# Draws Up Dozen Rules For Health

## Planned For Children, Good For Adults

In calling attention to the "Health Rules" given below, Dr. R. H. Riley, Director of the Maryland State Department of Health, says that though they were formulated especially for "Juniors" in many ways they could be very profitably followed by grown-ups as well as by the youngsters.

1. Eat three wholesome meals (including fruit, leafy vegetables, and whole-grain cereal and bread) regularly every day, with no candy or other sweets betwen meals. Sit down to eat, chew thoroughly, and eat slowly.

2. Drink at least one pint of fresh milk every day, but not tea or coffee.

3. Drink four glasses, or more of water every day between meals.

4. Sleep 10 to 12 hours every night, warmly covered and with bedroom windows open. "Early to bed and early to rise make a man (child, too) healthy and wise."

5. Spend an hour or two, outdoors daily in the air and sunlight. When the weather keeps you indoors, play inside with the windows open.

6. Have at least one good movement every day, preferably in the morning.

7. Brush your teeth carefully and well twice a day, morning and night.

8. Keep body and clothes clean. Take a warm, complete bath at least twice a week. Don't neglect hair and fingernails.

9. Wash hands thoroughly before eating and after going to the toilet.

10. Always carry a clean handkerchief and cover mouth and nose when coughing or sneezing. Don't go to school if you have a "bad cold."

11. You should be examined by a medical doctor every year. Your dentist should examine your teeth and mouth twice a year. If you need treatment don't be afraid of the doctor. He is your friend. Be sure you are protected from smallpox by vaccination and from diphtheria by immunization.

12. Keep cheerful. A good disposition helps to have good health. Be careful. Accidents are numerous and dangerous. When crossing the street, Stop, Look, and Listen! "Safety First" is a good watchword.

## Maryland Elms Planted At N. Y. World's Fair

Ten thousand mature trees, contributed by five American states to the New York World's Fair 1939, will be in full leafage before the Exposition opens its gates for the first time April 30.

With this prediction Fair officials recently pointed out that the tree-planting on the Exposition's 126½ acre represented the greatest movement of mature specimens ever known. Five commonwealths—New York, New Jersey, Maryland, Connecticut, and Pennsylvania—have surrendered some trees fifty-five feet high and weighing more than twenty-five tons. No state specialized in any single species. Among the more stately of the planted veterans are oriental planes from west of the Susquehanna River, elms from the environs of Annapolis, flowering dogwood from the estates near the White House pin oaks from Long Island, and maple from New Jersey suburbs. Still other native American species are honey locust, cockspur thorn, sweet gum, and flowering crabapple. Fountain Lake and smaller lagoons have been bordered with bright cornels, willows, and other water loving plants.

Second only, perhaps, to the prodigious job of pile-driving required in the early days of Fair-building, that of tree-planting was the most arduous. First the spreading of the top-soil. Then spotting the right trees up and down the Atlantic seaboard. Then digging them up, transporting them to the Fair site, and digging great pits into which each could be thrust. Thousands were employed in the venture, the major project of a landscaping program which required, too, acres of shrub and flower-planting.

Most of the Fair's trees are deciduous and virtually all of them have come from natural woodlands, estates, and nurseries. All of them will rear above formalized gardens, serpentine hedges, at least 250 acres of greensward, and elaborate fountain displays.

## Price Homemakers Hear About Slip Covers

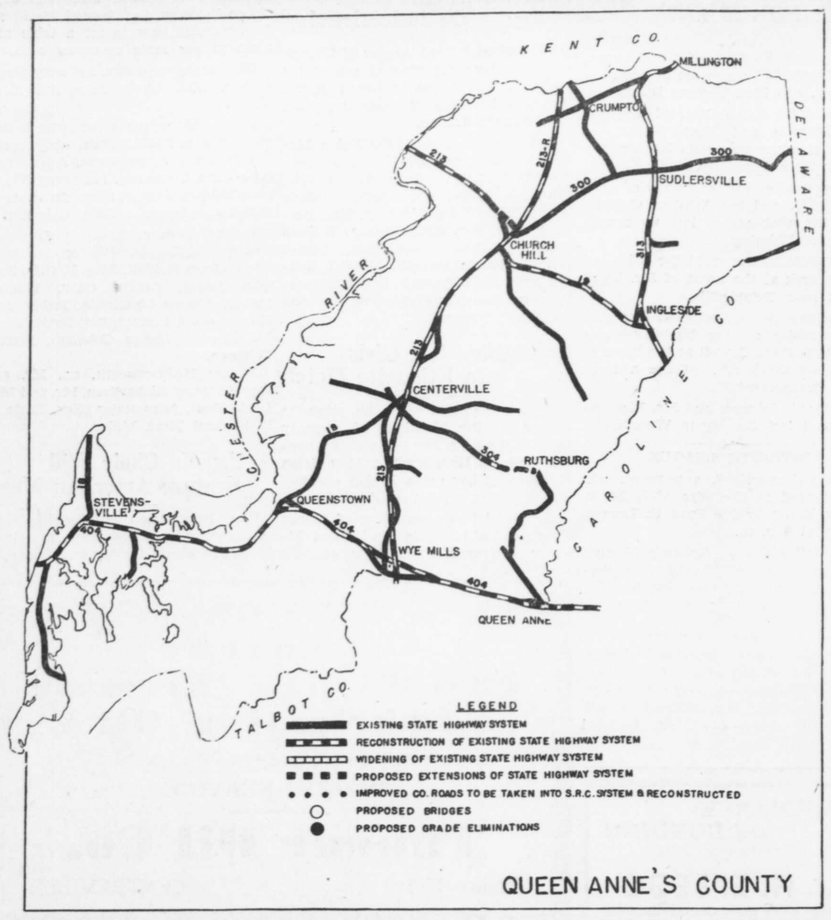
A discussion on Shopping for Slip cover material was conducted by Miss Ruby Kirk at the March meeting of the Price Homemakers' Club held at the home of Mrs. Melvin Chance Thursday afternoon. Mrs. Clark Cosden was admitted to club membership.

Others present included Mrs. J. W. McKenney, Mrs. Robert Stieff, Miss Kirk and Mrs. Chance.

### PRAYER IN PICTURES

Rare and remarkable seventeenth century illustrations, reproduced in full color, picturizing the immortal prayer of Jesus in the Sermon on the Mount. Don't miss this front page feature in the April 9th issue of The American Weekly, distributed with the Baltimore Sunday American. On sale at all newsstands.

## PROPOSED ROAD IMPROVEMENTS




Above is a copy of the map prepared by the State Roads Commission to illustrate the proposed improvements in Queen Anne's county roads, according to their recommendations for an improved highway system all over Maryland which was submitted to Governor Herbert R. O'Conor and the State Legislature.

The entire project for the state, if approved, will require at least five years for completion.

## *Queen Anne's County Social Register*

### PRICE

Miss Louise Wright, of Swarthmore Pa., spent her spring vacation with Mrs Vincent Briscoe.

Mr. Floyd Cahall has recently accepted a position at Pioneer Point and began his new duties last week.

Mr. and Mrs. Randolph Murphy were among those who attended the funeral on Tuesday afternoon of Mrs. Otis Reamer.

Mrs. Edward Furbush of Chestertown and her mother, Mrs. Joseph Bostic were guests Sunday of Mrs. Casper Seney.

Mr. and Mrs. Sudler Kimbles, of Stanton, Del., spent Sunday with his sister and brother-in-law, Mr. and Mrs Howard Stant.

Mr. and Mrs. Harry Coleman and children were visitors Friday of his cousins, Mr. and Mrs. Luther Pippin of Denton.

Mr. and Mrs. Carlton Marvil and children, of Ridgely, spent Sunday with her parents, Mr. and Mrs. Graham Porter.

Miss Margaret Wiggins, of Salisbury, spent the week-end with her parents Mr. and Mrs. Frank Wiggins.

Mr. and Mrs. Earle Chance and Mrs. Hines Hardesty of Centreville, were the supper guests Sunday of Mr. and Mrs. J. S. Chance.

Mr. and Mrs. Roy Cronshaw and daughters, spent Sunday with her mother, Mrs. Mary Glanding of Ridgely

Mr. and Mrs. Gilbert Sparks, of Crumpton, visited on Sunday with her mother, Mrs. Sarah Taylor, and sister Mrs. Casper Clough.

The teachers in the Primary Department will give an Easter Egg Hunt to their scholars on Saturday afternoon at 2 p. m., on the church lawn.

Mrs. Ralph Swan and daughter, Jane Ross, are spending this week with her mother, Mrs. W. J. Massey, of Baltimore.

Mrs. H. M. Porter home again from a lengthy visit with her sister and brother-in-law, Mr. and Mrs. Walter Lukens, of Philadelphia, and Mr. and Mrs. George Lyons of Wilmington.

S. C. Walls spent the week-end with his daughters in Baltimore, and Mrs. Walls returned home with him after two week's visit at their home.

Mr. and Mrs. Elton Brown and children, Hall and Barbara and Mrs. Margaret Cannon, of Philadelphia, were Sunday suupper guests of Mr. and Mrs. Milton R. Barwick.

Miss Mabel Dean, of Swarthmore, Pa. and Mr. Wilbur Hynson, of Easton, Md. and Mrs. Samuel Briscoe and Mrs. Ros Morris, of Ridgely, were Sunday guests of Mr. and Mrs. Vincent Briscoe.

Mr. C. P. Cannon and Mrs. Florence Dean, of Preston, spent Tuesday with his niece, Mrs. Milton Barwick and family.

Mr. and Mrs. Joseph Breeding and daughter Joyce, of Claymont, Del. spent Sunday with her parents, Mr. and Mrs. H. H. Stayer.

Rev. and Mrs. John W. Newman, of Ingleside, visited in town Sunday afternoon and called on Mr. Joe Mullikin and Mr. and Mrs. Clark Cosden.

Mr. and Mrs. Fred Seney ,of Chestertown, were guests Sunday of his brother and sister-in-law, Mr. and Mrs. Albert Seney. Mr. Seney is very critically ill at this writing.

The choir of Bethany Church will meet Thursday (this evening) at the home of Mrs. Oliver Newnam to rehearse for the Easter music.

### CRUMPTON

Mr. and Mrs. William R. Coleman had with them over the week-end their following children, Miss Edna, of Atlantic City, N. J., Miss Elva,of Wilmington, Mrs. Monteith and children Betty Jean and Janet, also of Wilmington.

Rev.D. E. Wood filled his new charge at Fairmount, Sunday. We wish him much success in his new appointment.

Mr. and Mrs. Avery Story and little son Bobby, spent Sunday last with Mrs. Story's mother, Mrs. Covell at Hillsboro.

Rev. Mr. Hopkins, our new pastor was with us on Sunday and is moving to this his new charge this week.

Mrs Edward Porter, Mrs. Thomas McGinnis and Mrs. A. D. Emerson, visited in Dover on Thursday.

Misses Edith and Anna Harrison are improving the appearance of their home by a fresh coat of paint.

Miss Katie Wallis entertained relatives from Baltimore and Wilmington on Sunday.

Mr. Morton Plummer and friend, of Philadelphia, were Sunday guests of Mr. and Mrs. Karl Rubsamen.

Mr. and Mrs. Albert Skinner entertained relatives Sunday.

Mrs. George Clark had as her guest on Sunday, her niece, Mrs. Coleman, of Smyrna, Del.

### BUYS REGISTERED BULL

A registered Guernsey bull, Gabriel's Noah, was purchased recently by J. Sudler Cockey, jr., of Stevensville from Mrs. Anne P. Emerson, of Brooklandville.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**BIGGEST HYDRAULIC BRAKES** in the entire low-price field! Largest diameter drums—largest lining area per pound of car weight! PROTECTED control! A parking brake that really works!

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