NOW AND THEN

HEART FLOWERS
By Alice Matthews

I have a little garden—I've nurtured
now for years—
I've smiled upon it sometimes, and
watered blooms with tears.
I've set out fresh blown roses—and
under low-browed rocks
I've planted for my pleasure old
fashioned holly-hocks:
And in their midst blue violets wee
daughters always fair
I've watched Spring's breath a-
touching to make them debo-
nair.
And when by great emition I'm filled
with harmony
The flame of red carnations means
O so much to me—
And little opening daisies all duly set
and pied,
I've stood before O often, till open
they up wide.
Also I've holy flowers in garments
pure of white
I watch as they're reflecting deep
wells of mystic light.
O heart-flowers all I love you, and
trust your garland-spread
Will wrap me in God's Garden,
when there my soul hath sped.

GARDENS

"We are nearer God's heart in a garden than any place else on Earth," says the poet. Not always! for there are other places where we can be very close to our maker.

But we are surely very near Him when we are surounded by all the beauties of nature.

There was a discussion at the Club last week as to the advisibility of having Old Chestertown Day in the Fall instead of the Spring, because the weather has been so dreadful on the last two years on that day, but after some discussion it was decided that the Spring is better on account of the long days at that season.

Speaking of gardens one is reminded of the great naturalist Prof. Louis Agassiz, who came here from Switzerland and became one of our most noted teachers. The students of Harvard College loved him very dearly and at his death saw that his grave was lined with the wild flowers, which he had loved .

A merchant once sent a gift of $1,000 to him and invited him to accompany the donor to Europe. Prof. Agassiz declined with thanks, explaining that he was going to spend the sumer traveling in a far vaster region—his own back yard.

At one end of this plot of ground, scarcely more than a few rods square, the scholar began an intensive exploration. Soon he found a small stone holding the outline of a mollusk, hard by a pebble marked by the printe of a fern. Three months were required to traverse the entire yard; and almost every foot yielded some treasure of the past, either recent or remote. In that ninety days he coveerd some millions of years of time.

In the autumn the man who had taken Professor Agassiz's place in the journey to Europe returned, with jumbled and, for the most part, incoherent recollections of strange lands and strange peoples, little appreciated, little understood.

But what of Professor Agassiz and his back-yard travels? Thumbing through the voluminous notes he had gathered on his journeying, he said, "I believe I wil write a book."

He did. It was called, "The Journeys of a Zoologist."

POSTMASTER IN FAVOR OF THREE-CENT POSTAGE

Washington (AP)—The National Association of Postmasters Oct. 12 urged the Post Office Department and Congress to continue the three-cent rate for out-of-town letters.

The 4,000-odd delegates at the convention resolved unanimously that the three-cent rate—introduced as an emergency measure seven years ago—be made permannt to "continue the postal service on a self-sustaining basis."

The association also called on Postmaster General Farley to issue special two an dthree-cent Christmas stamps which would bear a message of peace and good will. The delegates asked the Post Office Department to give postmasters, as well as postal employees, the 40- hour week.

LITTLE THINGS

It is said that the Battle of Bennington was won because a little lame boy in Vermont set a shoe on Colonel Warren's tenderfooted horse thus enabling the Colonel to lead up his regiment just in time to save the day.

It was the victory at Bennington which decided the victory at Saratoga. The latter, in turn, decided the outcome of the Revolutionary War.

GOLDEN AGE OF PURE MUSIC

The years of 1750-1827 mark the magnificent period of the development of the sonata, symphony, string quartet, and other types of classicol instrumental music given to the world by a series of great composers ending with Beethoven.

A NOBLE THOUGHT

One of the contemporaries of George Eliot relates that during a conservation with the great author, a vase toppled on a near-by table, and the novelist quickly and unconsciously put out her hand to stop at fall.

"I hope," said she, replacing it, "that the time will come when we shall instinctively hold up the man or the woma nwho begins to fall, as naturally and unconsciously as we arrest a piece of furniture or an ornament."

HEALTH DEPT. ADVISES CARE OF CHILDREN

Three "R's" Still Effective In Health Work

Children brought np according to the three R's of mouth health, have a good chance to escape the discomforts and accompanying ill-health that come from dental disorders, according to Dr. Richard C. Leonard, Chief of the Division of Oral Hygiene of the Maryland State Department of Health.

"This season of the year, when the children are getting adjusted to school routine, is a particularly appropriate time," Dr. Leonard said, "to give special thought to the physical as well as the mental aspects of a child's development. The child who is physically fit makes much better progress in school, than does the boy or girl who is below par. Parents can hlep to keep their children fit by carefully following the rules of mouth health in bringing up the children.

"The there R's" he continuer, "of course, are not 'Reading, 'Riting and 'Rithmetic'. But are 'Right' foods; 'Real' cleansing and 'Regular' office visits, which are as important to mouth health as the old three R's to mental development.

"The teeth and other mouth tissues depend for their original structural strength and their continued resistance to ill-health on the quality and quantity of building materials made available in the foods one eats. The first set (baby) teeth obtain their materials from the mother before a child's birth. The permanent set may depend on the diet of both the mother and the child itself. Consequently, the diets of both should be rich in calcium, phosphorous and in those vitamins that seem to affect mouth tissues. That is, there must be the "right" food in the diet for strong decay resisting teeth.

"'Real' cleansing means twice-a-day, thorough brushing of the teeth, with effort to reach every tooth surface and, finally, the equally thorough flushing of the mouth with some mild antiseptic liquid. The germs that play the part of tooth destroyers in the disease known as dental decay are more active in unclean mouths. Real cleansing will help to prevent their activity.

"But it is unwise to place complete dependence for dental health on the first two R's. So 'Regular' dental office visits should be made if only to assure one's self that the mouth is healthy. These visits permit your family dentists to discover defects when they are small and to correct them before much damage is done. Naturally these corrections are much more easily made than those that have long gone unattended.

"Children of two years of age are not too young to start dental office visits. From then on 'Regular' visits will be good insurance of continued dental health."

STATE OFFICIALS SAYS NOW IS TIME TO TRANSPLANT

Offers Suggestions For Landscaping

Perennial borders generally need a going over once a year, Mr. Ballard states. Plants have died and need renewing or types have proved unsatisfactory and are to be replaced by better adapted kinds. New varieties or species are to be tried and gifts from garden friends must find a place. Many perennials need dividing every three or four years, or sometimes oftener.

Occasionally it may be desirable, Mr. Ballard points out, to change the color scheme of the border, or the soil has become so depleted that it may be necessary to take up the plants, fertilize the soil and replant.

Perennials started from seed in the spring, transplanted to nursery rows and given good culture, should be in excellent shape for removing to the hardy border at this time in the year. All these operations may go hand in hand with the annual fall clean-up of the garden.

Those who have perennial plants to transplant may well do that task during the month of October, according to the advice of Walter R. Ballard, specialist in ornamental horticulture for the University of Maryland extension service.

Usually the soil is well supplied with moisture at that time in the year, and the excessively high temperatures are past, Mr. Ballard points out. There is still time, he says, for plants to get somewhat established before heavy freezing weather. If transplanting is delayed to the latter part of the month, he advises that it be better to move plants from pots or with a good ball of earth about the roots. Also, if there is danger of heaving, a light mulch of some coarse material such as straw, tobacco stems or pine boughs will appreciably aid in preventing such troubles.

TOMORROW IS 4-H SUNDAY IN KENT

Special Service At St. James Church

At a meeting of the Kent 4-H Club Council on Thursday night, October 29th. was designated as 4-H Sunday in Kent County. All 4-H club members, their parents and friends are invited to attend a special service to be held at St. James Church at 7.30 p. m. on October 29th. Other counties of Maryland are also designating a 4-H Sunday during October. The committee in charge of arrangements for Kents 4-H Sunday is composed of Walter Moffett, Jr., chairman, Wilbur H. Morris and Doris Legg.

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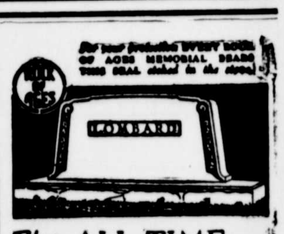

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