Women's Page

The Antique Exhibition, put on by the Women's Literary Club was certainly a success, as far as the gathering together of rare treasures old, centuries old that some of them were.

Beautiful old quilts and covers, made many years ago, by patient hands which have been resting long since under moss grown marble, curios of all descriptions were dispiayed in countless variety, ancient pewterurns, rare old china, needle work of every kinds, including old samples, lace, afghans in many varieties and old books that one can admire and not read, were there in abundance. We, who were present, would have liked to have emphasized each treasure, but there were so many, we could only admire, fearing that some special one might be left out. But too much cannot be said of the work of the Executive Committee, and the entertaining committee which made the tea room a very desirable addition to the general entertainment. While the Board were anxious to make money for the Library, yet such an exhibition is an education to the community, and we hope that other entertainments, planned by the committee will be as much appreciated.

One has to pay the price for notoriety. It was so impressed upon us in the case of Lindbergh, who was so hounded by his admirers that he built a home far fro mthe madning crowd, hoping thereby to obtain privacy and quiet, but the tragedy that occurred in that secluded home, made it one of the most talked of places in the country. Now it stands empty and the lawns and woods are growing up as a wilderness. Lindbergh, in those days, sought to disguise himself by wearing old clothes ond dark glasses. He is no longer in the public eye as other air men are accomplishing great things and he has the privacy that he sought in other days.

Now those of the stage are having their innings, especially those of the screen.

One of them, who is a popular favorite, says that he is looking forward to old age when he can sit quietly and smoke his pipe, or enjoy the companionship of his friends without being a public spectacle.

If one has a little ime, there is nothing more interesting than to watch a flock of chickens that are confined in a small yard.

In feeding thm, you are struck with the selfishness of the crowd. If one chicken secures a choice bit, the rest of the flock, unmindful of the food lying arund them, begin chasing him, and, if he does manage to swallow down the covered morsel, it means such a gourge that he can have no pleasure in it. There is quite a bit of class destinction among the flock, also. Those, who have been longst in the yard, look with scorn upon those who come later into their midst.

In fact the lder inhabitants huddle together and look with disguest upon the new comers, just as we often se people d.

When feeding time comes, the new arrivals, if they dare to get a little food are picked at, and they have to wait until the others are satisfied.

We find no womens rights among the flock, for when the rooster proudly struts around he is the King Fish, and all the hens are subservient to him. It is only after he is well fed that he calls the hens to share with him.

The writer has tried the following for roast beef and has found it so much more satisfactory than the old way of covering the roasting pan, that she is copying it for our readers.

ROAST BEEF

'A cover is out of date when it comes to cooking roasts,' says Inez S. Willson, home economist. For quite sme time, beef, prk, and lamb roasts have been cooked uncvered, but according to the very newest cookery information veal has also joined the ranks of meats roasted in the open.

Veal, even though it does contain more water and less fat than some meats, can be successfully roasted in an open pan without the addition of water, if the temperature is kept low during the roasting period. With a low temperature, not enough moisture is driven off in the cooking to make any noticeable difference in the finished dish.

Basting also in unnecessary when the roast is cooked at the very low temperature—a fact which materially reduces the work in roasting.

According to the new information on meat cookery, the directions for roasting can be told so simply that they can be followed easily and accurately by the most inexperienced cook.

Directions for Roasting

Place the roast on a rack in an open roasting pan. Do not cover and do not add water. Place in a moderately slow oven (300 degrees to 350 dgrees F.) and roast at a low temperature until done.

The only difficulty in roasting is in telling when the meat is done, and this may be overcome by using the roast meat thermometer.

Time Table for Roasting

Beef	
Rare	**18-20 minutes per pound**
Medium	**22-25 minutes per pound.**
Well-done	**27-30 minutes per pound.**
Pork	
Fresh	**30 minutes per pound**
Hame—10-12 pounds	**25 minutes per pound**
Ham—larger	**20 minutes per pound**
Half hams	30 minutes per pound
Lamb	
Well-done	30-35 minutes per pound
Medium done	20-30 minutes per pound
Veal	25 minutes per pound

The Road To Better Health

CAUSES OF DIZZINESS

By DR. WILLIAM J. SCHOLES

There are few symptoms more distressing than dizziness. It leaves the subject with an utter sense of detachment and helplessness. His moorings are gone—he is an automaton on the sea of infinity. All the world about him is awry, all natural laws are upset.

Dizziness Is A Symptom

Dizziness often is an early warning sign of trouble. When this sign is heeded the disorder responsible for it can be remedied before it has advanced too far. In this sense, symptoms are a blessing in disguise—they warn us of impending disaster. They are the bell-buoys that sound the warning of danger spots in the uncharted sea of life.

Causes of Dizziness

The eyes are a common source of dizziness. It may be, and generally is, a refractive error that can readily be corrected by appropriate glasses. Eye-strain is often the cause of headache and dizziness. Of course, we must not overlook more serious ocular defects, as paralysis of some of the eye.

Neurotic vertigo is a form of dizziness from which nervous people suffer when they are in a large open space or confined in a small area, or when they are in crowds. These people can be helped by a course of treatment in line with that given in cases of neurasthenia generally.

In epilepsy and migraine the ever-present dizziness is brought under control only in the degree that the underlying disease may be overcome. Correcting visual defects, adjusting the diet, keeping the avenues of elimination open, and guarding against emotional stresses are the most useful measures here.

Whn vertigo is a symptom of disease of the brain or spinal cord, little can as a rule be done. The most common of such organic diseases are tumor of the brain, hardening of the cord, and general paresis. Tumors can be removed from the brain surkically under favorable conditions. But as a general proposition the outlook is dark.

A Common Complaint

In almost any type of anemia dizziness is a common complaint. The brain is not getting its needed blood-supply and fails to function properly. Anything that corrects the anemia will do away with dizziness in such cases.

Digestive disturbances are a common cause of vertigo or at least giddiness. This term includes a long list of disorders of which constipation stands at the head. A systematic poisoning of the blood thrugh absorption of toxic matter from the intestine is the determining factor in these cases. The popular 'sluggish' liver belongs in this class, although it doesn't mean anything.

Various poisons taken into the organism cause dizziness. Alcohol and tobacco are the most common illustrations of this group of causes.

Hardening of the arteries, high blood pressure, kidney disease, heart disease, ear disease , sinus trouble, debility, and so on, and so on, all cause vertigo. In fact it is part of the picture in most diseases. And while, as such, there is nthing diagnosite about it, it is a mighty reliable sign that there is a 'monkey wrench in the machinery.'

Hints for the Household

FOR OCTOBER

By BETTY WEBSTER

Hallowe'en is the time of witches and ghosts and pumpkins, isn't it? And since the first of the two are rather eerie, let's turn our attention to the jolly yellow pumpkins. A clever way to celebrate the ccasion is with a pumpkin party.

Nothing lends itself better to masquerade costumes than crepe paper which can be procured in both pumpkin yellow and green. If you ask your guests to come as pumpkins you can give them the directions for making the outfit.

For the costume six yards of hat wire, three of spool wire, one roll of yellow paper and two of green are required. Cut a piece of hat wire ten inches long and with the spool wire fasten the ends together to form a circle; cut another twenty-five inches and another twenty-seven, another twenty-five and the last one sixteen. Do not join the ends of the last one. Run six rows of hat wire up and down like the meridian lines of a globe, shape the wires into the form of a pumpkin to fit over the head and fasten with spool wire at the intersections.

Drape a piece of yellow paper around this and draw it in at the top which should be crowned with pumpkin leaves cut from the green paper and a curled wire stem green covered. Cut out eyes, nose and mouth like a jack-o'-lantern. Baste a casing of yellow over the last wire and after slipping it over the head draw in the wire and twist the ends together to give it the right shape.

Yellow Waist With Green Sleeves

Cut another piece of yellow paper long enough to go twice around the body and extend from the neck to the waist. Gather this to fit the neck and edge with a green leaf collar. Make armholes and baste in long tight green sleeves.

Make a plain fitting knee length skirt or use short bloomers and cover with large green laves—to give a bunchy appearance. Green or black stockings and an old pair of bedroom slippers covered with green will complete the costume.

Identity guessing games, hunting for tiny paper pumkins hidden all over the house, a writing game in which each one lists as many nuts as he can think of—are all amusing and prizes may be offered for each.

The refreshment table will be attractive covered with a shower of paper autumn leaves with real or paper pumpkins and small shocks of corn as the center-piece. Paper napkins with appropriate designs and paper plates to match are happy selections.

The food can consist of sandwiches, doughnuts, cokies, fruit salad, apples, pumpkin pie and cider. A 'fate cake' is always laugh proviking and is a nice addition.

This party is one of the best I know and will, I am sure, be a huge success.

RECIPES

Pineapple-Pumpkin Pie

1 cup of sugar
1 teaspoon of cinnamon.
1-2 teaspoon of nutmeg
1-4 teaspoon of salt
1 cup of drained shredded pineapple
1 cup of strained pumpkin
2 eggs, beaten
1 cup of milk

Mix dry ingredients and add others in the order named. Pour mixture into a pastrylined pan and bake in a hot oven ten minutes; then reduce heat to moderate and bake until firm in the center.

BE A COPY-CAT

Lodger: 'Madam, this morning when I bathed I found only a nailbrush in the bathroom. I can't wash my back with a nailbrush.'

Landlady: 'Well, you've a tongue in your 'ead, 'aven't you?'

Lodger: 'Yes, but I'm no swan.'

WORTON

Mr. and Mrs. James Matthews entertained the following last week, Mr. Henry Matthews, of Rochester, N. Y., and friend, Miss Helen McCarthy, of Pittsburg, Pa., Mr. and Mrs. Ford Matthews and son, Sheridan, of Clarendon, Va., Miss Ann Matthews, of Palmyra, N. J.

Mr. and Mrs. McCall Rasin, of Cambridge, Md., Mr. and Mrs. Harry J. Rouse and daughter, Ann, of Aberdeen, and Mr. and Mrs. George N. Coleman, of Rock Hall, visited Mrs. Henrietta Rasin, Sunday who is quite ill.

Mrs. Esther Duyer has returned to Philadelphia after spending some time with relatives here.

Mr. and Mrs. Frank Hadaway of Quaker Neck visited their father, Mr. C. G. Hadaway who is very sick with rheumatism.

Mr. and Mrs. John Money and son George Gilbert, of Kennedyville, were the guests of Mr. and Mrs. John Duyer Sunday.

Mr. and Mrs. Mowbray Hadaway and John and Mr. Burris visited Mr. and Mrs. Harvey Brice, of Rock Hall, Sunday.

Mr. and Mrs. George Williams entertained friends from Philadelphia Sunday.

We are sorry to hear Mrs. Minnie Mann is quite sick at the home of Mr. and Mrs. H. T. Williams.

Mr. and Mrs. Ernest Horsey, of Betterton, visited relatives here Sunday.

Those who attended the Epworth League Convention at Sudlersville last Thursday and Friday were Mrs. Ralph Williams, Mrs. Reginald Cooper, Mrs. Barney Cooper, Rev. Hamblin and Ann Williams.

The Ladies Aid will be held at the home of Mrs. W. E. Loud Thursday, November 1st. All members are asked to be present.

Mr. and Mrs. Frank Burris, of Wilmington, spent Sunday with Mr. and Mrs. B. F. Rash.

Don't forget the Hallowe'en Social to be held at the Hall for benefit of School everybody welcome.

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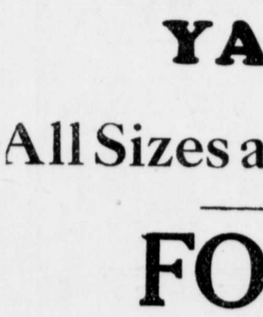
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If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You have a thick, bad taste and your breath is foul, skin often breaks out in blemishes. Your head aches and you feel down and out. Your whole system is poisoned.

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