Epsom Salts in Sugar Coated Tablet Form

Anyone May Take Salts Now

The best physicians have always advocated the free use of Epsom Salts to start the action of torpid liver, to clear the blood and to cleanse the system generally. But because Epsom Salts are so "nasty" to take and so upsetting to the stomach, most people prefer to use something else.

But now all this is ended. Now anyone may take Epsom Salts compound—in sugar coated tablet form—a new method just perfected in one of the largest scientific laboratories in the country.

Wonderful results follow the use of this tablet. Thousands are taking them for laxative and blood cleansing purposes. They are actually pleasant to take. In addition to being sugar coated another coating of Salol is given them—this Salol is the greatest intestinal antiseptic known to medicine. Anyone may be sure to get the right kind of Epsom Salt Tablet with this special Salol coating by asking any dealer for Dill's Epso-Tabs. A large box costs only 25 cents. The Dill Company, Norristown, Pa.

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NOTICE TO CREDITORS

Notice is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters Testamentary on the personal estate of

WM. J. HUDSON,
late of said county, deceased.

All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 26th day of December, 1926, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 22nd day of June, 1926.

ANNIE C. HUDSON,
j26-4t Executrix

NOTICE TO CREDITORS

Notice is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters Testamentary on the personal estate of

ANNIE SEMANS WALLIS,
late of said county, deceased.

All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 19th day of Dec., 1926, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under our hands this 12th day of June, 1926.

EDWIN R. WALLIS,
ROBERT L. WALLIS,
j19-4t Executors.

In Office at Chestertown every Monday, Wednesday and Saturday; other day by appointment.

JULIAN T. POWER
Optometrist
Chestertown, Md.

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DAIRY

DAIRY FEEDS MUST BE DIGESTIBLE

It is not what a cow eats, but what she digests that counts. You might feed a cow wood, as chemical analysis shows that wood has a high percentage of carbohydrates, but this does not do the cow any good because she cannot digest it. Protein is found abundantly in tankage, feathers and other substances, but these substances are not fitted to the cow's digestive system and are, therefore, useless as a dairy ration, points out B. E. Goodale, associate professor of dairying, at Clemson College.

Take corn for example, a cow will digest 75 pounds out of every 100 pounds of corn, but only 33 pounds out of 100 pounds of cottonseed hulls. That means that 67 per cent of the cottonseed hulls fed to a cow is wasted. These figures also vary according to the different nutrients. Of the protein in oat hulls, only 50 per cent is digestible, while in linseed meal, cottonseed meal, and gluten feed, 85 to 89 per cent of the protein will be digested by the cow.

This all goes to show, says Mr. Goodale, that the crude analysis that you will find printed on the tags attached to feed bags may be misleading. A cow can't read a tag and she is the one that has to digest the feed. It is, therefore, up to you to supply her with the right kind of materials to keep her machine working at maximum efficiency.

It stands to reason that the more a cow digests, the more she can produce in the way of milk, so it is up to us to find out how we can help the cow digest her feed and what kind of feed provide the materials needed for milk.

Nearly everyone knows that a ration should be bulky so that it is sure to go into the first stomach and be rechewed as cud.

Then a feed must be palatable. You wouldn't eat a very big meal if you sat down to a pot of cold, boiled potatoes without salt or butter, but if you sat down to a nice juicy steak with appetizing gravy, sauces, vegetables, and desserts, you would eat a hearty meal.

It is just the same with a cow. She digests a palatable feed much better than one she doesn't relish. This is an important point, because the milk flow depends largely upon the quantity of feed eaten. The average cow needs about sixteen pounds of digestible nutrients a day, to maintain her body and produce three and one-half gallons of milk. Half of this sixteen pounds goes for body maintenance and half for milk.

If a cow doesn't like her feed, she will consume less and the digestive juices are held back. Palatability is a big aid to digestion.

Heifer on Thin Pasture Needs Supply of Grain

Herds of cattle, some handled in the right way and some handled in the wrong way, have been noticed by L. V. Wilson of the division of dairy husbandry at University farm, St. Paul, Minn., in visiting farms in the vicinity of the twin cities recently.

The young cattle in some of these herds, says Mr. Wilson, are turned out on the theory that they will pick up on pasture and look pretty good in a few weeks. Their owners fail to realize that while they are "picking up" their growth is really being retarded.

The young cattle in other herds, however, show that the breeders have realized that young heifers must be given the best possible chance during the winter and that they must continue their gains in weight every day when first turned out to pasture. Such gains are assured by adding a little additional grain in the early pasturing days. In this way the inevitable shrinkage which comes to animals when only access to grass is given is avoided.

Dairy Notes

As each cow's milking is weighed, a glance up the columns will tell how she compares with the rest.

* * *

It is impossible to fatten calves for butchers on silage without some kind of supplementary feed such as cottonseed cake or corn.

* * *

Ground oats are considered especially valuable for bulls. Cottonseed meal is not usually regarded with favor, especially when fed in large amounts. Some breeders think it causes impotency.

* * *

Cows are better natured and better producers when furnished a variety of feed.

* * *

The government reports state that there are only about 86 per cent as many cattle on feed in the eleven corn-belt states as there were last year at this time.

* * *

Potato growers who have dairy cows and who make a practice of feeding small and otherwise unmarketable tubers, have found cull potatoes a valuable addition to the dairy ration.

NOTICE TO DOG OWNERS

The following have been appointed as Constables in Kent county, Md., and all owners of dogs are hereby notified to procure their licenses from the respective constables. Be prepared when the constable calls:

First District, Geo. W. Starr; Second District, Louis E. Grantlin; Third District, E. Preston Crowding; Fourth District, Jacob Wilbur; Fifth District, James S. Moffett; Sixth District, J. R. Deiker; Seventh District, Oscar Faucett. j12-t[e]

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In the Kitchen with 6 Famous Cooks

EASY MEALS FOR HOT WEATHER

(Editor's Note: This is one article in an unusual cooking series contributed to this paper by six famous cooks.)

Where is the woman who enjoys cooking hearty meals in hot weather? We doubt if such a woman exists. She may cook big meals because some members of her family who toil hard demand them, but certainly not because she herself derives any real pleasure from hot weather cooking.

MISS ROSA MICHAELIS

With a little planning and forethought, however, many of the discomforts of cooking in hot weather can be avoided. For instance, as Miss Rosa Michaelis, New Orleans domestic science specialist, points out, an oil stove is much easier to work with than a coal or wood range.

"It is much more convenient," she says. "It needs no flues," and hence may be taken to the coolest part of the house easily, as it is not very heavy.

Just a Little Planning

"The woman who gets her kitchen work done early in the morning, and most of her food prepared," continues Miss Michaelis, "is the coolest cook. She just needs to do a little simple planning.

"The fewer roasts and baked dishes in the summer, the cooler the kitchen. I recommend uncooked desserts mostly, too. Fruits are all one needs during the hot weather."

In the summer time Miss Michaelis does as much of her cooking as possible on the top of the stove, using only as many burners as are absolutely necessary.

"If a woman feels she has to bake," Miss Michaelis says, "she should not use her oven every day in the week during hot weather, but bake enough to last several days or a week."

A dinner which Miss Michaelis recommends as particularly easy to prepare in hot weather is all cooked in one pot. It conserves utensils, time and fuel.

A Dinner in One Kettle

To prepare it, take a soup pot filled with enough water to cover three pounds of brisket. Season with salt. After the soup has boiled for an hour, lower the flame and let it simmer for half an hour. Add one bunch of carrots, a bunch of turnips and a pound of potatoes, and cook for another half hour.

When ready, take out carrots. Dice and sprinkle with chopped parsley. Take out turnips and mash with butter, adding a teaspoon of sugar if desired.

Serve potatoes mashed. Take out meat and fry with onions, or serve with a tomato sauce.

Add a Salad and Dessert

Now with a salad, dessert, and beverage, one has a complete meal, including soup, and all cooked on one flame!

For salad, Miss Michaelis suggests pears halved, on lettuce leaves, covered with French dressing. Fruit makes a good dessert to accompany this easy meal.

Another Easy Meal

Mrs. Sarah Tyson Rorer, the famous Philadelphia cooking expert.

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ORDER NISI

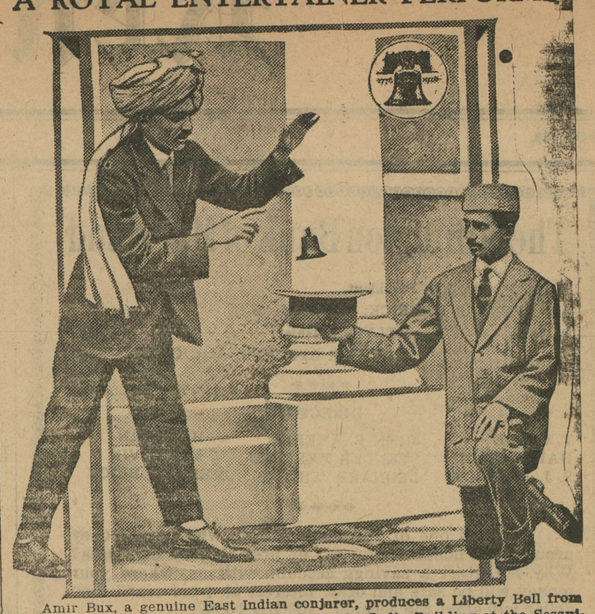
George W. Sutton, Treasurer of Kent County, Maryland
vs.
Hope B. Hudson
In the Circuit Court for Kent County

Ordered, this 10th day of June, 1926, that the sale made and reported by George W. Sutton, Treasurer of Kent Ciunty, in the year 1925, of the real estate described in the aforegoing Report of Sale and assessed to Hope B. Hudson for taxes for the year 1924 be ratified and confirmed, unless cause to the contrary be shown on or before the 18th day of October next, provided a copy of this Order be inserted as an advertisement in some newspaper printed and published in Kent County once a week for each of four successive weeks before the 18th day of August 1926.

LEWIN W. WICKES.

True Copy—Test:
j12-4t ROBERT R. AYRES, Clerk.

A ROYAL ENTERTAINER PERFORMS



Amir Bux, a genuine East Indian conjurer, produces a Liberty Bell from a reporter's hat. He is one of the artists in the India Building at the Sesqui-Centennial International Exposition, which opened in Philadelphia June 1 to December 1 to celebrate the one hundred and fiftieth anniversary of the signing of the Declaration of Independence.

One would not start to build a house from the roof down

Neither can many of us start with a large Bank Account, but small accounts, added to regularly, grow rapidly.

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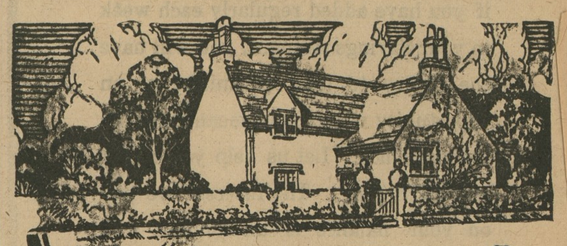

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No home builder should plan his home until he investigates the permanent satisfaction that concrete masonry provides.

If you plan to build, first send for the book, "28 Better Homes." It contains the floor plans, illustrations, and complete descriptions of each of the 28 prize-winning homes. In addition it contains practical advice, answering almost every problem facing the home builder.

May we send you a copy without cost?

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