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To insure publication in the current week, all communications should be in this office not later than 2 o'clock Wednesday afternoon.

The name of the new president of Cuba (he is president at the time this is written) sounds curiously like "Centipede"—and that's just how many legs we'd want if we were President of Cuba.

"Truth crushed to earth shall rise again." It is natural that we should feel a sense of elation at the result of Tuesday's election. It's the first time during our fifteen years' residence in Harrington that we've been on the winning side of any contest.

The State Board of Health's fight to exterminate mosquitoes has our hearty support. And why not? The mosquitoes are seeking to exterminate us. Just now Harrington is infested with hordes of huge mosquitoes, wearing six-inch spurs and carrying can openers in both hands.

Breakfast And The School Child

Labor day is passed. Boys and girls everywhere are starting on this year School Journey.

The great responsibility of parents and teachers is to keep their boys and girls in fine trim for this business of education. "It is now recognized that much of the listlessness, fatigue and dullness in school children may be caused by poor physical condition for growth and development.

Some one has said, "Of a good beginning cometh a good ending." A good beginning for each day is a satisfying breakfast. In many respects, the breakfast is the most important meal of the day. From personal teaching experience, continues Miss McDonald, we know that many children come to school without having had anything for breakfast at all or with having had, perhaps, just a cup of coffee and a slice of bread or toast or a sweet roll. Whereas, the child should have for breakfast about one-third of the total day's food supply, because he needs a definite amount of food to supply fuel for the energy required, for his daily activities. And always, in addition to this, we must keep in mind that children are adding to their growth everyday and they can't grow without building foods of the right kind.

The child who has had a scanty breakfast or no breakfast at all becomes over hungry or overtired and oftentimes, instead of more, he may really eat less at the noon meal than if he had eaten a good breakfast. Scanty breakfasts and scanty lunches frequently result in under-nourishment.

"What is a good breakfast for a child?" asks someone.

There is no absolute rule as to the foods to be used for breakfast. However, some are better than others to start off the day after the long rest of the night. The machine is now in low gear, so to speak, and should be speeded up gradually and not overloaded with too heavy a load of food.

(1) Fruit—is the spark that starts off the engine. It is light, has flavor, stimulates and aids digestion and elimination. Fruit may be fresh (any fruit in season), or canned or stewed, dried fruit (as for example, dried apricots). Nature is very generous in these supply of fruits provided—oranges, grapefruit, apples, pineapple, plums, pears, bananas, berries of all kinds, prunes, raisins, dates, figs and others. Tomatoes or tomato juice may be used as fruit for breakfast.

(2) Milk—Nutrition authorities advise a quart of milk a day for every growing child. This means one to one-third cups for breakfast, on cereal or in milk toast or in cocoa or other milk drink.

(3) Breakfast foods and Bread—Cooked cereals are especially well suited for a breakfast dish, because they provide a warm food; they are carriers of milk; they furnish a good source of energy in a reasonable bulk; and, if the whole grain cereals are used, certain valuable minerals vitamins are added.

Bread—one or two slices, in addition, adds to the value of the breakfast. One large slice of bread is the equivalent, in energy, of two-thirds cup of cereal.

Most children would prefer to have some cereal and some bread for breakfast rather than to have a double quantity of either.

(4) Potato—may take the place of cereal or bread if baked or boiled with skins on so as to retain all of the food value.

(5) An egg, or bacon, or creamed beef give a desirable addition to the diet, especially when the child is growing rapidly.

HARRINGTON LOSES TO WYOMING TEAM (Continued From Page One)

miscued on Minner's grounder and scored on Loller's single, which also brought in Minner. From that point the game was a pitchers' battle.

The score:

HARRINGTON		WYOMING	
	r	h	a
Shaw, 2b	0	0	2
Holloway, lf	0	1	3
Short, cf	0	1	2
H. Legates, ss	0	0	3
Masten, rf	0	1	2
Lord, lb	0	0	12
Morris, 3b	0	1	2
Day, c	0	0	1
E. Legates, p	0	1	0
Donoway, x	0	0	0
Totals	0	5	24

WYOMING		HARRINGTON	
	r	h	a
Wilkinson, 2b	1	1	2
Hurley, cf-lb	0	1	6
Fifer, 3b	0	0	2
M. Jackson, ss	0	0	2
Olliffe, rf	0	2	0
Grant, c	1	1	4
Willeys, lb	0	0	7
Minner, lf	1	2	4
Loller, p	0	1	2
A. Jackson, cf	0	0	0
Totals	3	10	27

DEPUTY NAMES ASSISTANTS (Continued From Page One)

the bonds for the various zone and office deputies was started. The deputies were sworn in immediately following the induction of Mr. Deputy. Eleven of the men inducted, exclusive of Mr. Deputy, are new men in the office.

Due to the fact that government regulations limit the maximum age of new employees to 55 years, many capable Democratic applicants for the positions open were unable to qualify.

# The Gordon-Bennett Hotel

## LARGEST OCEAN FRONT HOTEL

IN Wildwood By-the-Sea, N. J.

An outstanding vacation value—directly facing the ocean—all outside rooms with private baths and running water—elevator to street—superior cuisine—bathing privileges.

Rates start at \$3.50 per person daily including all meals

Weekly Rates \$17.50 up

Two in a room

FREE AUTO PARKING

Wm. S. Woods, Mgr.

## When Banker and Depositor Know each other

This is a machine age in industry and the influence of machines will be still greater the next decade.

Banking, however, is constantly becoming more personal. We are entering a period of better feeling and better understanding between banks and their depositors. Relations will be steadily closer, franker, and more confidential in character.

Because of its close connection with individual and community welfare, banking can never become mechanical in its service. It is more than ever important that the banker and the depositor know each other.

THE PEOPLES BANK OF HARRINGTON HARRINGTON, DEL.


# LE GRANDE FOOD STORES

are owned and operated by the man behind the counter—We serve and save for you.

PRACTICE ECONOMY and QUALITY at the LE GRANDE FOOD STORES

## SCHOOL DAYS

Present a Problem to the Nation's Mothers. Young Minds Must Be Developed—Proper Foods are Essential. See That Your Boys and Girls Get the Proper Feed to Develop Both Their Minds and Bodies. A Selection of Quality Foods are always at Your Command at Le Grande Food Stores.



- King Molasses . . . . . can 19c
- King Syrup . . . . . can 17c
- Libby's Tomato Juice, 2 cans 17c
- Apple Butter White House, 2 jars 25c

WASHBURN'S

Pancake, 2 Pkgs. 19c

- Log Cabin Syrup . . . can 25c
- Campfire Marshmallows, 2 pkgs. 19c
- LeGrande Bartlett Pears, can 19c
- LeGrande Apricots . . can 17c
- Bee Brand Spices, 2 pkgs 17c

BAKER'S Breakfast

Cocoa 1/2-lb. Pkg. 12c

- Jars Quarts . . . . . doz. 79c
- Jars Pints . . . . . doz. 69c
- Jar Tops . . . . . doz. 25c
- Jar Rings . . . . . pkg. 5c
- Certo . . . . . bottle 29c

OCTAGON

Powder, 3 Pkgs. 14c

Buy For Quality—Save For Premium

- Cut-Rite Paper . . . 2 rolls 17c
- Vinegar . . . qt. refg. bot. 10c
- Fly-Ded Spray, pts. 23c, qts. 43c

CASH SPECIALS!

Friday, Sept. 8 to Thursday, Sept. 14

RED FLASH BRAND

Deluxe Coffee Lb. 19c

Mokay Coffee Lb. 23c

Lb. 27c

SUGAR 16-Lb. Bag 49c

FRIDAY and SATURDAY ONLY!

TIME TO EAT!

LAND O' LAKES SWEET CREAM BUTTER

2 rolls 58c

FRIDAY and SATURDAY ONLY!

SCHOOL SUPPLIES

Can Be Included in Your Grocery Order. We have carefully selected a list for your approval.

- Grape Nuts . . . . . pkg. 18c
- Wheaties . . . . . 2 pkgs. 25c
- Mothers Oats . . . 2 pkgs. 17c
- Minute Tapioca . . 2 pkgs. 25c

BUDWEISER

Malt Can 55c

- Uneda Bakers Cream Whirls, lb. 31c
- UNEDA BAKERS J. Alden Molasses Cookies, pk. 19c
- Top Notch Peanut Butter, 2 jars 25c
- Hormel Spiced Ham . . lb. 33c
- Anglo Roast Beef, No. 1, can 15c

MAJESTIC

Mayonnaise 2 Half Pint Jars 25c

- Manning's Hominy . . can 10c
- LeGrande Sweet Potatoes, can 10c
- LeGrande Crushed Corn, 2 cans 19c
- LeGrande String Beans, 2 cans 19c
- Phillips Mixed Vegetables, 2 cans 17c

DEL MONTE

Pineapple Large Can 19c

FRIDAY and SATURDAY!

- Swan Matches . . 6 pkgs. 25c
- Clorox . . . . . bottle 15c
- Mason Shoe Polish, 2 cans 15c


READY TO HELP YOU SHOP AND SAVE

Fresh Fruits and Vegetables

Quality Meat Headquarters

E. C. RAMSDELL  
W. E. BILLINGS  
HARRINGTON, DELAWARE  
EMERSON G. LANGFORD  
FARMINGTON, DELAWARE  
LeGrande Food Store Member

## Season's New Low Price On



You'll never know how good 'blue coal' is until you've tried it. . . . . burned it. . . . . compared it. . . . . We'll stack it up against any fuel you've ever used. Order a trial ton on our recommendation. Phone today

Better heat for less money

I. D. Short Lbr. Company  
Harrington, Delaware

## Closing Out All Porch Rockers Swings AND Gliders AT COST OR BELOW

WILBUR E. JACOBS  
HARRINGTON, DEL.  
OPPOSITE POST OFFICE







**M. P. CHURCH NOTES**

Evening services which have been discontinued for the past two weeks, will begin Sunday. The pastor will preach morning and evening. The subject of the morning sermon will be "Men or Institutions, the solution; Which." Text: "Then Saul drew near to Samuel in the gate, and said 'Tell me I pray thee, where the seer's house is?' And Samuel answered Saul, and said, 'I am the seer.'"—1 Samuel 9:18, 19.

The Ladies Auxiliary will hold its regular monthly meeting at the home of Mrs. Lizzie Harris next Wednesday afternoon at 2:30.

The Loyal Workers Class will hold their regular monthly business meeting Monday evening at the home of Mrs. Harry C. Tee.

The Delaware District Ladies Auxiliaries will hold their regular quarterly meeting Thursday at 3:00 P. M. at the Laurel Church. Miss Mary Williams, who has given her life as a missionary to Japan, and recently retired, will be the principal speaker.

**FARMINGTON CHURCH NOTES**

Vacation days are over. The Fall Season is with us once more. We are ready to begin our new Fall Program on Farmington Charge. Let us all work together and make the program a real success.

Our second Quarterly Conference will be held Wednesday, September 20th at 3:00 P. M., in Prospect Church. Every official member is urged to be present.

The Epworth Ladies Aid meets tonight, Friday, September 8th, at the home of Mrs. Harry Wilson. Please plan to attend.

One purpose of our fall program is to increase the attendance at all church services. The pastor is putting forth special efforts to make each service helpful and inspirational.

Come out and worship with us next Sunday in Farmington. At the evening service our junior choir will sing.

Don't forget the Wednesday evening church night services in Farmington. Attendance has been splendid throughout the summer and we expect to see it increase with the coming of fall.

Mr. George W. Langford and his family moved to Greenwood, last Monday. These folks have always been active in local church and community affairs. While we are sorry to see them go, we nevertheless wish them every happiness in their new home.

Church Calendar, Sunday, Sept. 10. Farmington, 10:00 A. M. Sunday School. 11:00 A. M. Morning Worship. 7:30 P. M. Evening Service, Junior Choir.

Prospect. 2:00 P. M. Sunday School. 3:00 P. M. Preaching.

**SHERIFF'S SALE  
of Valuable  
REAL ESTATE**

By virtue of a writ of Levam Facias to me directed will be exposed to sale by way of public vendue at the Front Door of the Court House, in the City of Dover, Kent County and State of Delaware, on

**FRIDAY, SEPTEMBER 29th, 1933**  
At 2:00 P. M.

The following described Real Estate, to-wit:

All that certain lot, piece and parcel of land and premises situated in the Town of Camden, Kent County and State of Delaware, lying on the east side of Main Street in said town, and on the west side of a public road leading from the camp meeting woods, towards the Odd Fellows' Cemetery, adjoining lands of Frank R. Mannahan, lands of Reuben F. Brown and lands of the late William Driver, and lands of others, on the south by lands late of Alfred Palmer, on the north lands of Gildersleeve heirs, lands of Katie Griffith and lands of others on Main street and containing in the aggregate twenty-eight (28) acres of land, be the same more or less, being the same lands and premises which were conveyed by George F. Nock, et. al. to David Metz and Nannie K. Metz, the first day of December, A. D. 1922, and of record in the Recorder of Deeds Office in Deed Record Book G., Volume 12, Page 112, excepting the following pieces and parcels of land that have been conveyed by David Metz to John E. Cook and of record in the Recorder of Deeds, in Deed Book B., Volume 13, Page 69, Deed Record Book A., Volume 12, Page 173, and lands that David Metz conveyed to Willard H. Bliss of record in Deed Record Book K., Volume 13, Page 90, and lands which David Metz conveyed to Frank S. Rowan in Deed Record Book P., Volume 13, Page 283. The above mentioned three deeds are a part of the lands and premises conveyed to David Metz and wife by George F. Nock.

The improvements thereon being two frame two-story dwellings and out buildings.

Together with all and singular the buildings and improvements of every kind whatsoever, ways, water, water-courses, rights, liberties, privileges, improvements, hereditaments and appurtenances, whatsoever thereunto belonging or in any wise appertaining.

Seized and taken in execution as the property of NANNIE K. METZ, survivor of and co-mortgagor, with her late husband, DAVID METZ, deceased, and Nannie K. Metz, Administratrix of David Metz, deceased, and will be sold by

ROBERT A. SAULSBURY, Sheriff,  
Sheriff's Office, Dover, Delaware  
September 1, 1933.

# NRA



## LET'S ALL DO OUR PART



We have reduced the working hours of our employees, raised pay of some although they were above the minimum and increased the number of our employees.



**PEOPLES SERVICE STATION  
HARRINGTON, DEL.**

**FELTON SERVICE STATION  
FELTON, DEL.**



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