hospital, Wilmington, last Tuesday in the ambulance of J. A. Tobin & Son, for special treatment. He was accompanied by his wife and sister, Mrs. James Moore.

Mrs. Ethel C. Moffett was the guest last week of friends in Baltimore.

Mr. and Mrs. Warren Painter, of Rock Hall, visited her brother-in-law and sister, Dr. and Mrs. Merritt Brice, last Monday.

Mr. and Mrs. H. R. Rasi nand little daughter. Jane, spent the week end with his parents, Mr. and Mrs. George Rasin, of Kennedyville.

Mr. Samuel Tibbett, Sr., of near Blanco, has purchased Mr. John Robbins' property on East Cypress St. and will move into the same in the near future.

Mrs. Elizabeth Collins was the guest last week of relative in Baltimore.

Mrs. Howard Stewart, of Wilmington, is vsiiting her mother, Mrs. Maggie Poore, who is quite sick at her home on Railroad Avenue.

Mr. Richard Comegys, of St. John's College, Annapolis, spent last Tuesday with his parents, Mr. and Mrs. Paul Comegys.

The Parent-Teachers' Association will meet at Millington High School next Wednesday, November 14, at 7.30 p. m. sharp. All come representing the title of a book. A prize will be given for the most unique representation.

Mrs. Eva Marvel spent the past ten days with her brother, Mr. John Clough, near Cecilton.

Miss Anna Jones met with quite a painful, though not serious accident last Sunday evening, while she and Miss Frances Fsher were returning from Hilsboro. where they had spent the week end with the latter's parents, Mr. and Mrs. Harry Fisher. After they had driven about 4 miles, from Hillsboro, Miss Fisher's Ford coupe, in which they were riding skidded on the mud and turned over, breaking the windshield and fenders. A gentleman in a passing auto, assisted the ladies to a Hillsboro doctor, who found that Miss Fisher had escaped injury except for the shock and some bruises, but Miss Jones had her left eye cut and her right leg badly cut just above the ankle, which required several stitches. After receiving medical treatment, Miss Jones was brought to her home by Mr. Fisher, where she is under the care of her physician, Dr. Merritt Brice. She is resting much easier at this writing and her many friends wish for her a speedy recovery. After a few days rest, Miss Fisher returned to Millington on Wednesday to resume her duties as vice-principal of Millington High School.

STILL POND

Mrs. Oliver Jervis and daughter, Mary, spent several days this week with her sons in Wilmington, Del.

Miss Lucille Parr has been spending some time with her brother, Mr. Holten Parr and family inBaltimore, Md.

Mr. and Mrs. Carson Greenwood and son James, Mr. and Mrs. Maxwell Meeks and Mrs. Frank Meeks spent Sunday with Mr. Howard Casey and family in Camden, N. J.

Mrs. Susie Shallcross is spending some time with Mr. and Mrs. Howard Toulson.

The W. F. M. S. will hold their monthly meeting at the home of Mrs. Clarence Ford on next Thursday evening. A full attendance is desired to plan for the Banquet.

A number from here are attending the Standard Training School in Chestertown on Tuesday evenings.

Mrs. Tomb, of Wyoming, Pa., spent Sunday here with her father, Mr. C. W. Hague and aunt. Miss Laura Hague.

The Devotional service of The Epworth League will be lead tomorrow evening by Mrs. Wm. Thompson.

Subscription to the Transcript $1.50 per annum.

TELEPHONE SERVICE

Transatantic telephone service between the United States and Vienna, Austria is now available. This service was established November 3rd. Vienna, the eleventh largest city in the world, has a population of nearly 2,000,000 and is served by 110,000 telephones, officials of the Chesapeake and Potomac Telephone Company announce.

With the extension of this service to Austria, eleven European countries may be reached by telephone from North American points. Calls for Vienna cross the Atlantic via the radio link to London, thence under the English Channel by submarine cable, and across Europe by land cables through Brussels, Cologne, Frankfort and Nuremburg.

SPORTS OF WEEK

WASHINGTON LOSES TO MT. ST. MARY'S—WILL PLAY MARINES AT NORFOLK TODAY—OTHER EVENTS OF INTEREST IN THE REALM OF SPORT

BY POLK T. BRAMBLE

Washington's young and inexperienced football team, outweighed by many pounds, showed decided improvement at Emmitsburg Saturday, but defeated 18 to 0, by Mt. St. Marys.

Mt. St. Mary's scored twice in the first quarter. After that they were unable to cross Washington's line until the last quarter, when they added the other touchdown, by an intercepted forward pass.

The all-around playing of Captain Marth was the feature of the game for Washington.

Washington's team will play the Marines at Norfolk today, Saturday. After that will come the game with Drexel at Philadelphia a week later, closing the season.

Although New York University was defeated by Georgetown Saturday, 7-2, the New York team made 18 first downs to two for Georgetown. Georgetown intercepted a forward pass and ran the length almost of the field for their score. New York University's powerful team had the ball almost over a half dozen times, but Georgetown braced in the pinches and held in the mud when it became necessary. Many excuses are being made for the victory of Georgetown over what is said to be the greatest team of the country, but, as the fellows say, "that was the day set for the game."

The Army looks to be the strongest team in the country this season, although Southern Methodists played them almost a tie several weeks ago.

It became known recently that Connie Mack, manager of the Philadelphia Athletics, had asked waivers on Ty Cobb, Tris Speaker and Joe Bush, who have seen long service in the American League. Cobb already has announced his voluntary retirement as a player. It is understood that Speaker has ambitions to own or manage a club, while Bush is believed to be willing to direct the destinies of a team as managed. The wishes of the players, it is said, are known to Mack and he has asked waivers on them prior to giving them their unconditional release.

Already Coach Kibler has his basketball team hard at work, and another good team will, no doubt, be the result. With Giriatis, Carington, Jacobs, Dobson, Alexander and Usilton, as a nucleus, local fans are looking for big results.

Michigan will play Navy today in Baltimore at the Stadium. Neither team has made much of a record this year. Army andNotre Dame will play today. Notre Dame has this advantage over the Army on Saturday—it can retrieve a somewhat lumpy season by bagging this one contest. Which is to say the Army has more to lose than it has to gain in beating a team already beaten more than once. Psychology can play a tremendous part in any one football game, and psychology will be one of Rockney's leading stars. Team for team, on a general average, no one figures Notre Dame to rate with the powerful Army team. But Notre Dame is far from being a pushout and if the Army happens to be in one of those mid-season slumps after a hard schedule, anything can happen.

It gives a writer on sports a little perspective when he can look back to such champions as John L. Sullivan, Jim Corbett and Bob Fitzsimmons. These three were prize fighters. The term "prize fighter" has practically gone out of use except by "reformers" trying to give the gentle art of boxing a verbal jolt. It has gone out of use because there are no prize fighters now, and there haven't been any for many years.

John L. Sullivan, Corbett and Fitz all started as prize fighters. Sullivan ended as a prize fighter. All began with bare-fist fights, to a finish, winner take all. They fought in the woods, the sand dunes, on barges, under cover of barns, or out in rain or snow or sleet. Mostly they fought because they were filled with an ambition to prove that they were "better men" than the other fellows who liked fighting. They didn't say that the winner was the better boxer; they just said "the best man won."

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