Kent News

SATURDAY, JANUARY 11, 1930

BLAMES FOODS FOR "BUSINESS MEN'S" ILLS

One reason why arthritis, heart disease, high blood pressure, chronic stomach trouble and other "business man's" or "society woman's diseases are now so common in America is not fast living but bad food. So concludes Dr. Loveli Langsroth, of San Francisco, in a report just published by the American Medical Association comparing the diets and diesases of 501 selected patients.

Dr. Langstroth divides foods into two classes, protective and non-protective, distinguished by whether or not they contain plenty of the vitamines, mineral salts and other substances believed to protect the body and keep it in working order. Chief among these protective foods, he reports are eggs, milk, fruits, vegetables and lettuce, but these made up only 12.1 per cent of the average diet of his 501 patients. Bread and butter classed as non-protective foods, made up 16.1 per cent, and 17.7 per cent, respectively. Meat, also non-protective, accounted for 10.9 per cent. The remaining 43.2 per cent of non-protective foods in the average diet includes sugar, cream, mayonnaise, potatoes, sweet desserts and other foods which are low in vitamines and mineralts.

Comparing the individual diets with the occurances of what he calls degenerative diseases, including diabetes and the kind of sick headache called migraine, as well as disorders of heart, arteries, digestive system and joints, Dr. Langstroth finds that patients who habitually ate very low percentages of protective foods developed an average of nearly 50 per cent more cases of these diseases than patients who ate plentifully of protective foods.

Twelve per cent of the vitamine-rich foods in the average diet is believed to be too low to keep everybody in good health. More eggs, lettuce, milk, fresh fruits and fresh vegetables are indicated for American tables; less bread, butter, meat, potatoes and sweets.

VITALLY IMPORTANT

Dr. Copeland, the physician Senator from New York, has the following to say in reference to the New Year:

On this New Year's Day every newspaper in North America will record the achievements of the year just ended. Every paper will record prophecies of the year to come.

They will talk about money, about invention, about discovery, about politics. The acts of Congress, Wall Street, the World Court, disarmament, the Eighteenth amendment and a thousand other things will engage the serious attention of able editors. Columns will be written to illuminate our minds regarding each and all of these matters.

But, in the last analysis, these are not the final things. Today, tomorrow, next year, and from the beginning of time there are and have been but two things of vital importance. The state of your body and the state of your soul—what else really matters?

What is a man profited if he shall gain the whole world and lose his own soul? What is a man profited if he gain wealth and education, lands and degrees, if he has not health

I have nothing but praise for all the wonderful achievements of the past. I am eager for those things that make for progress and the welfare of the race. But, O- my countrymen, why are we so neglectful of the individual and public health? What is better for you and for the nation than to be rich in health and vigor?

To a remarkable extent the physical health has to do with the mind. That old saying from Junius Juvenalis is worthy of serious thought. He speaks of the sound mind in the sound body. There is no doubt that the sound body is likely to be governed by a sound mind. In many instances, evil thoughts and wicked deeds may be traced to physical disease.

To determine to cultivate health is one of the best resolutions. Let us join in that resolve today.

Regardless of widely differing opinions as to how character should be trained, the feeling has become quite general in many lands that intellectual training is not the only important training that school and college have to offer.—The Christian Science Monitor.

The man who trusts men will make fewer mistakes than he who distrusts them.—Cavour.

Great minds have purposes, others have wishes. Little minds are tamed and subdued by misfortune; but great minds rise above them.—Washington Irving.

BOYS THINK ATHLETICS MOST IMPORTANT

Athletics was ranked as the most important interest in school life by the boys of Monroe High School in response to a questionnaire in a survey made by the Hi-Y and M. Y. clubs.

Girls chose friendship and rated sports second.

Studies were placed second by the boys and third by the girls. Religion, school politics, movies, world peace and prohibition were placed at the bottom of the list by most pupils. Fraternities and sororities were ranked as the sixth most important activity in school life.

In answer to the question, "If you had your way, what one change in this high school would you make?" more than fifty boys recommended the reinstatement of football, as did eight girls. Shorter period, more study halls, no probation or detention, less homeword and exemption from local examinations for all pupils having A or B average, were some of the suggestions.

Cheating was considered to have the worst effect on high school life, although most pupils did not consider it so serious a problem as wasting time. Girls smoking was put in sixth place by both boys and girls. Boys' smoking, poor scholarship and petting were not considered serious hindrances to school life.

One question concerned the most popular and most unpopular subjects The boys favored chemistry, physics, French and civics. French, English and German proved popular among the girls. English and Latin received the disapproval of the boys; and civics, geometry and algebra were disliked by the girls.

Latin was the most generally disliked subject.—Rochester Herald.

PUBLIC NOTICE

At the regular meeting of the Chestertown Volunteer Fire Co., a resolution was passed requesting the secretary to publish the law in respect to Automobiles being driven by persons who follow the fire trucks when responding to fires or who do not give the right of way to said fire trucks or to the Ambulance. The resolution was passed in order to acquaint the public of the law at the same time assist the State Officers in their duties. Kindly read carefully and avoid arrest.

Article 209 — Part VI of the State Laws of Maryland.

The operator of a vehicle upon a highway shall yield the right of way to ambulances and police and fire department vehicles when the latter are operated upon official business and the drivers thereof sound audible signal by bell, siren, or exhaust whistle. This provision shall not operate to relieve the operator of an ambulance or of a police or fire department vehicle from the duty to drive with due regard for the safety of all persons using the highway nor shall it protect the operator of any such vehicle from the consequence of an arbitrary exercise of such right of way.

Upon the approach of an ambulance or police or fire department vehicle giving audible signal by bell, siren or exhaust whistle, the operator of every vehicle shall immediately drive the same to a position as near as possible and parallel to the right hand edge or curb of the highway, clear of any intersection of highways, and shall stop and remain in such position unless otherwise directed by a police or traffic officer until the ambulance, police or fire department vehicle shall have passed.

It shall be unlawful for the operator of any vehicle other than one on official business to follow any fire apparatus traveling in response to a fire alarm closer than six hundred feet or to drive into or park such vehicle within six hundred feet to the place where fire apparatus has stopped in answer to a fire alarm.

The above law is being enforced and it is the desire of the fire company that the public abide by the law and thus assist the fire company as well as the State Officers in the discharge of their duties.

Respectfully,
CHES. VOL. FIRE CO.
W. H. Elliott, Asst. Sec.

There Are Scores of Buyers

in Kent and Queen Anne's Counties who are waiting for your advertisement to appear in the Kent News.

They may not know they are waiting. You may not know it, but put your adv. in and see what happens.

The law of worthy life is fundamentally the law of strife. It is only through labor and fruitful effort, by grim energy and resolute courage, that we move on to better things—Theadore Roosevelt.

IMPORTANT NOTICE

To Our CUSTOMERS And FRIENDS

Effective Jan. 1st, 1930

We are forced to place our business on a strictly thirty (30) day basis. Accounts are due on the 15th of each month. Kindly bear this in mind when purchases are made and be prepared to pay each month as this is the only way we can run our business under the present financial conditions.

Thanking you, we are

Metcalfe Brothers

AT YOUR SERVICE
HARRISON V. SCOONE
ROCK HALL, MD.
ELECTRICAL CONTRACTOR
PLUMBING OF ALL KINDS
SCIENTIFIC HEATING
LET US GIVE YOU AN ESTIMATE ON YOUR WORK
a10-tf

CAUTION

All persons are warned against trespassing upon the shores, pond, marshes, woods and fields of the undersigned on the Stavely farm with dog, gun or otherwise. Clifford M. Newsome. n16-12t*

NOTICE TO CREDITORS

Notice is hereby given that the undersigned has obtaned from the Orphans' Court for Kent County letters of administration on the personal state of

HENRY K. MILLER,

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 28th day of June, 1930, otherwise they may by law be excluded from all benefit of said deceased's estate.

All persons indebted to this estate must settle at once.

Given under our hands this 24th day of December, 1929.

ALICE B. BACON and
HARRISON W. VICKERS,
d28-4t Administrators.

S. Scott Beck, Attorney.
ORDER NISI

S. Scott Beck, Assignee
versus
Bedford H. Titter,

In the Circuit Court for Kent County
In Equity, No. 2594.

Ordered, this 26th day of December, 1929, 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 S. Scott Beck, Assignee, under and by virtue of the Power of Sale contained in mortgage from Bedford H. Titter to The Kent Building and Loan Company of Chestertown, Md., dated October 25th, 1928, and duly assigned to S. Scott Beck, ratified and confirmed, unless cause to the contrary thereof be shown on or before the 28th day of February 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 27th day of January next.

The Report states the amount to be $3.800.00.

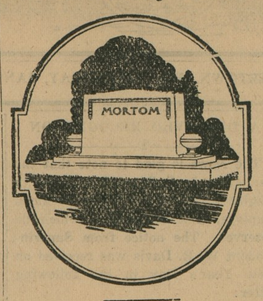
ROBERT A. SHALLCROSS, Clerk.
True Copy—Test:
ROBERT A. SHALLCROSS, Clerk.
d28-4t

S. Scott Beck, Attorney,
RATIFICATION NISI
S. Scott Beck, Attorney
versus
William H. Winchester
In the Circuit Court for Kent Co.,
In Equity, no. 2532.

Ordered, the 25th day of December, 1929, by the Circuit Court for Kent county in Equity, that the Auditor's Account and Report, stated and reported by Herbert E. Perkins, Special Auditor, in the above entitled cause,b e ratified and confirmed, unless cause to the contrary thereof be shown within three weeks from the date of the first publication of said notice, viz: January 18th, 1930; provided, a copy of this order be inserted in some newspaper printed and published in Kent county, once in each of two successive weeks before the 12th day of January next.

ROBERT A. SHALLCROSS, Clerk.
True Copy—Test:
ROBERT A. SHALLCROSS, Clerk.
d28-2t

Mark Every Grave



MONUMENTS AND TOMBS

Estimates furnished for anything in stone from a small Marker to a Mausoleum erected everywhere.

CHESTERTOWN MARBLE AND GRANITE WORKS
Phone 176. J. W. KIRBY, Prop.
Chestertown, Md.

NOTICE TO STOCKHOLDEDS

The annual meeting of the Stockholders of the Kent County Savings Bank for the purpose of selecting directors to manage the affairs of said bank for the ensuing year and for any other business will be held at their Banking House, in Chestertown, on Wednesday, January 22nd, 1930, at 12.00 o'clock noon. By order of Board.

d28-tm WM. F. RUSSELL, Cashier.

STOCKHOLDERS' MEETISG

The annual meeting of the Stockholders of the Chestertown Bank of Maryland will be held at its Banking House, in Chestertown, on Wednesday, January 15th, 1930, at 11 o'clock for the purpose of electing directors and transacting such other business as may come before the meeting. By order

d28-tm ALLAN A. HARRIS, Cashier

STOCKHOLDERS' MEETING

The annual meeting of the Stockholders of the Peoples Bank of Chestertown will be held at the banking house in Chestertown, Md., on Wednesday, January 15th, 1930, at 10.00 o'clock a. m., for the purpose of electing Directors and transacting such other business as may properly come before the meeting. By order of Board of Directors.

CHAS. F. WHEATLEY,
d21-tm Cashier.

NOTICE TO CREDITORS

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

GEORGE S. BIDDLE,

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 4th day of June, 1930, 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 31st day of December, 1929.

C. ROMIE SKIRVEN,
j4-4t Administrator.

FOR SALE

Two Pool Tables in fine shape. One dozen leather Butt Cues, also ten Plain Cues, Balls and Racks, etc. Oliver P. Jervis, Still Pond, Md.
d7-3t

Change in Business Methods For 1930

Due to business conditions we are compelled to limit our credits to 30 days.

All grain and feed products are bought on a cash basis and with the critical financial conditions it makes it necessary for us to adopt this method. Thanking you to co-operate with us.

R OOKS MILLS
CHESTERTOWN
AND
WORTON, MD.

NOTICE

I am prepared to sell at Public Auction, Real Estate and Personal Property. J. Waters Russell,Chestertown, Md., Prone 338. n30-6t

TURNER & SON
Betterton, Maryland

Lumber and Mill Work

Building Material, all kinds
Paint, Glass
Cement, Lime
Hair, Brick
Building Paper
Estimates will be furnished Promptly

TURNER & SON
Betterton Maryland

STOCKHOLDERS' MEETING

The annual meeting of the Stockholders of the Citizens Bank of Chestertown, Md., will be held in the banking house, Chestertown, Md., on Tuesday, January 14th, 1930, at 10.30 a. m., for the election of directors and such other business as may properly come before the meeting. By order of the Board of Directors.

J. FRANK CONNELLY,
d21-tm Cashier.

STOCKHOLDERS' MEETING

Notice is hereby given that the Shareholders of the Kent Building & Loan Company will hold their annual meeting in the Court House, in Chestertown, Md., on

Monday, January 13, 1930
At 7.45 P. M.

for the election of Directors and the transaction of such business as may properly come before said meeting.

C. N. SATTERFIELD,
d14-tm Secretary.

Stam Drug Co.

START THE NEW YEAR RIGHT
KEEP BOOKS

A nice line of Ledgers, Cash Books, Day Books and Journals, Letter Files, etc., etc.

Witman's Candy.

Popular Priced Fiction.

Cigars and Cigarettes.

STAM DRUG CO.
The Prescription Store
Phone 30. Chestertown, Md.

Toulson's Drug Store

Wishes All Its Patrons A Happy New Year

TOULSON'S
DRUG STORE
THE XMAS CARD STORE

READY FOR 1930

See our Display of
Everything For 1930
From RADIOS
To POWDER PUFFS

A. L. STERLING
Chestertown, Md.

NOTICE TO CREDITORS

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

MOLLIE E. KERNAN,

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 14th day of June, 1930, otherwise they may by law be excluded from all benefit of said deceased's estate.

All persons indebted to this estate must settle at once.

Given under my hand this 11th day of December, 1929.

JAMES R. KERNAN,
d14-4t Administrator.

SAVE MONEY BY ORDERING FROM FACTORY

Rubber Stamps, Self-Inking Stamps, Time Stamps, Numbering Machines, Notary and Corporation Seals, Stencils, etc. L. C. Treherne, Factory Agent, 332 High Street, Chestertown, Md. Telephone 359. n30-tf

IMPORTANT NOTICE

To Our CUSTOMERS And FRIENDS

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Thanking you, we are

Howard Clendaniel
Kennedyville, Md.

WM. PEPPER CONSTABLE
Attorney-at-Law
Maryland Trust Building
Baltimore, Md.
In Elkton, Md., Tuesdays

Security Service

Confidential Investment Service

Our officers are available for consultation in our banking rooms on the second floor of Fidelity Building.

Our facilities may aid you—and are unreservedly at your disposal.

A personal visit to our office is preferable, but inquiries by mail receive prompt attention.

C. T. WILLIAMS & CO
Incorporated
INVESTMENT BANKERS
Fidelity Building
BALTIMORE
Telephone PLaza 2484

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Phone 587

JOS. N. WHEATLEY & CO.
INSURANCE
CHESTERTOWN, MD.

SATTERFIELD & DURDING

We make a specialty of insuring HAY and WHEAT, either in barns or in stacks.

Remember the "HOME" is the largest American Company.

CHESTERTOWN & ROCK HALL

"Wear-Ever" Aluminum Utensils

FOR FINEST BAKING RESULTS

These bargains for your own holiday baking and for useful gifts



Muffin Pan — Cup cakes, muffins and pop-overs. 98c

Tray and Cookie Pan — Fine for biscuits, candy making, etc. $1.10

Pie Plate — Assures tender, flaky pies. 35c *3 for $1.00*

Ring Mold — Fancy cake making. Salads. 9-inch . . 98c 10-inch . $1.25

Tubed Cake Pan — Rests on lugs to cool. 9-inch . . 98c 10-inch . $1.10

Baking Pan Set — Puddings, pot-pies, custards, etc. Set $1.35

Layer Cake Pan — Golden brown cakes. 39c *3 for $1.10*

Square Cake Pan — Cakes, cookies, biscuits, candy, etc. 59c

Baking Pan — Apples, bread, roasting meat. $1.10

Free recipe booklet with every purchase

WEAR-EVER ALUMINUM TRADE MARK

NOLAND
Chestertown - - Maryland

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

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