Women's Page

BY A WOMAN



ECHO

Echo, as the ancient Greeks believed, was one of the fairest of all the nymphs of the woods. With her companions, she danced and sung and was as happy as could be. But she had one fault which was annoying to her companions, and that was that she talked incessantly and finally one of the gods punished her by decreeing that she could only repeat the words of others and say nothing of herself.

Poor Echo, it was certainly a terrible punishment for a chatterbox. But it was doubly hard when she saw a beautiful youth, Narcissus, come sauntering in the woods. How she loved him! and when he, attracted by her beauty, spoke to her, she could only repeat his words. Then Narcissus said, "Fair Maiden you mock me" and forlorn little Echo could only say the same thing.

But a sad thing happened to Narcissus. As he was stooping over the water to get a drink, he caught a sight of his own fair face, and thinking it was a beautiful water sprite, he sought to catch her in his arms but the reflection did the same. He called and begged it to come to him, but though, when he bent toward it the water image would do the same, he could get no nearer it.

And Echo watching could not tell him as she wished:

"What thou seeth fair creature is thyself. With thee it coms and with thee it goes."aMFE Sshrdlucmfwyp gered by the pool not daring to leave even to eat, and Echo saw him day after day fading away, and one morning he was not there but in his place was growing a beautiful flower, tall straight and slender, and ever since then the flower has been called. Narcissus.

Then Echo lifted up her voice and wept and she too began to fade away and finally there was nothing left of her except her voice.

And her voice will still repeat after you when you are in the woods or by hills mountains and cliffs, when you set the wild echoes flying.

REST

The "hour" before dinner is not, as it might sound, intended to refer to the cocktail hour. It should more rightly be called the before-dressing-for-dinner hour, and it is one that should be devoted to rest and relaxation. Too many women, and girls as well, leave this hour entirely out of their schedule, but I feel sure they wouldn't if they knew what a great difference it could make in their appearance.

Unless you are really rested, it is impossible to look your best. And in this very busy modern life there has to be a definite time set apart for the resting, or it will be crowded out. When you come in in the late afternoon, whether you have been busy socially or in business, then is the time to rest and relax and store up energy and beauty for the evening. The first rule of this resting is that you should be thoroughly comfortable. Take off your girdle and any restricting garments. Put on a loose negligee and lie down on the bed or chaise lounge. Lie at ease. If you are taut and nervous, make a business of relaxing. If you force yourself to relax, it will soon become easy to do so automatically. Try not to think. Don't take advantage of the few quiet minutes to make plans or review the day's happenings. Be as complete a vacuum as you can during this rest hour.

Bathe Tired Eyes

If your eyes are tired (and many peoples' are tired, when they stop to think of it), it is worth taking the time to bathe them with an eye cup and warm water and then cover them with pads of cotton wrung out in witch hazel. Look at your eyes while you are dressing and see if they are not freshened and brightened by this treatment.

If it is warm weather, a tepid bath preceding the rest hour makes you feel cooler and more comfortable when lying down. Otherwise, it is better to rest first and bathe afterward, since a bath stimulates as often as it relaxes, and it is more pleasant to proceed directly from your bath to the business of makeup and dressing.

The rest hour doesn't have to last a full hour—though it should not be shorter than a half hour—but to do its recreative work properly it should be as regular a part of the regime as three meals a day.

In the Housekeeper's Handy Little Book

Milk and fruit drinks in hot weather are not only refreshing but contain valuable food materials.

If the color of a garment is likely to run, wash and rinse it rapidly in cool water and dry it quickly.

Children need as much sleep in summer as in winter. Sleeping hours and nap time should not be shortened by long hours of daylight.

Light, airy clothes closets equipped with hangers for dresses and coats and racks for shoes and hats lengthen the life of clothes and save time and expense in caring for them.

Avoid overloading the washing machine. If the clothes can move about freely during washing, the cleansing action is more effective and there is less strain on the machine.

Freshly picked greens may be canned now for meals next winter. Shrink them first; then can either by using a steam pressure cooker or by adding acid and cooking in the cans in a hot water bath.

Croquettes

The following combinations may be used to make delicious croquettes:

Chicken and mushrooms, using one-third mushrooms.

Chicken and oysters, using one-half oysters.

Chicken, sweetbread and mushrooms, using equal parts of each.

Sweet breads and mushrooms, using one-third mushrooms.

Veal and oysters.

Veal and mushrooms.

Lamb and cold boiled potatoes and one teaspoonful of capers.

Beef and rice, one-half of each, using enough white sauce to moisten.

For plain beef croquettes use tomato sauce.

Today's Recipes

Deviled Tomatoes—Peel and cut four tomatoes in slices. Sprinkle with salt and pepper. Dredge in flour and saute in butter. Pour over them this sauce: Cream four tablespoons butter and add two teaspoons powdered sugar, one teaspoon dry mustard, one-half teaspoon salt, a few grains cayenne, one slightly beaten egg, the yolk of one hard-cooked egg rubbed to a paste, and two tablespoons vinegar. Cook in double boiler until the mixture thickens.

Pear Salad—Peel, halv and core ripe pears, fill centers with your favorite cream cheese. Serve with Chantilly mayonnaise, made as follows: To one cup of well-seasoned mayonnaise dressing add one-half cup cream, beaten stiff. Add salt and paprika as needed.

Fruit Syrup.—Two cups sugar, two cups crushed fruit or berries. Boil five minutes.

Strawberries, raspberries, blackberries, currants, cherries, fresh or canned pineapple can be used. Remove from fire and add juice of one lemon. Cool, strain, bottle, cork and keep in cold place.

A combination of lemon, orange and pineapple juice is a convenient one to have on hand as a basis for many drinks.

Baked Ham and Sweet Potatoes.—Boil, mash and season with salt, pepper, cream, and a small amount of brown sugar, the required amount of sweet potatoes. Place in a baking dish. Spread a little prepared mustard over a thick slice of ham, sprinkle with a little flour and a little brown sugar, and place on top of the potatoes. Cover and bake slowly about an hour, remove cover to brown and serve in baking dish.

Baked French Toast and Bacon—Dip rather thin slices of day old bread in a mixture of beaten egg and milk. Sprinkle with salt. Broil the required amount of bacon, remove to a hot plate, pour most of the fat out of the pan and lay the bread in the pan. Place in a hot oven, watch closely and turn once to brown both sides. Cover each slice with two slices of crisp bacon and serve at once.

Clemenceau's Irony

On the day the peace treaty was signed at Versailles, Lloyd George was sitting beside Clemenceau in the great Salle des Glaces, where the ceremony took place, when he said with eyes wandering round the magnificent room:

"Didn't something very important happen here once before?"

Very dryly and without turning a hair the "Tiger" replied:

"Yes, it was something rather important. The German empire was proclaimed here in 1871."

It was Clemenceau, too, who cynically said to Paderewski, then premier of Poland, during the peace conference:

"M. Paderewski, you were the greatest pianist in the world and you have chosen to descend to our level. What a pity."—Kansas City Star.

Seeks Ancient Temple

Believing that somewhere beneath the hills of Catalina island there is buried the temple of the Sun god, Chinigchinch, Prof. Ralph Glidden, curator of the Museum of the Channel Island Indians, has begun a third search for the sacred edifice.

PAINFUL CORNS

Loosen—Lift Out

A little known Japanese herb, the discovery of an eminent German scientist (Dr. Stickel) instantly soothes the corn, callous or wart then loosens it so that shortly you can lift it right out. This new discovery called "Corn Fly" excites the white blood corpuscles to action and granulates the corn at its root so that it drops out and leaves no trace of scar or soreness.

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Ain't It th' Deuce?

The shipwrecked tourist had had terrible experiences on South Sea islands, so on this occasion he did not relish his fate. Faint with fatigue he dragged himself toward the distant voices. At last he caught a glimpse of the party—they were sitting in a circle on the sand and holding objects, unrecognizable at the distance, close to their noses.

"This is some hand!" snorted one.

"Aw, rats!" came the raucous voice of another. "I only pulled a couple o' bones from that pot."

"Wot yuh grippin' for?" grated a third. "Yuh don't expect more'n a pair o' bones from a pair o' queens, do yuh!"

The tourist rolled over on the sand and just before he breathed his last he gasped:

"Cannibals again!" — Pathfinder Magazine.

Graft

A colored man went to his pastor and handed him a letter to the Lord, which read: "Please send this old darkey $50 right away." The pastor called together several of his friends and said: "This poor man has so much faith in the Lord we should not let him be disappointed. Let's make a collection for him." They contributed $42 which was sent to the ingenious petitioner.

Next day the colored man gave the pastor another letter. This one ran: "Dear Lord: de nex' time you send dis darkey money, don't send it thru no parson—send it to me direct."—Forbes Magazine.

Humane

Jack spent his holidays shopping with his aunt and was fascinated by the crowds, many of whom carried bright umbrellas. On reaching home that night, he remarked: "Aunty, I want a flannel umbrella."

"A flannel umbrella! But why?"

"To keep its ribs warm," he said.



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All persons having bills against Kent County must present them properly vouched for before June 2nd, or they will be paid by certificate without interest, due January 31st, 1931. The law is positive that no interest may be paid. By order of the Commissioners.

All bills must be presented by June 3rd, 1930.

WM. A. WHEATLEY, Clerk.
my17-3t.

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The casket and funeral appurtenances are negligible, of practically so, requiring little or no expense and, in the matter of expense, consist only with the costs of production.

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HURLOCK—CHESTERTOWN—TOLCHESTER

EFFECTIVE SEPT. 3, 1929

READ DOWN — All runs daily and Sunday unless otherwise noted — READ UP

P. M.	X A. M.		A. M.	P. M.
	7.10	Lv..... HURLOCK .....Ar.		8.00
	7.25	..... FEDERALSBURG		7.45
	8.00	..... DENTON		7.05
	8.20	..... GREENSBORO		6.45
	8.30	..... GOLDSBORO		6.35
	8.45	..... INGLESIDE		6.20
	9.00	..... SUDLERSVILLE		6.05
	9.15	..... CHURCH HILL		5.45
	9.30	Ar. .. CHESTERTOWN .. Lv.		5.30
4.15	9.35	Lv. .. CHESTERTOWN .. Ar.	10.40	5.25
4.30	9.50	..... FAIRLEE	10.25	5.10
4.40	10.00	Ar. ... TOLCHESTER ... Lv.	10.15	5.00
P. M.	A. M.		A. M.	P. M.

XThis run one-half hour later on Sundays.

TOLCHESTER--CHESTERTOWN--CENTREVILLE

READ DOWN — EFFECTIVE SEPT. 3, 1929 — READ UP

	A. M.		P. M.	
	10.15	Lv. ... TOLCHESTER ... Ar.	4.40	
	10.25	..... FAIRLEE	4.30	
	10.40	Ar. .. CHESTERTOWN .. Lv.	4.15	
Daily Except Sunday	10.40	Lv. .. CHESTERTOWN .. Ar.	3.55	Daily Except Sunday
	10.55	..... CHURCH HILL	3.40	
	11.20	Ar. .. CENTREVILLE .. Lv.	3.15	
			P. M.	

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