OLD HEALTH RULES

CONFOWN WITH PRESENT DAY METHODS

"All of you who have daily health drills will be interested, I am sure, in seeing the accompanying copy of a 'Health Alphabet' that was published in the annual report of the State Board of Health, over forty years ago. You will miss some of the rules that we regard as necessary today, especially those that call for some play out of doors every da; eating the right sort of food; plenty of sleep with the windows open; the generous use of water, inside and out—and in that connection, I always want to add, 'Don't forget to wash your hands or to brush your teeth.' Here is the 'alphabet':

"'As soon as you are up, shake blankets and sheet;
Better be without shoes, than sit with wet feet;
Children, if healthy, are active, not still;
Damp beds and damp clothes will both make you ill;

"'Eat slowly, and always chew your food well;
Freshen the air in the house where you dwell;
Garments must never be made to be tight;
Homes will be healthy if airy and light;

"'If you wish to be well, as you do, I've no doubt,
Just open the windows before you go out;
Keep your rooms always tidy and clean,
Let dust on the furniture never be seen;

"'Much illness is caused by the want of pure air,
Now to open your windows be ever your care.
Old rags and old rubbish should never be kept;
People should see that their floors are well swept;

"'Quick movements in children are healthy and right;
Remember the young cannot thrive without light.
See that the cistern is clean to the brim;
Take care that your dress is all tidy and trim;

"'Use your nose to find out if there be a bad drain,
Very sad are the fevers that come in its train.
Walk as much as you can without feeling fatigue;
Xerxes could walk for full many a league.

"'Your health is your wealth, which your wisdom must keep,
Zeal will help a good cause, and the good you will reap.'

"Because of changes that have been brought about in the protection of our water supplies, there are fewer bad drains and fewer fevers that come in their train. The rest of the rules are as worth while as they were nearly a half century ago."



These new Legion Worsted suits have a distinguished family tree—they are styled and tailored by the same people who make the famous Smithson suits.

That's why you get so much for your

$22.50

in a Legion Worsted Suit

All *worsted* fabrics, not just wool,— luxurious silky linings, fine trimmings throughout, style and fitting qualities such as you find only at a much higher price.

Come in and see the variety of stripes and novel weaves in Blue, Gray and Brown, also plain Blue Serge. You'll be giving yourself and your pocketbook a pleasant surprise.

LEGION
WORSTED SUITS
$22.50
America's Greatest Suit Value

Also fine assortment of Norman Worsted Suits, tailored by Smithson. Price

$19.75

Albert L. Wheat
"The Young Men's Shop"
Chestertown, Maryland

NOTICE TO HOLDERS

OF STOCKS AND BONDS

If the value of your securities has dropped far below your purchase price, if your dividends or interest have stopped or been reduced, write for free details of our Investment Recovery Plan which enables you to RECOVER LOSSES and gives you IMMEDIATE and REGULAR Returns.

NO ADDITIONAL CASH NECESSARY

About eighty million dollars paid out last year in the field we are recommending.

MAIL THIS COUPON OR A POST CARD

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Name.....

Address.....

ANNOUNCEMENT

WE HAVE OPENED AN EXCLUSIVE

MEN'S AND BOYS'

CLOTHING DEPARTMENT

on tne second floor of our store and have secure the services of

MR. FRANK A. ROEDER

as manager of this department.

He will be pleased to have his friends and the public call to see him. He will also continue to take ing measurements for the International Tailoring Company, and will call at your home or office with samples if desired.

We are putting on SALE all of our READY-MADE CLOTHING and MEN'S SHOES at greatly reduced prices.

COME IN AND LOOK THEM OVER.

Bonnett's Dept. Store

The Curbstone Diplomat

WILLIAM S. COLLINS

A prohibitionist speaks. Into the office this week, walked a man from Philadelphia and said he did not see much difference in the conditions on the Eastern Shore since prohibition. According to him, the local option law was kicked around and abused as much as the present national prohibition law. A story of his visits runs something like this. The gent was a soda-water fountain salesman.

He came into Chestertown ( ) years ago on business. The weather at the time was cold. So after taking a little nip to warm up and improve his sales talk, he sold a soda fountain. That night, after the train came in bringing many gallons which the local option law at that time allowed, the man witnessed a riot at the Express office, where the receivers of the gallons were signing up which the law required. To quell the disturbance the Exprsss Agent closed the office and no more packages were allowed to go out until the next day. After witnessing this, somebody tried to sell him a ticket to an entertainment for the improvement of the park. Their goal was a hundred dollars and he says it looks to him now as though they had not raised the money yet, as a campaign is still on.

Leaving Chestertown he journeyed to Denton. Arriving there he went to a drug store to sell a fountain. The weather being bitter cold it was about time to warm up, so he walked behind the drug counter to pour himself a little nip from the drug stock. The druggist objected and told him the place was no saloon. So into the hotel he went and told his experience to the clerk. The clerk told him he could get fixed up by just walking up the alley and rapping on the stable door. This he did and got the rottenest drink of liquor he had had since being in Kansas. So you see things have not changed much. (This hotel and drug store are no longer in Denton.)

The next morning he left Denton in the stage which was drawn by horses, the horseless carriages not being pratical in those days. In the stage were two other gentlemen and one of these asked the salesman how he liked the Eastern Shore. "Not much" he replied, and explained about his experience the night before. At the conclusion the gentlemen said. "Let, me introduce you to Judge Blank of the Circuit Court," this was the other gentleman in the stage.

Of course the salesman was embarrassed but the Judge soon put him at ease. The Judge apologized for the treatment he had received and told him anytime he was suffering from the cold to look him up. This Judge and the salesman met some years later, but not on the Eastern Shore and the judge played the part of host in fine style. (This Judge was very popular here and was considered a fearless judge.)

The old salesman who brags about his age and remembrance, likes the present prohibition law and still remembers the taste of the stuff he got in Denton many years ago, when the local option law governed the sale of whisky.

After telling us his story our visitor left us and is on his way to Philadelphia to vote for Hoover. "Pennsylvania will go for Hoover" our visitor said, as the Pennsylvania officials count the ballots and not the Literary Digest.

Wise-cracks that always bring a laugh, are ones about crooks at Washington, politicians, etc. Undoubtedly there are many of them there that are shady but also there are plenty of them there that are honest, and it is safe to say this last class still is in the majority. As far as party purity is concerned, probably all are on a par.

Here is a case from a neighboring state. No reflection is cast on the party.

A farmer resident of Kent County, who is a democrat, now living in a neighboring state was in town this week. Standing on the street with a Roosevelt pin on his coat, he was approached by a local democrat who jokingly said to him, "You are not going to vote for that man are you?" To his surprise the visitor said, "No I am not." "What are you wearing that pin for then" asked the local man. "I would do anything I could to get him elected but if I voted it would probably be counted the other way" said the visitor and furthermore he said that neither he nor his wife had registered in their new state, but someone had registered them and that they had been voted, though neither he nor his wife had yet been to the polls.

People complain of the stringent election laws here in Maryland. It looks as though the laws cannot be too stringent.

Sheriff Hadaway and Bob Lee went to Batliomre to hear Roosevelt speak on Tuesday. A picture was taken of the crowd already assembled at 5.30 p. m. and they could be distinguished in the picture. It looks like they went early enough to be assured of a seat.

Somebody has turned the "one way sign" on Queen Street the wrong way. New slag is being put on some of the roads. The same old cry goes up "why was it not put on my street or that other streets that needs it more." That is a cry that will never die.

The Lancer, being a member of the Chamber of Commerce and Rotary Club should not be so unethical.

Al Smith's speech in Newark was reported as doing his party harm. His speech at Boston certainly sounded like he was trying to do his party a lot of good.

The Republicans had Bryan and Teddy Roosevelt out of their graves last night, running against each other.

People that like radios and do not like politics will be glad when the election is over.

Again I refer to some funny election stuff. A resident of Chestertown left a city some fourty years ago. A politician from that city was willing to let him his name was still on the registration books. The politician also said Al Smith alone got as many votes in his ward as their was voters and with Hoover's votes thrown in the total votes surpassed the total population.

DEATHS

Mr. Frank G. Bowman, passed away at his late home in Betterton, Thursday morning of last week in his 60th year, having been in ill health for the past 8 years.

Mr. Bowman was one of Betterton's highly respected resident having lived there for more than 40 years. As an occupation he followed painting. He was a man of sterling character devoted to his home and community.

He is survived by two brothers, J. A. and W. H. Bowman, of Betterton. Funeral services were held at his late home Saturday afternoon at 2 p. m., Rev. Crawford, of Baltimore assisted by Rev. Price, officiated. Interment Still Pond cemetery.

The bearers were: Messrs. Carlton Moore, Thomas Silcox, Harvey Moore, Archie Crew, James Wilmore, Harry Crew. B. R. Fellows, undertaker.

Mrs. Annie Alexander, widow of the late Abraham Alexander and mother of Max Alexander, died at the home of her son in Rock Hall Tuesday morning after a long illness. Since her marriage, more than sixty years ago, she had lived in or near Rock Hall, first assisting her husband in his merchandising business and later being associated with her son.

Mrs. Alexander was interested in the municipal affairs of Rock Hall and some time ago presented the Volunteer Fire Company there with a fine flag.

A daughter, Mrs. Michael Kramer, died several years ago, but a granddaughter, Miss Freyda Kramer, survives.

The remains were taken to Baltimore Tuesday evening where the funeral services were held with interment being made in the Baltimore Hebrew Cemetery.

Doris Martha Rasin, daughter of Mr. and Mrs. Lotois Rasin, of Betterton, passed away suddenly at her home in her fourth year Wednesday.

She is survived by her mother and father and two brothers.

Funeral services was held Friday afternoon from her late home at 2 p. m. Rev. White officiating. Interment Still Pond cemetery. B. R. Fellows, undertaker.

PERSONALS

Little Reese Corey, son of Mr. and Mrs. Roland Corey, celebrated his sixth birthday on Tuesday of this week. He entertained twelve of his little boys and girl friends at a birthday party at his home on Queen street.

Miss Betty Schute, of Baltimore, is the week end guest of Mrs. R. H. Collins, Jr.

Mr. and Mrs. Conrad, of Pennsylvania, are the guest of their daughter, Mrs. William B. Wilmer on Maple Avenue.

Mrs. Donald F. Stam spent this week in Washington as the guest of Mrs. Annie H. Stam.

Mr. and Mrs. Stam will return home tomorow, Sunday.

Senator Millard E. Tyding who spoke here last Saturday evening, was entertained by Senator and Mrs. S. Scott Beck.

Mrs. Carl Bordley has returned from the Easton Hospital very much improved.

Mr. and Mrs. Elias W. Nuttle who have been honeymooning in Bermuda, has returned and Mrs. Nuttle is at present the guest of her parents, Dr. and Mrs. H. G. Simpers.

Miss Alice Rote, of New Brunswick, N. J., was the week nd guest of her parents, Mr. and Mrs. Harry Rote.

Mrs. Mark Creasy, of Bloomburg, Pa., is the guest of Mrs. Elizabeth Baxter. Mrs. Creasy has a number of friends in town who will be glad to know she is here.

Mrs. Inez Russell and Miss Elizabeth Thibodeau attended the Army-Yale game at New Haven, Conn., last Saturday.

Miss Elizabeth Brown, of Philadelphia, spent last week end with her parents, Mr. and Mrs. Harry C. Cole-Brown.

Mr. and Mrs. Harry Graham, of Pennsylvania, spent the past week end in Chestertown.

Mrs. M. E. Ross, of Missouri, accompanied by her daughter, Mrs. McGarvey arrived Thursday for a visit with her daughter, Mrs. Wilbur W. Hubbard. Mrs. Ross has been a frequent visitor to Chestertown for years. She passed her 94th birthday last March.

Messrs. H. Vernon Needles and George Nichol, of Lewes, Del., were Sunday guests of Mr. and Mrs. Leonard C. Needles.

Mr. and Mrs. Samuel G. Caldwell and family have moved from Mount Vernon street to the house on Queen street, formerly occupied by Mr. and Mrs. John N. Bennett.

C. H. S. NOTES

JANET MacVEAN

On Monday evening a group of parents and teachers met in the auditorium of C. H. S. to discuss the latest developments in the proposed bond issue for an addition to our high school. The discussion revealed that Kent ranks third among the counties on the shore in its wealth per pupil yet "without fear of contradiction" has the worst high school facilities in the state. Information was distributed which answers most of the questions raised by people seeking information. It was pointed out that C. H. S., instead of being a local school, serves more than 3-5 of all of Kent County. Still, if the former small high schools were reopened the congestion would not be relieved. Those in attendance were surprised to learn that the proposed investment in an adequate addition would increase taxes only $.03 on each $1.00 of assessed valuation of the county. The students and faculty sincerely desire that tax-payers will support the proposed bond-issue.

The All-Maryland High School Concert was held Saturday morning, during the State Teachers' Meeting. John Carroll Loller represented C. H. S. Alvin Coleman, who was on the program, was unable to attend because of illness. Only two schools on the Eastern Shore were represented, Denton High and C. H. S. Maryland is proud of all 125 of the players, and we are especially proud of John Carroll.

Everybody crowded into the assembly hall on Monday morning to see and hear State Forester F. W. Beasley give an illustrated lecture on Maryland Forests. Everybody enjoyed the lecture. This is a real tribute, considering the cramped quarters in the hall. There are about 50,000 acres of State forest in Maryland. Eighteen fire towers help in reducing forest fires. By the way, Maryland forest wardens established a record among surrounding states last yea by keeping an average of only a little over 28 acres burned by fire. These state forests are open to the public. They are ideal for fishing, hunting, study of forestry, and camping. Hunting and fishing are allowed in season and there is an open season of two or three days on deer. There are carefully selected camp sites marked for the convenience of tourists. In one of the forests there are six power plants in nine miles of forests. Maryland has one of the few original forests of any size in the Eastern U. S. Some of the trees of this hemlock trait are 120 ft. tall and 4 ft. in diameter by actual measuremest. Waste lands are being planted with about 1200 trees to th acre. These seedlings are supplied at cost by the state nursery which grow from 5,000,000 to 7,000,000 a year. We truly have reason to be proud of Maryland forests.

There will be a bake on Saturday the 29th at the N. B. R. garage for the benefit of the Reflector. Please help us by helping yourselves to some bargains.

The Senior English classes have been writing "steamer" letters. Some of them are very interesting.

All Juniors and Seniors are to meet in the cooking room at one o'clock on Wednesday to form a group of science clubs. The groups will be divided according to the science studied by the students. Those who take no science may join whatever group they choose. The election of officers, appointment of committees and laying out of the general program for the year will be discussed.

By this time, I suppose everyone knows that the C. H. S. soccer team tied that of Rock Hall at Rock Hall last Wednesday. Due to the rain the girl's games were not played. They are scheduled to be played at some time after Novmber 4 which is the date of the last game scheduled.

Tuesday afternoon our soccer team won their second county game from Galena High. The score was 15-0, but the game was tighter than the score indicates. The line-up for C. H. S. was as follows:

G.—F. Cornelius.
R. F.——H. Hadaway.
L. F.—E. Loud.
R. H.—H. Calloway.
C. H.—A. Hodgson.
L. H.—E. Morris.
R O.—J. Bibbs.
R. I—O. Valliant.
C.—R. Wright.
L. I.—F. Ford.
L. O.—H. Price.

M. Porter substituted for E. Morris; E. MacMahon for J. Bibbs; C. Dole for O. Valliant; and B. Harper for C. Dole because of injury.

We hope that the team will keep up the good work.

The Junior field ball team met defeat Tuesday at the hands of Galena's team. Although the score was 10-1, we have great hopes for the team after a little more practice. The following line-up shows promise.

L. W.—M. Newcomb.
L. I.—E. Baldwin.
C.—P. Crew.
R. I.—B. Barnes.
R. W.—P. Greenwood.
C. H.—J. Briggs.
L. H.—J. MacVean.
R. H.—E. M. Deirker.
R. F.—L. Magee.
L. F.—B. Berger.
C.—B. Capel.

H. Duyer substituted for E. Baldwin and M. Aldridge for B. Berger.

I'll see you subsequently.

W. C. T. U. TO MEET

The Chestertown Woman's Christian Temperance Union will meet at the home of Mrs. Elizabeth Baxter on High street on Thursday, November 3rd, at 8 p. m.

BETTERTON

The shadow of sorrow has been over Betterton this week when death entered two of the homes. Mr. Frank Bowman, one of Betterton's esteemed citizens passed away at his home last Thursday and the tragic death of little Doris Rasin on Wednesday afternoon. The sympathy of the community is extended to the sorrowing families.

The annual Middletown District Epworth League Convention held at Betterton last Thursday and Friday was the largest convention of the league ever held on the district. One hundred eighty three persons participated in the banquet held on Thursday evening and about one hundred for both dinner and supper on Friday.

The members of the Episcopal chapel held a successful supper at the Chesapeake Hotel last Saturday evening.

The Sunday School of the Methodist Church will hold a Hallow'een social in the basement of the church on Friday evening. The admission is 10 cents if masked and 15 cents unmasked.

Mrs. Laura Crew has bought the home of Mr. and Mrs. Norman Crew on Main street and Mr. and Mrs. George Brice have purchased the Fern cliffe Hotel from Mrs. Laura Crew.

Dr. and Mrs. Tabott Brice from Frederick and Miss Elizabeth Brice, of Baltimore, spent the week end with their parents, Mr. and Mrs. Arthur Brice.

Miss Florence Jewell, Miss Louise Hepbron an Mrs. James Brice attended the Teachers' Convention in Baltimore last Friday and Saturday.

Mrs. Charles Willis entertained the Women's Foreign Missionary Society at her home on Thursday afternoon.

Mrs. Elmer Thomas, Mrs. William Wheeler and Mrs. George Brice attended the meeting of the Kent County Home Economics Club in Chestertown on Tuesday.

Mrs. Clarence Crew, Jr., has returned from Sabillasville where she spent several weeks. She is now visiting with her mother at Centreville.

Mr. William Owens, the proprietor of Owens Cottage here, is ill at the Franklin Square Hospital in Baltimore.

Mr. and Mrs. Frank Brice have moved to one of Mr. Starr's cottages on Bayside.

GINGERSNAPS

Conductor (helping stout lady on car): "Yer should take yeast, mother, ter 'elp yer to rise better."

Stout Lady: "Take some yerself, lad, and then yer'd be better bred."

HALLOWE'EN PARTY!

Monday Night
October 31
Cross Street,

CHESTERTOWN, MD.

Everything FREE

Public Cordially Invited

Dance and Entertainment Starts at 8 p. m.

PRIZES FOR BEST AND MOST COMICAL COSTUME

Cross Street Merchants Association.



High Pressure GREASING

MAKE THE CAR LAST LONGER

by having it Greased by High Pressure Method on an hydraulic lift where every part can be reached. Greasing done while you wait or you can come back, as we have plenty parking space off the highway.

THE ATLANTIC SERVICE STATION
Maple Ave., Chestertown
LEONARD ZEISEL
TRY WHITE FLASH GAS FOR QUICK STARTING

BEN HELLER
PHONE 17

October 28 and 29, 1932

L. R. Pork	lb 13c
Round Steak	lb 20c
Ground Beef	lb 15c
Lean Smoked Ham	lb 14c
All Pork Sausage,	lb 15c
Best Pure Lard	lb 6c
2 lbs Land O'Lake Butter	50c
2 lbs Clover Bloom Butter	49c

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