Women's Page

The Road To Better Health

ABOUT TOBACCO

By DR. WILLIAM J. SCHOLES

Whenever a man reaches the over-ripe age of ninety he is asked for an interview on how and why, in his opinion, he lived so long. Old Uncle Ebenezer will say that it is because he 'never touched tobacco.' The following week, Grandpa Snodgrass—another nonagenarian—comes out with a statement, between puffs at his pipe, that he's 'been smoking since he was elven years old.' It's the old story of the personal equation.

Tobacco has had some bitter enemies, and most of the warfare has been waged against the cigarette, whose strongest opponent was Lucy Page Gaston. She never said much against pipes and cigars but concerned her efforts against the cigarette—not knowing that, despite popular belief, the latter are the least harmful of the three. And while I am on the cigarette, let me say that all the talk about the paper being the harmful part is pure nonsense.

Inhaling Harmful

The harmful effect of smoking consists in the inhaling of nicotine. And the amount of nicotine the smoker gets depends, not on the kind of tobacco, but the manner in which he uses it. During the burning of tobacco—let us say, of a cigar—there is behind the seat of combustion a moist area in which the water and volatile substances are condensed and drawn into the mouth with the smoke. Inasmuch as there is enough nicotine in the average cigar to kill an ordinary man it is evident that only a fraction of this is inhaled, the remainder being destroyed by the process of combustion.

Obviously, then, the larger this moist area of condensation, the more nicotine will be volatilized and inhaled. It follows that cigarettes and panatellas are the least injurious, while thick cigars and pipes are the most harmful. Also, the longer a cigar is smoked the more harmful a cigar is smoked the more harmful it becomes, because of the increased amount of moisture. Every smoker knows that a thin cigar is not as 'strong' as a thick one, and that the first two-thirds of a cigar are milder than the last one-third.

As for pipes, the long-stemmed kind are preferable to the short-stemmed, because when the smoke passes through a long stem it is cooled and the volatile substances are deposited along the lining of the stem. In the short-stemmed pipe the smoke is still hot when it enters the mouth, and all the volatile substances are inhaled.

The time of day one uses tobacco has considerable bearing on its effects. Thus, smoking a cigarette before breakfast is as injurious as are three 'pills' afterward. Smoking 'on an empty stomach' is more injurious than it is after a full meal. Smoking between courses at dinner is bad. It retards digestion.

The use of tobacco is, however, harmful to anybody, man or woman, whether used moderately or excessively. The harm is, naturally, like everything else, a matter of degree. Some suffer less ill effect than others.

Hints for the Household

FOR JUNE

BY BETTY WEBSTER

If I could be a flower-child
Do you know what I'd be?
I wouldn't be a pansy,
Or a rose, or a sweet pea.
I'd choose to be a hollyhock,
And grow so straight and tall,
That I could see the whole wide world
Beyond the garden wall.

Do You Know—

How to play the game of 'Bird, Beast, or Fish?' It is great fun and can be played with any number of people.

The players are seated in a circle and one is chosen to go to the center. There he walks around for a moment, stops suddenly and, pointing to one of the other players, says ether 'Bird' or 'Beast' or 'Fish' and counts from one to ten as rapidly as possible. Before the number ten is reached, the player at whom he is pointing must name a bird or a beast or a fish, as the case may be.

The player must name a bird or beast or fish that has not been named previously before the final count. If he fails he changes places with the one in the center and the game goes on.

This is a great deal of fun and keeps everyone thinking. Try it!

It's a Fact That—

1. Stale bread will absorb the moisture from a fresh loaf and should never be put in the bread box with fresh bread.

2. June is the month for canning strawberries, pineapple, and rhubarb.

3. Patent leather shoes will retain their newness indefinitely if they are warmed before wearing and wiped with a soft cloth, stuffed with tissue paper and dried thoroughly after wearing.

Strawberry Marmalade

5 cups of rhubarb, cut small without being peeled
1 quart of strawberries.
5 cups of sugar.

Mix ingredients without water; Cook slowly until thick.

Stained Glasses

Stained glasses are very nearly as undesirable as nicked china. The nicked china can not be made right, but the stained glass can.

Take either a mixture of vinegar and salt or lemon and salt and rub well over the stain. Then wash thoroughly and glass will resume its clearness.

Use For Clothes Pins

Use pinch clothes pins for pinning bed room curtains back. The clothes pins can be made very pretty by painting them to blend with colors in the room.

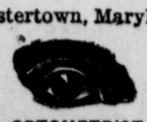
Huckleberry Surprise

One package lemon junket.

Five heaping tablespoons huckleberries.

One pint milk (half cream if desired).

Sort and wash berries and place a heaping tablespoon in each of five dessert glasses. Prepare junket according to directions on package, using the pint of milk. Pour at once over berries. Berries will come to the top and make a tempting dish. Let stand undisturbed until firm—about ten minutes. Chill and serve.

DR. JULIAN T. POWER
Chestertown, Maryland

OPTOMETRIST
CHESTERTOWN, MD.
In office at Chestertown every Monday, Wednesday and Saturday. Office hours 9 A. M. to 4 P. M.

KENNEDYVILLE

Mr. and Mrs. Delbert Robinson, of Reading, Pa., spent the week end with relatives here.

Mrs. Robert Kennedy is spending some time with Mrs. Sue Shallcross who is quite sick.

Rev. Ferguson gave a very interesting talk to his congregation in the Presbyterian church on Sunday evening about his trip with four other young ministers to Virginia and North Carolina, last week.

Service as usual next Sunday evening at 7.30 p. m.

Mrs. Mary Miller is spending this week with Mr. and Mrs. Ralph Miller.

The Odd Fellows attended service in the M. P. Church Sunday evening.

The Ladies Aid Society met at the home of Mrs. Edgar Pennington Friday evening.

Mrs. Peeper, of Cecilton visited Mrs. George Glenn on Monday.

Mr. Howard Rooke and friend, of Wilmington, visited his uncle, Mr. William Lipscomb and family on Sunday.

Don't forget the supper at Mrs. Dr. Urie's Saturday evening.

Mr. and Mrs. Hurlock and friend, of Church Hill visited Mr. and Mrs. W. S. Hurlock on Sunday.

Dr. and Mrs. Urie, of Richardson Park, and Mr. Harry Rasin and family visited home folks on Sunday.

Mr. and Mrs. William Hopkins entertained friends from Chester on Sunday.

Mrs. Parsons, of near Worton, spent Sunday with her mother, Mrs. Mary Miller.

Mrs. Bessie Cain spent the week end with friends in Clayton, Del.

Mrs. Pearl Walls is spending a few days with her daughter, Mrs. Joe Oliff and family at Worton Point.

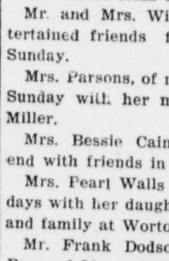
Mr. Frank Dodson and family, of Pa., and Mr. and Mrs. Harry Redmile spent Sunday with Mr. and Mrs. Lin Redmile.

Mrs. Vansant, of Chestertown, and Miss Betty Jean Groves and Sara Scotten spent Saturday with Misses Hanna and Lizzie Scotten.

Mr. and Mrs. William Dempsey entertained friends from Delaware on Sunday.

Mrs. Mary Kennedy spent a part of last week in New Jersey.

Rev. and Mrs. Brown, of Baltimore, will spend Sunday here with friends.

"Nerves" "NERVES" "Nerves"

Dr. Miles NERVINE "Did the work" says Miss Glivar
WHY DON'T YOU TRY IT?
After more than three months of suffering from a nervous ailment, Miss Glivar used Dr. Miles Nervine which gave her such splendid results that she wrote us an enthusiastic letter.
If you suffer from "Nerves." If you lie awake nights, start at sudden noises, tire easily, are cranky, blue and fidgety, your nerves are probably out of order.
Quiet and relax them with the same medicine that "did the work" for this Colorado girl.
Whether your "Nerves" have troubled you for hours or for years, you'll find this time-tested remedy effective.
At Drug Stores 25c and $1.00.
DR. MILES' NERVINE LIQUID

Rev. Brown will preach Sunday morning in the M. P. Church.

Mrs. George Ringgold will lead Christian Endeavor Sunday evening.

Mr. and Mrs. William Webb visited their grand daughter, Mrs. Sapp at her home near Clayton, Del., Mrs. Sapp is quite sick.

Mr. Howard Johnston and friends spent Tuesday in Philadelphia.

WORTON

Rev. and Mrs. Eugene Woodward, of Rising Sun, visited her parents Mr. and Mrs. Harry T. Williams, Saturday.

Little Ann Livingston Harris was the week end guest of her grand parents, Mr. and Mrs. W. A. Joiner.

Mrs. May McCloskey and friend, Mr. Moore, of Wilmington, spent Sunday with Mr. and Mrs. A. S. Crouch.

Mrs. Laura Cranor, of Lankford, is the guest of her sister, Mrs. B. F. Rash and family.

Mr. and Mrs. C. H. Clayville have returned from a visit with relatives in Baltimore and Snow Hill.

Mr. and Mrs. S. J. Lee spent Monday in Wilmington.

Mrs. W. S. Garander, of Baltimore, is spending some time with her sister, Mrs. Rachel Loud.

Mrs. W. O. Draper is visiting her parents, Mr. and Mrs. C. H. Clayville this week.

George B. Rasin, Jr., student at Washington College spent the week end at his home here.

Mr. and Mrs. James Coleman and little son, Jimmie, spent Sunday at the home of his parents, Mr. and Mrs. Frank Coleman, of near Massey.

Mrs. C. G. Hadaway visited her nephew who is very ill in Philadelphia several days last week.

Mr. and Mrs. W. O. Draper are receiving congratulations upon the arrival of a fine baby boy which arrived early Wednesday at Emergency Hospital Easton both mother and baby are doing nicely.

STILL POND

Miss Louisa Travers and Mr. Walter Davis visited with Dr. and Mrs. Norwood Voss, of Wilmington, on Sunday.

The P. T. A. wish to thank all those who faithfully and willingly helped to make their supper a success last Saturday evening.

Miss Louise Toulson, of Wilmington, spent the week end with her sister, Mrs. William Clark.

Mrs. William Medders has returned to her home after spending sometime in New York with her daughter.

Mrs. Joseph Bowers is among those on the sick list. We hope for her speedy recovery.

Mr. Elmer Atwell, of the Ericsson Line visited with his family over the week end.

Mr. Galen Clark with Alan Bonwill and Howard Owens, of Betterton, spent the week end at Camp Rodney.

Mr. and Mrs. Arthur Price and son spent Sunday with her parents, Mr. and Mrs. Carroll Everett on Sunday.

The Woman's Foreign Missionary Society attended a meeting last Friday at Easton.

Lee Freeman returned to his home near Townsend after spending several weeks with his aunt, Mrs. Oliver Nicholson.

Miss Kate Howard spent Sunday in Federalsburg with Mr. and Mrs. A. J. Hyland. Mr. and Mrs. Hyland returned as far as Chestertown with Miss Howard, where they will spend part of this week.

William Medders, Jr., of Baltimore, visited with his parents, Mr. and Mrs. William Medders over the week end.

The Musicale given by the combined Clubs, Millington, and Still Pond, last Tuesday evening was a success and well attended.

The Odd Fellows and Rebekah's of Still Pond, attended services at the Kennedyville M. E. Church last Sunday evening.

Glimpse at Stone Head Meant Death to Indians

Isle Royale, farthest outpost of Michigan, is not only an island of natural wonders, but also an island of freaks, says a writer in the Detroit Free Press.

Foremost of them is an Indian's head which nature has formed of the island's jagged shoreline rocks. It is similar in type to the famous Old Man of the Mountain and Indian's Head in the White mountains, but is unlike them in that nature has carried her limning a step further and given the Isle Royale Indian a feathery headdress—actually a tree growing on top of the bluff in which the head is carved.

Discovery of the face by white men recalled an ancient Indian legend among the North Shore tribes, who believed that any brave who saw Isle Royale would perish.

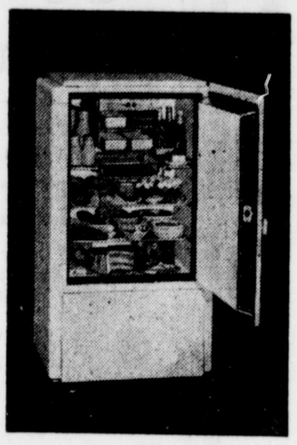
Another of the island's freaks is a "devil's pitchfork." A fisherman found a strangely formed stunted spruce behind his cabin. The tree took the shape of a three-pronged pitchfork, the tines growing skyward.

He cut it down and peeled away the bark, finding the wood underneath solid, which is unusual. Such freaks often are the result of dead branches forcing the tree to grow in other directions.

STRIKE UP THE BAND

Decoration Day, May 30th
American Legion and Firemen's Parade starts at 10.30 a. m. This store closed during services at cemetery out of respect to our departed veterans. Open as usual the remainder of the day.
JOIN THE PARADE
of Thrifty Shoppers who will come to NOLAND'S, before Decoration Day to supply their needs. You'll find Bargains Galore—and quality that it pays to buy. Now is the time to begin your shopping for hot weather and outing goods. We are ready for you with fresh, new, attractive merchandise. Don't be late.
Fall In Line! Everybody Is Coming To
NOLAND
221 High Street Chestertown, Maryland.

Selling Out
The sale to clear our entire stock is still on and many fine bargains remain.
Special - Remnants of FELT BASE and LINOLEUM 1/2 OFF
Everything in our store must go. If you need house furnishings see our stock.
John Bartley & Son
Chestertown, Maryland

THINK
Continuous Food Production
With Savings All Year 'Round
at a Constant Controlled Temperature
That Does Not Vary
in Summer
Your Family's Health
Largely Depends On Food Production
Only Electric Refrigeration
Gives You Sure Production Plus Savings.

GENERAL ELECTRIC
General Electric's performance is proven by years of experience. Now General Electric proves itself superior in another way—in thriftiness. It costs 16% to 50% less to operate a GE than any other Standard Electric Refrigerator.
5 years protection on the Monitor Top for only $5.
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NOTICE

Any Registered Nurses who wish to work at the Kent & Upper Queen Anne General Hospital will please call Miss L. Elizabeth Wright at the Hospital, and go on the Hospital Register.

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Five car-loads of Fine Furniture.
Bed-room, Living-room and Dining-room Suites, Davenports, Studio Divans, Kitchen Cabinets, Vanities, Dressers, Beds Springs, Rugs, Mattresses, Stoves, Lamps and Odd Chairs.
Also, large selection of good trade-in Suites, and Odd, Pieces.
Open Evenings.
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THE NEW TELEPHONE DIRECTORY CLOSES


MONDAY, JUNE 3
Be sure your family is in it
A telephone will keep them in touch with friends. It will do the marketing and shopping. It may bring news of jobs. It will bring help quickly in emergencies.
Order yours today. There is still time to get your name in the NEW DIRECTORY.
If you have a telephone—and want your listing changed, or want additional listings, please let us have your order promptly.
The Classified Directory—the yellow section—is also closing. An advertisement in this section appears daily at low cost before the largest group of buyers in town.
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