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Saint Mary's Beacon

VOL. 77. LEONARDTOWN, MD., THURSDAY, JULY 20, 1916. 4812

JOB PRINTING

BILL HEADS LETTER HEADS
 ENVELOPES STATEMENTS
 INVITATIONS BUSINESS CARDS
 POSTERS HANDBILLS PROGRAMS
 CIRCULARS LEGAL BLANKS ET

CITY PRICES

SEMME'S MOTOR LINE

Leonardtown and Intermediate Points to Washington
 TWO TRIPS DAILY AND SUNDAY.

Service Starts Monday, May 15, 1916.

Leave Washington 7:30 a. m. Arrive Leonardtown 10:30 a. m.
 Leonardtown 7:15 " Washington 10:15 a. m.
 Washington 4:00 p. m. Leonardtown 7:00 p. m.
 Leonardtown " Washington

Leonardtown Loveville Morganza Mechanicsville
 New Market Charlotte Hall Hughesville Brevantown
 Beantown Waldorf T. B. Surrattsville
 Clinton Redd's Corner Camp Springs Silver Hill

Round Trip Fare From Leonardtown to Washington \$3.00

This time table shows the time buses may be expected to arrive and depart, but their arrival or departure at the time stated is not guaranteed, nor does the Company hold itself responsible for any delay or consequences arising therefrom.

OUR BEST SALESMAN

Is the fact that we rarely ever lose an order when the customer examines our grades when considering our prices.

This applies to both our high and low priced grades.

We have a large and well assorted stock of Lumber, Mill Work and other Building Materials.

We have just completed improvements to our mill which will greatly increase our ability to turn out special Mill Work.

We want your business and will give it prompt and courteous attention.

W. A. SMOOT & CO., Inc.
 ALEXANDRIA, VIRGINIA

BUCKEY'S CAFE

WINES,
 LIQUORS,
 CIGARS,
 CIGARETTES.

Near Atlantic Hotel,

Washington,
 D. C.

Atlantic Hotel

11th ST. and PENNA. AVE. N. W.
 WASHINGTON, D. C.

THIS HOTEL is in the heart of the business section of Washington; the most ideal place in the city to stop. You will meet here all of your Southern Maryland friends.

St. Mary's County Headquarters.

ATLANTIC HOTEL

11th St. and Penna., Ave. N. W.
 WASHINGTON, D. C.

We Want Your Trade

FOR
 MEN'S WEAR & HATS

Mr. Man of Leonardtown and Vicinity, our stock is always new and snappy. We give your dress our personal attention, hereby assuring you correct and proper service.

DREYFUSS BROS.

617 PA. AVE., N. W.,
 Washington, D. C.

Near Atlantic Hotel.

HALL STAR

"a Standard"

EVERYWHERE
 E. TRICE & CO.
 MECHANICVILLE, MD.

Quality Style Price
 Best Latest Lowest

Look!

We have secured local agency for the well-known

Saxon Car

NOTE THE PRICES:
 Saxon Four, \$395
 Saxon Six, \$815

Biggies, Flour and Salt bought in car lots; therefore we offer a variety of biggies to choose from at the lowest prices.

The newest styles in Ready to Wear Clothing. Also agents for the English-American and the Royal Tailors, Endicott-Johnson and Soly Shoes in all styles. We buy right, are satisfied with small profits and try to please our customers.

Special attention given to mail orders. Highest prices paid for eggs. GROCERIES. We will save you money. Give us a call and be convinced.

Fisk Automobile Tires "delivered by parcel post" to any part of country.

J. FENNER LEE. G. B. FOOTE.

LEE & FOOTE

LICENSED

Real Estate & Insurance Brokers

California, St. Mary's County, Maryland.

We want a list of 100 more farms for the consideration of immediate purchasers. List your Farms with us for Quick Sales and Good Prices.

AGENTS FOR

CONTINENTAL LIFE INSURANCE COMPANY, of Wilmington, Del.
 PETERSBURG SAVINGS & INSURANCE COMPANY, of Petersburg, Va.

The maximum of service at the minimum of cost.
 The Continental has furnished 5 years of Old Live Legal Reserve Insurance absolutely free to many in this State.

Let us write your insurance in an old live company, established in 1860, and doing an honest business ever since.

Why Not Investigate?
 7-1-10-11.

Garage

Storage, Repairs, Oils
 Vulcanizing, Gasoline

Maxwell Agents for 1916

FULL LINE FORD PARTS.

ALL WORK GUARANTEED.

ST. MARY'S AUTO CO.,

COAD & HODGES, Props.

LEONARDTOWN, MD.

Shop of Quality

623 PENNA. AVE.

S. OPPENHEIMER, PROPRIETOR.
 WASHINGTON, D. C.

St. Mary's County Headquarters for up-to-date Men's Furnishings, Goods and Hats. You will be suited and save money. Send us your mail order if you cannot come. We pay express both ways. Write for samples.

Pumps that anyone can quickly fix

Have you ever tried to repair one of the kind of pumps that has to be removed "bodily" from the well every time it is necessary to fix a leaky valve or any other little trouble, and that requires a mechanic and a kit of tools for the operation? If so you'll appreciate

KANAWHA PUMPS

When anything does go wrong any one can fix it with a Kanawha Pump. They save money by saving time and trouble. We've been building pumps for 40 years and when we build one for you it is right. Send for catalogue.

Real Estate Broker

Southern Maryland.

200 Farms, \$500 to \$50,000. Waterfronts, Interiors, Stores, Timber lands; Nearly All the Real Estate That's For Sale in Southern Maryland.

The only Real Estate Brokers Licensed by the Clerk of the Circuit Court of St. Mary's Co. Both Farmers and to the Manor Born.

J. C. HOWARD,
 Leonardtown, Md.

J. W. FREEMAN,
 Great Mills, Md.

COUNTRY LIFE LESSONS FOR MARYLAND MINISTERS

Annual Country Life Conference and School At Their State College Of Agriculture The Source Of Much Practical Benefit.

Progressive rural ministers of Maryland have come to look forward with much anticipation to their annual country life conference as guests of the State College of Agriculture. In this conference many earnest workers, perplexed with the problems of ministry in rural Maryland, have found inspiration and opportunity to learn new ways of solving old problems or profiting by the example of others, have gone back to their own particular fields with renewed hope and energy. The intensely practical nature of this conference appeals to the rural minister, who has neither time nor money to waste in attending purely inspirational conferences or to listen to the theoretical instruction. The occasion is a definite conference of Maryland ministers—an opportunity for them regardless of sect or creed, to get together on the common essentials of every day country life, and work out their common salvation and that of their several communities. The addition of a country life school extending over the period of a week preceding the conference itself has added much to the value of the latter. Many a minister unfamiliar with rural conditions and farming practices has the opportunity to post himself on these matters, and is thus enabled to discuss more intelligently the economic features of rural ministry. More and more the life of a country minister appeals to the intelligent young man as an end in itself instead of as a stepping stone to a city church. More and more he realizes that the man who is qualified to effect the physical regeneration of his community is better fitted to be its spiritual leader.

Champion Of Country Life. This thought is well expressed in the statement of the Rev. Wm. S. Gerhard, of Frederick county, regarding the mission of the conference:

"A suggestion was made to me recently that very often in our country school the teacher is a city-bred boy or girl, and the ideas and the ideals of that teacher are entirely disconnected with the city, and he or she is constantly prefacing before the pupils those ideals. The suggestion is made that one reason why there is such a tendency for boys and girls to go to the city is because they have imbibed their ideals from the teacher.

That is true somewhat of the ministry. Most of the ministers are trained in institutions that are located in the city, and even if they were born in and spent their early years in the country, yet they were associated with city ideals in their courses and they hold them up before the country.

One of the needs, I believe, is the vision of the country on the part of the school teacher and the country minister, and is suggested, I think, in this program, that the ministers should not make the country ministry a stepping-stone for a city field; but that they should make the country ministry their life work, and that they should hold up ideals before the young people of the wonderful opportunities of the country and of country life."

The Country Life Conference for 1916 will be in session August 14, being preceded by a Country Life School beginning July 24, announcements regarding which are being issued by secretary of the Conference Organization, B. H. Darrow, College Park, Md.

THINNING FRUIT A PROFITABLE PRACTICE.

S. B. SHAW
 Maryland Agricultural Extension Service.

Thinning is fully as important as pruning in securing the best development of the fruit crop. It not only causes the development of much finer fruit, but it is a means for conserving the energy and vitality of the trees. Orchards that bear heavily one year do not, as a rule, produce much fruit the following year. While trees are producing a crop of fruit they are also forming buds for the next crop. Overloaded trees cannot well develop a proper number of fruit buds for the following year; consequently many trees perform each function in alternate years.

In some sections systematic thinning has come to be regarded as an indispensable practice in successful fruit growing. It costs but little, if any, more to thin at the proper season, than it does to pick the same fruit at the harvest time. In addition there will be a higher percentage of good fruit, and more assurance of securing a crop the next year. The best time to start this work is after the season for the "June Drop" is safely past. The sooner excess fruit is removed after this, the better will be the development of the remaining fruit.

The ideal method of thinning is practically the same as in harvesting. Hand-picking is most desirable as it causes less injury to the fruiting wood. Another advantage of this method is that the best developed fruits can be left on the trees. For most ideal results fruits should not be closer than from four to six inches. When first thinned to this distance they may appear very scattering and the prospects will not look at all good for a profitable crop, however, if the average size of the fully developed fruit will be kept in mind it will soon become evident that a normal crop can be expected.

VALUE OF VEGETABLES IN THE DIET

Suggestions For The Use And Preparation Of Vegetables For The Table.

KATHLEEN C. CALKINS
 Maryland Agricultural Extension Service.

Vegetables are valuable sources of heat and energy, protein and mineral matter. By careful choice of vegetables a person may eliminate meat from his diet entirely. People who suffer from auto-intoxication are advised to reduce the meat in the diet and substitute vegetable protein. The vegetables, rich in protein, may be cooked in many appetizing ways to give variety to the diet. Vegetables and fruits as well, are especially adapted for stimulating the activity of the intestines and by increased bulk of the food mass help the eliminative processes.

Vegetables with large quantities of raw starch should not be given to children. Indeed, it is difficult for most grown people to digest raw starch. The source of vegetables which are to be eaten raw should be examined carefully, for vegetables which are grown on sewage-sick soil cause disease. Sewage-sick soil may be brought about from septic tanks or outside closet drainage into the garden.

Principles Of Cookery. The most important principle of vegetable cooking is softening the vegetable fiber without destroying the flavor or dissolving away the ash constituents of the vegetable. The walls of the individual starch cells when in contact with moist heat; i. e., boiling or steaming, expand and break so that the saliva and other digestive juices attack the starch more readily.

The starch should be thoroughly cooked, because cooking not only makes the food more easily digestible, but also makes it more palatable. Food is cooked to develop the flavors. Any method whereby flavor is lost is not satisfactory. Both flavor and mineral matter are lost by boiling vegetables. The only way to retain this valuable material is to use the water in which they are boiled for soups and sauces.

Cooking Vegetables. Baking and steaming are both very good methods of cooking vegetables, for no nutritive value is lost. In cooking vegetables in a large amount of water and then draining the water off, the mineral matter and flavors are lost because they are dissolved in the water. For an economical dietary this method should not be followed because it is wasteful, in cases where the housewife can afford to get the necessary mineral matter from meats or other sources, it may be allowable. This method may also be used for old potatoes, beets of rank flavor and strong onions.

A better method for fresh vegetables is steaming or cooking in a small amount of water so that it is almost boiled away by the time the vegetables are cooked.

Points To Remember. 1. The general rule is to allow one teaspoon of salt to each quart of water.

2. Violent boiling water is no hotter than boiling water, and violent boiling mashes and breaks the vegetables.

3. With some vegetables like corn, it is more satisfactory to add the salt toward the end of the process, otherwise it hardens the fiber.

4. Drain the vegetables as soon as tender.

5. Cook strongly flavored vegetables; i. e., onions and cabbage, in an uncovered dish.

6. Vegetables that should be cooked with a small amount of water are greens, tomatoes, and tender young peas.

7. The less tender vegetables, such as the peas, carrots and the outer pieces of celery and celery tips may be cooked and put through a sieve for soups. Left-over vegetables may be used for soups.

WHEN AND HOW TO SOW ALFALFA.

The best time for seeding alfalfa in all of Maryland, excepting the mountain section, is between August 1st and September 1st; preferably between the middle and last of August. In the mountain section seeding may commence after June 15th, but usually it is better to wait until about the middle of July. Nothing is gained by spring seeding, for little or no hay is obtained that season, because weeds usually crowd out the young alfalfa plants during the hot summer. On the other hand, fall seeding will yield full crops the following spring and is seldom subject to serious injury by weeds the first year.

The rate of seeding should be 25 pounds per acre. The seed should be sown by itself; never with a nurse crop. The method of seeding may be broadcasted by hand or with one of the various makes of machines on the market for that purpose. Among these the Wheel-barrow seeder gives good satisfaction. The seed should be covered to a depth of about 1/2-inch, and for doing this no implement is better suited than spike tooth harrow with the teeth slanting back, or a weeder.

Message For Nervousness. Light—that is, surface—massage is a good corrective for nervousness. Deep, seeking-the-bone massage, which is used for liver complaint and for obesity, is too severe for the nervous patient. Besides, so many of the nerves lie so near the skin that the region of the skin is the real seat of operation for cure. Light massage by coaxing the blood to the surface and inducing a new and stronger interflow among them, tends to the cure.

Nearly Always. "When is a poem not a poem?" asks the Birmingham Age-Herald. When it's in a magazine.—Macon Telegraph.

Great Soldier's Identity. Marshall Ney, who was as handsome as he was brave, is said never to have appeared on the field of battle until he was dressed with scrupulous elegance and his beard carefully curled and perfumed. When he was led out to execution he was so well prepared that he was not even

A MISTAKEN GOAL

By MELLA McCALLUM.

Mary Moon was bitterly disappointed. As she laid down her daughter's letter, the one hope of her life seemed frustrated. And all because pretty Constance Moon had written home from college that she was engaged to a certain young rhetoric instructor. It sounded harmless enough, surely, but to Mary it spelled tragedy.

For Mary herself had married young and rashly. Five years she had lived with John Moon. Then, after a markedly protracted space, he had mercifully died. Then and there, she had vowed a useless existence thenceforth. She had three dollars in money and a two-year-old baby girl, but she had something else as well—a fierce determination.

At first she worked at anything she could get to keep them alive. But she had a fair education, and after a while, she managed to secure a district school. She made an excellent teacher. She saved money fiercely. For by that time she had made up her mind to climb high in the teachers' profession.

After three years Mary had saved enough to pay for one year at a normal school, and thither they went. At the end of the year, although her money was nearly gone, Mary had made up her mind to stay.

Three years more, and Mary had finished her course. She got her life certificate and a good position.

Years passed—lucky ones. Mary's corners were all smoothed down now. She had independence, social position, and a beautiful, sunny-natured, quick-minded daughter. Constance finished high school easily, and was at last sent to college.

Mary answered the girl's glowing letters, telling of her engagement, in a manner which she fancied thoroughly diplomatic. But when Constance finally came home, even Mary gasped at the vision. Always lovely, the girl was now glorified with a mist of dreams. But that did not deter Mary. She made up her mind to break off the match, and save Constance from what she firmly believed would prove disaster.

But for the first time in her life Mary ran against an impassable snag. Constance was well-nigh impregnable, enveloped in the armor of dreams.

At last Mary's cautious campaign collapsed, and she lost control of herself.

"For twenty years I have fought to put you where you are. You have education, culture, and good looks. You are better equipped to earn money than most men. Your future is insured. And this is the thanks I get!"

"I want more than money, mother. I want a home of my own, and—happiness. The cares that come with it I'm willing to accept."

And that was all. Mary pleaded in vain against the wall of reserve the girl built around herself. Vacation passed distressfully. Constance went back to college for her final year. The year dragged through wearily toward June and the hateful wedding.

Constance was to graduate on the fifteenth and be married on the twenty-fifth. Mary made up her mind to go on for the events if it killed her.

But Mary Moon was game. She had some unusually pretty dresses made in a suit paid an extravagant price for a suit and hat. For she had been invited to stay at the home of the groom, and she resolved to make a creditable showing in spite of the grief in her heart. She knew that Leonard Ames' father was old Doctor Ames of Latta's—ext-book fame, and that Mrs. Ames was prominent socially in the college town. They should not be ashamed of Constance's mother.

They were not ashamed, Mary made an excellent impression, with her attractive toilets and her vivacious intelligence.

Then the wedding guests began to arrive. New people to meet—to play up to!

The night before the wedding, Constance inquired guardedly, "How do you like Leonard, mother?"

"Very much," replied Mary sincerely. "I am proud to have you know and be known by such people, dear."

"Which do you like best of the women, mother—the married ones or the old maids?" Constance inquired mischievously.

"Why, I think—the married ones," said Mary, uncomfortably aware that Constance was taking advantage of her inability to quibble.

"You don't dislike Leonard, do you, mother?"

"N—no." It was more a choke than a spoken word.

Constance saw Mary's agonized face in the glass. She whirled around with a little triumphant laugh. "Better own up, you're bent, mother, darling," she said.

Mary began to cry, although she was not a crying woman. Constance's arms went about her softly. "Mother, precious," she whispered, "don't you see that without your training I never could have won Leonard and his nice family? The training was all right, mother, only you mistook the goal, I think!"

It takes more bravery to accept and to do to fight it in the first place. Mary Moon was nothing if not brave, however. "I was mistaken, dear," she said simply. "I—I think it's just lovely," she whispered with a tremulous smile. (Copyright, 1916, by McClure Newspaper Syndicate.)

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