Women's Page

BY A WOMAN



CLYTIE

We are going to tell of a wood nymph believed by the ancient pagans to be in love with the god Apollo.

In those days it was believed that every tree and rock and mountain was inhabited be beautiful beings called nymphs, so they, like the banished duke in the Forest of Arden whom Shakespeare tells us about.

"Found tongues in trees, books in the running brooks, sermons in stones, and good in everything."

So firmly convinced were these ancients that the trees were the abodes of these nymphs that they hesitated to cut the wood down unless they gave the wood sprites ample warning.

Now Apolla was the god of the sun and of music and poetry. Very beautiful was he and fascinating. His father Jupiter, became offended with him and sent him to earth for a season to work for a cruel king. But, in spite, of his arduous duties , Apollo found time to wander in the woods and every Nymph who saw him fell in love with him. And so little Clytie, modest and sweet, saw the god.

When he came her way he stopped to speak to her, caressing her as he was wont, and winning, as he always did, her heart. Then he passed on forgetting her but she could think of nothing but him. Then his father Jupiter forgave Apollo, and he went back to neaven to again drive the chariot of the sun. The nymphs in their games called on Clyte to join them, but no, she could only gaze at the great sun god as he drove his chariot through the heavens.

And so she pined away forgetting to eat food and resting only when the sun was set. When her companions saw her growing weaker and weaker they called upon the great god to pity her, and he changed her into a sun flower. But still she watches the sun, turning her face always to the part of the heaven where it is seen.

In the Peabody Library in Baltimore for many years there was a beautiful statue of Clytie by the sculptor, Rineheart. A green curtain of velvet was behind it, showing off the beauty of the marble and the exquisite grace of her figure as she stands gazing in the distance while in her hand she holds a sun flower. On our last vi... to the Library the statute had been moved. Whether it is still in the Peabody or has been moved to the museum of art, it is well worth the search for it as it is a lovely work of art.

HEALTH

After all that is said about health diet is the chief thing.

Our forefathers were a sturdy race. They ate more of the homely but nourishing foods than we do today. They lived a more leisurely life, and life was not the strenuous pace that it is now. We should take more care of our diet and ways of living today.

There will never be a time when unsatisfactory substitutes can replace real honest foods for the average family. Good health and strength depend upon meat and potatoes, good bread and butter, fresh and wholesome cooked vegetables and fruits, and the milk products. You just cannot get along without these foods if you want to be well.

The average American diet often lacks in the necessary vitamins. It is a simple matter to secure an abundance of vitamins if milk or the milk products, such as cheese, fruits and tomatoes, as well as the leafy green vegetables, are taken in large enough quantities we mean such vegetables as spinach, letture, cauliflower and cabbage.

One of our eminent nutritionists, Dr. H. C. Sherman, has offered the following family budget plan for securing the necessary vitamins. "To spend at least as much for fruit and vegetables as for meat and fish; also to spend at least as much for milk as for meat (or for milk and cheese as for meat and fish)." This is a very good rule to follow.

There is another thing to think of and that is the importance of regularity in the meals. Have a set time for your meals. Have your menu regularly and systematically good Take enough time so that you can eat leisurely. Make a pleasant ceremony of the meal. Thus you may live long and happily.

STYLES

A check of a lot of fashion-knowing women will lead you to make —as it did us— this important discovery:

Lots of women are making very smart-looking costumes by combining separate skirts and blouses and wearing them with their Spring coats.

It's certainly an easy and inexpensive way to have an extra outfit. You start by considering your coat—its type (whether it is formal, semi-formal or informal) and its color.

Then you simply choose a separate skirt of the same type in a matching color and of a material that matches or harmonizes. And a blouse that is formal, semi-formal or informal..... and presto! Another smart ensembled costume.

It can be as feminine or as tailored as you please, too, because skirts and blouses are both tailored and feminine this year. And much, much more interesting in detail than they've ever been.

RECIPES

Have you ever noticed in a restaurant or wherever people have a choice of desserts the favorite is nearly always pie. An old cook who was famous for her pastries gave me this receipte one-half the quantity of shortening to the quantity of flour, a little salt and then she mixed it with, a big iron spoon.

Fillings may be divided into the fruit, the custard and the fruit combination groups. In the first, the fruit is usually cooked with the pie, though occasionally, a single crust, previously baked, is filled with fresh sugared berries and served without cooking the fruit. The custard group includes the real custards and those that are made with a thickening of corn starch or flour. We have cocoanut, chocolate, butterscoch and plain custard pie in this group. The fruit combinations are many and varied, includng the lemon and pineapple mixtures.

Apricot Pie.—Line a pie plate with pastry and fill with well drained stewed apricots that have been sweetened to taste. Grate the rind of half a lemon over the apricots and sprinkle with one-half cup of thinly sliced dates. Cover with a top crust and press the edges firmly together, using a fork. Trim the edges and prick the top crust in several places with a fork. Bake in a hot oven—450 degrees—for 15 minutes, then reduce the heat to 400 degrees and continue baking for 20 minutes longer or until well browned. In most ovens, it is best to put the lower shelf about 2 inches from the bottom of the oven and to cook the pie on this lower shelf.

Butterscotch Pie.—This is an old fashioned favorite and belongs to the custard group. Roll pie crust to one-eighth inch thickness and shape it over an inverted deep pie pan. Press the edges and prick the crust all over with a fork. If this is not done, it will not keep its shape, but will bake in large bubbles. Bake in a hot oven—450 degrees—for 15 minutes. Slip from the pan and let cool. Make the filling as follows: Beat the yolks of two eggs and mix them with 1 1-2 cups of milk. Mix 1 cup of dark brown sugar with 1-4 teaspoon of salt, 3 tablespoons of flour, 2 tablespoons of butter, the milk and eggs, 1 teaspoon of vanilla and 4 tablespoons of powdered sugar. Stir constantly over a slow fire until thickened and boiling. Beat the whites of the eggs until stiff and whip them into the cooked filling. Cool slightly, pour into the baked pie shells and set aside to cool. Just before serving spread with slightly sweetened whipped cream.

Lemon Pie Filling.—Mix 1 cup of sugar with 3 tablespoons of corn starch and stir in the beaten yolks of 3 eggs, the grated rind of 1 lemon and 2 cups of boiling water. Stir constantly over a slow fire until smooth, thickened, transparent and boiling. Remove from the fire, add 1 tablespoon butter and 1-2 cup of lemon juice. Pour into a baked pie shell and cool. Whip the whites of the eggs until stiff and beat in 4 tablespoons of powdered sugar. Spread in a thick layer over the pie and bake for 8 to 10 minutes in a very moderate oven—about 325 degrees. If the meringue is cooked too quickly, it will be tough and thin instead of fluffy and tender.

Cranberry Sauce.—Wash 3 cups of dark red cranberries and chop them coarsely. Mix with 1 cup of seedless raisins, 1 cup of sugar, 3 tablespoons of flour and the grated rind of half a lemon. Line a pie plate with pastry and fill with the cranberry mixture. Cut the rest of the pastry in inch wide strips and place them crisscross over the top of the pie. Bake in a hot oven for 40 minutes.

Cheese Fondue.—One cup soft bread crumbs, 2 cups milk, 2-3 cups cheese, cut fine; 2 eggs, 1-4 teaspoon salt, 1-8 teaspoon pepper, 1-4 teaspoon celery salt, 1 tablespoon butter, melted. Soak crumbs and milk five minutes. Beat egg sand add with other ingredients to bread mxture. Pour into a buttered baking dish. Bake for 25 minutes in a slow oven. Serve in dish in which baked.

Nut Squares.—1-2 cup fat, 1-2 cup sugar, 2 eggs, 1 teaspoon vanilla, 1 teaspoon nutmeg, 2-3 cup chopped nuts, 1-4 cup milk, 4 cups flour, 1 teaspoon baking powder.

Cream the fat and sugar. Add the rest of the ingredients and roll out very thin on a well floured board. Let stand in a cool place for thirty minutes. Cut into 2 inch squares. Remove with spatula and bake 2 inches apart on greased baking sheets.

CHURCH NOTES

Chestertown M. E. Church
Rev. J. Harry Wright, Pastor

The Sunday Services will be as follows:

10:00 A. M.—Church School with special program of worship prepared and conducted by the Ever-ready Class taught by C. J. Coleman. The theme of worship will be "Christian Preparedness."

11:00 A. M.—Morning Worship with a sermon by the pastor on the subject of "Memories." This program will have special reference to Memorial Day and the vested choir will present appropriate music.

7:30 P. M.—Evening Worship. Sermon by the pastor on the subject of "Mutual Service." The Chestertown Volunteer Fire Company and the Ladies' Auxiliary will attend this congregation. A gospel hymn-sing will precede the preaching of the sermon.

Wednesday, 7:30 P. M.—Prayer and Praise Service in charge of the pastor. He will continue the study of Stanley Jones' book, "The Christ of Every Road."

Christ M. P. Church, Chestertown
Rev. E. A. Sexsmith, D. D. Minister.

We cordially invite you to enjoy the services with us at Christ Church next Sunday Strangers are always welcome. 10 a. m. Sunday School. Christian Preparedness, will be the subject of the lesson.

11 a. m. morning worship. The pastor will speak on A Shepherd's Song. Special music by the choir.

7.30 p. m. Children's Day service. An interesting service has been prepared which will be augmented by special music accompanied by the orchestra.

Monday 7.30 p. m. meeting of the young people.

Tuesday 7.30 p. m. the fourth quarterly conference will be held in the Sunday School room of the church.

Wednesday 7.30 p. m. Mid-Week service of prayer and praise.

The Men's Club will be entertained at the home of Mr. C. N. Satterfield on Friday evening. A full attendance is desired.

The Woman's Missionary Society will be entertained at the home of Mrs. A. M. Culp on Monday evening.

Fairlee M. E. Church
Robert E. Green, minister. Sunday School 10 a. m., J. Weldon Walbert, Supt. Church service 11 a. m. sermon by the minister. Children's Day service 7.30 p. m. A program will be presented by members of the school accompanied with instruumental music.

Worton M. E. Church
Robert E. Green, minister. Sunday School 2 p. m., B. F. Rash, supt. Church service 3 p. m., sermon by the minister. Epworth League 7.30 p. m., Mr. Ralph Williams, leader. Children's Day service will be held in the church Sunday evening, June 1st.

St. James M. P. Church
Rev. J. Lee Marker, Minister. 10 a. m. Brief session of Sunday School. Worship and song service.

10.30 a. m. Children's Day will be observed. Program will start promptly at 10.30. A delightful program has been arranged. Let us have our church filled to capacity.

7.30 Christian Endeavor led by Miss Edith Rees on the subject of "How Missionaries Advance World Peace.

Lynch M. P. Church
Special Children's Day service in the evening. A special invitation is extended to all to come enjoy this service with us. Speaking by the children and special music.

Bond Chapel
Rev. Oliver Friedel, Pastor. Sunday School 10 a. m., A. C. Loud, Superintendent. Preaching 11 a. m., subject, "The Boy." This worship service will be in charge of different fathers. Epworth League 7.45 p. m. Prayer meeting on Wednesday evening at 8 p. m.

The regular meeting of the By-Kota Club will be held Monday evening, May 26th, at the home of Miss Elizabeth Starkey. The hostesses will be Miss Starkey, Mrs. Emerson, Miss McMahon, and Miss Willis.

Mowbray M. E. Church
Rev. Oliver Friedel, pastor. Sunday School 2.30 p. m., Mrs. Ida V. Kirby, Superintendent. Preaching 8 p. m., subject, "The Boy." Different fathers will take part in the worship service.

Kennedyville M. P. Church
J. McLain Brown, Pastor. Men's Bible Class at ten o'clock. Sunday School same hour. Morning worship at eleven o'clock. C. E. Service at 7.15 p. m. evening sermon at 8 p. m. Children's Day Sunday evening, June 1st A cordial welcome to all.

Trustees and Stewarts Appointed
The Annual Membership Meeting of the M. P. Church of Kennedyville was held in the church building on Monday evening, May 19th. The following church officers were elected.

Church Trustees:—E. T. Otherson, Harry E. Lipscomb, W. B. Cleaver, Wm. C. Dempsey.

Parsonage Trustees:—E. L. Redmile, Thomas VanDyke, E. R. Pennington, Mrs. Martha Otherson, Mrs. Della Urie.

Board of Stewards:—G. R. Rasin, E. T. Otherson, H. S. Redmile, S. T. Bramble, L. W. Ford, H. M. Rutter, Mr. D. A. Urie, Mrs. Maud Cleaver, Mr. E. L. Redmile, Joseph McHenry, W.J. Hopkins, George Johnson.

Delegate to the Annual Conference Mr. S. Thomas Bramble.

Alternate, Mr. Wm. Hague. The present pastor, J. McLain Brown, has been invited to return for another year.

Olivet M. E. Church, Galena
Wm. Lyndon Hess, M. A., Minister

10:00 A. M.—Sunday School

11:00 A. M.—Morning Worship.

A service in remembrance of the heroic dead.

"Theirs not to make reply,
Theirs not to reason why,
Theirs but to do and die."

Sermon: "The Memorial of Liberty."

Solo by William Lyndon Hess, Jr.

7:30 P. M.—The closing exercises of the Week Day School of Religion will be held under the direction of Miss Clara Bragdon, director of the school. The Young People's Choir will sing.

Locust Grove M. E. Church
2:00 P. M.—Sunday School.

3:00 P. M.—Worship.

Sermon: "Inevitable Religion."

Still Pond M. E. Church
J. C. B. Hopkins, pastor. 9.30 a. m. Sunday School, A. J. Hackett, Supt. 11 a. m. preaching service subject, "Riches." 7.30 p. m. Epworth League, leader Mrs. J. B. Robinson.

Betterton M. E. Church
J. C. B. Hopkins, pastor. 2 p. m. Sunday School, Mrs. Archie Crew, Supt. 3 p. m. preaching service, subject, "Riches." 7.30 p. m. Epworth League. The Junior will have charge of the devotional period which will be followed by installation of officers and a brief address by the pastor.

After the usual crop of broilers goes on the market, the prices are materially reduced as compared to the ones that are developed from the early hatched chicks.

SEMESAN, JR.

A SUPERIOR DISINFECTANT FOR SEED CORN.

Seed Corn treated with SEMESAN, JR. usually results in these benefits:
Protects Seed Against Rotting,
Makes Early Planting Safer
Increases Germination
Controls Seedling Growth
Invigorates Seedling Blight
Produces Sturdier Plants
Reduces Root and Stalk Rots
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Wm. Medders & Co, "KEEPING A BETTER STORE" Still Pond, Md

We make FREE DELIVERY via ERICSSON TRUCK to your town.

We Begin Our "BIG JUNE SALE" Next Week

EXTRA VALUES TO GO IN THIS SALE Come and See for Yourself

A Pretty Rug Costs No More



We Are Showing a Wonderful Assortment of Pretty Rugs in this New Collection Come and Take a Look

Gold Seal Congoleum Ruge, 9x12, at $8.50
Armstrong Quaker Felt Rugs, 9x12, at 9.50
The New $15.00 Rattan Rugs now $12.50
The $18.00 New Art Rugs now $14.50

The New Inner-Spring Ostermoor Mattress $32.50

OSTERMOOR



Treat yourself to a NEW "INNER-SPRING" OSTERMOOR MATTRESS. We have them on special sale for this month.
These $45.00 Ostermoor Mattresses only $32.50
The $25.00 Inner-Spring S & F Mattress only..... 19.00
Also a good "All Cotton" Felt Mattress, extra value, on sale . 10.00

Genuine Leonard Refrigerators On Special Sale

LEONARD CLEANABLE REFRIGERATORS

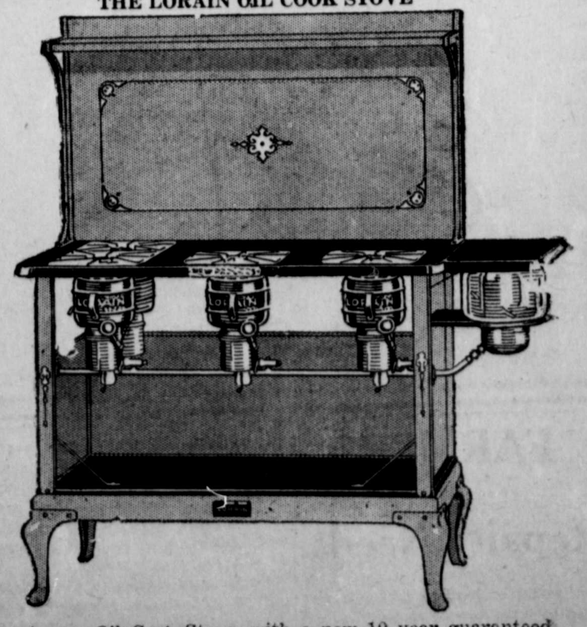


The $55.00 All-Porcelain Lined, best Leonard Refrigerators, 100 ice capacity,

$39.50

The $30.00 Leonard Refrigerator on sale..... $24.50
The $25.00 Leonard Refrigerator on sale $19.50

THE LORAIN OIL COOK STOVE



A new Oil Cook Stove, with a new 10 year guaranteed burner. No smoke, no odor, no worry and burns a third less coal oil. It makes intense heat for quick service. In order to introduce this grand cook stove we are making these low prices.
$25.00 3-Burner Lorain for only $20.00
$35.00 4-Burner Cabinet Stove for only $30.00
The Aunt Sarah's Ovens on sale $1.00

May, 30

DECORATION DAY

When we heed the call of the

OUT-OF-DOORS

A day of relaxation when the whole outdoors is our playground. Enjoy yourself to the fullest by being fully prepar ed. Come to Noland's and select hose necessitie so important to a perfect holiday.

DECORATION DAY SPECIALS

SPORT SHOES
Men's Ladies and Child's Crepe Sole Oxfords, trim in appearance and comfortable.
$3.50 to $5.00

DRESS SHIRTS
Attractive patterns and solid colors in broadcloth for men and boys. Newest patterns.
$1.00 to $2.00

UNDERWEAR
Comfortable and strong garments for men and boys in big assortment, Staple styles for older men, sport styles for the younger.
Special Psrice

LINGERIE
Cool, delightful silks, rayons and crepes in wide variety of underthings for holiday wear.
50c to $3.50

HOSIERY
Stylish and serv Hosiery for all the family Latest shades and no - elties for all.
15c to $2.

DRESS MATERIALS
New and pretty patterns n silks, crepes, pique, flaxons, etc. for the new dress will bring greater pleasure and restfulness to your holiday.

ICE CREAM FREEZER
Metal style. 2 Qt. size
79cb

OUTING RUGS
Gallon size. Keeps food hot or cold.
$1.00

THERMOS BOTTLES
Genuine Universal make
Pint size 79c
Quart size $1.49

PUNCH BOWL SETS
Pressed glass bowl with pedestal and 12 cups.
$1.49

NOLAND

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