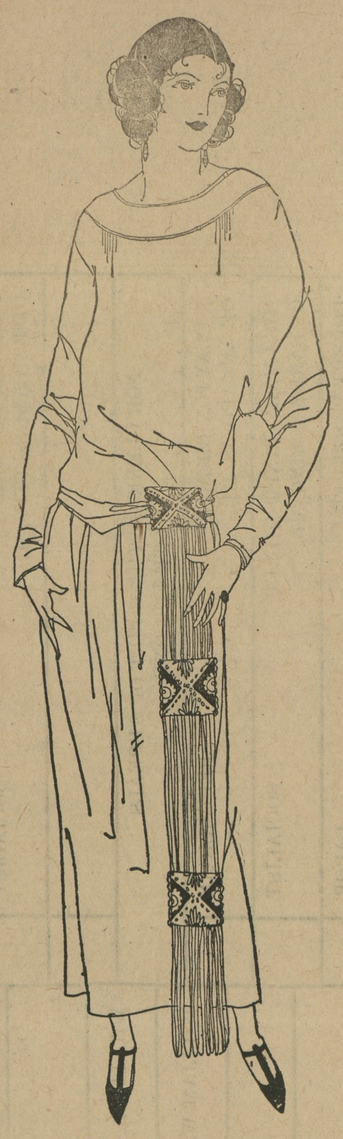


HARRY F. JEFFERSON
THE LADIES' STORE

CHESTERTOWN MARYLAND

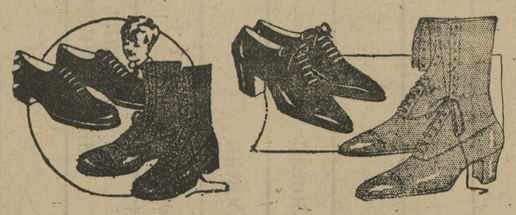
Our Store

We pride ourselves upon the stock of goods we have in all of our departments with quality above prices, and also for the prompt and courteous service we render our patrons. We think we can please you and keep you pleased, and cheerfully invite you to inspect any or all our departments.

DRESSES

Our dresses are stylish, pretty and at prices to suit every pocketbook. They range in price from $10 to $35.

SHOES



Real value guaranteed, as we are selling quality above price. We have shoes for ladies and misses for every occasion, from the Dress Pumps to the Hiking Shoes. Our Shoes Department is in the first floor rear and we are prepared to please you.

COATS

In order to meet the different tastes of our large host of patrons we are stocked with coats ranging in price from $15 to $50 and have coats for $15, $18, $25, $35, $40, $50.

Let the Victrola furnish the music for your dances

Everybody who dances enjoys dancing to such excellent music—everybody dances their best to such perfect music.

It is the best dance music to be had anywhere, and it can be enjoyed in every home.

The Fox Trot, Maxixe, and all the other new dances are easy to learn and a pleasure to dance with the music of the Victrola.

Come in and hear some of the latest dance numbers, and find out how easily you can get a Victrola—$15 to $200.

W. P. NEWNAM
Chestertown, Maryland

THIRTY DAYS ON CASH BASIS AND EVERYBODY HAPPY

What does a barrel of ROSE BUD FLOUR cost with 45 lbs bran.

Why, 5 bushels and 36 pounds good wheat. Use your pencil.

POULTRY FEEDS

We have the MASH when properly fed will make your pullets lay. Beef Scrap, Bran and Middlings.

DAIRY FEEDS

Full line of 16½%, 20% and 25% molasses feeds 20% and 24% Dry feeds.
Gluten Feed, Cotton Seed and O. P. Meal.
Beet Pulp.

Brooks' Mill
Chestertown, Maryland

I wish to thank my customers for their patronag and ask them to continue with our new firm.

Have a good supply of Garden Seed, all kinds of Harness, Diamond Automobile Tires, Dry Goods, Notions, John Deere line of Implements, and anything that belongs to a country store.

We can handle your Butter and Eggs and will give top notch prices.

Come and call on us and see for yourself.

Hadaway & Hadaway,
Successors to Wm. Hadaway,
WORTON MARYLAND

Betterton Plumbing Tin and Machine Shop

Bath rooms put in and remodeled. Tin and sheet metal work. Pipe Fitting. Stoves and ranges repaired. Pumps put in. Tanks and windmills put up. Gas and steam engines repaired. Pipe and Fittings from 1-8 to 2 inch. Stop and waste and supplies for bath rooms kept on hand. Plow shares ground. Lawn mowers sharpened.

WM. T. CLARK,
Phone 75-12 Betterton, Md.

Farmers, List You Repair Needs

It would be hard to find a farmer who at some time or another had not lost valuable time waiting for necessary repair parts. Take this territory and total up the time lost in this way and it will astonish you. And all because repairs are not odered as early as they should be.

There is no better time than right now—just before the busiest season on the farm—to go over your machines carefully, make a list of repairs you are likely to need and send it to us. With this list in our hands, we can order our stock so as to be prepared to meet every call promptly.

Repair part service is a necessary part of our business. We realize what it means to you in time and money to get what you need at once. Help us to help you by making up your list now and sending it in to us.

PAUL COMEGYS
Millington, Maryland

THE STAM DRUG CO
Chestertown, Md.

THE PRESCRIPTION STORE

A Full Line of School Supplies.

Tablets
Pencils
Pens
Book Bags
Composition Books
Pencil Boxes
Etc., Etc.

Whitman's Candy

STAM'S DRUG STORE

Subscription to the Transcript $1.50

The Transcript $1.50

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The Radio Broadcasting Station of the Chesapeake and Potomac Telephone Company at Washington, D. C. Better known to radio fans as station WCAP, one of the Bell System Broadcasting Stations.

TALKS *to* MOTHERS *about* THEIR BABIES

By DR. J. H. MASON KNOX, JR.,
Chief, Bureau of Child Hygiene, Maryland State Department of Health.

CARE OF THE MOTHER

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ADEQUATE care of the mother after child birth nearly always averts such immediate complications as hemorrhage and infection and tends to prevent also the subsequent ill health of the mother. The mother owes it to herself, to her child and to her home to carry out the doctor's instruction at this important time. It may seem unnecessarily costly, but long experience has shown that proper care now is many times cheaper than carelessness and neglect.

The mother should be in bed certainly for the first week or ten days. About the sixth or eighth day she may be permitted to sit up for a short time, and if all goes well on the ninth or tenth day she may be permitted to sit up in a chair for a little while. All this, however, should be under the doctor's direction, as, of course, some women regain their strength more rapidly than others. Usually the mother is not allowed to go downstairs for a month, and certainly should not take up her ordinary activities before six or eight weeks. The doctor must decide in each case, for it is poor economy to over-do.

ONE of the striking changes which takes place after the birth of the baby is the loss of weight of the mother. This may amount to 10 to 15 pounds. The mother does not regain her ordinary weight for two or three months.

The careful doctor will want to see each newly delivered mother several times during the fortnight after the baby's birth. He will want almost certainly to make a complete physical examination of her in from four to six weeks. In this way he can be assured that the mother's organs have returned to their normal place and condition, and correct any slight abnormality which may be present. Doctors feel that this examination is most important, and if carried out by a competent physician may avert the beginning of a chronic condition that might lead to a life of invalidism.

Diet.

THE question of the mother's diet is an important one, for, of course, one assumes that she is going to nurse her baby. The food should be selected with the idea of nourishing the mother and furnishing milk which will supply the needs of a growing baby. For the first 24 hours one or two pints of milk may be given the mother in small amounts at regular intervals, and perhaps a little vegetable broth and toast. The next two days gruels can be added and custard or poached eggs. Following this, a little tender meat and vegetables can be given, and so a return to a general diet.

This general diet should consist largely of milk, eggs, leafy vegetables, cereal made of whole grain, bread made also of whole grain, and fresh fruit. These are the best milk producing foods. There are no patent foods which have been shown to have any effect upon milk production. Of course, the mother will avoid foods which lead to indigestion, both for her own sake and because of the baby. It is not true, however, that the milk is affected by various kinds of vegetables, provided, of course, they can be digested by the mother.

Must Eat For Two.

ALMOST the only drug which is excreted in the mother's milk is opium or its derivatives and possibly alcohol when taken in large quantities.

The nursing mother, of course, must eat for two, and on this account it is often advisable to supplement the three regular meals by a glass of milk, cocoa, or some other beverage made of milk, during the morning, afternoon and at bed time. This supplementary food should be taken within an hour of the regular meal, so as not to spoil the appetite for the next meal. Regularity is important, and nothing whets the appetite more than plenty of fresh air.

Usually a quart of milk and an abundance of water, in addition to the usual diet, will often enable the mother to nurse her baby successfully.

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DIET

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WHAT shall I eat? I should say the diet of the waiting mother in no way differs materially from that to which she has been accustomed; provided, of course, that it has agreed with her. The popular superstition that the expectant mother needs an unusual amount of food is not true, and overeating in this condition may be dangerous.

The diet should be nourishing, but not stimulating. Meat should be restricted, as the accumulation of waste products from large amounts of meat may lead to serious complications. On this account also it is important that liquids should form a large part of the diet. Much of this should be taken in the form of water—from two to even three quarts a day are not too much fluid. From four to eight glasses a day when taken at regular intervals are beneficial.

POULTRY, fish, eggs, vegetables—both the root and green leaf varieties—rice, tapioca, cereals, and milk with fruit form a good general diet. Waiting mothers must remember that the child depends upon the mother's blood for its food. The baby needs not only fats, proteins and sugars, but many mineral salts. These are especially necessary for the development of the bones and teeth. The usual cereal grains contain these minerals, but the process of bolting and other refinements have removed these desirable elements and injured the value of the food. Bread made of whole wheat, natural rice and the whole-grain cereals are better for both mother and child. When one realizes that before birth the crowns of the first teeth are either made or marred by the mother's diet, the value of care in the matter is evident.

IF ONE is accustomed to the use of tea and coffee, it is unnecessary to stop their use altogether, but the amount should be reduced. Cocoa and chocolate, broths and milk make pleasing variety.

Many women suffer from constipation at this time. This should be controlled as far as possible by a laxative diet rather than by purgatives. Such a diet would include fresh fruits, such as apples, peaches, oranges, grapes or grapefruit, etc., or cooked fruits, such as prunes, figs, apples, peaches and apricots. Graham and whole-wheat bread, corn meal and bran foods, such as oatmal and grits are helpful. Fresh vegetables, especially the green ones, eaten with olive oil, are laxative. Molasses used instead of sugar for sweetening the bread or biscuits would have a more laxative effect.

IN GENERAL, the diet should be abundant and wholesome. With these limits and precautions, it may be varied to suit the taste. The evening meal should be light, if it has been previously a hearty one.

Regularity is important, and the possible need for additional food during the later weeks may be more satisfactorily supplied by lunches of milk, cocoa or broth with crackers or toast between meals or upon retiring than by eating larger meals.

Subscription to the Transcript $1.50

TO DISTRIBUTE LIME FREE TO FARMERS

UNIVERSITY OF MARYLAND AND B. & O. RAILROAD TO RUN SPECIAL TRAIN IN AUGUST.

SOILS WILL BE TESTED

A special train, equipped with soil testing apparatus and carrying quantities of lime for free distribution to the farmers of the State, will be operated by the Baltimore and Ohio Railroad in co-operation with the University of Maryland and the United States Department of Agriculture during the week of August 20 to 25, and will be the means of emphasizing the value of lime to agriculture.

The "soil testing special" will be operated over the lines of the Baltimore and Ohio Railroad, and will make a number of stops in each of the counties through which the railroad runs. A definite schedule of stops at points in Cecil, Harford, Baltimore, Anne Arundel, Prince George's, Howard, Carroll, Frederick, Garrett, Allegany, Washington, and Montgomery counties is being arranged and will be announced so that farmers can meet the train at the nearest stopping point.

The train will be equipped with soil testing apparatus and will stop at each point long enough to test soil samples brought in by the farmers. This work will be under the direction of Dr. A. G. McCall, head of the department of soils of the University of Maryland Experiment Station. The proper amount of lime for an acre of ground as shown by the test will be given free of charge to each farmer, and will be unloaded from the supply which the train will carry.

"The soil of seventy-five out of every hundred fields in Maryland is sick for the lack of lime, and must have an application of some form of lime bearing material before maximum crops can be produced," says Dr. McCall.

"Fortunately Maryland offers a variety of lime-bearing materials, many of which are being used as a course of agricultural lime," he continues. "The finished product is usually available as (1) raw pulverized oyster shells, pulverized limestone and marl; (2) burned limestone or oyster shells; and (3) hydrated lime. To apply these different forms in chemically equivalent amounts it is necessary to make much heavier applications of the pulverized raw limestone and the hydrated lime than of the burned form. For practical purposes it is sufficient to remember that one ton of the burned lime is equivalent to one and a half tons of the hydrated form or two tons of the pulverized raw limestone or oyster shells.

"In deciding which form of lime to use the farmer must take into consideration not only the cost of the material delivered to his station, but also the cost of hauling and handling from the railroad station to the farm. Farmers living near the station will usually find it much more economical to buy the low priced raw material while those living from five to ten miles distant may find it advantageous to buy the more expensive concentrated forms.

"Farmers in the counties through which the 'soil testing special' will run are urged to have their soil tested before wheat is seeded this fall. The success of the hay crop which usually follows the wheat is particularly dependent upon the condition of the soil with respect to acidity. If on the other hand the lime requirement of the soil has been met, money should be invested in fertilizer rather than in lime.

"Samples of soil to be tested should be taken from the field that is to be seeded to mixed grasses, clover or alfalfa. A spade or shovel should be pushed into the ground and worked back and forth to open up the cut. A thin slice of soil from the top to the bottom of the hole should then be shaved off and placed on a clean piece of paper. The same operation should be repeated in another section of the field. If the field is large and uneven, samples should be secured from five or six different places.

"All samples should be placed on the same piece of paper and thoroughly mixed. A half-pint of soil should be taken from this mixture, allowed to dry and placed in a clean bag or can which should be numbered and marked with the name of the owner. Around each package should be a sheet of paper giving the following information:

Name and address,
Location of the field,
Size of the field,
When last limed,
How much lime was used,
Does clover grow well.

UNITE IN DECLARING THAT COURTESY PAYS

"Inquiring Reporter" In Quiz On Telephone Politeness.

What the public thinks about courtesy at the telephone was well shown recently when the New York Daily News "Inquiring Reporter" stopped three men and three women and asked them what the effect on telephone service would be if subscribers were more patient and courteous.

Of the members of the gentler sex two happened to be stenographers while the third was a secretary. All three, accordingly, were familiar with the telephone as a factor in business. Of the men one gave his occupation as "manager," one was an amateur middleweight boxing champion while the third was a statistician.

Upon the value of patience and courtesy on the subscriber's part these six representatives of the public were in perfect accord. "The girl operators are human like the rest of us," is the way the exponent of the manly art of self defense put it. "When you speak courteously and in a nice tone their nature will respond and better service will result."

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