HEALTHY FOODS AND MENUES

WEEKLY HEALTH TALK FROM THE NUTRITION DEPARTMENT PHILADELPHIA INTER-STATE DAIRY COUNCIL



.."DINNER WHILE YOU WAIT" ..

Time for dinner, but where is it? In the oven! Have you descovered what a helpful time-saver and fuel-saver the oven really is?

Let the oven cook the dinner occasionally. On the next particularly busy day try one of the following menus:—

Baked ham, Baked potato, Whole wheat bread, Lettuce salad, Butter, Baked apples, cream.

Tomato, Cheese and Rice, Stuffed onions, Glace sweet potatoes, Graham bread, Butter, Prune souffle, custard, sauce.

Macaroni and cheese, Baked butter beets. Apple and cabbage salad, Bread, Butter, Ginger bread, whipped cream.

Baked Tomato, Cheese and Rice
(3 portions)

1 cup cooked rice, 1-3 cup tomatoes, 4 tbsp. cheese cut fine, 1 tbsp. pimento, 1 tsp. salt, 1-4 tsp. paprika, 1 tbsp. flour, 1-2 c. milk, 1 tbsp. melted butter, 1-4 c. craker or bread crumbs.

Mix the rice and flour and add the tomatoes, cheese, salt and paprika. Add the milk. Pour into a well buttered baking dish. Melt the butter and add the crumbs. Spread the buttered crumbs on the rice mixture. Bake in a moderate oven for twenty-five minutes.

Prune Souffle

1-4 lb. prunes, 1 tbsp. lemon juice, 6 tbsp. sugar, 2 egg whites.

Wash the prunes, cover with water and allow to soak three hours. Cook slowly in the same water until soft. Remove the stones from prunes and save the pulp and juice. Add sugar, cook until very thick about three minutes. Stir constantly. Cook, add the lemon juice. Cut and fold in the stiffly beaten egg whites. Fill a well buttered open tin mould or baking dish half full of the mixture. Place this in another pan filed with boiling water. Cook in a slow oven until well raised, firm and light brown in color, (about twenty-five minutes.) Serve with a custard sauce.

Custard Sauce

1-8 tsp. salt, 1 1-2 c. milk, 1-2 tsp. lemon juice.

Beat egg yolks until light, in the upper part of double boiler. Add sugar, flour and salt. Mix well and slowly add the milk. Cook over the lower part of the boiler until thick enough to coat a silver spoon. Beat well, add the flavoring and cool.

"THIEF OF BAGDAD" AT LYCEUM THEATRE

Douglas Fairbanks glorious fantasy of The Arabian Nights, "The Thief of Bagdad," will show at the Lyceum on Thursday and Friday, Feb. 16th and 17th.

Some interesting facts regarding the making of this extraordinary picture, are: The first scene was made July 5, 1923, and the last scene January 2 , 1924. Previous to actual "shooting," eight months were spent in research and planning. Over 20,000 feet of film, the equivalent of four ordinary five-reel pictures, was used in making tests of make-up and costume. The Bagdad set occupied about 6 acres of space; the bazaar set alone covered over two acres with a solid concrete floor four inches thick. This was enameled black and while being used was re-enameled several times a week. Being laid in so remote a period and environment, it was impossible to obtain props or costumes of the proper character without making them to order. Even the shoes for the thousands of extras were made to order. Some of the props were imported from the Orient, some reproduced from museum originals and some from old paintings.

DICKENS BIRTHDAY PARTY IN CHESTERTOWN

Miss Hope Wickes had a very delightful Dickens party on last Tuesday evening, February 7 which is Dickens Birthday Anniversary. All were attired in character costume. Prizes were given for the best characterization and to the one who knew the most quotations. Mrs. H. C. Hughes receiving the first and Mrs. T. W. Perkins, the second.

The following guests were present: Mrs. T. W. Perkins, Mrs. Boffin; Mrs. H. C. Hughes, Mrs. Leo Hunter; Mrs. Clarke Fountaine, Mrs. Veneering; Mrs. Herbert E. Perkins, Miss Rachel Wardell; Mrs. R. H. Collins, Mrs. Wardell; Mrs. Lewin Wickes, Mrs. Winchell; Mrs. Allan Harris, Mrs. Valima Dedlock; Miss Hope Wickes, Mrs. Bayham Badger.

CHURCH BODY MEETS

A meeting of the Committee on Church School Education was held in Emmanual Protestant Episcopal Church on Thursday last. An afternoon session was held in the parish building at 3 p. m. The speakers were Commander Jewel of the U. S. Navy. Since retirement from the service he has devoted his time to religious education, being Superintendant of St. Margaret's S. S. in Washington. Mrs. Austin Roberts than gave a talk on the work of the Little Helpers which was followed by a talk by Mr. McEwin, of Easton. At six o'clock some of the ladies of the Parish served supper to the visitors.

A meeting was held in the church at 7.30 where able addresses were made by Commander Jewel and the Bishop of the Diocese. The clergy and laymen from Kent and Queen Annes Counties were present.

—The Chestertown Volunteer Fire Co. were called out at 9 a. m. Monday morning due to a chimney fire at the home of Mr. Owen Smith. The fire was quickly extinguished.



1806 1865

LINCOLN'S AMBITION

"Every man is said to have his peculiar ambition. Whether it be true or not, I can say for one, that I have no other so great as that of being truly esteemed of my fellow men by rendering myself worthy of their esteem."

That also is the ambition of this store.

NOLAND

Wm. Medders & Co, SPECIAL ATTENTION TO TELEPHONE ORDERS Still Pond, Md.

We make FREE DELIVERY via ERICSSON TRUCK to your town.

Mid-Winter Selling Calls for "BIG BARGAINS."
If You Visit Our Store You Know For Yourself.



PILLOW CASES
Good Muslin, nicely hemmed, full size, 30c Pillow Cases, only 22c

Good Sheets nicely hemmed, ready for use, full seamless 81x90 now 1.25

Turkish Towels 25c value on sale 15c

Turkish Towels extra large 40c value, now 25c

Best Table Oil Cloth all pretty patterns, now 22c

15c Cotton Toweling Heavy Twill Crash, only 10c

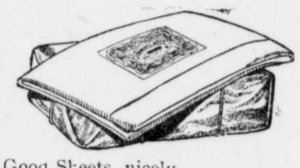
Bed Blankets at Close-Out-Prices
7.50 Large Wooleywarm Blanket extra large and extra good 4.50
4.50 Bed Blankets extra large size 2.90

Window Curtains with good spring rollers, now 49c

Best 50.00 Axminister Rugs
Full seamless, Beautiful patterns size 9x12, now on sale 29.50
Don't over-look these Rugs

Best Congoleum Rugs
New Patterns—First quality size 9x12 on sale 8.50

Grass Rugs double warp 9x12 only 4.50



Good Sheets, nicely hemmed ready for use sale, 1.25
Full seam'ess, 81x90



Guaranteed Alarm Clocks
Best 1.50 value, sale 95c

MEN'S DRESS SHIRTS
"English Broad Cloth"
2.00 value, in this sale 1.35
White, Tan, Blue or Fancy
Take your choice at only 1.35

MEN'S KHIKI PANTS
2.50 Fleese-back, Strong Made
Extra value on sale . 1.75

Best Shoe Polish 2 in 1 all colors now 9c

Paper Napkins 100 for only 10c

Toilet Paper best quality 7c

White Enamel Combinets with cover 1.50 quality sale 98c

Good Couches 25.00 value, sale 19.00

Oak Dining Chairs Best 2.50 chairs, sale 1.85

Oak Rockers made extra strong 4.50

Kitchen Cabinet Sale
35.00 Enamel Cabinets 29.00
40.00 Enamel Cabinets 33.00
50.00 Enamel Cabinets 39.00



GOOD WASH BOILERS
Made of Lisk Heavy Tin—Metal Bottom Boilers, don't rust.
3.00 Boilers on sale 1.98



Large Tea Kettles
1.50 enamel kettle now 98c

75c Enamel Buckets
A real Water Pail, only 50c

ENAMEL COOK POTS
Extra quality Enamel
4 qt. size now 29c
6 qt. size now 39c

Good Brooms best 50c quality now 39c

75c Extra Brooms worth much more now 59c

Big Dish Pans 14 qt. good enamel pans 35c

Enamel Sauce Pans near half price
25c Sauce Pans 15c
35c Sauce Pans 20c

Large Drip Pans black iron pans 19c

Lisk Wash Boilers large 2.50 boilers 1.65

Lisk Galv. Tubs large 1.50 heavy tubs 98c

Cocoa Door Mats good foot mats 75c

Felt Base Mats good patterns 18x36 10c

Percolator Tops heavy flint glass, now 3c

Good Glass Tumblers in January sale only 3c



Large Agats Dish Pans
First quality Enamel 14-quart sizes, now . . 35c

Notice to Policy Holders

We, the undersigned representatives of various Fire Insurance Companies, of Kent County, Maryland, desire to call attention to certain restrictions that are constantly violated.

It is necessary that your agent be notified and proper endorsements be made to your policy should any of the following permits be omitted from your policies.

Incubators, Brooders,
Gasoline Engines,
Gasoline Lamps,
Automobile Permits,
Acetylene Gas,
Vacancy or unoccupancy,

Alterations and repairs for more than 15 days.
Chattel Mortgage
Other than Fee Simple Ownership
Lighting Devices Other Than Kerosene
Permission for Other Insurance

BE SURE TO READ YOUR POLICY

SIGNED:

JOHN P. AHERN, Millington, Md.
JAMES G. BECK, Chestertown, Md.
CHARLES H. BRICE, Betterton, Md.
J. WILLIAM CLARK, Still Pond, Md.
DURDING & SATTERFIELD, Chestertown, Md
GEORGE W. FRENCH, Chestertown, Md.
HARRY F. JEFFERSON, Chestertown, Md.
E. THOMAS MASSEY, Massey, Md.
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