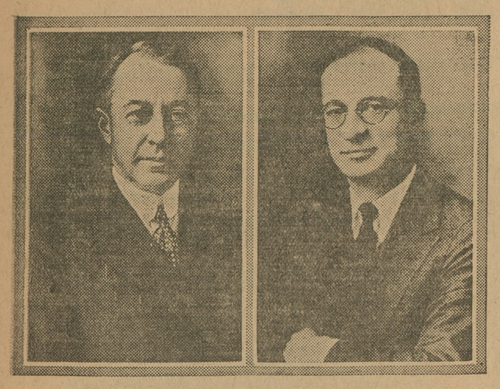
Soft Coal Industry Suffers Equally With General Public From Drawbacks, Declare Leaders



JOHN C. BRYDON ALFRED M. OGLE

John C. Brydon, of Somerset, Pa., chairman of the Bituminous Operators' Special Committee, and Alfred M. Ogle, of Terre Haute, Indiana, president of the National Coal Association, are two leaders in the first attempt of the bituminous coal industry to present even a partially united front in the solution of its problems.

"The operators suffer equally with the public from certain fundamental evils affecting the coal industry, and share the public's desire to solve them," Mr. Brydon recently said.

"On the one hand we have had 9,000 independent bituminous operators, with no semblance of organization. If the laws of supply and demand were given free play the 'cut-throat competition,' which is the only serious charge against us, would harm only us. The public would benefit, and, as a matter of fact, the efficient operator would also benefit.

"Over against our disorganization, however, the industry contains the startling paradox of the completest labor monopoly in the world. The United Mine Workers of America, highly organized and possessed of a $15,000,000 annual war chest through the 'check-off' system, compelling the operator to collect a tax on labor and turn the proceeds into union coffers, has secured a stranglehold on coal production. Before war emergencies gave labor the excuse to effect its present monopoly in the coal field, there was always a steady supply of the product at satisfactory prices."

Counsel for the committee of which Mr. Brydon is chairman has filed formal charges with the United States Coal Commission, asking public hearings at which to prove organized violence on the part of the union in support of destructive labor monopoly, ruthless breaking up of all labor relations, no matter how satisfactory, other than those sponsored by the United Mine Workers of America, and the use of enormous, secretly expended funds for warfare on the industry and the public. The commission has been asked to abolish or regulate the "check-off."

TALKS to MOTHERS about THEIR BABIES



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

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.

RIBBON TRIMMINGS ENRICH FROCKS FOR AFTERNOON



ALTHO the mode is insistent in the matter of the slender figure and adores simplicity (when it goes hand in hand with cleverness) there is no lack of variety in afternoon frocks. Fashion approves many things that contribute to their diversity—as combinations of two or more materials and colors, a wide latitude in style of sleeves and unusual neck treatments and draperies. There is no end to the variety of trimmings and among them ribbons contribute an element of beauty and richness that it is worth while to think about.

It takes an artist to use ribbon lavishly without giving us too much of a good thing. When ribbon is not merely an accessory but plays a part in the construction of a dress, as in the handsome afternoon frock pictured, it may easily be overdone. But it has been managed with skill in his model of crepe de chine and moire ribbon. It provides flounces, collar, cuffs and girdle. The crepe de chine foundation could not be simpler—it is merely a straight slip-over with elbow sleeves to which the moire ribbon lends a dignified element. One can imagine it in black, or in any of the season's popular colors, and find it a pleasing vision so long as the ribbon and crepe de chine match in color.

When afternoon frocks are under consideration no one should fail to consider this season's printed silks. They require next to nothing in the way of trimming but the narrower ribbons make the prettiest of girdles or other finishing touches for them.

Julia Bottomley

(©, 1923, Western Newspaper Union.)

NATIONALISM IN INDIA

The events of the last few years in India, as well as in the world outside, have made Indians dissatisfied with present-day western civilization. They feel that it is based not on moral principles, but on brute force. They find that there is no alliance between the words and actions of European governments, because they talk of one thing and do another, writes V. B. Metta in Current History Magazine. They realize that Turkey would have been robbed of everything had she not been able to defeat the Greeks by military force. They also see that Japan is respected by the western powers because she is a strong power, and not because she is good. Therefore, there is sorrow in their hearts. They do not hate the British or any other European people. What they dislike is the present immoral governments of these nations of the West. If these governments could be fundamentally improved the Indians would have nothing to be dissatisfied with. They are waiting for the dawn of better days to come. Is that day coming from the East or from the Far West?

Some one remarks that the silk hat has passed virtually out of fashion, being used now only for funerals and weddings. Why ignore the fact that it remains the correct headgear in reviewing stands? Why fail to see that movie idols would rather die than hand a butler something he could not brush with his sleeve? What of the top hat in the comics? Fashion may come and go, wax and wane, but it is likely to be a very distant generation whose funny papers will not picture the "plug" as the common and familiar toppiece on millionaires, social lions and citizens out for a Sunday walk. The reason is that in the most popular comics something must be smashed, and there is nothing which can look more smashed, when subjected to harsh treatment, than a top hat.

Do you want a purple tree on your lawn? Or a blue or red? A German chemist perfects a process by which a tree, while growing, can be transformed into any of these three colors. His method is to feed liquid dyes to the roots. They rise through the sap cells and color the leaves. Rather a foolish thing to start circulating in a world quick to adopt the atrocious. Green is the most beautiful color, also most restful to the eyes. That's why nature uses it in grass, leaves, and nearly all vegetation. Imagine the country an endless mass of purple, blue or red!

KENT NEWS $1.50 YEAR

The magazine writer who says that only half the eligible voters go to the polls must have overlooked the thousands of candidates who stay away because they are too modest to vote for themselves and too conscientious to vote for an opponent.

The Milwaukee Journal says the average life of a five-dollar bill is eight months. We have never had one to live with us any such time as that. Our experience is, they pass away in their early infancy.

Candidate for County Commissioner

After deliberation I have consented to be a candidate for County Commissioner subject to the Democratic Primaries in September.

T. RINGGOLD JONES,
Rock Hall, Md.
jy7-tf

CANDIDATE FOR COMMISSIONER

I hereby announce my candidacy for County Commissioner for Kent County subject to the Democratic Primaries to be held in September.

STONEWALL J. JOHNSON,
Massey, Md.
j16



Why the Good Old Remington Pump Gun Still Outsells all Others

There's a new 20-gauge model, too—the best of the light-gauge guns. See it at your dealer's

ASK any of your friends who shoot a Remington 12-gauge Pump Gun—there are lots of them—what it is that has made this the favorite 12-gauge ever since Remington brought it out in 1900—the *first* solid-breech hammerless repeating shotgun ever produced.

Or better yet—if he'll let you—borrow his Model 10 and take it out in the fields or down by the water for an afternoon and try it for yourself.

* * *

Fire arms experts always comment on the precision and finish of the Model 10—the result of 245 separate inspections in the Remington plant.

And they remark that the receiver is *machined out of solid* steel—instead of made of stamped steel metal or a cored casting as is done with many shotguns.

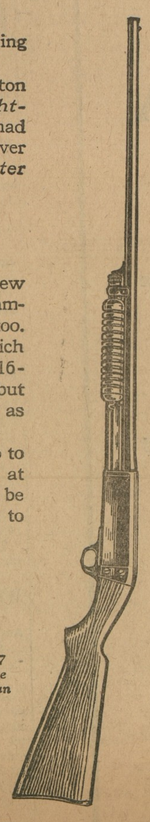
But the man who goes out for a day's sport or to get a few ducks or rabbits for supper isn't so apt to say anything about these technical features.

He'll tell you that the Remington Model 10 shoots *harder and straighter* than any other 12-gauge he ever had in his hands, has an action that never balks or clogs—and seems to get *better* the longer he uses it.

If you're in line for something specially good in a 20-gauge—

Get your dealer to show you the new Remington Model 17. This is a hammerless, solid-breech pump action, too. Chambered for 2¾ inch shells which gives it the power and range of a 16-gauge. It is comparatively new—but already many old-timers swear by it as a "real man's gun."

The first time you get a chance go to the gun rack at the store and look at these Remingtons. Your dealer will be glad to tell you anything you want to know about them.

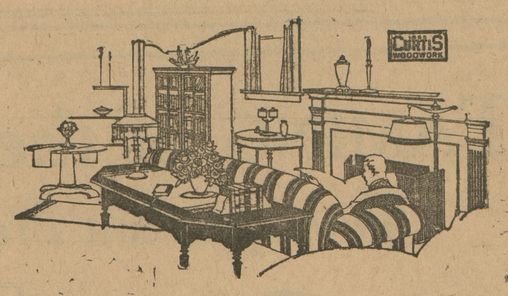


Model 17
20-Gauge
Pump Gun

REMINGTON ARMS COMPANY, Inc., *New York City*
Established 1816

Remington

THE AUTHORITY IN FIRE ARMS, AMMUNITION AND CUTLERY



This pleasing interior owes much of its beauty to the good design of the mantel, the proper placing of a correctly proportioned window, and to the dignified built-in bookcase.

These are all woodwork items of standard sizes and designs. And because they are standard and made in quantities they are within the reach of any homebuilder. Good taste in selection counts for more than money.

It is difficult to keep in stock all the standard articles made by a great manufacturer of woodwork. When you come to us to select the woodwork for your new home, or for remodeling the old home, we can show you a big catalog of standard woodwork as well as what we do have in stock. We can make quick delivery of everything you'll need, too.

Plan your home for standard woodwork. Your money will go further. Let us help you.

E. S. Adkins & Co.

Everything Needed for Building

Chestertown, Maryland

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