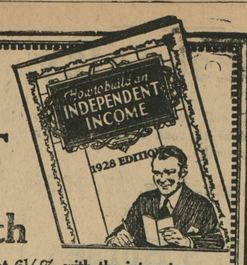

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$10 invested each month at 6½% with the interest reinvested at the same rate will accumulate $4,880.10 in 20 years. In these years you will have invested in cash only $2,400 and your earned interest will be $2,480.10—*more than the sum actually invested in cash.* Even at forty, if you invest $50 to $100 a month, you will be well-to-do by your sixtieth birthday.

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ADDRESS A-1

TEN SCHOOLS ARE VISITED

For the first time in the history of public health work on the Eastern Shore an intensive effort is being made by Red Cross experts from Washington to ascertain what percentage of school children are receiving food designed to keep them physically normal.

Following a survey of ten schools in the upper sections of Kent county, elementary and high schools in this district are now being studied by Miss Marie Dohm, assistant to the director of nutrition of the American Red Cross, and Miss Mariam Kincheloe, field nutritionist assigned to this county. Next week the colored schools will be surveyed. Miss Marjorie Forte, colored health nurse, will assist in this work.

Though Kent is the second county in Maryland to receive such attention from Washington headquarters, the investigation will shortly be extended to the entire nine-county area on this side of Maryland's inland sea. Studies in other shore counties will be based on the Kent county plan now in progress.

Meanwhile the experts are addressing parent-teacher associations in this vicinity, as well as at Betterton, Kennedyville, Still Pond, Millington and other county towns, with a view to instructing parents and teachers alike in proper methods of feeding children with balanced diets and of keeping them up to the standard weight. Though in the schools thus far examined seventy-five per cent of the pupils have been found to be under weight it is believed this condition in the majority of cases may be corrected by dieting. Emphasis is being placed, according to the experts here, upon the abundant use of pure milk for school children.

Co-operating in this campaign are Howard Turner, Betterton, president of the County Red Cross Chapter; Howard F. Owens, president of the Betterton Parent-Teacher Association; Mrs. James G. Beck, Chestertown, vice-president and the county chapter, and the following district chairmen: Mrs. William Medders, of Still Pond; Mrs. W. O. Selby, Rock Hall, and Mrs. Frank Smith, Fairlee. Mrs. Thomas Massey, secretary of the county chapter, and Louis C. Robinson, county superintendent of schools, are active members of the local committee.

The roll call inaugurated this week by Mrs. H. Margaret Whitcomb, field organized for the Red Cross, is being sponsored by civic and philantropic organizations throughout the county and the proceeds will go toward defraying the expenses of the county nutrition service.

Working parallel to the Red Cross experts the office of Dr. Ralph G. Beachley, deputy state health officer for Cecil, Kent and Queen Anne's counties, is co-operating in the nutrition investigation and the state official, with headquarters at Chestertown, is seeking to conserve the results of the survey by checking up on the number of defective cases so that, following the investigation, proper measures may be taken to bring them up to the standard set by the Maryland state department of health.

Dr. Frank B. Hines, county health officer, is likewise studying the results of the survey in each county district with a view to following it up with constructive measures later on.

A well selected pure-bred dairy bull coupled by care, management and selection means "Not More, But Better Cows."

P. T. A. ACTIVE

Betterton P. T. A. held regular meeting on Tuesday evening at the school house, in Betterton, at 8 p. m., Howard F. Owens, president in chair. After regular business, which included expending $20 for library and like amounts for shrubs, etc., and $25 for play-ground equipment. The Program Committee took charge. Miss Miriam Kincheloe, Red Cross Nutritionist, and Miss Marie Dohm, Field Representative of American Red Cross, made addresses. Kent is the second county in the State to employ a Nutrition Expert, Montgomery being the first. Music was furnished by community singing led by Mrs. Carlton Moore, George Brice and Elmer Thomas gave a duet, Mrs. Howard Toulson a solo, Misses Lillian Leager and Louise Crew a saxaphone duet, and Mrs. T. S. Silcox a Thanksgiving reading.

Three joint meetings for the establishment of another High School have been held in the past three weeks; one at Betterton, Still Pond and Kennedyville. More than one hundred children are carried to Chestertown daily from these communities.

When pullets are housed and set to their winter task of egg laying, care must be taken to see that they get plenty of green feed. Rape, green closer, and alfalfa are satisfactory for this purpose.

Clean and oil all tools and machinery and store under cover before winter.

As the days become shorter, electric lights should be used in the poultry houses, so that the birds have about 12 hours of light, natural and artificial.

Why Women Prefer ALLEN' PARLOR FURNACE
TRADE MARK REGISTERED
Modern Heat With Oldtime Fireside Cheer

WHEN you buy an Allen's Parlor Furnace you will have, not only the most modern and efficient above the floor warm-air furnace, but a heating system that offers you these advantages:

1—Combines circulated, moist, warm-air heating with oldtime fireside cheer.
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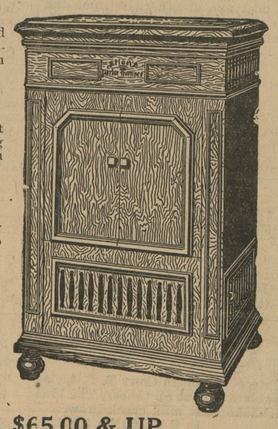
5—Designed and constructed low on the floor to warm lowest strata of air, insuring warm floors.
6—Vapor pan, properly placed just below the top grill, supplies moisture to the warm air.
7—Quickly installdd without carpenter work or pumbing expense. Take it with you when you move.
8—Requires minimum floor space. Not necessary to take down and put up at different seasons.
9—Manufactured and guaranteed by one of the oldest and best known makers of stoves in the country. Doubly guaranteed by us.



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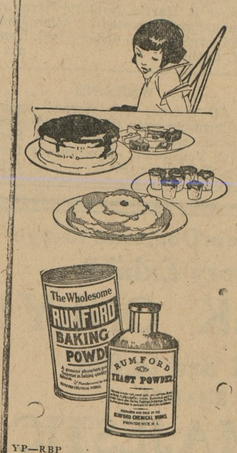

The Holiday Goodies

will be exceptionally delicious if in addition to good ingredients you make sure to use Rumford the dependable, uniform, perfect leavener. Then you'll *know* (not just *hope*) that your results will be superfine in appearance, texture and flavor.

RUMFORD Yeast and Baking POWDER

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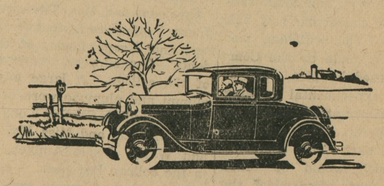
To the first half-million new Ford owners



TO THE half-million men and women who have received new Fords in the last eleven months, there is no need to dwell on the performance of the car.

You have tested its speed on the open road. In traffic you have noted its quick acceleration and the safety of its brakes. You know how it climbs the hills. On long trips and over rough stretches you have come to appreciate its easy-riding comfort. Continuous driving has proved its economy of operation and low cost of up-keep.

This is an invitation to you to take full advantage of the service facilities of the Ford dealer organization so that you may continue to enjoy many thousands of miles of carefree, economical motoring.

The point is this. You have a great car in the new Ford. It is simple in design, constructed of the best materials and machined with unusual accuracy. It is so well-made, in fact, that it requires surprisingly little attention. Yet that doesn't mean it should be neglected. Like every other fine piece of machinery, it will serve you better and longer if given proper care.

One of the best ways to do this is to take your car to the Ford dealer every 500 miles for oiling and greasing and a checking-up of the little things that have such a great bearing on long life and continuously good performance.

Such an inspection may mean a great deal to your car. To you it means thousands upon thousands of miles of motoring without a care—without ever lifting the hood.

Ford dealers everywhere have been specially trained and equipped to service the new Ford. You will find them prompt and reliable in their work, fair in their charges, and sincerely eager to help you get the greatest possible use from your car for the longest period at a minimum of trouble and expense. That is the true meaning of *Ford Service.*

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How to get your money's worth in coffee
Buy full-flavor!

Buy full value for your money. Every time you smell coffee it is losing its strength. Why pay full price for half stale coffee? The greatest advance in coffee history is the famous Boscul vacuum can. It now brings you the world's best coffees perfectly blended—perfectly roasted—actually *oven-fresh* with full flavor—full strength—full aroma. Boscul is more delicious always—and goes farther.

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Your Life Saver Next Christmas!

WHEN Christmas 1928 rolls around there will be no necessity of clinging to a financial straw, when there is a Life Saver in the form of a Yuletide Saving Fund to bring you to the shore of contentment.

Increase the joys of Christmas—JOIN OUR CHRISTMAS CLUB—and look forward to the holidays with a light heart and a full purse. You will be in a position to buy gifts and meet other expenses without inconvenience, and in addition you will have money left over.

By depositing little each week out of your wages or income, you can easily accumulate an account that will take care of your every requirement.

JOIN NOW—We cordially invite you, your family and friends to enjoy the benefits of our CHRISTMAS CLUB.

MILLINGTON BANK OF MARYLAND
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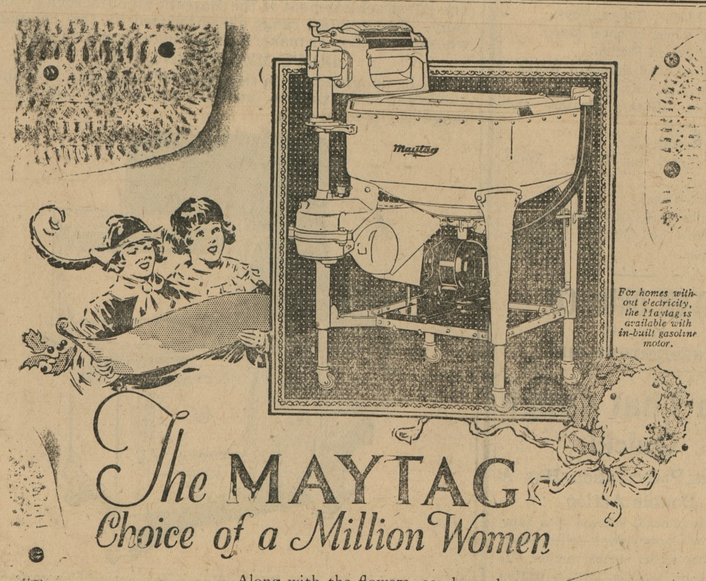

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Choice of a Million Women

Along with the flowers, candy and dainty remembrances that lend a touch of sentiment to the holiday season, let there be one outstanding practical gift—the Maytag.

The seamless cast-aluminum tub and gyrafoam action, which revolutionized washing speed and thoroughness; the new-type Roller Water Remover, so safe, handy, efficient and careful; the silent, precision-cut steel gears; these and other Maytag qualities give it unmatched value, make it the perfect gift.

Each Maytag receives 544 factory inspections to assure uniformity of that quality and performance which a gift of this nature should possess.

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Newton, Iowa
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