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Wake Up Your Liver Bile —Without Calomel

And You'll Jump Out of Bed in the Morning Rarin' to Go

If you feel sour and sunk and the world looks punk, don't swallow a lot of salts, mineral water, oil, laxative candy or chewing gum and expect them to make you suddenly sweet and buoyant and full of sunshine.

For they can't do it. They only move the bowels and a mere movement doesn't get at the cause. The reason for your down-and-out feeling is your liver. It should pour out two pounds of liquid bile into your bowels daily.

If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You have a thick, bad taste and your breath is foul, skin often breaks out in blemishes. Your head aches and you feel down and out. Your whole system is poisoned.

It takes those good, old CARTER'S LITTLE LIVER PILLS to get these two pounds of bile flowing freely and make you feel "up and up." They contain wonderful, harmless, gentle vegetable extracts, amazing when it comes to making the bile flow freely.

But don't ask for liver pills. Ask for Carter's Little Liver Pills. Look for the name Carter's Little Liver Pills on the red label. Resent a substitute. 25c at drug stores. ©1931 C. M. Co.

Women's Page



NOTABLE FIRES IN CHESTERTOWN

Is there anything more blood curdling, than to be wakened out of a sound sleep by th clanging of a fire bell, or the shrill scream of the siren, warning all the town's citizens that there is a fire to be quelled. How we throw on our clothes and hasten to the place hoping to be some assistance. Chestertown, for a long time was very free from fires. The building where Mr. Bartley now lives was erected over the ruins of a large place then owned by a Mr. Thompson and Mr. John Smith had his home destroyed by fire. It stood near the location of Mr. Geo. Lofland's home. Then the paper mill, which was built just above Brook's Mill, was burned, then rebuilt and burned again. The paer of this mill was made of straw which gave a fine market to the farmers to sell straw, while it provided many of the town citizens employment, and it was considered quite a misfortune to the county when this industry was moved away. In 1884, the B. S. Ford was burned. It had been on the ways for some time being painted and prepared for the spring and summer season. A beautiful sight it was as it steamed up the river in its new spring colors. Many were waiting to meet it at the wharf. Not only the boat, but also the officers had new spring suits and everything looked so promising for the morrow. But alas! in the dead of the night the fire bell rang out. The boat was on fire. How every one rushed to the scene and the lower part of High Street was lined with peope. A glorious sight it was though a very sad one. The flames fed by the fresh paint mounted high and the radiance was reflected in the water. There was no saving the steamer though the crew and people around worked very hard. Many were on the bridge for fear that the burning vessel would break from her moorings and float toward it, but it staid at the wharf until everything perishable was destroyed, and only the blackened hull remained. There was then no organized Fire Company. In case of fire some one of the citizens would assume command, and there would be a long bucket brigade formed, each man handed to the other the bucket of water, and thus it would reach the fire.

But as they say one needs to have a tooth ache before one finds that there is anything the matter with one's teeth so Chestertown had to have her warning, before a Fire Company was formed. Centreville had had her warning some time before and had a good Fire Company before 1910, when Chestertown was visited by the largest fire that it ever had. Most of us were at dinner when the fire bell rang. The blaze started at Davis and Satterfields blacksmith shop and for four hours it raged, fanned by a strong wind. A terror stricken crowd gathered, Chief Harry Cannon took charge. Everywhere men were seen on the roofs of houses keeping them wet while the water from the pipes hissed as it touched the devouring flames. A hasty call was sent to Wilmington for aid. We all hoped that the fire would be stayed when it reached Bordley's Corner, but it was not. On and on it went in its work of destruction. Then the men began to raze the buildings that were in the path of the flames. One after another was torn away and finally as though tired of its effort it was stopped in its course at Moffett's store on High street. The Fire Company from Wilmington arrived at 11.30 p. m. and did good work on the still burning coals. Twenty business houses were burned and at least six homes. What did the Towns people do then? They began at once to rebuild, replacing the frame building with brick. In a short time not a trace of the fire was to be seen and many fine buildings have risen as a phoenix out of the ashes.

And then and there a Fire Company was organized with Mr. Will L. Fowler as President a Fire House was built and engines were purchased. Now we have a good and efficient company who are called very frequently to fires in the country as well as in town. Rock Hall has followed Chestertown's example and also has a fine Fire Company Millington too, has a good and efficient one each doing all in its power for the fires in their neighborhood. And each of these Fire Companies have a band which is not only inspiring to the firemen but to any community. And so the Firemen as a class give their unselfish service in case of fires and they likewise have done much for the uplift of the community.

The letters of Mrs. Evelyn Harris and a Western Women farmer have appeared in the uly Atlantic Monthly. Mrs. Harris's articles are always interesting and we wish we could see more of them in the current magazines. There are other women writers in our town and county who write well in a bright attractive style. We are wishing that the Editors of the different periodicals would have the time to look over their articles. Many are much better than those which are accepted.

HATS

The fall styles are proning a return of the popular velvet turban and becoming berets to take the place of the large picture hats which have been in vogu this summer.

Meet Hot Days In Net

This very minute,f or a very hot day, there are engaging little frocks of net whose transparency gives them a refreshingly cool look. At the neck they are rucled. The sleeves are short, the skirts gored and about eight inches off the ground. Underneath is worn a black crepe slip. With them one may don one of those Breton sailor hats of woven black organdy in the back of which is a little garland of shiny fruits.

Sheer Black of Evening Wear

For hot July nights sheer black is unsurpassed. Here again black net scores. Exquisite examples of this are the airy frock illustrated (with its lamp-shade cape ad very decollete neck, held in place with only a couple of bands across the shoulders!), and Molyneux's Spring model (the one in chiffon with full cired ruffles and matching cape), which is in net.

The Road To Better Health

HOW TO IMPROVE A DROWNED PERSON

BY DR. WILLIAM J. SCHOLES

Most persons who have been submerged in water for five minutes are dead when taken out, and all efforts to resuscitate them are usually fruitless.

It occasionally happens, however, that one pronounced dead is revived, and every one should accordingly be familiar with the best method of giving first aid to the drowned.

The first step is expulsion of the water from the lungs. Most people start hunting for a barrel under the delusion that rolling the patient on it is the only way to expel the water. And while the search is going on the patient peacefully passes away, for keeps.

The simplest and most effective method of clearing the air passages of water is to hold the patient up by his feet and let the head hang down. This, of course, provided there is someone present strong enough to perform this operation. Otherwise, placing the subject in the prone position and raising him in such a manner that his head will be lower than his feet is the second best procedure.

Having expelled the water the next step is artificial respiration.

The Schafer Method

The best system of reviving the drowned is the one devised by Schafer. He claims several advantages for his method. viz., (1) It is simple and easily mastered. (2) It can be performed by one person without becoming fatigued. (3) The mucus and water are expelled and prevented from blocking the passage of air in and out of the lungs.

The Schafer method, briefly described is as follows:

Place the patient in the prone position (face down.)

Stand astride him and place the hands on either side over the lower ribs. Make firm but not violent pressure, allowing the weight of the body to come on the arms. Maintain this pressure for three seconds, then relax and at the same time bring the patient's body upward.

Repeat the entire movement at intervals of five seconds—twelve times a minute.

Accessory Measures

During all this time the patient should be kept warm as possible. He should first be dried thoroughly and then wrapped in warm blankets. Friction of the surface of the body from the extremities toward the center should be kept up simultaneously with the artifical respiration.

After the heart action has definitely stopped there is little use in continuing efforts to restore breathing. However, so long as the heart is beating, artificial respiration should be maintained regularly and systematically. It should be thus continued for two hours before hope is abandoned.

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