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Come in and look around, it usually pays.

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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



We paid a visit to the old Walker place a few days ago. This place was part of the old Wilmer grant and for years it was called the White House though never in our memory do we recall its being painted white. Being a part of the Ricaud Estate at the marriage of Miss Mollie Ricand to Mr. Walker, it became their residence and for years they dispensed generous hospitality to friends and neighbors every where. There was a long avenue of trees reaching high, with their boughs meeting which made of the long walk up to the house a shady and pleasant one.

Mr. Walke r was a man of high ideals, a true friend and a staunch churchman.

He was an ideal host, and Mrs. Walker, sweet and gentle lady that she was, was loved by everyone, She was a fine housekeeper and the writer remembers how the table would almost groan under the array of good things which her house wifery provided. The dining room was a very large and homey looking room and on a panel there was a picture Chestertown painted, it is said, by Charles Wilson Peale, the noted colonial painter who lived in this town, and many say that the town was his birthplace. It was a goodly company that used to gather at the White House board Dr. Beck and his family which was a large one Dr. Hines and his large family and many others would meet together there. Dr. Beck and Mr. Walker were such close friends that often they were called, Damon and Pythias. Dr. Beck was clerk of the Court at that time. I remember hearing a Republican once say, that, though he was faithful to his party, it was always understood that he would vote for Dr. Beck, if he ran for an office, for he labored among the sick and suffering untiringly, very often without any compensation. Dr. Frank Hines too, the father of the present Dr. Frank Hines, was an outstanding man. Memory goes back also to the after dinner music when the host's daughter, Cornelia, would go to the piano and accompany her father on his clarionet, while his son, Willie would join in with his whistle which sounded very much like a bird singing. It was very harmomous and was enjoyed by everyone. Today we drove up to the old place again. The grand old trees have all been cut down but th last owner has planted trees there again which for many years will be small and we missed the olden beauty as we drove up the avenue.

The place is handsome still and quite attractive. They are planning to make Radcliffe creek into a lake, which, if they succeed, will be a great improvement to the surroundings. But as I sat there, memory was busy with the old ways and the familiar faces which have passed to the great beyond. Perhaps they, too, in the spirit world visit their old haunts and scenes of long ago. It is again for sale, as the proprietor has gone to his rest, and the widow finds the house too large for her. Perhaps some of the family, of those who lived there so long ago, will wander back again and buy it. Its solid walls stand firm and strong and look as though it will be there for many centuries.

After Mr. Walker's death, the place was sold to various owners, first to Mr. Stimson, who donated the Peale picture to the Maryland Historical Society then to Mr. Walter Wright of this county. Mr. Wright sold it to Mr. Frank Worrell, a former resident of this county. Mr. Worrell improved it very much, but finding it more convenient to go to the city he sold it to Dr. Spranklin, and the place now belongs to his widow.

STYLE

Is there anything in the accessory line that makes a woman feel more thoroughly feminine than a boa? If there is, we do not know it. In its pliable curves lies limitless coquetry. It conceals and reveals. The open season for boas is in August and September. They prove sufficient covering to guard against draughts. The most dashing are of Coq feathers, for, like Chantecler, they suggest brilliancy and bravado. They are striking whether in dull black, natural iridescent hues or vivid colors. Mahogany is the newest shade.

Poudre and snowflake are the names given to two types of ostrich boas. Poudre is as soft as a cloud; favorites are billowing white feathers tipped with black or blue and pale pink fringed with speckled black. Snowflake boas of ostrich tendrils end in white tips that look almost crytalline. While ostrich boas are chic, ostrich capes have that old-fashioned quaintness which seems to be the thing of the hour.

Fans and feathers are practically synonymous. Fans always belong in the boa eras. Willow plume fans are here again. To us they look a bit dowagery; we prefer the more barbaric looking ones of brilliant coq feathers. More subtle are fans of mousseline-de-sole with big feather or leaf motifs that flutter as they are moved gently to and fro. They come in all the popular shades, but it is good style to match them to the gown.

Timely Household Hints

Cook the celery leaves with the spinach. The flavor is improved and the food value increased.

If there isn't time to make a white sauce use canned celery soup undiluted.

Adding the vinegar from sweet pickle makes a deliciously flavored mayonnaise.

Open an asparagus can from the bottom. The stalks may be withdrawn without breaking the tips.

Use a pie plate filled with salt under cooking vessels in the absence of an asbestos mat.

Ice tea sippers are easily cleaned by running a pipe cleaner through them.

A Show of Petticoats and Bustles Will Cool You Off

The Museum of the City of New York at Fifth avenue and 103d street has arranged things so that you can spend an hour or two crowing over your ancestresses on a really sweltering day this summer. It's great fun to know how many bustles and petticoats you don't have to wear. The displays cover a century of fashions, from 1800 to 1900. It shows you that white pique was very ha-cha in 1830, and that the gentlemen that year went in for white linen suits. It comforts you with the fact that a widebrimmed leghorn hat, decorated very simply in ribbons, cost $25 in 1818. And when you had guests for tea, back in 1800, you added to all the other things you wore (and it would take us hours to go into that) an embroidered white silk apron. That was probably a hostess pajama substitute. And maybe you have heard of the "Grecian Bend," which was the debutante slouch of the '70s. If you haven't you may witness it in the bustled models of that era. Even the dresses of the 1900s will help to cool you off, although there is something oddly like 1933 about them.

The Road To Better Health

TREATMENT OF SUNSTROKE

BY DR. WILLIAM J. SCHOLES

There are two forms of sunstroke—heat prostration and heat fever—and as the treatment is entirely different in each, a careful distinction must be made.

Heat Prostration

The first symptoms of heat prostration are dizziness, a throbbing headache, nausea, and sometimes diarrhea. As these disturbances increase in severity the patient's skin becomes pale, cold and clammy. He is restless and profoundly prostrated. The temperature is subnormal and the pulse feeble. Finally he may become unconscious.

The first thing to do is call a doctor. Pending his arrival place the patient in the shade, and as soon as possible in a cool, well-ventilated room. The clothing should be removed and hot applications placed around the extremities to restore the circulation and make the patient warm. If unconscious he should be made to inhale aromatic spirits of ammonia. A mustard paste should be applied to the back of the neck and along the spine. As soon as he is able to swallow he should be given hot coffee and spirits of camphor.

Heat Fever

In cases of heat fever the picture is entirely different. The patient is exceedingly hot, the temperature running from 105 degrees to 110 degrees. I have seen one case in which the fever was 112 degrees. The skin is dry, the face congested, and the vessels are throbbing. The patient is very restless, breathes forcibly, and his pulse is rapid. He may speedily become unconscious.

As in the case of heat prostration, the first step is to call a physician. The patient should be placed in the shade and then taken into the house. The clothing should be removed and the subject placed in a tub of water at a temperature of 80 degrees to which ice is gradually added. Ice should also be placed on his head. During all this time he should be rubbed vigorously to keep the blood circulating and bring it to the surface of the body where it can be cooled. If a bath-tub is not available the patient should be laid on a bed or cot, wrapped in a sheet wrung out of ice water, and rubbed with ice.

The temperature should be watched carefully and the moment it has dropped appreciably the subject should be removed from the bath. Otherwise the temperature may continue to drop until is becomes subnormal and the patient pass into a state of collapse. Generally speaking the bath should not be continued for more than half an hour at a time.

After-Effects of Sunstroke

People who have had sunstroke usually suffer from the effects of heat as long as they live. Such persons should avoid exposure to the sun and keep out of overheated rooms during this time of the year. They should take cold baths every day, dress lightly, eat sparingly, drink plenty of water.

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