SECTION TWO

Kent News.

SECTION TWO

VOL. 90. CHESTERTOWN, MARYLAND., SATURDAY, JUNE 28, 1930 NO. 9

Candidates' Cards

CANDIDATE FOR TREASURER

After due consideration and at the solicitation of my friends and a great many voters of the county, I have decided to announce my candidacy for the office of Treasurer of Kent county subject to the decision of the voters.

m3-1mo* WM. H. McKEE.

CANDIDATE CARD

Having been solicited by a large number of friends and taxpayers I have decided to announce myself as canidate for county commissioner subject to the Democratic Primaries in September.

m17 HARRY M. STAVELY.

ANNOUNCEMENT

I wish to announce myself as a candidate for Treasurer of Kent County, subject to the Democratic Primaries in September.

HARVEY B. MOORE,
f22-tf* Betterton, Md.

TO THE DEMOCRATIC VOTERS OF KENT COUNTY.

My son-in-law, Robert E. Lee, has announced his candidacy for Sheriff of Kent County, and in order to clear up a misunderstanding of my position, I wish to state that I will remove from the jail December 1st, 1930, and will not be a Deputy Sheriff. Robert E. Lee if nominated and elected will be sheriff and I shall have nothing to do with the office.

J. THOMAS HADAWAY,
m24 Sheriff.

CANDIDATE FOR COUNTY COMMISSIONER

Having been urged by my many friends and tax payers of Kent county, I desire to announce myself as a candidate for County Commissioner, subject to the votes of the county. Respectfully,

ROBERT W. JOHNSON,
m24-4t Golt's, Md.

CANDIDATE FOR COUNTY COMMISSIONER

After due consideration and at the solicitation of my friends and a great many voters of the county, I have decided to announce my candidacy for County Commissioner of Kent County.

m24-4t AUBREY FAUCETT.

CANDIDATE FOR SHERIFF

Having been solicited by a large number of friends and taxpayers of Kent County, Maryland, I desire to announce myself as a candidate for the office of Sheriff of Kent County, Maryland, subject to the approval of the voters at the Democratic primaries.

tf ROBERT E. LEE.

POLITICAL CARD

Upon the insistent demand of my many friends I have given my consent to be a candidate for Sheriff of Kent County, subject to the approval of the Democratic voters in the Primaries. I promise faithful services.

8t EDGAR M. CLARK.

CANDIDATES CARD

I wish to announce myself as a candidate for the office of Sheriff of Kent County subject to the primaries to be held in September.

a12-tf GEO. W. CARTER, JR.

A CARD

Upon request of my friends, and after thorough considerationI have decided to announce myself as a candidate for Sheriff of Kent County; Subject to the Democratic primaries.

a26 CHARLES W. CARTER.

Harrison W. Vickers, Attorney.
ORDER NISI

Harrison W. Vickers, Assignee
vs.
Leroy J. Waller, et al
In the Circuit Court for Kent County
In Equity, No. 2622.

Ordered, this 17th day of June, 1930, by the Circuit Court for Kent County in Equity, that the sale of the mortgaged Real Estate mentioned in these proceedings, made and reported by Harrison W. Vickers, Assignee, under and by virtue of the Power of Sale contained in two mortgages from Leroy J. Waller and wife to Harvey L. Cooper, dated May 13, 1918, and May 14, 1918, and duly assigned to Harrison W. Vickers for collection, be ratified and confirmed, unless cause to the contrary thereof be shown on or before the 23rd day of August next, provided, a copy of this Order be inserted in some newspaper printed and published in Kent county, once in each of four successive weeks before the 21st day of July next.

The Report states the amount of sales to be $5,000.00.

ROBERT A. SHALLCROSS, Clerk.
True Copy—Test:
ROBERT A. SHALLCROSS, Clerk.
je21-4t

NOTICE TO THE PUBLIC

On and after May 1, 1930, ALL COAL will be sold on basis of 2,000 pounds per ton. The act of the General Assembly of Maryland Session 1929 changed the law to read as above.

J. D. BACCHUS,
C. W. KIBLER & SONS,
a26 W. S. & A. M. CULP.

In The Language Of
AMOS 'N' ANDY
ARE YOU

"Regusted" with the "sit-shiation" in regard to the many distress signals you meet and have you reached a point where you want to "check and double check" before you choose a Bank.

A "check and double check" will reveal that you can't go wrong with a deposit in the

KENT COUNTY
SAVINGS BANK

Here is "Our-Prop-o-lition". We will give you

4 PER CENT On Your Savings

According to Andy, Amos lacks business experience and "edication". But Amos has money in the bank on which he gets interest and his 'horse sense' philosophy causes him to question every "fool" proposition designed to get his money. He feels secure in the fact that he has his money and he GETS his pleasure from pride of possession.

Mr. Prospective Depositor be like "Amos" and put your money in this bank and let it remain.

WILL you have the MONEY NEXT YEAR?

By Joining Our Xmas Club Now
You'll Be Certain

WE started a Christmas Club on December 2, 1929 for 1930. Weekly savings of 10c, 25c, 50c, $1, $5 or more will provide for your Christmas wants.

Small savings that you will not miss will make a tidy sum for Holiday needs.

Call Now and We Will Gladly Explain the Plan

Millington Bank of Md.

MILLINGTON, MARYLAND.

President, JOHN P. AHERN
Vice-President, MERRITT BRICE
Cashier, C. M. MELVIN

DIRECTORS

T. C. ROE, JOHN P. AHERN, C. M. MELVIN
HARRY HOLT, LEONARD WILSON, MERRITT BRICE
S. J. JOHNSON, J. H. AHERN

Bramble's Store, Fairlee
Specials for This Month

COFFEE
Special Blend Kenney's Coffee, only
19c lb.

YEAST POWDER
Sea Gull Yeast Powder, 8 Boxes for
25c

RICE
Whole Grain Rice, 4 Lbs. for only
25c

FLOUR
98 Lb. Best In the World Flour for only
$3.75

BABBITT'S LYE
Babbitt's Lye for only
12c can
One Cleanser Free.

SHEETING
Heavy 9-4 Druid Sheeting for only
32c yd.

MUSLIN
Fruit of Loom Musil for only
16c yd.

COLOR PRINTS
Guaranteed Fast Color Prints, only
15c yd.

SILK HOSE
$1 value Ladies' Hurstex Silk Hose, only
69c pair

EGGS AND POULTRY TAKEN IN TRADE

T. H. M. BRAMBLE, FAIRLEE

REMEMBER that the Kent News office is the place to obtain first-class wedding invitations at nominal cost.

The Idle Stomach—Our Most Serious Unemployment Problem

By E. V. McCollum, Ph.D., Sc.D.

Author of "The Newer Knowledge of Nutrition," "Food, Nutrition and Health," etc., Professor of Bio-Chemistry, School of Hygiene and Public Health, Johns Hopkins University.

LIVING as we do nowadays on a diet consisting largely of concentrated and highly refined foods, many persons too often overlook the absolute need for a certain quantity of "indigestibles"—food that keeps the digestive tract healthfully at work and provides the excess bulk so necessary to promote well being.

It is a recognized law of Nature that the digestive tract of any creature is adapted to suit the kind of diet to which the species long has been accustomed. And in order to obtain a clear picture of the importance of roughage in the human dietary, it might be well for us to review briefly the three types of creatures—including man—that compose the animal kingdom.

First, there is the species known as *herbivora*, who subsist entirely upon food of vegetable origin. These have stomachs of enormous capacity, and intestines which are large enough to contain the great residues of indigestible matter which result from a diet of coarse herbs. The lining membranes of the stomach and intestines of herbivorous animals, too, are highly resistant to mechanical injury and tolerate without damage the friction of the coarse residues as they pass along the digestive tract.

Flesh-Eating Animals

Next in the scale of animal species we find the *carnivora*, who restrict their food solely to the flesh of other animals. In this group we find that the digestive tract is of much smaller capacity, as a result, no doubt, of long adherence to food of exclusively animal origin. Meat, glandular organs and fat, we know, are highly concentrated foods; and even a small bulk suffices to provide ample nutrients for growth and the maintenance of weight, even when much of the food consumed is burned for the performance of work or the production of heat.

While the digestive tract in these flesh-eating animals functions satisfactorily without much indigestible material on which to work, it must be remembered that the carnivora, under natural conditions, take a great deal of exercise and that the residue from their food is quite smooth in texture. Even so, many of these animals—as the dog, cat, lion and tiger—eat much bone substance, which is changed by the strong acidity of the stomach to form insoluble and fairly bulky material of a mass favorable to the mechanical functioning of the intestine, and thus makes elimination possible at a rate which is consistent with health.

E. V. McCollum

Coming now to man—the third type of species in the animal kingdom—we find that he is *omnivorous*. Except in the far North, where no vegetable food is available, human beings draw their nutriment from both plant and animal life. Nevertheless, man cannot eat very bulky vegetable food in any considerable quantity, because his digestive tract is of small capacity. Neither can he safely eat of the coarser vegetables, because the lining membranes of his stomach and intestines are too delicate to withstand the scraping of the coarser particles of indigestible matter without injury.

What Cooking Does

One way in which man has attempted, and with success, to eat safely the coarser root and leafy vegetables, is through softening and disintegrating the cellulose of those foods by cooking them. The cooking process not only decomposes some of their substances classed as cellulose, but makes the remainder of the food more digestible and thus averts the after distress of eating. When some of the smaller and fugitive tribes of American Indians were forced into localities in which game was scarce and food plants not abundant, they were compelled by circumstance to eat grass seed, acorns and other vegetable foods which are coarser than humans are accustomed to eat. They suffered greatly from indigestion, and doubtless injured their digestive tracts by taking cellulose which was too coarse and irritating. They had not less than a score of "grandmother" remedies for indigestion to attest these experiences.

Common knowledge tells us that indigestible things are dangerous if eaten freely: yet it is equally clear that our intestines do not function properly unless there is a certain amount of indigestible matter to distend them to the right degree, and to form a mass which is favorable for the muscular contractions of the intestine to move along with the peristaltic waves.

Between the extremes of having in the intestine too much and too coarse cellulose on the one hand, and too little indigestible bulky matter on the other, lies the happy medium which is favorable both to comfort and health. There are many kinds of cellulose in different vegetable products. It forms the framework and fibers of plants, the walls of vegetable cells and the coverings of seeds. In most of its forms, cellulose is insoluble in boiling water; and it is not acted upon by any of the digestive juices, though certain kinds of bacteria are capable of fermenting and digesting the cellulose of certain plants.

Bran is probably the form of cellulose which has been most discussed in connection with the improvement of intestinal hygiene through facilitating elimination. There is good reason for believing, however, that when bran is eaten exclusively for promoting intestinal hygiene, it generally is eaten too freely. If properly softened through cooking, and taken in amounts no greater than are afforded by eating the whole cereal as a breakfast food, it is undoubtedly an excellent source of cellulose.

What has been said of wheat bran and its benefits is even more particularly true of the cellulose of the rice kernel. Rice is the principal cereal grain in the dietary of more than half the human race. Those who have been brought up on a diet constantly containing rice like it better than any other cereal. We have, in America, long been accustomed to eating small amounts of rice occasionally, but we generally never have eaten it as freely as we have either wheat or corn.

Cellulose of Rice Softest

The cellulose of the corn kernel is considerably more difficult to digest and more irritating than the cellulose of either wheat or rice. Of the three, the cellulose of rice is the softest and smoothest; and for regulating the elimination of children, or of adults with delicate digestive systems, it is almost ideal as a source of bulky matter.

A few faddists doubtless eat too much of cellulose-rich foods, particularly green leafy vegetables. While we never should become extremists about any feature of the diet, it is a fact that the modern food regimen often is lacking in sufficient cellulose, and this matter of an idle stomach and digestive tract is one of the most serious unemployment problems that confronts the human race today.

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the year around, it is also kept in a Frigidaire electric ice cream cabinet, the most sanitary way

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CATALOGUE UPON APPLICATION

RURAL CARRIER EXAMINATION

The United States Civil Service Commission has announced an examination to fill the position of rural carrier at Chestertown, Md. The examination will be held at Chestertown, Md. Receipt of applications will close on July 11, 1930.

The date of examination will be stated on admission cards mailed to applicants after the close of receipt of applications, and will be about ten days after that date. The salary of a rural carrier on a standard daily wagon route of 24 miles is $1,800 per annum, with an additional $30 per mile per annum for each mile or major fraction thereof in excess of 24 miles. Certain allowances are also made for the maintenance of equipment. The examination will be open only to citizens who are actually domiciled in the territory of the postoffice where the vacancy exists and who meet the other requirsments set forth in Form 1977. Both men and women, if qualified, may enter this examination, but appointing officers have the legal right to specify the sex desired in requesting certification of eligibles. Form and application blanks can be obtained from the vacancy office mentioned above or from the United States Civil Service Commission at Washington, D. C.

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"You can have what you want if you save for it."

The People's Bank
Chestertown, :-: Maryland

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