NOLAND

The Farmer's Store

In these times of high cost of production and low prices for farm products the farmer needs all the help possible to make both ends meet. We are trying to help you, Mr. Farmer, by stocking the kind of merchandise you want and pricing it as near as we can equivalent to your margin of profit.

We believe the farmer needs co-operation and you will find our store ready to co-operate with you.

So, to you, Mr. Farmer, and to you Mrs. Farmer, and to you, Farm Boys and Girls, we offer OUR co-operation throughout our store and organization in combating the high costs of living and production, and YOUR co-operation will help us in our endeavor. We are ready to serve you at all times.

NOLAND

Dry Goods, Notions, Floor Coverings, House Furnishings and Kitchenware

Shoes, Underwear, Wearing Apparel For The Entire Family.

CHESTERTOWN, MD.

TURNER & SON

Betterton, Maryland.

Lumber and Building Materials.

Cement, Lime, Brick, Prepared Plaster

Sheet Rock, Beaver Board

Bird's Composition Roofing

Hardware, Paints, Oils, Glass, Etc.

Estimates made up for our customers for any class of building.

Liberal DISCOUNT for cash.

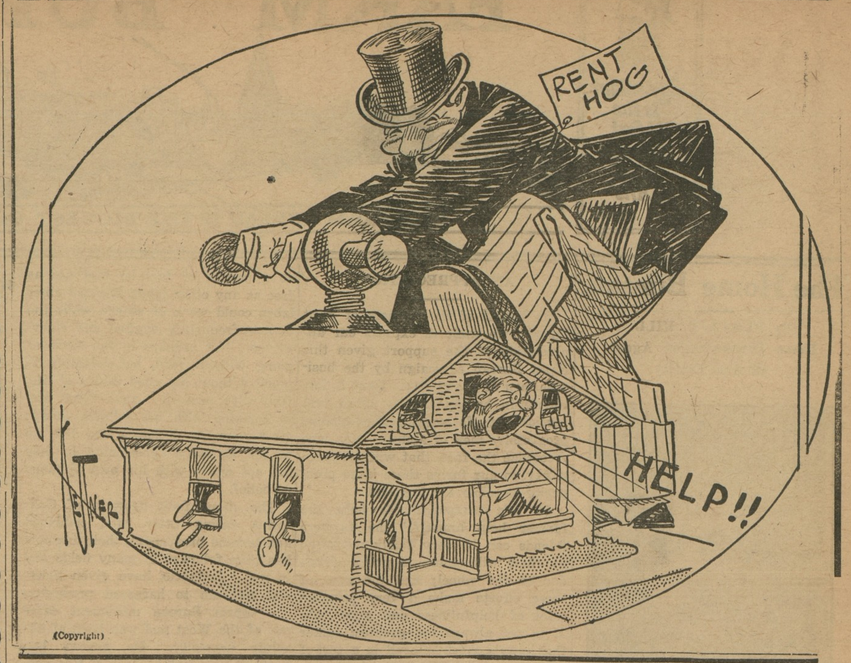
Fertilizers for all crops (A.A.C.Co. and Baugh's Brand)

ANTHRACITE COAL

TURNER & SON

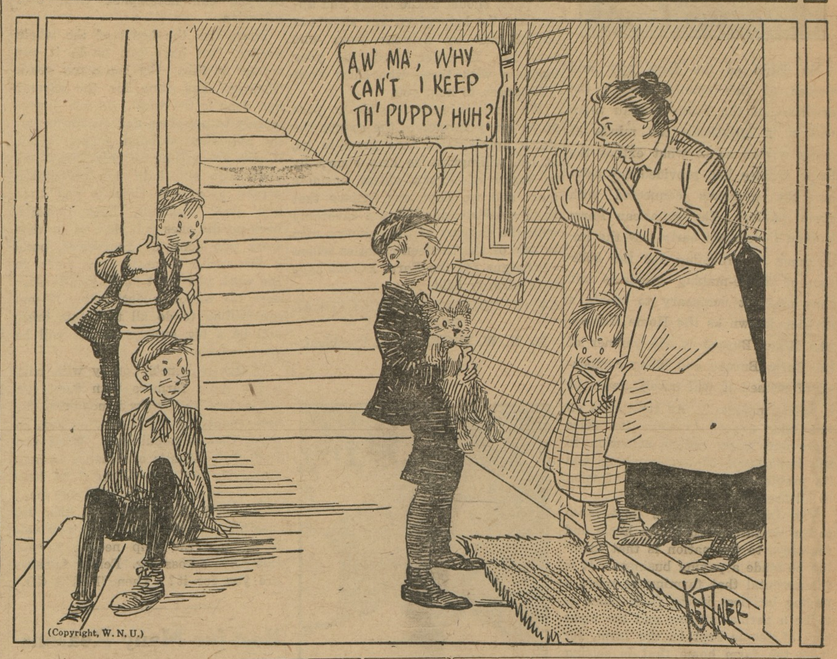
Betterton, Maryland

One "Good" Turn Deserves Another



(Copyright)

Happens About This Time of the Year



(Copyright, W. N. U.)

THE KITCHEN CABINET

(©, 1923, Western Newspaper Union.)

You can bear me witness that I have endeavored to convince you of man's inextinguishable individuality, and of the organic nature of society; that there is no right without a parallel duty, no liberty without the supremacy of the law, and no high destiny without perseverance—that there can be no greatness without self-denial.—From Francis Lieber's address to former pupils.

MORE GOOD FOODS

In the spring when all the winter store of canned and preserved fruit is gone, a very good conserve is the following:



Raisin Peach Conserve. — Wash and soak three cupfuls of dried peaches; cut them into small pieces and use three cupfuls of water. In the morning after soaking all night add one and one-half cupfuls of chopped blanched almonds, three cupfuls of raisins and three cupfuls of sugar; cook until the mixture thickens—about thirty minutes. Add the almonds just at the last, scald them well and pour the conserve into glasses. Seal with paraffin when cold.

Cheese Spread.—Put two cupfuls of milk into a double boiler; when hot add two teaspoonfuls of salt, one-half cupful of flour, mixed well with four tablespoonfuls of butter, add one pound of cream cheese cut fine, cook until smooth, beating well. The addition of a little chopped pepper or pimento will vary the flavor. Spread on buttered bread or wafers, or use as a sandwich filling.

Drop Cakes.—Cream one-half cupful of butter, add gradually, while beating constantly, one cupful of sugar, then add two well-beaten eggs, two squares of melted chocolate, one cupful of chopped almonds, one-fourth of a teaspoonful of salt, one-half teaspoonful of vanilla, two-thirds of a cupful of bread flour. Beat well and drop by spoonfuls on a buttered baking sheet about two inches apart. Bake in a moderate oven.

Buttercup Jelly.—Soak one-half of a box of gelatin in one-half cupful of cold water. Mix the beaten yolks of three eggs with a pint of boiling water and pour over the gelatin. When dissolved add one cupful of sugar, one cupful of orange juice and the juice of a lemon. Strain, mold and serve when cold with whipped cream.

Nellie Maxwell

TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,

Chief, Bureau of Child Hygiene, Maryland State Department of Health.

DRESS

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THE dress of the waiting mother is not an unimportant subject. Clothes properly planned add much to her comfort and enable her to go about feeling much less conspicuous than would otherwise be the case.

Of course, the object to be obtained is that the body should be kept warm, the circulation even, and the sweat glands active. Clothing, therefore, should be evenly distributed, adapted to the season and climate. Maternity clothing so-called is now made both comfortable and pleasing and is inconspicuous. Satisfactory patterns are easily available. The Public Health nurse can advise as to details.

IN GENERAL, it is better to have the waist and skirt fastened together so that the weight of the clothes comes from the shoulders. This also applies to underwear, and it is advisable to wear union suits. There should be no binding at either abdomen or breast. After the third or fourth month, ordinary corsets are distinctly harmful and must be discarded or substituted for by special corsets made of soft material and so arranged as to support the enlarging abdomen.

ATTENTION must also be given to the shoes

High, narrow heels which throw the weight of the body forward bring undue pressure on the lower abdomen, and should be discarded. Shoes that are well fitting, sufficiently large and comfortable for the feet, which are usually somewhat swollen at this time, should be worn. Especially should the heels be low.

Garters should be discarded because they tend to impede circulation and increase the tendency to varicose veins.

TALKS to MOTHERS about THEIR BABIES



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CHILDBED FEVER OR PUERPERAL INFECTION.

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THIS is a terrible scourge and dreaded with good reasons by expectant mothers before the days of expert and clean obstetrics. It is fearful to think of the lives that have been lost from this cause, through ignorance. Now, when the mother is in good hands the danger is almost gone.

Infection during the period of confinement is nearly always induced from without, and is due to lack of care on the part of physician, midwife, nurse or the patient herself. The prevention of this infection lies in the scrupulous care that should be taken by everyone who is concerned in any way in the attendance upon the woman at childbirth to allow nothing that is not absolutely clean to touch her.

This is a wholly preventive disease, since its causes and the measures necessary to avoid it are well known, and all women at this time or their families have the right to insist upon its prevention. This is an important reason for advising the mother to secure the services of a physician and nurse whose technique is above reproach.

If the women of Maryland cannot command service of this kind, it is the duty of the community, or the State through public health nurses, the obstetrical service of hospitals, and the medical profession generally, to provide it for its women.

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