—THE—

Mntual Fire Insurance Co

OF KENT COUNTY

Solicits YOUR INSURANCE

IT'S SAVING FUND FEATURE is an unusual one in insurance companies.

During the past 8 years it has returned to its policy holders where policies have been cancelled.....$32,684.00

In the same period it has increased its reserve over $10,000,00

And its total assets..$50,000.00

APPLICATIONS for INSURANCE CAN BE MADE TO

James Brice.....Chestertown
Charles H. Jefferson.....Chestertown
E. S. Valliant & Son.....Church Hill
Ellsworth Bowers.....Lynch's
G. F. Owens.....Betterton
Joseph Downey.....Rock Hall
James A. Casey.....Rock Hall
R. W. Moffett.....Millington
F. H. Ruth.....Galena
W. J. Sparks.....Crumpton
J. E. Thomas .....Kent Island
A. M. Kendall.....Fairlee

THOS. W. ELIASON, President
GEO. B. WESTCOTT, Secretary

La Grippe Remedies

Toulson's Cough Syrups
Toulson's Emulsion
Cod Liver Oil
Toulson's Laxative
Bromo Quinine Tablets

Toulson's Drug Store

Chestertown, Md.

Headquarters for

PaintandPaper

I AM LOCATED in my new STORE and PAINT HOUSE, Cross St., Chestertown, where we would be pleased to submit prices, show samples and estimate on papering your house.

A LARGE LINE OF WALL PAPER

Be sure you get the best workmen and the best material. Don't waste good money on bad material. Masury's Paints are the best on the market. We are sole agents for this district, and are always ready to show you sample cards and quote prices

We Paper Your Room For $3.00 and Upward

and guarantee satisfaction or no money If you want your Pictures Framed, call and see our selections of mountings before going elsewhere. They are the finest in town.

WM. L. FOWLER,
Cross Street,
CHESTERTOWN, MD.

"The Treatment You Finally Take!"

OLD DR. THEEL'S
1719 Spring Garden St.
PHIL'A., PA. Only one guarantees you results in a week not secured elsewhere in a year! Specially: **LOST VITALITY, IMPOTENCY, YOUTHFUL ERRORS, VARICOCELE** (no cutting), **Epilepsy** (Fits). Infections over for life in **10 days! Skin, Bladder & Kidney Diseases.** Most remarkable results in **"BLOOD POISON"** for over **40 years** (no deadly after-effects from **Mercury** or **Arsenic**). Worst cases solicited. After all new and old methods fail, my **own original** method, after **30 years** study & experience remains the "last hope." **Man Making, Home-Making Treatment!** The **Quickest, Surest & Cheapest for Results. DON'T SPECULATE WITH HEALTH!**—Take a "treatment" you have heard of all your life. Get Book "Truth." It's the only **dependable** guide for **Ailing Men. Testimonials** & advice, all **free.** Avoid cheap treatment, it's worthless. Hours: **9-4, 6-9,** Sun. **9-2. Success by Mail.** **Nearly 200,000 restored in 50 years practice.**

1865 50 yrs 1915

I GOT CURED! Ad. Schetzer says under oath: **OLD DR. THEEL'S German Treatment** cured me after I used mercurial & other drugs, also latest **606** injection treatment that nearly killed me. A total wreck uncle Fred took me to **Dr. Theel** who cured him from the worst kind of Specific Blood Poison, General Weakness & Losses 32 years ago. Sufferers from Special & Chronic ailments, Drains, Lost Vigor, Broken-down & Unhappines, Robbed & Fleeced, like I was, send for **Old Dr. Theel's** new book. A revelation to suffering Young & Old, Men & Women.

OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, is sound advice, because in the strength of middle life we too often forget that neglected colds, or careless treatment of slight aches and pains, simply undermine strength and bring chronic weakness for later years.

To be stronger when older, keep your blood pure and rich and active with the strength-building and blood-nourishing properties of Scott's Emulsion which is a food, a tonic and a medicine to keep your blood rich, alleviate rheumatism and avoid sickness. No alcohol in Scott's.

Scott & Bowne, Bloomfield, N. J.

StamDrug Co.

Prescriptionists

PURVEYORS of the BEST that Drug Stores Carry.

Call, Phone or Write

and note the QUALITY OF SERVICE we give in each transaction.

STAM DRUG CO.
Chestertown, - Maryland

A. W. CARMINE

CHESTERTOWN, MD.

Phone 67—J

HOSIERY

We are, as we have always been headquarters for hose. We have children's hose, the best that money can buy, for 15c per pair, or 2 pairs for 25c. They are hard to tell from the regular 25c a pair quality. We have a special grade of ladies hose, medium weight and great wearers, at 3 pairs for $1.0

CORSETS

The best advertisement on earth that a man can have is a satisfied customer. A lady whoever puts on a pair of Bon Ton or Royal Worcester Corsets is certainly satisfied and comfortable and she tells her friends and neighbors. That's the cause of our immense sale.

GROCERIES

This is the season of the year for parties and when giving one you always want nice things to eat. We have the best at all times Why pay a high price for second grade goods when you can get the best here.

We use coffee as our leader. We have a special grade of coffee which are selling at 20c a pound and which cannot be duplicated at any other store for less than 25c a pound. Our 28c quality, our customers say, is as good as they are used to paying 35c a pound for. Try a pound, and if not satisfied no charge will be made for it

Soliciting a trial to convince you am yours for business.

A. W. CARMINE
CHESTERTOWN, MD.
PHONE 67—J.

VALUE OF VEGETABLES IN THE DIET

Suggestions For The Use And Preparation Of Vegetables For The Table.

KATHLEEN C. CALKINS
Maryland Agricultural Extension Service.

Vegetables are valuable sources of heat and energy, protein and mineral matter. By careful choice of vegetables a person may eliminate meat from his diet entirely. People who suffer from auto-intoxication are advised to reduce the meat in the diet and substitute vegetable protein. The vegetables, rich in protein, may be cooked in many appetizing ways to give variety to the diet. Vegetables and fruits as well, are especially adapted for stimulating the activity of the intestines and by increased bulk of the food mass help the eliminative processes.

Vegetables with large quantities of raw starch should not be given to children. Indeed, it is difficult for most grown people to digest raw starch.

The source of vegetables which are to be eaten raw should be examined carefully, for vegetables which are grown on sewage-sick soil cause disease. Sewage-sick soil may be brought about from septic tanks or outside closet drainage into the garden.

Principles Of Cookery.

The most important principle of vegetable cookery is softening the vegetable fiber without destroying the flavor or dissolving away the ash constituents of the vegetable. The walls of the individual starch cells when in contact with moist heat; i. e., boiling or stewing, expand and break so that the saliva and other digestive juices attack the starch more readily.

The starch should be thoroughly cooked, because cooking not only makes the food more easily digestible, but also makes it more palatable.

Food is cooked to develop the flavors. Any method whereby flavor is lost is not satisfactory. Both flavor and mineral matter are lost by ing vegetables. The only way tain this valuable material is the water in which they are boil soups and sauces.

Cooking Vegetables.

Baking and steaming are botl good methods of cooking vege for no nutritive value is lost.

In cooking vegetables in a amount of water and then drainі water off, the mineral matte flavors are lost because they a solved in the water. For an ec ical dietary this method shou be followed because it is wa In cases where the housewife ford to get the necessary miner ter from meats or other sou may be allowable. This meth also be used for old potatoes of rank flavor and strong onio

A better method for fresh ve is stewing or cooking in a amount of water so that it is boiled away by the time the ve are cooked.

Points To Remember.

1. The general rule is to al teaspoon of salt to each quar ter.

2. Violent boiling water is ter than boiling water, and boiling mashes and breaks t tables.

3. With some vegetables li it is more satisfactory to add toward the end of the proces wise it hardens the fiber.

4. Drain the vegetables as tender.

5. Cook strongly flavore tables; i. e., onions and cab an uncovered dish.

6. Vegetables that should b with a small amount of wa greens, tomatoes, and tende peas.

7. The less tender vegetabl as the peas, carrots and th pieces of celery and celery t be cooked and put through a s soups. Left-over vegetables used for soups.

WHEN AND HOW TO S ALFALFA.

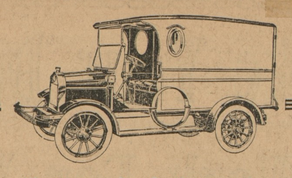
The best time for seeding in all of Maryland, excepti mountain section, is between August 1st and September 1st; preferably between the middle and last of August. In the mountain section seeding may commence after June 15th, but usually it is better to wait until about the middle of July. Nothing is gained by spring seeding, for little or no hay is obtained that season, because weeds usually crowd out the young alfalfa plants during the hot summer. On the other hand, fall seeding will yield full crops the following spring and is seldom subject to serious injury by weeds the first year.

The rate of seeding should be 25 pounds per acre. The seed should be sown by itself; never with a nurse crop. The method of seeding may be broadcasting by hand or with one of the various makes of machines on the market for that purpose. Among these the Wheel-barrow seeder gives good satisfaction. The seed should be covered to a depth of about ½-inch, and for doing this no implement is better suited than spike tooth harrow with the teeth slanting back, or a weeder.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

For better results Advertise in The "KENT NEWS."

p725 Complete F. O. B. Phila.



Mr. Watson, like thousands of other merchants, is saving real money by using a VIM. He writes in part as follows:

"Gentlemen:—I formerly employed a number of horses and wagons, but I am now making my deliveries with one VIM Truck. I should say it will easily do the work of two horse and wagon outfits, and costs about the same as one horse and wagon."
THOMAS WATSON, 324 N. 13th Street.

Mr. Watson is covering more territory, making more sales, developing more new business because he has a VIM. He has a graceful, "classy" car that is advertising his business. He has a sturdy, durable, economical car that stands hard work. And besides he is saving real money. **You can do the same.**

Made in Phila. by Vim Motor Truck Co.
Broad and Huntingdon Sts.—Phone Diamond 60.

DAVIS BROS., GALENA, MD.
Distributors for Kent County

HALF-TON CAPACITY VIM DELIVERY CARS

$2.50 Round Trip

Seashore Excursion

Atlantic City

Tuesday, August 8th

8 Hours by the Sea.
A cool and refreshing day's outing.
BATHING! BOATING! FISHING! CRABBING!

SPECIAL THROUGH TRAIN LEAVES
CHESTERTOWN 4.45 A. M.

RETURNING LEAVES
Atlantic City, Georgie Avenue . . 5.20 P. M.

LOCATION unexcelled, 1,000 feet above the sea, in the highlands of Maryland. Pure air, pure water, charming scenery. Only an hour's run from Baltimore.

EQUIPMENT complete. Twenty acre Campus; Modern Buildings; comfortable living accommodations; Laboratories, Library, Gymnasium, Power and Heating Plant.

CURRICULUM up to date. Classical, Scientific, Historical and Pedagogical Courses, leading to A. B. degree. Music, Elocution and Oratory. Strong Faculty.

PREPARATORY SCHOOL for those not ready for College.

Send for Catalogue and Book of Views

June 24—3mos

Studebaker Service Station

Newsome & Owens, Props.
Betterton, Maryland

Dealers in Studebaker cars. This car offers more real value dollar for dollar than any other car on the American market.

Studebaker Four, touring, 17 series, $875.00
Studebaker Six, touring, 17 series, $1085.00

Demonstration upon request. Telephone Still Pond 25 M. Ask about our FREE SERVICE PLAN.

CLARENCE NEWSOME, Manager.

The City Store : The Hub

The Hub's Clean Sweep Sale

WILL BE CONTINUED DURING AUGUST for our patrons who were not in a position to attend its first ten days. New Good have been added which will make it very interesting, as THE BARGAINS ARE LARGE.

THIS SALE will mark an epoch in the history of this store and will set a new standard in value giving. Merchandise of the highest character in every department of this store is being sacrificed at unmatchable low prices. Mere words cannot begin to convey the full importance of this event.

You must come yourself to fully appreciate the immense values we are giving.

To make this the greatest and most successful sale of our whole career we are making—

SWEEPING Reductions

IN

Men's and Boys' Wear
Suits, Trousers
Hats, Shoes
Furnishings
Women's and Misses Wear
Dresses, Shirts
Waists, Low Cuts
Dry Goods, Silks

EVERY make of merchandise has advanced—in many instances some goods have advanced near fifty per cent. THIS IS TRUE FACTS, for the very reason this big sale should be of great importance to every shrewd buyer, for this event will mean a double saving.

We have always carried a large and varied assortment of High Class Merchandise, and our prices are much lower than in our former sales, owing to the late season and cool spring.

This sale will be good news to our patrons that have waited. You won't be disappointed if you come early.

THE HUB STORES
Millington, - - Maryland

Four Very Clever Artists Who Will Be Heard With Victor at Chautauqua

Cornetists with Victor's Band, a fine quartet, producing splendid music.

Chestertown Chautauqua
SEPTEMBER 3 TO 11, 1916.

©Maryland State Archives, msa_sc6000_16_1-0276.jpg