Women's Page

BY A WOMAN



MRS. JOHN HAYS HAMMONED

Mrs. John Hays Hammond who died last week in Washington was a benefactor of her fellowmen and a real heroine as well as a gracious loving mother and friend.

She was the former Miss Natalie Harris daughter of the late Judge Nathaniel Harris, of Vicksburg, Miss., where she was born.

She was at her husband's side throughout all of the adventurous years in the far corners of the world, which marked their early maried life. She fought for her husband's life in South Africa, where he narrowly escaped the gallows as result of the Jamieson Raid, which grew out of the efforts of foreigners to protect their interests from the Boer government, and she traveled with him over dusty highways in bullock carts and Cape carts for days at a time, their only roof at night being the sky overhead.

Out of her South African experiences she wrote a graphic account of the Jamieson Raid and her husband's imprisonment, titled "A Woman's Part in a Revolution."

Besides Queen Victoria, Mrs. Hammond numbered many others of the European royalty and nobility among her friends. She distinguished herself as a hostess when her husband was appointed special Ambassador to England for the coronation of King George V in 1911.

Work for Children

She founded the women's department of the National Civic Federation and while living in New York in 1916 she founded the Militia of Mercy, which was instrumental in checking the infantile paralysis plague and bringing help to hundreds of poor children. She also is known for her work in connection with the Children's Christmas Fund , which sent gifts abroad to the children of the warring nations during the World War.

She founded the Women's Titanic Memorial Association nineteen years ago, but was too ill to attend the unveiling of the Titanic Memorial here a short time ago, the climax of the hopes and endeavors with which the association started out.

Mrs. Hammond had been a resident of Washington since 1917. Prior to that time she made one visit here during the Taft administration, as Mr. Hammond and the President had been friends of long standing.

Mr. and Mrs. Hammond celebrated their golden wedding anniversary on January 1.

It is said of her nature was a happy blend of keen intelligence and overflowing heart. In early days of hardship she was a heroic helpmeet. When her husband was lying under the shadow of execution she had the courage of a lioness. In affluence her beneficence was boundless as well as secret. With an American woman's grace she was at ease in palaces and courts. She loved the arts and all forms of beauty. Her public spirit was manifested in organizing broad movements for human relief, comfort and betterment.

The full story of Mrs. Hammond's life would make a volume full of inspiration for every girl and woman, and which no man could read without a feeling of profound respect. Blessed by the gratitude and friendship of thousands, all of whom share in the grief of her family, Mrs. Hammond goes to her last sleep with all the rewards that can be behtowed upon a sweet and unselfish life.

HEALTH

Kent County has again won the prize for health. There were several counts against us however, one being that there is not enough milk used per capita. Milk is so strongly urged by physicians not only for its nourish content which help to make the bones of the body strong and firm. Another count against the county is allowing the sewerage to empty into the rivers, Rivers and other waters are the home of our sea food and it should be the endeavor to keep the waters free from any polution.

DON'T LET YOUR SHOULDERS SAG

It's a sad fact that the most beautiful face and the most exquisite clothes are submerged by the bad appearance of sloping shoulders. And the insidious part of it all is that we are the last to suspect ourselves! In trying on clothes, we instinctively straighten up, but when we wear them, we quite as instinctively slump into our old postures. We are quick at noticing another woman's lack of grace, but we are slow at correcting our own shortcoming.

Men are especially severe in criticizing round shouldered women. So it behooves each of us not to sit huddled up in a chair or bent over a desk, not to slink across the room head first, with shoulders sloping after.

Check on yourself always before going out. Consult a full-length mirror. Hold your head up, your chin in, your chest high and your shoulders back and down. Resolve mentally to hold your torso in this position, standing and sitting, the whole day through.

IN THE HOUSEKEEPER'S HANDY BOOK

Glossy paint that will shed dirt should be used for kitchen woodwork.

Rubbing, hotwater and strong soap are enemies of silks and fine fabrics.

A few drops of hot water worked into butter for sandwiches helps to soften it.

Stains on clothing should always be treated before laundering, as soap sets many stains.

Keep the refrigerator clean by washing the outside of milk bottles under running water and removing paper wrappings before storing groceries.

Raincoats and rubbers should be kept in a cool, dark place, as rubber deteriorates in heat or sunlight.

Chopped vegetable sandwiches made of wholewheat bread should have a definite place in the small child's daily menu.

Since small screw-top jars are so useful for picnics, it may pay to save those in which soft cheese, salad dressing and other moist foods come from the grocers.

RECIPES

Checken-Salad Loaf. Cut up enough cooked chicken to make two and a half cupful, add half a cupful of chopped olives, one cupful of shredded celery, a quarter of a cupful of shredded green pepper, a quarter of a cupful of shredded green pepper, a quarter of a cupful of shredded pimiento, a quarter of a cupful of shredded almonds, one and a half cupfuls of stiff mayonnaise. Soften one and a half tablespoonfuls of gelatin in a quarter of a cupful of cold water, dissolve over boiling water and add to one and a quarter cupfuls of heavy mayonnaise. Stir in the chicken and other ingredients and mix well. When cold and nearly ready to stiffen, fold in one and a quarter cupfuls of whipped cream, turn into a mold and chill. Unmold and garnish with nasturtium blossoms and leaves or with radish roses.

Assorted Sandwiches

Dolly Varden Sandwiches. Slice whole-wheat bread lengthwise of the loaf in quarter-inch slices, trimming the crust away first. Spread with softened butter. Slice a loaf of white bread, and butter, then put the slices together in this way, spread a slice of whole-wheat bread with cream cheese mixed to a paste with chili sauce, cover with a slice of white bread, spread this with finely chopped cucumber and green pepper blended with just enough mayonnaise to moisten. The next layer is of the whole-wheat bread spread with finely chopped hard-cooked egg yolk blended with mayonnaise; then the layers repeat themslevs and the topping of the sandwich loaf is of whole-wheat bread. Wrap firmly in a light weight for an hour or two. Then cut in thin slices.

Chocolate Marshmallow Cake

1-2 cup fat
1 cup sugar
2 eggs
1 cup thick sour or buttermilk
2 squares chocolate melted
1 teaspoon vanilla
2 cups flour
1 teaspoon soda
1-8 teaspoon salt

Cream fat and sugar. Add rest of grediants and beat three minutes. Pour into shallow pan which has been lined with waxed papers. Bake 30 minutes in moderately slow oven.

Frosting

12 marshmallows
3 tablespoons hot coffee
3 tablespoons butter
1 teaspoon vanilla
1-8 teaspoon salt
1 square chocolate, melted
1 2-3 cups sifted confectioner's sugar

As soon as cake is removed from pan, press marshmallow on top. Mix coffee and butter, ad vanilla, salt, chocolate and sugar. Beat until creamy and cool. Carefully spread over top of marshmallows.

"Have you ever loved before?"

"No, dear, I have often admired men for their strength, courage, good looks or intelligence, but with you, it's all love, nothing else."

First English in America

Walker's "Essentials in English History" says: "The beginning of English colonization is due to the statesmanship of Walter Raleigh. Although erratic and visionary in many respects, Raleigh saw clearly that attacks on Spanish ports or vessels were a poor method of fighting Spain. He appears to have been the first to conceive the idea of opposing Spain by invading her special domain, the American continent, and erecting there against Spanish dominance a lasting bulwark by planting colonies along its coast. Drake might plunder and burn, but Raleigh preferred to plant and settle. In 1585 he sent Sir Richard Grenville to Roanoke Island with a colony of 100 persons; in 1857 he sent John White with 150 more, and although both these attempts failed, yet they led in the next reign to the more lasting work of the Virginia company."

ORDINANCE NO. 54

PASSED FEBRUARY, 1931

Be it enacted and ordained, That no person or persons, corporation or organization of any kind shall hold any public dances within the limits of Chestertown without a permit for each dance having first been obtained from the Commissioners of Chestertown.

E. SCOTT THOMPSON,
HENRY GILL,
GEORGE W. FRENCH,
The Commissioners of Chestertown.

ORDINANCE NO. 55

PASSED FEBRUARY, 1931

Be it enacted and ordained, That no person or persons, corporation or organization shall, from and after the date of this Ordinance, erect any additional gasoline tanks or pumps at the curbs or sidewalks of Chestertown. Nothing in this Ordinance shall be taken to prevent the maintenance of gasoline tanks and pumps already erected at the time of the passage of this Ordinance.

E. SCOTT THOMPSON,
HENRY GILL,
GEORGE W. FRENCH,
The Commissioners of Chestertown.

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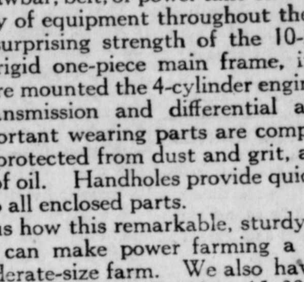
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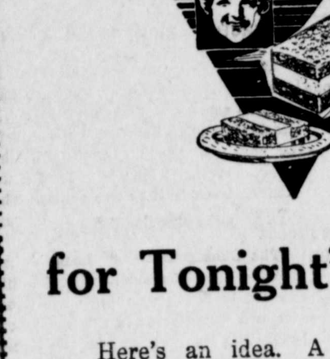
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Don't Rasp Your Throat With Harsh Irritants



"Reach for a LUCKY *instead*"

When you visit your physician for your periodic health examination, one of the very first things he asks you to do is to open your mouth wide, and to say "Ah." He is examining the delicate lining of your throat. "Ah!" There is not a man or woman who could even make this simple sound, if in the throat there were no Adam's Apple. For your Adam's Apple is your larynx—the voice box containing your vocal chords. And what a delicate piece of Nature's handiwork the Adam's Apple is. A slight cold—even a tiny particle lodged in the throat—and our voice often grows husky. In acute cases, we may even lose our voice for several days. Don't rasp your throat with harsh irritants—Reach for a LUCKY instead—remember, LUCKY STRIKE is the only cigarette in America that through its exclusive "TOASTING" process expels certain harsh irritants present in all raw tobaccos. These expelled irritants are sold to manufacturers of chemical compounds. They are not present in your LUCKY STRIKE. No wonder 20,679 American physicians have stated LUCKIES to be less irritating. LUCKIES are always kind to your throat. And so we say "Consider your Adam's Apple."



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