ASK YOUR NEIGHBOR

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Perrysburg, Ohio.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my sides all the time. I can't remember just how long I suffered, but it was for some time. One day I was talking with a lady I met on a car, and I told her how I was feeling and she said she had been just like I was with pains and nervous troubles, and she took the Vegetable Compound, and it cured her. So then I went and got some, and I certainly recommend it for it is good. Whenever I see any woman who is sick I try to get her to take Lydia E. Pinkham's Vegetable Compound."—MRS. ADA FRICK, Route 3, Perrysburg, Ohio.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial.

Nose stopped up? MENTHOLATUM quickly clears it.

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Supervisors' Notice

—OF—

APPOINTMENT OF JUDGES AND CLERKS OF ELECTION FOR KENT COUNTY.

JUDGES

First District, First Precinct
James D. Moore, Rep.
Second Precinct
James W. Mulford, Dem.
L. Irving Atwell, Rep.
Sesond District, First Precinct
William S. Hurlock, Dem.
James A. Nickerson, Rep.
Second Precinct
Charles W. Hague, Dem.
Ollie W. Atwell, Rep.
Third District, First Precinct
Sutton Tarbutton, Dem.
Hanson T. Cornelius, Rep.
Second Precinct
Walter Crew, Dem.
Charles T. Willis, Rep.
Fourth District, First Precinct
Thomas G. Wroth, Dem.
Charles S. Smith, Rep.
First Precinct N
George A. Burk, Dem.
N. J. T. Baxter, Rep.
Second Precinct
William L. Fowler, Dem.
H. Theodore Jewell, Rep.
Fifth District, First Precinct
James T. Taylor, Dem.
H. Bernard Wilson, Rep.
Second Precinct
Andrew J. Bryden, Rep.
Sixth District
Bayard Sutton, Dem.
H. H. Legg, Rep.
Seventh District
William J. Maslin, Dem.
H. M. Baker, Rep.

CLERKS

First District, First Precinct
Walter Kulley, Dem.
S. A. Price, Rep.
Second Precinct
Robet L. Fogwell, Dem.
Chester A. Davis, Rep.
Sesond District, First Precinct
Raymond Sutton, Dem.
H. Frank Willis, Rep.
Second Precinct
Walter H. Davis, Dem.
Merritt Willis, Rep.
Third District, First Precinct
W. T. Porter, Dem.
Ralph T. Williams, Rep.
Second Precinct
B. Scott Stokes, Dem.
Samuel W. Unruh, Rep.
Fourth District, First Precinct
Joseph N. Wheatley, Dem.
Don T. Falls, Rep.
First Precinct N
Edgar Pennington, Dem.
Owen C. Smith, Rep.
Second Precinct
Alvin C. Brown, Dem.
John Speicher, Rep.
Fifth District, First Precinct
Thomas H. Rich, Dem.
Walter H. Coleman, Rep.
Second Precinct
John Newcomb, Dem.
John H. Bryden, Rep.
Sixth District
William H. Barnes, Dem.
H. Raymond Jones, Rep.
Seventh District
Herbert Walbert, Dem.
Philip V. Kratzer, Rep.

By Order of Board,
C. FRANK CROW, Prest.,
J. HYDIE THOMPSON,
THOMAS W. TREW,
Supervisors of Election.
C. J. Reiche, Clerk. a11

Card To The Public

Not because numerous friends and many voters have urged me, but because I believe I can hold down the job if I get it, I will be a candidate for member of the House from Kent county at the Democratic primaries in September.

H. L. WOODBURN,
Galena, Md.
jy28

TALKS to MOTHERS about THEIR BABIES

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

GROWTH AND DEVELOPMENT.

Reprinted by permission of the Baltimore Sun.

THE weight of the baby at birth is determined by many factors which are not well understood. Although the average birth weight is about seven pounds, many perfectly well-formed and healthy babies may be born at term one or two pounds lighter, and, of course, the 10-pound baby is the mother's boast. Small parents have small babies, and, as has been previously stated, the proper diet and regime of the mother result in heavier and more vigorous babies. In general, it may be said that the smaller the baby, the more protection it requires, and the more nourishment in proportion to its weight.

Because of the great inequality in weight of healthy babies at birth, no weights in the early weeks can be considered standard. The accepted rule is that the baby's birth weight should double at six months and treble at one year. There is nearly always a loss of a few ounces, perhaps a pound, in the first week or 10 days of life, which loss is made up after this period, from which time there should be a continuous gain of from four to eight ounces weekly throughout the first year.

Weighing The Baby.

THE failure to gain in any week, if the baby in other respects seems well, should cause no concern, but the continuous failure to gain in weight should be brought to the doctor's attention. The habit of weighing the baby every day is an interesting pastime, but is fraught with a good deal of unnecessary worry to the mother.

Height.

THERE is, perhaps, less variation in the height of the new-born baby, which usually averages from 20 to 21 inches. The baby usually grows five inches in six months, three additional inches in the first year and three to four more inches in the second year. The rate of growth also depends upon the diet and inheritance.

The comparative measurements of the circumference of the head and chest are important. At birth the circumference of the head is between 13 and 14 inches, and that of the chest about one-half an inch less. These two measurements continue approximately the same through the first two years. When there is a marked deviation from this rule the doctor's attention should be called to it.

Touch.

Sensibility to touch and to painful impressions is present in early infancy, but is dull as compared to later childhood.

Sight.

AT birth a baby can probably distinguish between light and darkness. He recognizes objects at six or eight weeks and can focus his attention on objects usually at three months. At this time tears are first shed. Many young babies have a slight squint due to the inability to control the eye muscles. This usually disappears as they grow older. The eyes of a new-born baby are often blue. The color gradually changes in the first few weeks to that which is permanent.

Hearing.

THE new-born baby apparently does not hear. In a short time, however, noises can be recognized, but he cannot localize the sound for two or three months.

Smell.

THE sense of smell is the last of the senses to be developed.

Activities.

ONE of the first conscious acts of the young baby is to smile at 4 or 5 weeks of age. Voluntary muscular movements develop in the fourth month, at which time objects may be grasped, and the head held up when the body is supported. Many babies begin to creep from 6 to 8 months and sit up alone at the same period. He can stand with assistance from 10 to 12 months and will walk from 12 to 16 months. About the same time he will begin to say a few words and short sentences at 2 years.

It must be remembered that there is a great difference in the time in which perfectly normal babies develop these activities. Undue delay, however, is a reason to consult the doctor.

Teething.

THE development of teeth begins at least six months before birth. A nutritious diet for the prospective mother is the best way to insure healthy teeth for the baby. At birth each tiny tooth of both sets lies imbedded in the jaws surrounded with a soft gum. As the baby grows the teeth grow also, and begin to cut through the gums usually at about the seventh month of life.

Teething is a normal process and should not be accompanied by any disturbance. Unquestionably, however, many children are irritated and uncomfortable in cutting their teeth, and if this is so the doctor should be consulted largely with the thought of eliminating any serious condition.

THERE are 20 of the so-called milk teeth—five in each half jaw. These are cut in groups; first, the incisors, then the second incisors at about a year, followed by the first molars, then by the stomach or eye teeth at a year and a half to two years and lastly by the second molar teeth at from two to two and a half years. This set of teeth is replaced by the permanent set beginning about the sixth year.

There is great variation both in the order and in the time in which the teeth appear, and no mother need feel alarm if her baby does not cut his teeth in the usual order. Failure, however, to have teeth at a year means some interference in development. This may be due to diet or disease and the doctor should be consulted.

Some interesting family traits relating to the teeth have been perpetuated for many generations.

KENT NEWS $1.50 PER YEAR

BURNING OF $75,000 HOME BELIEVED THIEVES' WORK

The beautiful country home of Eugene W. Lucas, of Philadelphia, on the North East river, opposite Charlestown, and its contents, together valued at about $75,000, was destroyed by fire, believed to be of incendiary origin, early Monday morning. The blaze was discovered about midnight and is thought to have been started by persons who first robbed the house.

Mr. Lucas and his family, who have been spending the summer at Charlestown, left their home early Sunday afternoon for a cruise down the Chesapeake Bay. The house was left in charge of a caretaker, who also went out in the evening, leaving it unoccupied. It is believed that thieves took advantage of the family's and caretaker's absence and robbed the place, setting it on fire in order to cover their tracks.

FARM FOR RENT

Buck Neck Farm, near Melitota, is for rent for 1924. Has 378 acres and wharf right on farm making short haul for grains and tomatoes. Apply to HARRY C. HAMILTON, Georgetown, Md. j14-3t*

Fresh Peach Ice Cream

One of the compensations of summertime is Gill Bros. Fresh Peach Ice Cream. Besides sending the temperature down several degrees, the piquant delicacy of our Peach Ice Cream constitutes a real treat.

Only the finest fruit is good enough for us to use, Big ripe, sun-kissed peaches, combined with rich cream and granulated sugar—the magic result is a Peach Ice Cream of which we are justly proud and which you will thoroughly enjoy.

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Easy Payment Plan

enables all to own these articles in a way that does not add hardship to the pocket book. We will be glad to serve you.

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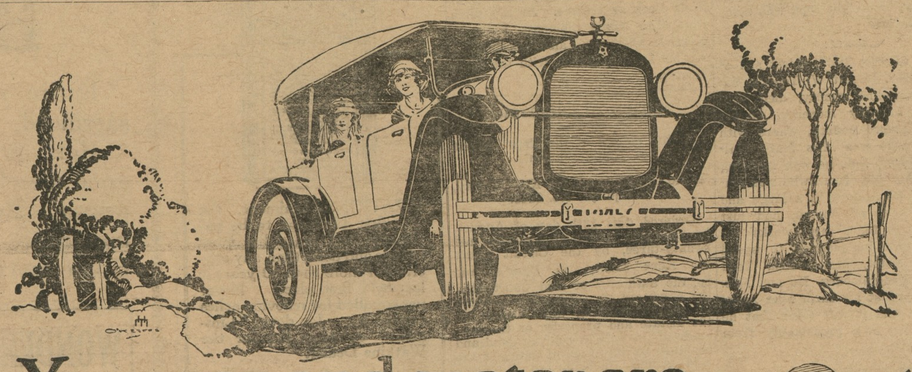


Your car and motor are balanced—the fuel should be, too

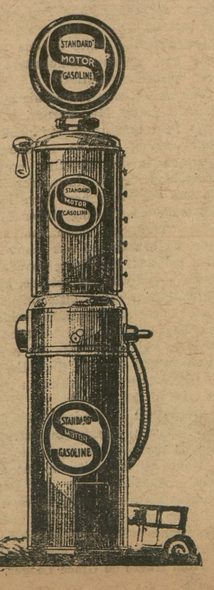
Propellers and motors alike need balance to make the best use of power. "Gas" for your car must be balanced to make *power itself* ample, flexible and cheap.

PRACTICALLY all the development and improvement in cars and in motors have been in the direction of finer and still finer balancing of parts, weights and stresses—to obtain greater and still greater flexibility. It is only natural that some car makers have succeeded better than others.

Most gasolines today give you more flexible and versatile power than they did a few years ago. Here, too, it is natural that some refiners have succeeded better than others in their effort to produce a really *balanced* motor fuel.

There's a long story of refining experience and study behind "Standard", the *balanced* gasoline. It is the logical fuel for any finely balanced motor. It gives you *everything* you need in a motor fuel. Stick to "Standard"—the all-round, balanced gasoline.

Made In Maryland



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SUMMER SCHEDULE

Weather Permitting
Standard Time

SASSAFRAS RIVER LINE

Effective June 16, 1923

Tuesdays, leave Fredericktown for Baltimore at 9.30 a. m., Betterton at 10.30 a. m., Worton Manor at 11.15 a. m., arrive in Baltimore about 1.30 p. m.

Wednesdays, leave Baltimore for Betterton, Worton Manor and Sassafras River Landings at 9.30 a. m., returning leave Fredericktown for Baltimore at 3.30 p. m., Betterton at 4.30 p. m., Worton Manor at 5.30 p. m., arrive in Baltimore about 8.00 p. m.

Saturdays, leave Baltimore for Fredericktown and Betterton at 1 p. m., Betterton at 7.00 p. m., arrive in Baltimore about 10.30 p. m.

PORT DEPOSIT AND HAVRE DE GRACE LINE

Effective July 12, 1923

Mondays, leave Baltimore for Betterton, Havre de Grace and Port Deposit at 1 p. m.

Tuesdays, leave Port Deposit for Baltimore at 6.30 a. m., Havre de Grace at 7.00 a. m., Fredericktown at 9.30 a. m., Betterton at 10.30 a. m., Worton Manor at 11.30 a. m., arrive in Baltimore about 1.30 p. m.

Thursdays, leave Baltimore for Betterton, Havre de Grace and Port Deposit at 10.30 a. m., returning leave Havre de Grace for Baltimore at 3.30 p. m., Port Deposit at 4.30 p. m., Betterton at 6.30 p. m., arrive in Baltimore about 10.00 p. m.

Sundays, leave Baltimore for Betterton, Havre de Grace and Port Deposit at 9.00 a. m., returning leave Port Deposit for Baltimore at 2.15 p. m., Havre de Grace at 1.30 p. m., Betterton at 4.00 p. m., arrive in Baltimore about 7.00 p. m.

TOLCHESTER SCHEDULE

Effective June 3rd, 1923

Louise leaves Baltimore. Mondays, Tuesdays and Fridays at 8.45 a. m., 2.00 and 6.40 p. m., leaves Tolchester 10.45 a. m., 4.00 and 8.30 p. m.

Wednesdays, Thursdays, Saturdays and Sundays leaves Baltimore at 8.45 a. m. and 2.30 p. m. Leaves Tolchester at 10.45 a. m. and 7.30 p. m. Wednesday.

For further information apply to the Agents at different wharves or
THE TOLCHESTER CO.,
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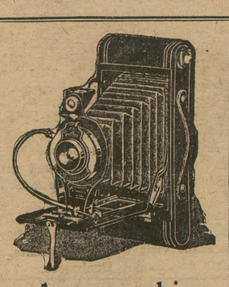

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ANNOUNCEMENT

Dr. Leonard M. Dill wishes to announce that he is taking over the practice of Dr. L. A. Winokur, formerly of Queen St., and will in the future be located at 114 High street, near Queen street.

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References—Merchants & Mechanics First National Bank. All Commercial Agencies.

H. C. HUGHES
DENTIST
CHESTERTOWN, MD.

HOT AND COLD

In days that are hot prepare for days that will be cold. This is not a command. It is just plain common sense. Animals do this. In summer they get ready for winter. Why shouldn't man do the same? He should. But he likes to put off until tomorrow the thing he knows he should have done yesterday.

Don't wait. Now is the time to have your heating plant put in order—gotten ready for the first cold day.

To wait will not make the cost less. Chances are a wait will make the job cost more. The first cold snap will bring a rush of orders. The rush will mean busy days, overtime, a line of waiting customers.

Don't wait. Many Fall colds are caught on chilly days while the family's waiting around for a heating plant to be fixed. Colds cost time and money—more time and more money than you will have to pay to put your heating plant in order.

Wait for the cold days if you want to. But, as sure as you're alive, you will then have to pay in money, in medicine, in suffering, in discomfort.

"Do it now" is the only way to protect your family.

W. H. THAWLEY
Phone 86 CHESTERTOWN, MD.

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