Breakfast Important Meal For Pupils

State Health Officer Stresses Early Rising, Time For Eating

Don't let your children get into the habit of rushing off to school after bolting down a hasty breakfast. Get them up a bit earlier, so that they have time for a worthwhile meal, Dr. Robert H. Riley, Director of the State Department of Health, advises mothers, whose children are attending school.

"Breakfast is a very important meal for the youngsters", Dr. Riley said, "and now that the schools are under way, and the children have to be off at the same time each day, the wise mother will take advantage of this routine by getting children up and serving breakfast at a regular hour each morning. 1 can salmon

"Many children go to school" he con- 1/4 teaspoon salt tinued, "without enough breakfast, or 1-16 teaspoon pepper with the wrong kind. When a child 2 tablespons lemon juice does this it is practically impossible to 1 cup fine bread crumbs give him enough food for his needs in 1 tablespoon butter the remaining two meals. He will be hungry before lunch time, which may 2 tablespoons butter make him inattentive or cross in school. 2 tablespoons flour Very often his desire for food will have 1 cup boiling water gone by noon-time so that he does not 1/4 teaspoon salt feel like eating a good lunch. A chain Dash cayenne of poor eating may be started which 1 tablespoon butter will lead to under-nutrition.

is one of the main reasons for children what improved at this writing. Her ton Hunter was the leader and the Wood who scored four goals, two of having inadequate breakfasts. No child host of friends wish her a speedy re- candle service was most impressive. which were in the last minute of the can be expetced to eat a susbstantial covery. breakfast unless he can sit down to the Mr. Billy Lewis spent the week-end preached a very searching message table with from 20 minutes to one-half at Hillsboro with relatives. hour set aside for the sole purpose of Mr. and Mrs. Lester Lee and chil- voice; she received not correction; she

dress and have a little time to spare Thomas and children, of Chester.

ready to eat. "The morning should have three fix- Holland. ed points: A time for getting up, a time for eating breakfast and a time for leaving for school. At least one hour should be allowed between the time of rising and the time of leaving for school.

clude other foods, but it should be built ing by the pastor at 2:30 o'clock. Ep- Church Hill high school, class of '37, around these essentials:

eal such as oatmeal; milk; bread and And My Education." butter; fruit. "The mother who sends her children to school with a substantial breakfast of Philadelphia Home for Incurables, en- Mrs. Floyd Cahall. the right foods may feel confident that joyed a weeks' vacation with her par-

health'."



Indianapolis survey shows that more Miss Frances Usilton and Master Joe cars can be moved past a given spot Grimes, of Baltimore, spent the weekat 25 miles an hour than at any other end with their parents. speed . . . because only 33 feet between __ Mr. and Mrs. Kennard Porter and son

... this time it times racing cars to the thousandth of a second ... They're certainly going places out West ... The man in Richmond, Indiana, who has turkey dinner on Sunday to celebrate the bona fide license plates which the his third birthday. Brady gang counterfeited is leading a terrible life . . . every time he takes his car out of the garage he is stopped, surrounded, arrested and searched . . . The Studebaker Dealer Convention, with six thousand delegates, is the largest ever recorded in history of the automobile industry . . . After presentation of new models, each dealer and salesman drove home a 1938 Studebaker, insuring plenty of actual first hand knowledge . . . Captain Eyston's new speed wagon, with which he will attempt to beat Sir Malcolm Campbell's record, has a Rolls engine of 3,250 horsepower . . . and has four steering wheels . . . It is reported the Mexican government is flirting with the idea of building and operating an automobile plant . . . Optional equipment, we suppose, to include cactus-proof tires, donkey catchers on the front, and a stake body to take care of pigs, dogs,

DOMINION

beloved by traveling Mexicans.

Mr. and Mrs. Alonzo Thomas and daughter, of Grasonville, were Saturday visitors with Mr. and Mrs. How-

ard Thompson. Mr. and Mrs. T. E. Thompson had as their guests during the week-end, Mr. and Mrs. William Stokes and children, Billy and Jane, Mr. Arthur Thompson, Mr. and Mrs. Alfred Jones and son, all of Baltimore, and Dr. Denny Jones, of Philadelphia. Miss Naomi Thomas and friend, of

Baltimore, spent Sunday with her mother, Mrs. Cora Thomas. Mr. and Mrs. Ira Clark entertained his sister from Baltimore for a few

Mrs. Catharine Thompson has returned home after spending some time in Baltimore, with Mr. and Mrs. George

Mrs. Oscar Schultz, who is a patient in the Maryland University Hospital

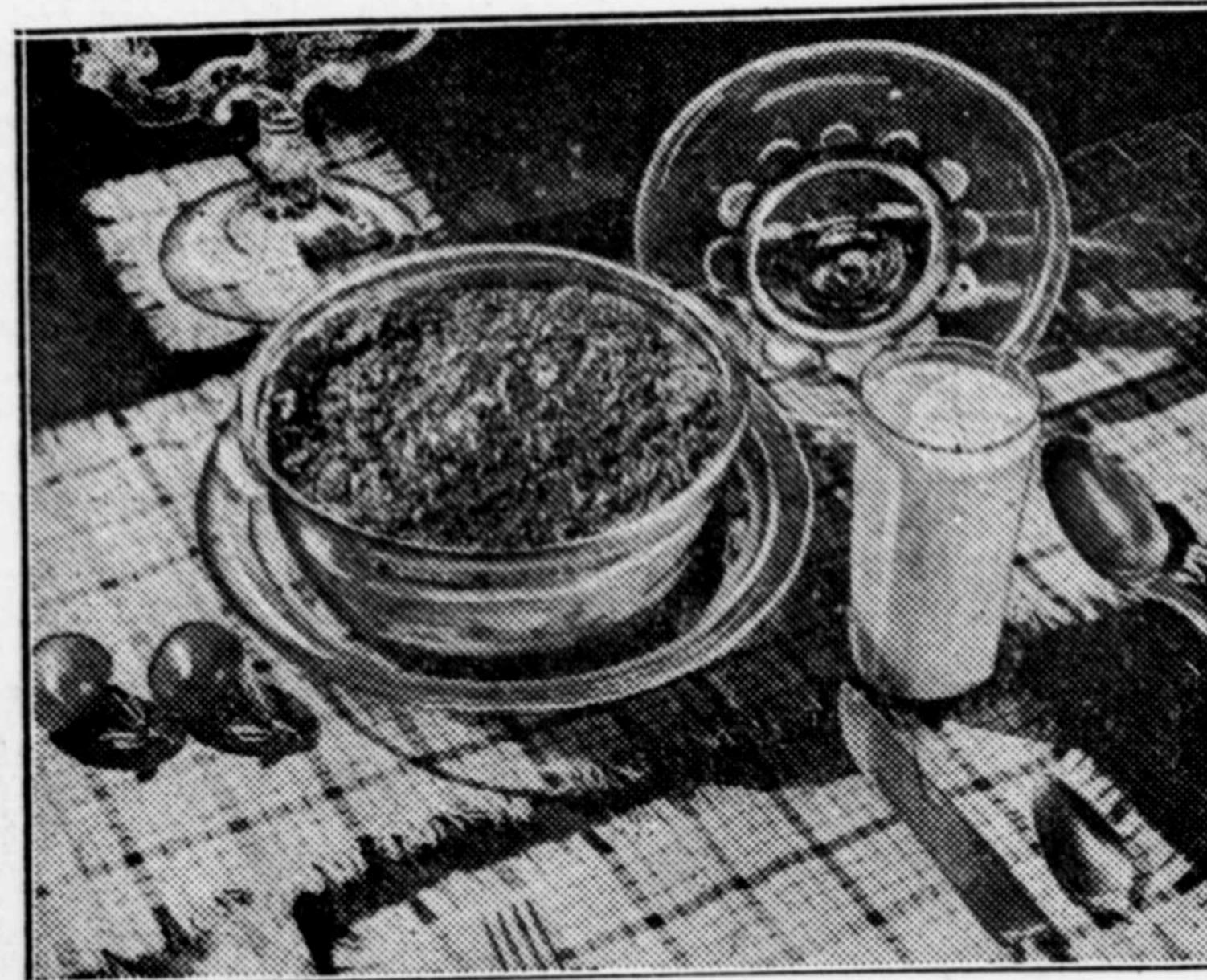
DEAD ANIMALS

We will haul away for you any dead horses, cows or any other animals, if you notify us as soon as they die.

CHESTERTOWN CALL 199-W

> A. J. LEONARD Chestertown, Maryland

SALMON AU GRATIN WITH DRAWN BUTTER SAUCE



Drawn Butter Sauce

"Late rising, with its rush and hurry, and has been under operation, is some- interesting Sunday evening. Mrs. Mil- excellent work was displayed by Anna

dren, spent Sunday at Cordova with trusted not in the Lord; she drew not "If a child has no appetite for break- her parents, Mr. and Mrs. H. D. Shard. near God"; Jephaniah 3 Ch., 2 Verse. fast it may be that he has not been out Mr. and Mrs. Frank Lee entertained Miss Elsie Appleford, of Wilmington, of bed long enough to feel the pangs of over Sunday Mr. and Mrs. Harry Lee, spent the week-end with her parents, hunger. Get him up in time to wash, of Baltimore, and Mr. and Mrs. James Mr. and Mrs. B. L. Appleford, and on

before he comes to the breakfast table, Mr. and Mrs. Fletcher Burns and ton on a sight-seeing trip. and the chances are that he will be daughter, Betty Lou, spent Sunday evening with Mr. and Mrs. Chester Nancy, and Mr. Robert Lownes, spent

PRICE

"This will give the child time to eat a Sunday is announced as follows: Sabgood breakfast. The breakfast may in- bath School at 1:30 p. m., with preachworth League at 7:30 p. m., Miss Mil- entered Goldey Business College on Cereal—preferably a whole grain cer- dred Brown, leader. Topic: "School— Monday.

she is 'setting their feet on the road to ents, Mr. and Mrs. J. M. Price. Mr. Robert Lownes, of Philadelphia, was

also a guest of the Prices. Miss Louise Wright, of Denton, is visiting Mrs. Vincent Briscoe. Mr. and Mrs. Joel Fallowfield returned to their home at Berwyn on Monday

after spending the summer with her daughter, Mrs. Harry Coleman. Mr. Norman Coffin, of Berwyn, was also a week-end guest of the Colemans. Mr. and Mrs. Charles Holbruner,

cars is needed for safe driving . . . The Kennard, of West Chester, Pa., and Mr. omniscient electric eye pops up again and Mrs. Carlton Marvel, of Ridgely,

The Epworth League Rally was very

DR. F. A. HOLDEN Will be at the HEALTH CENTRE Centreville Grammar School Every Wed., 10 A. M. to 1 P. M. Practice limited too Eye, Ear, Nose and Throat.

Glasses Prescribed.

IT'S AN OLD

Melt 2 tablespoons of butter in a pan. Stir in flour, add boiling water gradually practice may be found every day out on and stir until the mixture boils. Add our athletic fields. What an honor it is

of butter. and stir until thoroughly mixed. Put successful manhoood and womanhood. into a greased 1-quart casserole. Cover with the buttered crumbs and bake at 440 degrees for 20 minutes.

Following the League, Rev. Beckwith from the text: "She obeyed not the Sunday they all motored to Washing-

Mrs. J. M. Price and daughter, Miss several days last week in Baltimore with Mr. and Mrs. Harry Price, and with Mr. and Mrs. Medford Price, at

Arlington, Va. Mrs. Frank W. Brower attended a party on Wednesday at the Wayside Bethany Church services for next Inn, Smyrna, Del., given by Mrs. John F. Stokes, of Sudlersville.

Miss Hilda Appleford, a graduate of

Miss Nancy Sullivan, of Rockville, Miss Nancy Price, a nurse at the spent the week-end with her cousin,

Claiborne-Annapolis Matapeake Ferries

SAVE 100 MILES FALL SCHEDULE Effective September 28th, 1937 DAILY AND SUNDAY Eastern Standard Time

Dascelli Su	ander a Line
LEAVE	LEAVE
ANNAPOLIS	MATAPEAKE
8:00 a. m.	7:25 a. m.
10:00 a. m.	9:00 a. m.
11:00 a. m.	11:00 a. m.
12:00 noon	12:00 noon
1:00 p. m.	1:00 p. m.
2:00 p. m.	2:00 p. m.
3:00 p. m.	3:00 p. m.
4:00 p. m.	4:00 p. m.
6:00 p. m.	5:00 p. m.
8:00 p. m.	7:00 p. m.

Between Annapolis & Claiborne Leave Leave Claiborne Annapolis 9:30 a. m. 7:30 a. m. 5:00 p. m.

The Claiborne - Annapolis Ferry Company Annapolis, Maryland

SOUTHERN CUSTOM The perfect breakfast combination Esskay Banded All-Pork Sausage and old fashioned buckwheat cakes. Esskay combines the science and skill of three generations together with a famous Southern recipe to make these tasty All-Pork Sausage. More flavor! Less Waste! Delivered Fresh Daily. Be U.S. sure you get Esskay . . . Look for the Esskay Band. GRADE NO.1 Banded ALL PORK SAUSAGE A Variety of Sty es and Flavors to Suit Every Taste THE WM. SCHLUDERBERG - T. J. KURDLE CO

Centreville Hi-Post

EDITORIAL

When a fellow reaches the age when points he must become his own guide, he will That is called good judgment. The decision must be made honorably with-

for anyone connected. These things must be taught to each student in our high school. Without them, knowledge from books will not, alone, determine success. Should we, then, give all our time and attention to our classroom studies and-leave athletics, dances, parties, etc., merely recreational pastimes? Or a moral stand-

Living examples of putting prudence, good judgment and honor into salt, cayenne and the third tablespoon to confess a foul play! It is an honor, and every student in our school Add the salt and pepper and lemon knows it is. Why? Because they have juice to the salmon, then mix the sauce been taught by experience with their with this. Melt the 1 tablespoon of classmates that prudence, good judgbutter. Add the bread crumbs to this ment, and honor are the real steps to

FIRST FIELD BALL VICTORY By Gene Mason

What a game! Centreville High was victorious by a score of 14 to 8. Very

INSURANCE and BONDING of every description J. H. E. LEGG

Phone 56 & 18F2, Centreville, Md.

Quimby, and Dorothy Holalnd scored

President, Carlyle Blevins; vice-pres- the Stevensville goal area, but due to

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Fenders, Consisting of Mahogany Tilt-Top Table, Slat Back Rush

Seat Maple Rockers, Duncan-Phyfe Mahogany Side Chairs, Mahog-

any Colonial Wall Tables, Walnut Slope Front Desk, Very Rare

Swell Front Hepplewhite Cellarette, Queen Anne and Chippendale

Drop Leaf Tables, Colonial Mahogany Sideboard, Walnut Center

Table, Pine Cupboard, Mahogany Hepplewhite Chest of Drawers,

Large Marble Base Pier Mirror, Roll Bed, Linen Press, Spool Stands,

Ogee-Frame Mirrors, 3-Light Mantle Mirrors, Colonial and Victorian

Side Chairs, Fine Queen Anne Arm Chairs, Windsor Bench, Dish

Tilt-Top Table, Chippendale Wine Cabinet, Mahogany Mantle Clocks,

Shaving Mirror, Brass Andirons, Fenders, Fire Screens, Fire Tools,

Coal Scuttles, Candlesticks, Marble-Base Oil Lamps, Waterford, Bo-

hemian, Crystal Glass, Gold Medallion, Limoges, Staffordshire, China,

Fine Oil Paintings of Noted Horses by J. McAullie, Collection of 17

Game Pictures by A. Pope, Fine Oriental and Domestic Rugs, Also

Furnishings Including Chippendale Dining Room Chairs, Walnut Ex-

tension Table, Gate-Leg Tables, 7-Piece Ebony Inlaid Parlor Suite,

Secretary Desk, Sun Parlor Furniture, Kitchen Furniture, Bedroom

By Order of: MRS. EDWARD W. HUGHLETT

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THURSDAY, OCTOBER 14th

which is the most logical viewpoint. line Ireland, RF; Marie Faulkner, G. SENIORS ELECT OFFICERS

Also Jane McKenney, Henrietta

prudence. Next he must carefully weigh RH; Elizabeth Faulkner, CH; Elaine scored in a second half rally. both sides of the question and decide Hunter, LH; Jeanne Nixon, LF; Made-

This decision must show consideration

SOCCER By Wendell Shawn, '40

In an exciting game the Centreville

out any regard for personal reward. on Sept. 16. The meeting was directed as the Centreville team kept the ball played a great defense game. by our last year's president, Donald near the Stevensville goal. Morris, a brilliant Centreville forward, made a Here are the results of the election: beautiful kick that landed directly in

ident, Jane McKenney; Secretary, Gib-, the alertness of the Stevensville goalie, son Meredith; Treasurer, Dorothy Hol- our hopes were shattered.

> Centreville had two penalty shots which amounted to nothing. In the fourth quarter Centreville settled down and after halfback Golt's beautiful

corner kick, Perkins kicked an easy The line-up is as follows: Jane Mc- High School soccer team defeated the goal. In the closing minutes of play find it neessary to deal with others. To Kenney, CF; Anna Wood, RW; Dorothy Stevensville team on the high school Tarbutton kicked a second goal to sew do this, he must put himself in the Holland, RI; Marie Langford, LI; Hen- campus, this past Friday by the score up the game. Both teams played other fellow's place. That is called rietta Quimby, LW; Margaret Lane, of 4 to 0, all the points of which were splendid soccer, but Stevensville playplaying of the Centreville halfbacks, Soon after the starting whistle we Rietzaw, Golt and Newell, also that of all knew it was to be a tight game, as the forwards, Morris and Perkins, both teams proved good. The tide greatly aided our victory. Price, the The Seniors class elected its officers changed slightly in the second quarter, captain and fullback of Centreville

WEEK-END

SPECIALS

OCTOBER 9th

RETINOSPORA

PLUMOSA AUREA 2½' to 3' \$1:00 ea.

JUNIPERUS

HIBERNICA 2½' to 3' \$1.00 ea.

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Give you that extra appetite that can only be satisfied with delicious foods. And at the moment canned foods are very cheap. We are going to have something really special for you in the next few weeks. Watch this space!

CASH SPECIALS

Tissogood Cider Vinegar, bet. 10c Majestic Vinegar, gal. 39c Friday, October 8th to Majestic Sour Pickles, qt. 15c Brand Pickling Spices, 2 pkgs. 19c Thursday, October 14th

VA. ROYAL MINCE MEAT

QUART 25C

HERSHEY'S KISSES

CELLO. 25C

Campfire Marshmallows

PACKAGE 19C

TISSOGOOD PANCAKE PKGS. 17C

Friday and Saturday!

DURONI MACARONI PKGS. 9C

TISSOGOOD BUCKWHEAT 2 PKGS. 19C

> MACKEREL AVERAGE 11/4 Lbs. 15c

__ Lb. 23c

Fancy Evapor Peaches, 2 lbs. 29c Calit. Prunes . . 2 lbs. 19c Mussel-Apple Butter, 2 jars 25c Musselman's Jelly, 2 glasses 19c

> COFFEE ... lb. 21C DeLUXE COFFEE .. lb. 25C

"START YOUR DAY THE MOKAY WAY" Citra Salad can 17c

Scott Co. Pumpkin, can 10c N. B. C. Sky-Flake Waters __ Pkg. 19c Silver Blended Juices, 2 cans 29c Better Than Gold Corn, 2 cans 25c Corn & Tomatoes, 2 cans 19c King George Cookies Lb. 17C



Milk Bone Dog & Puppy BISCUITS

Libby's Saur Kraut, can 10c

Byer's Hominy . . can 10c

Hurff's Spaghetti, 2 cans 19c

GROSSE & BLACKWELL TOMATO JUICE 6cm 6c

3 25c

Cottage Jumbles __

ALL GOLD TOMATO SOUP

WHOLE PEELED APRICOTS Can 23c WHEATIES Pkgs. 25C

DeLUXE FLOUR 12-Lb. 39C LeGRANDE FLOUR 12-Lb. 53C

SON'S Glo-Coat Pt. 59° FOR FLOORS BEAUTIFUL

DeLuxe Salt . . . 2 pkg. 9c 4-lb. bag Mc Vulcanol Polish, 2 cans 19c Ammonia qt. 10c Aeroxon Fly Ribbons, 2 for 5c Palmolive Soap BARS 19C The Soap The Dionne Quints

Pard Dog Food CANS 19C

RAINBOW Bleach Gt. 18C WITH DISH CLOTH FREE

Crest Salad Dressing, Half 10c Cres-Salad Dressing, pt. 15c Salad Dressing, qt. 25c SEE US FOR YOUR

Bee Brand Pepper and Sage

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