Women's Page

BY A WOMAN



DAPHNE

According to the beliefs of the ancients a great Serpent, called the Python, was devastating all the land around Parnassus, and at last the people appealed to the God, Apollo to rid them of it, and the god slew it with his bow and arrows. It was a great feat, and Apollo, proud of his prowess was standing over the monster when he saw the little god of love, playing with bow and arrows, so the victor called to cupid. "What do you need with arrows" Go, if you wish, and kindle flames of love but leave arrows to brave men and conquerors. This displeased the little Cupid and he thought, "I will show him what I can do with these arrows." So selecting a sharp pointed one he shot it at Apollo as he wished him to love the next maiden he saw. Then, selecting another with a blunt point, he aimed it at the fair Maiden, Dephne, daughter of Peneus, the river god. This arrow made her repel anything like love. And as she was standing with, her long hair about her. Apollo saw her and seized with great passion attempted to come to her. But she, when she saw him, began to run away. In vain the handsome god called to her, she fled before him.

And then Apollo began to pursue her feeling if he could catch her and tell her of his love she would listen. But the faster he pursued, the faster the maiden ran until finally she felt the breath of her pursuer and know that he would soon clasp her in his arms.

Then she called to her father, Peneus. "Oh father, help me! let the earth swallow me, or change my form which has brought me to this danger," Scarcely had she spoken when a stiffness seized her limbs; her bosom began to be enclosed in a tender bark, her arms became limbs and her lovely hair became leaves and there was nothing left of the maiden but her beauty. So Apollo came up and embraced the tree and said, "Since you can not be my wife you shall be my tree." I will wear you for my crown. With you I will decorate my harp and my quiver. When great conquerors are honored the wreathes of you, my tree shall adorn their brows, and your leaves shall not decay, and so from that day the laurel wreath has always adomed the brows of the conqueror and in winter or summer. Whenever one sees the laurel it is always green.

It was a crown of laurel leaves that the victor of the Alympic games stove so hard to obtain.

It is the laurel wreath that adorns the head of that immortal statue Apollo Belvedere as he stands in his pride after the slaying of the python, and the tree will always be associated with his name.

Poets and Dramatists have delighted to write of this story and the fair maiden Daphne is synonomus with the laurel tree.

HEALTH

In speaking of health all of the papers and the radio has taken up the strain for we have learned that wealth and pleasure are not much without health to enjoy it.

Dr. Copeland says: "Health is wealth." Health certainly is wisdom! Health is a condition of well-being, of buoyant life and vitality and no one can afford to neglect it.

The value of proper living lies in promoting better health, and these are no mere words. We just have to live properly in order to maintain good health.

The Summer is an excellent time to get one's self in good shape for the Winter, when cold mists blow in from the sea, and chill east winds howl down the chimneys. Sudden changes of temperature in the Autumn days bring rainy weather and wet feet after balmy days when light clothing is the vogue. Colds dispose us to easy infection if we have not built for health in the meantime.

Everyone should build up resistance to disease, to sudden weather changes by good, vigorous exercise every day in the out-of-doors and sunshine. You can do it, and I can do it. no matter where we are. It just takes perseverance and stick-to-itiveness.

These preventive measures for health mean constant habits of right living. It does not mean too long a tramp one day, and none the next. Overindulgence in food or drink one night, and none the next. When we once have health, we must keep it.

SUGGESTIONS

To polish brass or copper, rub with a paste of rottenstone and oil.

Food which has browned on baking dishes may be removed with steel wool or a friction cleaner.

To give the fish extra seasoning, sprinkle the inside with salt before stuffing.

Air and shake furs before storing them for the summer. Also brush the fur the wrong way and examine the hide for tiny white specks.

For comfort see that pillow slips are always large enough to fit easily over the pillow. One that is tight makes the pillow hard and uncomfortable.

A small, stiff whiskbroom is useful for cleaning asbestos collars of wickless oil stoves. To clean wicks use the forefinger with a piece of tissue papr wrapped around it.

WHAT IS WORN

Dark dresses—principally black or navy ones—are refreshed by such lingerie details as collars, gilets, cuffs and ruches. They are not always white, but then neither is lingerie. Running the gantlet from severe pique to frivolous lace, these lingerie touches are a spring song done to a fashionable accompaniment. Repeating the lingerie detail either for or on the hat is another charming caprice of the season. The pique gardenia flourished either on the lapel of one's tailored suit or on the straw hat. There are flowers other than gardenias done in pique, but the smart woman shows a predeliction for the gardenia, either alone or in a sort of string, say five or six blossoms. She takes her sables that way, too, this spring. A necklace of sables or martens involves from three to six animals strung together.

RECIPES

Stuffed Tomato Chicken Salad—Two tomatoes, one-eighth cup chopped celery, one-eighth cup chopped apple, one-eighth cup chopped dates, on-half cup chicken, chopped fine. few nut meats. Remove skins from firm tomatoes and scoop out the insides. Marinate all ingredients with dressing and stuff the tomatoes. Place on lettuce with additional dressing.

Nut Bread—Two cups white flour, two cups graham flour, one teaspoon soda, one teaspoon salt, two teaspoons baking powder, three-fourths cup sugar, half cup molasses, two cups sour milk, one cup nut meats, one cup raisins, dates. figs and prunes mixed and ground. Mix and sift dry ingredients. Add molasses and milk and mix thoroughly. Add nuts broken in pieces, add fruit. Turn into a well-greased bread pan and bake in a moderate oven. Bake one and one-half hours at 325 degrees Fahrenheit.

Rice Molds, Fresh Fruit—One-fourth cup rice, one tablespoon gelatin, one-third cup cold water, one-half cup milk, one-half cup sugar, one cup cream, one-third teaspoon vanilla. Cook rice in boiling sated water until tender. Drain. Soften gelatin in cold water and dissolve in hot water. Add sugar and add to the rice. When cool, add cream, whipped until stiff, and vanilla. Turn into molds and chill. Serve with fresh-fruits, cut in pieces and sweetened.

Coffee Making.—There are certain rules for the making of coffee. First choose the right grind for your utensil. There is a coarse grind for boiling in the old-fashoned coffee pot, a medium grind for percolators, and a fine grind for the drip pots.

Then be sure to measure carefully. Allow one rounded tablespoon of coffee for each full cup of water. Use boiling water, as it hastens the process. A few grains of salt may be added if desired. Don't try to make strong coffee with just a little coffee and a long boiling. It will only be bitter. Use plenty of coffee and then let it cook to the desired color.

Roast Shoulder of Lamb—Four to five pounds of lamb cut from shoulder, one-fourth teaspoon pepper, two and one-half teaspoons salt, flour, potatoes. Wipe lamb with damp cloth, rub with salt, pepper and flour, and place on rack in roasting pan. Sear in a hot oven (500 degrees F.) for the first fifteen minutes and then reduce temperature to 300 degrees F. on slow oven. Cover bottom of pan with one cup boiling water and steam roast for two hours. Place peeled potatoes around meat when it has cooked thirty minutes. Baste potatoes when basting meat. Serves five to six.

Tea for Long on Sale by Ship's Chandleries

Some drinkers are habitually referred to as "hard drinkers" and it might have had a certain verisimilitude had, at some time, hard liquor been dispensed in hardware stores. But just what verbal, or spiritual, relation there can be found between a hardware shop and so soft a beverage as tea we cannot imagine. And yet on high authority it is stated that in early days tea was regularly stocked by hardware dealers and constituted a fast-moving article of merchandise for such establishments. This custom, we are told, existed in some places as late as 1875. Our own theory is that just as guava jelly and paste have long been sold by tobacconists, because both came most often from Cuba, so it is likely that it was not exactly hardware stores but their close relations, the ship's chandleries, that sold tea, this because ship men from the Orient, bringing in packages of the leaves, swapped them at the chandler's for more useful articles, and the chandler sold the stuff at a profit.—New Orleans Times-Picayune.

Preserving a Gibbet

Included in a list of some 200 monuments which have been granted state protection by England is the platform of an ancient gibbet at Piece hall, Halifax. Piece hall, also to be preserved by the government, is the one remaining monument to the early days of the cloth industry in Halifax. Although there is no exact date known for the erection of the gibbet at Piece hall, it was used in England long before the Nineteenth century.

Sundew Gets Nitrogen From Captured Insects

The sundew is a plant that takes its nitrogen any way it can get it. If the ground does not provide it, it reaches up into the air and helps itself through the medium of flies and other insects which are unfortunate enough to come in contact with its leaves.

The leaves are covered with tiny, hairlike processes, each of which is capped with a drop of honeylike substance that glistens in the sunlight—hence the name, sundew.

Insects are lured and retained by this sticky substance, and while the victim struggles to free himself, other "honeydew" laden "hairs" bend over, clasp, completely envelop and soon smother it to death.

Certain juices are secreted by those hairs, which digest the prey so that it can be used by the plant. When the digestion is completed the ensnaring hairs bend back and permit the remains to be blown away.

The question in most people's minds at this point is: "Does the plant have voluntary control over these ensnaring hairs?" Some scientists credit the plant with a highly developed nervous system, but most believe the process is a mechanical one.

Plants bend toward the sun. One of the factors causing this movement is the loss of water from the cells on the exposed side, causing those cells to shrink and allowing the plant to bend in that direction. Possibly a chemical substance given off by the insect causes a shrinkage of the cells closest to the insect, thus making the hairs bend in that direction.

Dutch Harvest Festival Dates From Middle Ages

One of the quaintest and most interesting festivals of Europe is the Kermis, held each year in many Dutch towns. This fete is half religious and half commercial in its origin, and in the early Middle ages was held in the market place, which usually adjoined the church. The church gave its sanction to the feasting and rejoicing natural to the harvest days.

The fete is usually held in September. The religious aspect has disappeared and the Kermis itself is no longer celebrated in some towns, but in others it remains. Freaks, drinking bars, cake, shops, merry-go-rounds, play booths and all the fun of the fair go until long after midnight. The freedom from a year's restraint makes many of the hours as wild as Buffalo Bill's West, but you do not know your Dutchman until you have caught him at a Kermis.—Boston Globe.

Awful Threat Brought "Half-Croon" in Hurry

Grim was the reply of the Scottish gravedigger when a certain niggardly farmer was haggling about the charge for his wife's interment. I well remember the gravedigger recounting the incident. I had asked him if he ever had had any diffiencity in getting payment for his rather trying work.

"Only yince," he said. "It was when Ewan Swan buried his wife. Ye mindher with the guid gaun tongue. Efter I had raised my kep, as a signal to the mourners to gang, Ewan stayed ahint. Says he to me, 'What will I be aw'n ye, John?' 'Seeven and six,' says I. 'It's ower much,' says he, 'in licht sandy soil like that,' and he hands me a croon. 'Sandy soil or hard clay, it's seeven and six,' says I, 'and doon with another half-croon or up she comes!' And I nivver seen a half-croon come sae staert oot o' a fermer's pooch."—Scots Observer.

First Methodist Chapel

The first Methodist church erected, John Wesley's chapel at Broadmead, England, has been completely restored and was recently reopened with impressive evangelistic services. It stands on the first plot of ground that Wesley ever bought and in it is the pulpit from which the noted evangelist so often preached.

Varying Beauty Standards

The standards of beauty vary greatly in different parts of the world. While femininity of the Western world is engaged in starving herself for the purpose of defeating any possible accumulation of fat, the ladies of the eastern countries are adopting an entirely different regime for the purpose of making themselves as attractive as possible by piling on every ounce of flesh that it is possible to acquire. In China and Japan the women punish themselves to keep their shapes within bounds, for there is no place for adiposity. African women distort their lips to hideous proportions with the idea of making themselves beautiful.

British Party Names

The names Whig and Tory were introduced in England in 1679 during the struggle over the bill to exclude James, duke of York, from the succession to the crown. The term Whig was used of cattle and horse thieves and was thence transferred to the Scottish Presbyterians. During the Seventeenth century, therefore, it denoted Presbyterianism and rebellion. Tory was an Irish term suggesting a Papist outlaw who supported the hereditary right of James in spite of his Roman Catholic faith. The names were party badges until the Nineteenth century.

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

SUN. ONLY	DAILY EXCEPT SUNDAY			DAILY AND SUNDAY
A. M.	A. M.			P. M.
10.45	6.40	Lv.	HURLOCK Ar.	6.00
11.00	6.55		FEDERALSBURG	5.45
11.30	7.25		DENTON	5.05
11.45	7.40		GREENSBORO	4.45
11.55	7.50		GOLDSBORO	4.35
12.10	8.05		INGLESIDE	4.30
12.25	8.20		SUDLERSVILLE	4.05
12.48	8.40		CHURCH HILL	3.45
1.10	9.00	Ar.	CHESTERTOWN Lv.	3.30
1.15	9.05	Lv.	CHESTERTOWN Ar.	3.25
1.30	9.20		FAIRLEE	3.10
1.40	9.30	Ar.	TOLCHESTER Lv.	3.00
P. M.	A. M.			P. M.

TOLCHESTER--CHESTERTOWN--CENTREVILLE

READ DOWN EFFECTIVE JUNE 7, 1930, STANDARD TIME READ UP

MON-TUES. THURSDAY FRIDAY	SUN. ONLY	DAILY EXCEPT SUNDAY			DAILY Except SUN.	DAILY Except SUN.	SUN. ONLY	DAILY Except WED. SAT.
P. M.	A. M.	A. M.			P. M.	A. M.	A. M.	P. M.
7.50	9.45	9.45	Lv.	TOLCHESTER Ar.	2.45	7.20	9.30	6.55
8.00	9.55	9.55		FAIRLEE	2.35	7.10	9.20	6.45
8.15	10.10	10.10	Ar.	CHESTERTOWN Lv.	2.20	6.50	9.05	6.30
P. M.						A. M.	A. M.	P. M.
		10.10	Lv.	CHESTERTOWN Ar.	2.20			
		10.25		CHURCH HILL	2.05			
		10.40	Ar.	CENTREVILLE Lv.	1.40			
		A. M.			P. M.			

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