HOBBY RIDING WITH MAX CHAMBERS

DANCING

The 1936 holiday dancing season will see many an oldster with young ideas, tripping the light fantastic ("flouncing around on my feet" is the usual post-dance description) in a 1914 Tuxedo fully equipped with pistol barrel breeches," and an undersized coat. A few years back I knew a fellow who got too big for his Tuxedo breeches but he solved the problem by nailing his pants to the wall, then running and jumping into them. And it's hard to wrap a 15 collar around a 16 neck but we still ltry to do it because the ladies like us that way.

Last year the cotillion orchestras had the "Music Goes Round and Round". This year it is "Organ Grinder Pete" and snappy swing bands keeping the young dancers in a high state of rythmls movement. Dancing is one of the universal interests of man—savage and civilized alike. It not only gives an outlet for exercise but consumes a considerable part of the "teen-agers" spare-time, incidently, developing poise and grace.

It hasn't been long since dancing was taboo in many places in America but today there appears to be a movement definitely interested in developing youth recreation centers where young people can gather and enjoy wholesome recreation, art and amusement. Every town on the peninsula needs a building and a supervised program for the full development of wholesome youth interests—dancing, skating, games, handicrafts, reading, music and guidance would round out a healthy program. Isn't there some way to finance it?

With a convenient gathering place and competent leadership, perhaps, the youngsters could enjoy dancing around the world in the French minuet and quadrille, the German galop, Hungarian polka, Bohemian Schottishe, Scottish reel, fling and strathsprey, African breakdown, the Irish jig or the Russian Ballet. A few of the others as they come to mind are the waltz, two ginia reel, square, clog, tap, Morris, St. step, one step, fox trot, turkey trot, Vir-Vitus, The Dance of Death, war, snake, rhumba, Charleston, hornpipe, ragadoon, mazerka, double shuffle, bolero, Savannah slip, classical, shimmy, ragtime, cake walk, jazz, and the barn dance.

The hobby census taken at the Newark Delaware, Youth Conference last February 2 shows about a third of the young people enjoy the hobby of dancing. Reading and music were second and third on the list of 400 signed blanks.

Dancing, the emblem of youth, falls into two distinct classes, art and amusement. The latter claiming a majority of the enthusiasts.

Books: Art of Social Dancing, Hostetter; Tap Dancing at a Glance, Ormonde; Home Lessons in Tap Dancing, Ramsey; Elements of the Free Dance, Selden.

Story telling was for centuries the principal after-dark recreation as the hunters and adventurers returned to the campfire or hearth to narrate the exciting events of the day. The best stories were remembered and passed on as legendary history of the people.

More recently those legends have been recorded, but the art of story telling is fast becoming a lost heritage even along the wharves of the Chesapeake's tributaries whose stories once harbored extraordinary spinners of yarns who could bring to full life sailors of haunted schooners and phantom ships—"shiver my timbers, the old anchor chain is rattling."

Only a few of the old timers are left, and they talk about fish that were never landed as they whittle eight ounce perch into sixty pound bluefish, but they can take the listeners worlds away as they pace the hero through action, suspense, conflict and climax. There is no dearth of stories to tell, and some of the best are still heard only in the Bay Country river and island towns where they will be buried if not recorded soon. Do you have a story scrapbook?

The secret of story telling lies in a clear, positive and friendly voice developing interest and attention, listeners, a good setting, and a story to tell. Story telling is leaning toward the juvenile field today—"The Children's Hour"—but it will swing over to the adults in a year or so.

The type of story is not important if the teller paints a vivid word picture of a true story or fictitious tale. Story telling is like story writing so far as structure, unity, coherence, exposition, aliveness and emphasis are concerned.

A comfortable chair by a welcome fireside, an animated teller of stories, and an evening slips by like a Bay steamer in the night. And one can almost tell where he is by the story being told. In Maryland it's fish and flying clippers and Virginians talk about the Civil War and the F.F.V.'s North Carolineans have some good bear hunting stories—perhaps, a carry-over from the Dan'l Boone era. New Yorkers talk New York. Georgians get up the best coon huntin' stories, and the Westerners bring in prairie and prospecting tales of high love, hard riding and fast shooting.

Story telling ise an art easy to acquire and often convenient to possess.

What is your best story?

Books: How to Tell Stories to Children, Bryand; Story Telling to Live Wire Boys, Miller; Arts of the Story Teller, Shedlock; Children's Stories and How To Tell Them, Bone.

Flavored Potatoes

A little orange juice and grated orange rind sprinkled over the top of mashed sweet potatoes gives them a different and pleasing flavor.

Let Our Motto Be GOOD HEALTH

BY DR. LLOYD ARNOLD
Professor of Bacteriology and Preventive Medicine, University of Illinois, College of Medicine.

ASTHMA, HAY FEVER, HIVES AND SICK HEADACHE

Spontaneous hypersensitiveness in man are big words that, without proper explanation, mean very little, but, as a matter of fact, spontaneous hypersensitiveness includes asthma, hay fever, eczema, and such common diseases which, while they rarely carry us to the grave, certainly make us exceedingly uncomfortable. Asthma attacks the muscular tubes of the air passages and causes these muscles to contract, thereby diminishing the volume of air that is breathed in. Hay fever attacks the membrane of the nose. Eczema may break out in the skin almost anywhere.

It has been found that, when both parents have suffered from hay fever or asthma, 58 per cent of the children have these ailments. When only one parent suffers from hay fever and asthma, usually just half of the children have the same ailment. But hay fever and asthma also develop in some children where there is no family history of this disease. When both parents are asthmatics or hay fever sufferers, children develop the same disease earlier in life than when only one parent is involved or when there is no history of these particular ailments in the mother or father.

Hay fever parents usually beget hay fever children, and asthmatic parents beget asthmatic children.

Hay fever is usually associated with August, the month in which ragweed pollens are most numerous in the air. But the hypersensitive condition of the nose can be brought about by other substances than plant pollens, animal hair, dandruff, or such substances can cause it, as can face powders, perfumes and certain foods, such as strawberries, almonds, fish, etc. Or it can be brought about by bacterial infections. In this instance it is not the bacteria that cause the disease, as in the case of a boil, but it is the component parts of the bacteria that are absorbed by the blood stream and come in contact with the nose in this way.

The cause of asthma can be the same as that of hay fever. Inhaling certain substances, ingesting certain substances as food or remote foci of bacterial growths, can cause an increased sensitiveness of the musculature of the tubes leading air to the lungs. This increased sensitiveness causes spasms of these muscles. It is during the period of spasm or cramps that the asthmatic is most uncomfortable. Another manifestation of hypersensitiveness to foods is the uticaria or hives that break out on the skin after the eating of certain foods.

In studies which have been carried on at the Illinois Research hospital in connection with the University of Illinois, it seems that an individual belonging to the asthma, hay fever, eczema or hives group is put together in a different way from the rest of us. These hypersensitive people are so constituted and constructed that they react in an abnormal manner to what would be normal to most of us.

The individuals who suffer from migraine headache, the sick headache that comes on with regular periodicity, really belong to the same general group as the hypersensitive persons do. This does not mean that the migraine is brought on like an attack of asthma or hay fever. But studies of the headache groups that we have made in our research laboratory leave us impressed with the fact that preceding an attack of sick headache, certain definite internal changes take place. These include changes in constituents of the blood, and there seems to be a difference in the internal metabolism of these migraine sufferers. The changes seem to be periodic, occurring some times at weekly intervals, and again at fortnightly, monthly or even longer intervals. Consequently these sick headaches, although not brought on by inhaling plant or animal substances or by eating certain foods, seem to depend on a changing or unstable internal regulating system that makes the migraine patient closely akin to asthmatic and hay fever sufferers.

Our conclusion then is that persons suffering from asthma, hay fever, eczema, hives and migraine, have a very unstable involuntary nervous system.

The involuntary controlling machinery of their body functions is so regulated that it can be upset or thrown out of tune as a result of contact with irritating substances that to the rest of us produce no deviation from the normal. We know even less about the migraine group of sufferers than the hay fever group. The cause of the attacks of sick headache seems to be developed within the individual, because we can demonstrate certain internal body changes preceding the onset of migraine. It will be necessary to do a great deal more laboratory work before these spontaneous hypersensitive people and the migraine sufferers can be clearly understood. We must know more about the cause and how the body changes during the attacks of these diseases before we can attempt to prevent them.

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Kincaid To Be Speaker At Trinity Men's Meeting

On Wednesday evening, January 20, at eight o'clock at the Parish House of Trinity Episcopal Church, Elkton, the men of the parish will be the guests of Pi Alpha Fraternity, the young men's group, at the first of three meetings they are sponsoring for the year.

The guest speaker will be Mr. Russell M. Kincaid, who has traveled extensively and observingly in foreign countries and is now living near Elkton.

National Leaders Plan Gigantic Ball to Honor President and Raise Infantile Paralysis Fund

A group of proteges of the Warm Springs, Ga., Foundaton, where infantile paralysis sufferers are treated. Below, President Franklin D. Roosevelt, whose birthday January 30 is inspiration for the nation-wide parties to raise funds for the fight against infantile paralysis, and Colonel Henry L. Doherty, national chairman of the ball for the fourth year.

The nation's biggest social event, the celebration of President Franklin D. Roosevelt's fifty-fifth birthday anniversary, is set for January 30, with more than 5,000 communities throughout the country planning parties to raise funds for the philanthropy closest to the Chief Executive's heart, and for infantile paralysis sufferers.

Colonel Henry L. Doherty, for the fourth year chairman of the national celebration, is being assisted by many of the country's foremost leaders in plans for the events. Among those on his committee are: Vincent Astor, Postmaster General James A. Farley, Ambassador Joseph E. Davies, Will H. Hays, Carl Byoir, general director, Colonel Edward M. House, Edsel B. Ford, Walter P. Chrysler, Capt. Eddie Rickenbacker, Patrick Cardinal Hayes, Bishop William T. Manning, Harvey S. Firestone, Keith Morgan, General John J. Pershing, Owen D. Young, Howard Chandler Christy, Charles G. Dawes and Admiral Cary T. Grayson.

Society leaders, radio, motion picture and theatrical stars are joining forces to make the celebrations the greatest series of parties ever staged.

Meantime in cities, towns and hamlets throughout the nation millions of Americans are making preparations for parties that will eclipse in size and colorful entertainment those of any previous year.

The President's Birthday

The American nation will again honor the birthday of President Roosevelt on January 30 by RESTORING HEALTH to crippled children.

In every American community, the President's Birthday Ball has been the means of substituting hope for despair in the lives of people afflicted by infantile paralysis.

That it will be again is the greatest tribute the nation can pay to a great leader.

The funds raised by the annual Birthday Ball are divided equally between the Warm Springs Foundation, where Mr. Roosevelt was restord to health, and local hospitals.

Every child victim of the dread malady in America is given courage by the knowledge that a man, afflicted as he, became a President of the United States.

Nothing could be more fitting than that the birthday of Mr. Roosevelt should symbolize this HOPE OF RECOVERY for every American child making the brave fight he once made AND WON.

Cecil County will join in the celebration with a Ball in the Elkton State Armory

Friday Evening, January 29, 1937

The Committee has secured the services of Billy Isaacs and his Commanders for this Gala Event. Dancing 9 'till 1

Help This Worthy Cause

Everyday Cooking Miracles

BY VIRGINIA FRANCIS
Director Hotpoint Electric Cookery Institute

Bobby wasn't a fussy eater, really. His quart of milk vanished daily without any difficulty and he left his plate cleaned up in right style whether the meal featured spinach or pudding. There was one food, though, that was never budged from Bobby's plate—cooked liver. His Dad and Mother had tried every means of approach. They had coaxed him, then had ignored him and had eaten liver themselves with great relish, but all to no avail. Bobby didn't like liver and just wouldn't be persuaded.

One day quite unexpectedly, the problem was solved. It was a few days after a new automatic electric range had been installed in the kitchen, and in Dad's honor—for it was his favorite dish—Mother fixed liver for dinner.

Wholesome Broiled Meats

She had received an interesting new cook book with the range and in it she read how broiling was one of the most wholesome ways to prepare meats and how the broiler of the electric range was smokeless and safe. It sounded so easy that she decided to broil the liver together with strips of bacon and rings of sweet Bermuda onions.

Somehow the crisp attractiveness of liver prepared this way prompted Bobby to try it just once again. He liked it; and without a word, and with Mother and Dad exchanging only silent, knowing winks, the whole serving vanished in boy-quick time.

And what Mother read about miracle broiling was true. The liver honestly did taste better! It was crisp, yet juicy and browned to a turn; and for once no tell-tale odors escaped the kitchen.

Liver, Bacon and Onion Grill

Here is the way to prepare a liver, bacon and onion meal which the family will clamor for at least once a week.

Try broiling liver, bacon and onions in your modern electric range and boyish appetites will lose all of their stubborn resistance.

Arrange slices of calves liver, bacon and Bermuda onion (sliced about ¼-inch thick) on a rack of the broiler pan. Brush with melted butter and season with salt and pepper. Turn oven switch to Broil. Set Temperature Control beyond Very Hot. Place broiler pan under the top unit. Broil, turning once or twice, for 10-15 minutes, or until the mixed grill is cooked to the desired degree of doneness.

And there'll be more surprises in store for this homemaker who is taking a turn at miracle electric cookery. In a short time she'll be closing the sleek heavily insulated oven door behind her whole dinner, leaving the "minor" details of the baking to the faithful "chef's brain" timer, and accurate temperature control. Her cakes will start to bake in the unpreheated oven to result in "bigger and better," and more delicious products. On days before payday she'll cook stews, soups, and inexpensive roasts in the thrift cooker. And soon, her double boiler will go the way of all "out of use" equipment for, with controlled surface cookery, even the most obnoxious custard will cook without a curdle!

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