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

"CANNING DAY RESOLUTIONS"

I shall use only fresh and firm fruits and vegetables, and shall add no preserving powders.

I shall choose a simple jar—one which is easily sealed and easily washed. A glass that is clear of bubbles and smooth inside and out. The color of the glass has no effect on retaining the color of the food.

I shall test my jars to see that there is no leakage. To do this I shall fill them with boiled water, adjust covers and rubber and invert for a period of time. If leakage occurs I shall save the jar for something that does not require air-tight sealing.

I shall make sure my rubbers are elastic, not brittle and that they do not break when stretched. I shall buy only good rubbers and only enough for one season as they lost their elasticity.

I shall store my jars in a cool, dark, dry place—labelled correctly.

RHUBARB CONSERVE

2 quarts rhubarb, 2 lemons, 1 cup nut meats, 1 orange, 2 quarts sugar.

Slice rhubarb, slice lemons very thin, peel and slice the orange. Add sugar. Mix all together and stand over night. Then cook slowly an hour or more until thick. Add either a cup of walnuts or blanched almonds sliced thin, just before the conserve is done.

STRAWBERRY PRESERVE

4 lbs. berries, 3 lbs. sugar, 3 cups water.

Pick over, wash and hull the berries. Make a syrup by boiling the sugar and water fifteen minutes. Fill sterilized jars with the berries. Cover with syrup and let stand fifteen minutes to settle. Add more berries. Adjust rubbers and covers. Place on a folded cloth in a kettle of cold water. Heat water to boiling point and cook slowly one hour. Screw or clap covers securely.

To can Asparagus:—Use only the young tender fresh stalks. Wash and remove the tough butts at the end of stalk. Tie in bundle and blanch for three or four minutes. To do this place in boiling water with the stalks upright for two minutes, then immerse the entire bunch for the remaining time. Remove, plunge in cold water and pack into jars, always keeping the tips up. Fill jar with boiling water, add one teaspoon of salt to each pint jar. Adjust rubber and top and partly seal. Process for three hours in hot water bath. Seal—invert and cool.

WORTON

Mr. and Mrs. Louis Wolf and daughters and Mr. Harry Cole, of Baltimore, visited Mr. and Mrs. Marion Rash last week end.

Mr. and Mrs. P. B. Rasin entertained Mrs. Rebecca Bacon, Mr. Earl Bacon, Mr. and Mrs. Charles Quarrington, Miss Sara Bacon and Miss Clara Wills, of Camden and Mr. and Mrs. Harry Rouse, of Aberdeen, over the week end.

Mrs. Rachel Crowding and sons, John, Neal and Edward, of Baltimore, spent the week end with Mr. Ralph Williams and family.

Mr. and Mrs. S. J. Lee and son, Lawrence, and Miss I. C. Cooper spent Sunday with Mr. and Mrs. George Ashley, of Rock Hall.

Mr. G. E. Nichols and family visited relatives at Greensboro and Denton last week end.

Mr. H. E. Cooper, who has been visiting his daughter, Mrs. Walter Moffett, of Broad Neck has returned home.

Miss Ann Rouse, of Aberdeen is visiting her grandparents, Mr. and Mrs. P. B. Rasin.

Mr. Henry Rasin and Mr. Sewell Lee attended a Feed Dealers Convention at College Park a few days this week.

Miss Hilda Hurd spent a few days of last week with her aunt, Mrs. Raymond East, of Chestertown.

Mr. and Mrs. J. A. Moore, of New York, spent the week end with J. D. Maxwell.

Mrs. Charles Hurd spent Tuesday in Baltimore.

STILL POND

Miss Margart Jarmey, of Baltimore, Md., is visiting her cousin, Miss Mamie Norris.

Miss Jennie Bowers spent this week with her parents, Mr. and Mrs. J. C. Bowers.

Rev. C. W. Clark is spending two weeks at Madison, N. J., attending Drew Seminary. Rev. S. S. Hepbron will preach here to-morrow morning and in the evening the Epworth League will be lead by Mrs. Carl Norris.

Mrs. L. B. Harper has returned home for the summer and it looks good to see her home open.

Mrs. Storey and children from Philadelphia, Pa., spent last week end with her parents, Mr. and Mrs. Horace Bramble.

The W. F. M. Society will meet on next Thursday evening at the home of Mrs. L. B. Harper.

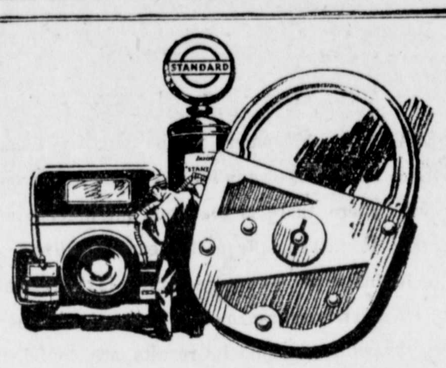
The Philadelphia Club the organization of Mrs. F. B. Harpers Sunday School Class held their monthly meeting at her home on Wednesday evening of this week there was a good attendance and a good time enjoyed by all.

Little Miss Miriam Clark is spending some time with her grand-parents in Wilmington, Del.

Miss Lucille Parr is here spending some time here.

A number from here attended the Commencement Exercise of Chestertown High School this week also the promotions of the 7th grade pupils on Thursday afternoon.

Mrs. George Haddaway has returned to the home of her daughtr, Mrs. Horace Bramble after spending some time with her grand-daughter, near Philadelphia, Pa.

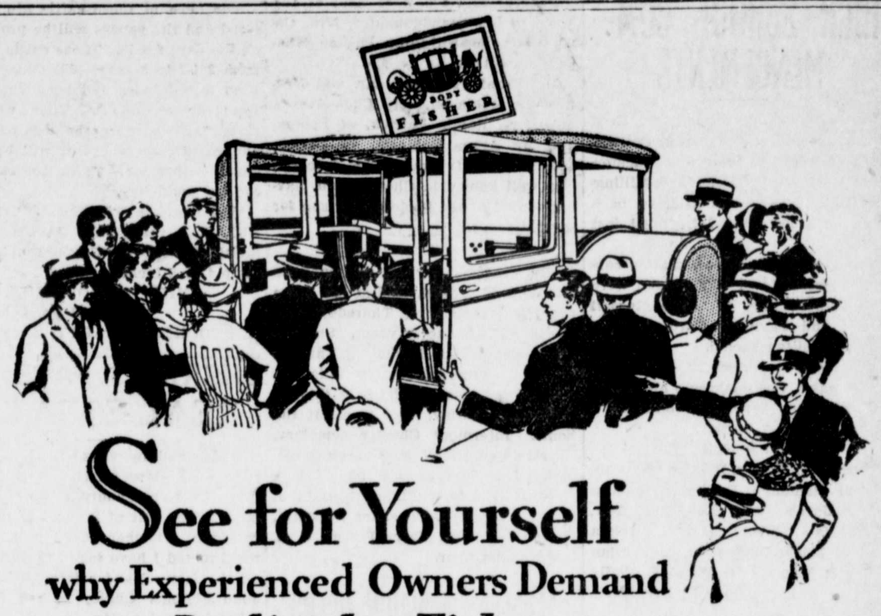


Your best safeguard in buying gasoline and motor oil is the name and reputation of the refiner

STANDARD OIL COMPANY OF NEW JERSEY

Refiners of:

"STANDARD" GASOLINE Esso "STANDARD" MOTOR OIL



See for Yourself why Experienced Owners Demand *Bodies by Fisher*

In Oakland-Pontiac showrooms throughout the United States a special Fisher Body Demonstration opens Saturday, June 16. Cooperating with the Fisher Body Corporation, Oakland has arranged to demonstrate to automobile owners everywhere the reasons for the superiority and popularity of Fisher bodies.

Come to our showroom during the Fisher Body Demonstration. Learn how Fisher builds bodies and what high quality of material is used. See for yourself why experienced owners demand bodies by Fisher. Don't miss this opportunity to gain a sound understanding of such an important part of your automobile.

Oakland All-American Six, $1045 to $1265. New Series Pontiac Six, $745 to $875. All prices at factory. Check Oakland-Pontiac delivered prices—they include lowest handling charges. General Motors Time Payment Plan available at minimum rate.

STRONG & COOPER

CROSS STREET

CHESTERTOWN, MARYLAND

OAKLAND-PONTIAC Sixes

PRODUCTS OF GENERAL MOTORS

DOLLAR DAY SPECIALS

OUR DOLLAR DAY SPECIALS MAKE A DOLLAR GO ALMOST TWICE AS FAR AS AT NORMAL PRICES. OFFERINGS FROM EVERY DEPARTMENT.

Millinery
Chic Millinery, wide variety from which to choose, $3 to $5 valves
$1.00

Tub Frocks
Children's and Ladies' Tub Frocks of Organdy, Broadcloth, Prints and Cotton Foulards ; crisp and fresh new goods, Gay Floral Patterns
$1.00

All Silk Pongee
AS EASY TO LAUNDER AS A HANDKERCHIEF
12 M Natural Pongee, 3 yards **$1.00**
10 M Natural Pongee, 3 yards **$1.00**

Rayon
Figured and plain Rayon, cool and practical besides being most attractive
Three Yards $1.00

Shoes—Shoes—Shoes
Misses and Children's White Nubuck and Canvas Pumps, $2.50 to $4.00 Values, Excellent Styles
$1.00
$1.50 Tennis Shoes **$1.00**

Dollar Day

Silk Hosiery
$1.50 value, Pure Silk Full Fashioned Hosiery
$1.00

Ladies' Vests
25 VESTS, FIVE FOR **$1.00**
SPECIAL VESTS TEN for **$1.00**

Table Linen
LUNCHEON NAPKINS
ALL LINEN **$1.00** PER DOZEN.
MERCERIZED **$1.00** PER DOZEN.
54 in. Oyster White Linen with Colored Damask Border in blue or gold per yd.
$1.00

Bed Spreads
81x90 CRINKLED, COLORED STRIPE
$1.00

Floor Coverings
18x36 RAG RUGS, popular Hit-or-Miss Designs THREE for **$1.00**
Colorful Oval RATTANIA RUGS **$1.00**
RUBBER MATS **$1.00**

36x72 Japanese MATTING RUGS, good designs, TWO FOR **$1.00**
Congoleum and Armstrong FELT and BURLAP BACK RUGS (measured the short way) per foot **$1.00**

The Woman's Shop extends a cordial welcome to visitors in Chestertown. Make this shop your headquarters.
Remember Dollar Day, One Day Only, Thursday, July 21, 1928

The Woman's Shop Harry F. Jefferson Chestertown, Md.

©Maryland State Archives msa_sc3326_scm8225-0202