We wish to thank our many patrons and friends for our most cordial business relations during the past year, and wish them health and prosperity during the coming year.

JOHN BARTLEY.

A&P

Del Monte Sliced or Melba Halves
PEACHES.
2 large cans 35c

A&P Crushed or Golden Bantam
CORN
can 15c

Iona Brand
Peaches 3 lge. cans 50c

Sauer-kraut
2 cans 25c

Sunnyfield
Pancake or Buckwheat
FLOUR 3 pkgs. 25c

Macaroni, Spaghetti or Noodles 3 pkgs. 20c

New Pack
Pumpkin
2 cans 25c

Red Ripe No. 2 size
Tomatoes 3 cans 25c

Quaker Maid, Oven Baked
BEANS 3 cans 25c

Diamond Crystal
SALT
3 pkgs. 25c

Cliquot Club Pale or Golden
Ginger Ale 2 bots. 27c

Evaporated
Peaches . . lb. 17c
Apricots . . lb. 27c

Mello Wheat
pkg. 15c

Its Flavor Satisfies
Iona Brand
COCOA 2 lb. can 19c

Sunsweet
Prunes
2 lb. pkg. 23c

Waldorf Toilet
PAPER 3 rolls 17c

Quaker Maid
Catsup
2 8 oz. bots. 25c

Delicious---Try It!
Red Circle
COFFEE lb. 39c

Special Meat Prices for Friday & Saturday at our Meat Markets.

QUALITY STEER BEEF
Chuck Roast . . . . lb. 25c
Prime Rib Roast . . . lb. 29c

Fresh Ground BEEF lb. 27c
Tender Three Corner ROAST lb. 29c
Lean Soup MEAT lb. 20c

All Large Smoked SKINNED HAMS Whole or Half lb. 17c

Lean Fresh PORK SHOULDERS lb. 17c

R. & P. Adam's Country Scrapple ..... lb. 15c
R&P Adam's Country Sausage ..... lb. 35c
Very Good Smoked Sausage ..... lb. 23c
Liver Pudding ..... lb. 23c

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Chestertown, Md. Rock Hall, Md.

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DR. JULIAN T. POWER
OPTOMETRIST
Chestertown, Maryland

MARKETS REFELCT A COMMUNITY

To anyone interested in making a health survey of a community, its markets tell a lot. Whenever you find stores carrying no fresh vegetables, no fruits, no whole cereals, you will find a community usually not up to par physically. The market man carries only those things for which there is a demand.

How often the housewife says, but we can not get leafy vegetables, not even canned spinach, much less fresh. We can't even buy carrots. Has that housewife done anything in creating a demand for them by her neighbors so that her market man will be justified in carrying? Is it up to the merchant to do the educating or is it the problem of the community? Certainly we can hardly expect that the merchant lead in such a campaign.

A grocery man once told me that since olemargarine was on the market, his sales of butter had lessened so that it hardly paid him to carry it, and this in a comparatively rural community too. That can mean only one thing, actual substitution of oleo for butter by many. Experiments have shown that olemomargarine does not contain the essential vitamines that butter does and unless the vitamines A be substituted elsewhere, it affects the health of the individual.

How often we find, too, a rather rural community with a lack of dairies, or the milk man through whom milk may be purchased by those not owning cows. Usually this lack is due remember, to lack of demand. There may be the desire for milk on the part of the housewife but not enough appreciation of its need by enough households to make the demand great enough to cause more people to own cows and distribute in the community.

Health education and especially nutrition education is having a marked influence on communities that have become interested in it. One town way down near the border line of Texas comes to my mind as a marked example. This town had a Red Cross Nutritionist for three years. There was a large Mexican population and she was able in that time to arouse interest among, not only the Americans, but the Mexicans, in the need for having the right kind of food.

There was a marked difference shown in the products handled by the market men. When she went there, scarcely any green vegetables were available for purchase, scarcely any of the whole grain cereals were used. Rice was almost the exclusive cereal. White breads were used, though of course some corn meal was used which helped. Whole wheat bread was unknown. Milk was scarce.

After three years the nutritionist wrote of the change in the markets, bakeries made whole wheat bread because of the continual calls for it. The whole cereals were sold, too. And the store man just had to buy green vegetables in self defense. One man who handled a few vegetables, a small huckster, even remarked that he used to raise spinach and carrots but no one would buy, but since that "vegetable lady" had come to town he could not raise them fast enough.

There was a time when oranges to most of us meant Christmas. Our stores did not handle them, because we thought of them as real luxuries not as food. Means of transportation, health education has made it possible for every day to be Christmas if we want, at least as far as the community store is concerned.

MIRIAM MINCHELOE,
A. R. C. Nutritionist.

KENNEDYVILLE

Mr .and Mrs. Arthur Cleaver are receiving congratulations on the birth of a daughter in Wilmington hospital Sunday morning.

The entertainment given by the Firemen's band in the school house Tuesday was very much enjoyed, but owing to so much sickness there were not so many out.

Miss Arrie Devine, of Elkton, is spending sometime at Mrs. Wm. Jewells.

Miss Mildred Melvin spent the week end with her sister, Mrs. Charles Hague.

Mrs. Pearl Walls is visiting her mother, Mrs. Cooper in Baltimore.

Quite a number in our little town are on the sick list: Mr. and Mrs. Wm. Jewell, Mr. and Mrs. Wilmer Ford, Mr. and Mrs. John Hessner, and Mrs. Howard Clendaniel.

Mr. and Mrs. Cleve Tucker, of Washington, spent the week end with her sister, Mrs. James Weer.

Mr. and Mrs. John Atwell gave their daughter, Catherine, a surprise birthday party Saturday afternoon from two to four, in honor of her twelth birthday. Those present were: Nola Hill, Burnice Scotten, Edna Comegys, Anna Belle Fogwell, Juanita Boyles, Rebecca Groves, Betty Crew, Alice Kennedy, Mary Jane Hill, and Katherine Atwell. Chocolate nut Sundies, cake, nuts and candy were served. All left wishing Katherine many more Happy birthdays.

WORTON

Mrs. J. D. Maxwell left Wednesday for Peru, Ind., where she will spend some time with relatives.

Mr. and Mrs. Paul Joiner entertained Miss Sarah Carter, Mr. George Rasin at dinner Saturday evening.

Messrs. Randolph Williams and Geo. Rasin left Monday for a two month trip through the South and West.

Mr. and Mrs. John Duyer entertained the following at dinner Sunday Mr. and Mrs. Carroll Loller and son, John Carroll, Mr. and Mrs. Charles Ford, of Chestertown and Mrs. Margaret Duyer.

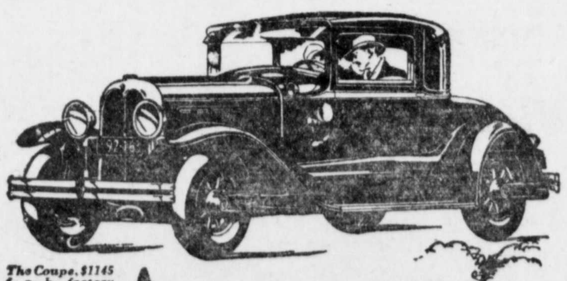
Major Robert E. Jones who has been the guest of his sister, Mrs. H. T. Williams left Monday for Chicago.

Mrs. G. E. Nichols and children, Neva and Marvin attended the Mummers Parade n Philadelphia, Saturday.

Mr. H. E. Cooper and Mrs. S. J. Lee have been confined to their beds this week with la grippe.

Mrs. George P. Ashley, of Rock Hall, spent part of last week with Mr. and Mrs. S. J. Lee.

Mr. Robert Loud who has been quite sick this week is better at this writing.



The Coupe, $1145 f. o. b. factory Body by Fisher

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The New Oakland All-American Six is winning the praise of all America. It is enjoying the admiration caused by its new beauty.

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Prices $1145 to $1375, f. o. b. factory, plus delivery charges. 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.

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Chestertown, Maryland

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Sport and Dress Coats of the finest quality; all Sport Coats of Imported Tweeds or Genuine Camel's Hair, fur trimmed. A wonderful opportunity to buy at 25% to 50% Reduction.

Children's Coats at $4.75 to close out.

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75c to $5.00

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Small sizes in Frocks priced up to $10.50—$5.00
Frocks reduced from $10.75 to $8.75.

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Toys, Games, Books, Blocks.

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Perfumery Gift Sets, Stationery in Gift Boxes, Whitman,s and Martha Washington Candy, Manicure Sets, Compacts.

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Military Brushes. Cigars, Cigarettes, Tobacco, Kay Woodie Pipes, Cigarette Cases. Wallets, Purses.

FOR EVERY ONE
Christmas Cards, 3c to $1; Popular Priced Fiction 75c. New Novels, $2 and $2.50. Novels of Distinction $1.

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