Mouth Health Is Matter Of 3 R's Says Physician

Oral Hygiene Head Lists Right Foods, Real Cleansing, Visits

Children brought up according to the three R's of mouth health, have a good chance to escape the discomforts and accompanying ill-health that comes from dental disorders, according to Dr. Richrad 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 help to keep their chidren fit by carefully following the rules of mouth health in bringing up the children.

"The three R's" he continued, "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 of 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 availin 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, phosphorus 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 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."

RICH NECK

Mr. and Mrs. W. W. Clayton, Jr., of Chester, Pa., spent the week-end with her parents, Mr. and Mrs. J. T. Smith. Mr. and Mrs. Clayton and Mrs. Smith visited Mr. and Mrs. Earle Smith and family on Sunday.

Mrs. Walter Dickerson of Quaker Neck was an overnight guest last week of her parents, Mr. and Mrs. Roy Newcomb.

Misses Dorothy Atkinson and Dorothy Clayton, of Wilmington, Del.; Rebecca Stant, of Price, and Betty Atkinson, of Church Hill, were visitors of Miss Virgiina Smith on Friday afternoon.

The luncheon held at the home of Mr. and Mrs. Carroll Leverage last Wednesday evening was quite a success. Jimmy Smith spent Sunday afternoon with Edward Newcomb.

Mr. and Mrs. John O. Hunter had as their guests over the week-end, his mother, Mrs. Sallie K. Hunter, and Mrs. Edgar Jones, of Baltimore. Mrs. Hunter left Monday to take up her work as companion nurse to Mrs. Dave Muldoon of Westminster.

DIX GIVES GREEN FATHERLY ADVICE

Richard Diix gives Richard Green some fatherly advice as Brenda Joyce watches on, a heart-warming scene from "Here I Am Stranger" to be played at the Stevensville Opera House Saturday Night.

The Queen Anne's County Social Register

SUDLERSVILLE

Mrs. Charles Kirschner and daughter, Miss Helen Kirschner, Mrs. Sedgley and Mr. William Kershaw, of Philadelphia, were the guests on Sunday of Mr. and Mrs. Alan Walls.

Mr. William Revelle, who is a sophomore, at Dickinson College, Carlisle, Pa., spent the week-end at home with his parents, Rev. and Mrs. W. R. Revelle.

Mrs. Frank Hewlett of New Castle, Del., was the guest the first of the week of Mrs. C. L. Joslin.

Mr. Alan S .Walls and daughter, Miss Harriett Walls, Mrs. Spencer Walls, and Mrs. Spencer Sudler, motored to Philadelphia last Friday. Mrs. Walls spent the day with her brother and his wife, Mr. and Mrs. Albert Chance. Mrs. Sudler visited with her nephew and niece, Capt. and Mrs. Henry Rice, while Mr. Walls and daughter, spent the time in the shopping district. Miss Harriett Walls remained in Philadelphia for the week-end where she visited her uncle and aunt, Mr. and Mrs. Charles Kirschner.

Mrs. Joseph Price of Wilmington, Del., who has been visiting with friends in town and in Barclay is now spending some time with Mr. and Mrs. N. A. Johnson.

Mr. Harry Jones and Mr. Clawson Jones of Baltimore, were the guests over the week-end of their mother, Mrs. Annie Jones.

Capt. and Mrs. Victor P. Gillespie, were in Baltimore last week where Captain Gillespie attended a convention of National Guard officers.

Mr. and Mrs. William T. Roe and daughter Helen, of Salisbury, accompanied by Mrs. Roe's mother, Mrs. Harry Peters, spent the week-end in New York City and at the World's Fair.

The Ladies' Aid Society of Calvary Church were entertained in the Community Room last night, by Mrs. John E. George, Mrs. Wesley McKnett, and Mrs. I. M. Redden. The program was arranged by Mrs. Spencer Walls and Miss Mary Chance.

Mr. and Mrs. Charles Hasselburg entertained a number of guests from Pennsylvania and Delaware on Sunday. Mr. and Mrs. George Dill of Philadelphia, and Mrs. Amos Everett of Ocean City, N. J., remained for a visit for a part of this week.

Miss Mary Esther Wallace who is a student at Beacom Business College, Wilmington, Del., spent the week-end at home with her mother, Mrs. Leslie Wallace.

GRASONVILLE

Mr. A. J. Roe spent a few days last week in Baltimore on business.

Mr. and Mrs. Thomas H. Collier, sr., have returned home after spending some time in Baltimore and Washington, D. C., with relatives.

Mr. and Mrs. Adam Capsack, of Fairbank, Mrs. John Dudley and Miss Mary Dudley, of Wye Mills, and Miss Anna Gardner ,of Baltimore, spent last week-end with Mr. and Mrs. Marshall Smith and Mrs. Sally Haddaway.

Mrs Howard Wilson, Misses Elizabeth Wilson and Beulah King, and Messrs. Howard King and Wesley Wilson, spent Friday in Dover, Del.

Miss Leona King of Baltimore was home with her parents, Mr. and Mrs. Oliver C. King for the week-end.

Mrs. James T. Baker of Cambridge isis visiting her parents, Mr. and Mrs. William E. King this week.

Mr. and Mrs. Amos South made a business trip to Baltimore one day last week.

Mrs. Elizabeth O'Donnell spent last week in Baltimore with relatives. Her daughter Peggy, joined her for the week-end.

Mr. and Mrs. Courtney Pentz and famliy, Mr. and Mrs Harvey Ruth and son Billy, and Mr. and Mrs. Wesley Ruth, spent Friday in Dover, Del.

ANNAPOLIS-MATAPEAKE ROMANCOKE-CLAIBORNE FERRIES

FALL & WINTER SCHEDULE, 1939
Effective September 26, 1939

DAILY and SUNDAY
Eastern Standard Time

Between Annapolis and Matapeake
Leave Annapolis—7:25 a. m., 8:00 a. m., 9:00 a. m., 10:00 a. m., 11:00 a. m., 12:00 noon; 1:00 p. m.; 2:00 p. m.; 3:00 p. m.; 4:00 p. m.; 5:00 p. m.; 6:00 p. m.; 7:00 p. m. 8:00 p. m.

Leave Matapeake—7:25 a. m., 8:00 a. m., 9:00 a. m., 10:00 a. m., 11:00 a. m., 12:00 a. m.; 1:00 p. m.; 2:00 p. m.; 3:00 p. m.; 4:00 p. m.; 5:00 p. m.; 6:00 p. m.; 7:00 p. m.; 8:00 p .m.

Between Romancoke and Claiborne
Leave Romancoke—10:00 a. m., 2:00 p. m., 4:00 p. m., 6:00 p. m., 8:00 p. m.
Leave Claiborne—9:00 a. m., 1:00 p. m., 3:00 p. m., 5:00 p. m., 7:00 p. m.

THE CLAIBORNE-ANNAPOLIS FERRY COMPANY
Annapolis, Maryland

CHURCH HILL

Miss Eleanor Sterling visited Mrs. Harold Skinner last week-end in Philadelphia and from there went to New York and also visited the World's Fair.

Mr. and Mrs. James Massey, of Baltimore, were entertained last week-end by Mr. and Mrs. Archie Fields. On Sunday, Mrs. Mary Sparks and daughter Rebecca, of Elkton, and Mrs. W. J. Massey of Price, were also guests.

Mrs. Edward Green of Centreville, and mother, Mrs. Walton Childs of Baltimore, were supper guests Saturday of Mr. and Mrs. Edward Phillips.

Misses Mary and Ruth Stant spent the week-end in Washington, D. C., with relatives.

Miss Christine Catlin spent the week-end in Baltimore at the home of her uncle, Mr. Evans Catlin. On Monday she attended a confernce for Welfare workers.

Mr. Franklin Bolt who is studying at the University of Maryland, Baltimore, spent the week-end with his mother.

Miss Minnie Storey spent the week-end with Miss Helen Tatman of Sudlersville.

Mr. and Mrs. J. Wilbur Walls spent the week-end in Philadelphia.

Mr. and Mrs. Louis Atkinson entertained their daughter, Miss Dorothy Atkinson and a girl friend, of Wilmington, Del., over the week-end.

The Ladies' Aid and Woman's Auxiliary of St. Luke's Church will meet today (Thursday) at 2 p. m., at the home of Mrs. Madison Bordley.

The high school and grammar school teachers attended the annual State Teachers' Meeting held at Baltimore last Friday and Saturday.

Mrs. Wilbur Jarvis is a patient at Easton Hospital where she underwent an operation recently.

Mrs. Theobold Hall spent several days in Baltimore this week.

Church services for Sunday will be as follows: St. Luke's—Rev. Walter C. Eastburn, Rector—Church School, 10 a. m.; Sermon and Holy Communion, 11 a. m.

St. John's Church, Rev. A. M. B. Snapp, Minister—Church School, 10 a. m.; preaching, 11 a. m.

St. Paul's Church, Rev. R. W. Hastings, Minister—Church School, 10 a. m.; preaching, 11 a. m. Revival Services begin at Price Church Sunday evening.

Rev. A. M. B. Snapp and Rev. R. W. Hastings left on Tuesday to attend the Conference at Salisbury wherein the three Methodist churches on the Delmarva Peninsula will merge. Mr. Harry E. Walls, Mr. Alan McFarland and Mr. Frank Walbert also attended.

Miss Jean Temple of Wilmington, Del., spent the week-end with her mother, Mrs. Hubert Temple.

Mr. and Mrs. John R. Smith and family spent Sunday with Mrs. Smith's parents, Mr. and Mrs. James Carter at Carmichael.

Mrs. N. S. Dudley, Mrs. Charles Roe Mrs. Franklin Everett attended a meeting of the Women's Auxiliary of Easton Emergency Hospital on Friday. Mrs. Dudley is vice-president for the coming year.

CHESTER

Mr. and Mrs. Pharis Morris of Centreville, were Sunday guests of her parents, Mr. and Mrs. John Sewell.

Mr. and Mrs. Leonard Brown spent the week-end with Mr. and Mrs. Milford Brown of near Matapeake, and Mr. and Mrs. Austin Jones, spent Sunday evening with them.

Mr. and Mrs. Orem Thompson and sons, Mr. and Mrs. Percy Stallings, Mrs. Ella Hoxter of Stevensville, were Sunday guests of Mr. and Mrs. Roland Thompson of Church Hill.

Susie Jones.

Mr. Elmer Jones spent the week-end in Baltimore with his mother, Mrs.

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Furnished On Short Order
RUG BORDER — RUNNERS — MATS
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Dole's Hawaiian **PINEAPPLE JUICE** No 2 can **10c**
SUNRISE **TOMATO JUICE** 2 24 oz cans **15c**
Pure Tomato **Catsup** 3 14-oz bots **25c**
Farmdale Center Cut **Asparagus** 2 No 2 cans **25c**
For Real Flavor be sure your Coffee is **"heat-flo" roasted** Specially priced to have you TASTE the difference **ASCO COFFEE** 2 lbs **33c**
Win-Crest Coffee lb **13c**
Mother's Joy **COFFEE** 2 1-lb tins **37c**
ACME **COFFEE** lb vac tin **25c**
CHOICE **Tomatoes** 4 No 2 cans **23c**

Nectars Four Kinds 3 12-oz cans **25c**
Joan of Arc **Kidney Beans** 3 No 2 cans **25c**
GORTON'S **Codfish** 2 10-oz cans **23c**
Beardsley's **Shred. Codfish** 5-oz pkg **14c**
Swansdown **Cake Flour** 44-oz pkg **23c**
LOG CABIN **SYRUP** 12-oz can **19c**
Maxwell House **COFFEE** lb tin **27c**
PURE CIDER **Vinegar** quart bot **10c**

Delicious Natural **APRICOTS** tall can **10c**
BLUE MILL **COCOA** 2 lb can **15c** lb can **8c**
CRISCO Shortening lb can **19c** 3 lb can **52c**
GLENWOOD GRAPEFRUIT JUICE 4 No 2 cans **25c**
HORMEL'S **SPAM** 12-oz can **29c**
HORMEL'S **Spiced Ham** 12-oz can **29c**
Dinty Moore **Beef Stew** 24-oz can **15c**
Pure Concord **Grape Juice** qt bot 23c 2 pint bots **25c**
E-Tal-E Prep. **Spaghetti** 4 cans **25c**
OVEN-FRESH SLICED VICTOR **Bread** **5c**
Sleigh Bell **Beverages** 2 qt bots plus dep **15c**
Waldorf Tissue 4 650 sh rolls **17c**
Scot-Towel Holders ea 19c
Scot-Towels 2 rolls 19c
SCOT-TISSUE 3 1000 sh rolls **23c**
RAINBOW Bleach and Disinfectant pint bot **9c** qt bot **17c**
Black Flag ½ pint can **15c** pt can **25c**
Sweetheart Soap ck **1c** with purchase of 3 cakes
Sunbrite Cleanser 2 cans **9c**
IVORY SOAP 2 med cks **11c** - 3 lge cks **25c**
Chipso reg pkg **9c** Flakes or Granules lge pkg **21c**
Oxydol 9-oz pkg **9c** lge pkg **21c**
LYKIT Dog Food 6 16-oz cans **25c**
SELOX For Speedy Suds 2 lge pkgs **25c**

Everything In Fresh **FRUITS & VEGETABLES**
Large Snow White **CAULIFLOWER** **10c** hd
Juicy Fla. Oranges 20 for **25c**
Round Stringless **BEANS** 2 lbs **13c**
CRISP LOCAL **Spinach** 3 lbs **10c**
It's Natl. Apple Week U. S. No 1 Stayman Winesap **Apples** 6 lbs **19c** Bushel Basket $1.25
RED EMPEROR **GRAPES** 2 lbs **13c**
IMPORTED **CHESTNUTS** lb **15c**

Lean Smoked **Picnics** Short Shank 8 to 10 lb avg **16c** lb
Be Sure of Quality BUY ASCO **MEATS**
LEAN FRESH PORK **Shoulders** lb **16c**
Tasty Half Smokes or Bologna lb 17c
Lean Smoked Bacon 4 to 6 lb avg lb 19c
Fresh Sea Scallops lb 21c
Sliced Codfish lb 15c
Lean Plate Meat lb 12½c
LEAN SLICED Bacon lb layers lb **21c**
Freshly Sliced Pork **Liver** lb **12½c**

TUNE IN IDA BAILEY ALLEN Daily, 9:45 A. M. Sat. 9:15 A. M. WBAL