Women's Page

THE CHRISTMAS CAROL

Dickens is the prince of story tellers, and his Christmas stories are read by many of us at least once a year. One of the most impressive is "The Christmas Carol," and I am going to tell part of it to you though it can be only a sketch.

"Scrooge and Marley" was the name of a firm in London. The partners had done well in a business way, but as they prospered, they became more and more penurious, harder on their employees, never spending a penny that they could avoid.

As the story opens it is Christmas Eve and Scrooge is sitting alone in his chilly office, for Marley had been dead for about seven years. As he sits there a young man comes in and greets him wishing him a "Merry Christmas. It is his nephew and he comes to ask him to take dinner with him on Christmas day. "Humbug" growled Scrooge what is Christmas to me, 'I want no more of it." Don't be cross Uncle," replied his nephew who had committed a great indiscretion in his uncle's eyes, by marryng a sweet young girl. "What else can I be when people are such fools" returned his uncle "Out upon Merry Christmas, Good afternoon" and his nephew, feeling that he was not wanted, went away. Then in came Bob Crachits the poorly paid Clerk, asking that he might have Christmas Day at home. "But you expect me to pay you the same", snapped old Scrooge as he watched the clerk depart in the foggy chill evening, without an overcoat, for Bob had a large family and found it hard to live on his meagre wages. Before Scrooge left for his home, some men came in collecting for the poor who had no food, nor coal in the bitter weather, but he refused saying there were union houses to take care of the poor and he would give them nothing so they left him and Scrooge wended his way home through the dusk and the fog. As he started to open the door, the door knocker seemed to be the face of old Marley. Closing the entrance he hurried in trembling with fear He locked and double locked his door, but he heard steps ascending the stairs dragging a chain, and Marly's ghost walked into the room with the chain clanking behind him. On looking closer Scrooge saw the chain was made of ledgers, counting house bills and money "It is what I built upon life," groaned Marley, "when my work should have been to look after the welfare of mankind. Now my punishment is to travel back and forth looking at the things that I might have done, and the people I might have helped with no power to do it now, I have come to save you my friend, from the same fate by sending three spirits to visit you." And then Marley left him moaning as he went.

As Scrooge lay in his bed a spirit came to him, "I am the Spirit of the Past" he said, 'Come with me.' As they went together Scrooge saw his childhood home, his sweet unselfish sister whose son had asked him to take Christmas dinner with them; he saw again the girl whom he had loved, but who had refused him because he had grown so self seeking and miserly. In all that he saw he felt that he would have done anything to undo the past.

The second spirit was the Christmas Spirit of the Present. This Spirit showed him his nephew in his happy home; Bob Crachit, his clerk, enjoying Christmas with his family and with tiny Tim, his crippled son riding on his back. What a wonderful time they were having with Merry Christmas all around. Scrooge felt that every one was enjoying Christmas but himself. Then the Spirit of the Future came and took him again on a journey It showed him his nephew grown, care worn for want of money, and his wife pale and wan; it showed him tiny Tim dying for want of nourishing food, it heard the church bells ringing and he with no one to care for him and being robbed by his servants; the end of a loveless life. And then Scrooge awoke, Yes, he was in his own bed; he was alive and could undo. He heard the hurch bells ringing and he rushed to the window. The sun was shining. He called to a passing boy. "What day is this?" "Christmas," said the boy. Then Scrooge sent the boy to the nearest meat store and had him buy the largest turkey there, and sent it to Bob Crachit's home. Then he went out on the streets and every one he met, was struck with his happy face. He met the man who had asked him yesterday for money for the poor and gave him a check which staggered him. Then after church, he made his way to his nephew's home and took dinner with them, joining in their merriment and games: What a happy time he had!

And the next morning found him at the office early and when Bob was a little late and apologized, Scrooge told him that he would punish him by raising his salary. So his nephew did not grow care worn, and tiny Tim did not die, and Scrooge learned that the happiest thing in life was loving and giving. His friends said of him that he know how to keep Christmas well, and with little Tim he says to all; "God bless us every one."

The Joy of Giving

For somehow, not only for Christmas
But all the long year through,
The joy that you give to others
It the joy that comes back to you;
And the more you spend in blessing
The poor and the lonely and sad,
The more of your heart's possessing
Returns to make you glad.
—Whittier.

SECRETARY PERKINS

Some one who knows Mrs. Perkins, our Secretary of Labor, was speaking of her a while ago. She says when one looks at her, she seems to be seeing beyond. She knows the sweat shops where the women toil for a very small wage, so that the gowns which women wear may sell very cheap; she knows where men work and grind and dig in factories and underground for scanty pay. It is not for those who have fair salaries and watch the clock, so they might give the minimum of their time, that she is working. It is for the poor and oppressed. It is not for those who accept dole, and refuse to work, that she cares. It is for those who are trying to work; for those who are too proud to accept what the welfare gives them, unless compelled by necessity that she hopes to better. In fact she is so much interested in her work that she cannot be induced to leave it for any length of time.

The Road To Better Health

"MERRY CHRISTMAS!"

By DR. WILLIAM J SCHOLES

At the risk of appearing cynical I will say that the "piece de resistance" of our holiday celebrations or any special occasion is eating. The big dinner is the central feature of Thanksgiving Day. Ham and eggs for breakfast is the alimentary motif of Easter. The Salvation Army starts a drive at dinner Two business men consummate a big deal at luncheon.

No, there's nothing wrong in it. Christ changed water into wine at the marriage feast of Cana because the bride's father ran short of this essential of a wedding. At a christening, among certain peoples, it is the custom to have a celebraton that becomes considerably alcoholic. At a wake many a mourner forgets what it's all about before the night is over.

A Case of Over-Eating

So, from birth to death and at many points in between the well known stomach is worked overtime while the rest of the body takes it easy on festive occasions People who are customarily moderate to the point of being abstemious throw discretion to the winds on a holiday and make gluttony a virtue.

Children whose diet is regulated carefully throughout the year are permitted to gorge themselves to their heart's content during the Christmas holidays Christmas candy doped with synthetic flavors and colored with poisonous dyes is consumed by the ton. Thousands of youngsters wind up the day on the sick-list and for many the day is ruined before it is half over. What started out as a Merry Christmas is robbed of most its merriment.

"Let Kids Cut Loose"

Many a doctor spends half the day and night making calls on children made ill by over-indulgence on Christmas cheer. Doubtless many who read this will say:

"Oh, what's the odds? We can't be thinking of health all the time. It won't kill the kids to cut loose once a year."

To which I would reply:

Yes, one does make a nuisance of himself when he interferes with other people's pleasures. Nevertheless you must remember that these words are not addressed to you alone but are read by thousands. And among those thousands a certain number are going to heed this little warning. Among that number there are going to be some youngsters who will be alive on New Year's Day because they didn't overeat of cheap candy that would have had a lethal effect.

Each year some little lives are sacrificed in this very way. Each year the happy holiday season is turned into a time of mourning in some homes as a result of too much of the alimentation that is still the chief way through which the human race gives expression to its joy.

To some of my readers this may sound more like a funeral dirge than a Christmas carol. Well, the only apology Ic an make for it is that it's the truth. Moreover, I'm writing this long before Christmas. Maybe I wouldn't write like this on Christmas Day. Who knows!

Anyhow—Merry Christmas.

Hints for the Household

FOR DECEMBER

By BETTY WEBSTER

Do you know that: Rich cheese can be sliced without crumbling if the knife is dipped into boling water cutting?

2. Potato soup, particularly if thickened with flour and made with a good deal of milk, needs a surprising amount of salt to redeem it from being insipid?

3. Meat stews require far less salt when they contain only a little vegetable than when they include two or three potatoes or a good deal of carrot and turnip?

4. A piece of stick cinnamon broken into the milk used in making custard while beating the mixture will give a faint brown color without darkening?

5. A little Worcestershire sauce added to soup gives it a piquant flavor?

6. Beef should never be salted while cooking because the salt will toughen the fiber?

7. A pinch of salt added to the white of egg facilitates whipping it stiff and dry?

8. Cake batter should not be beaten after the bakng powder has been added because beating is apt to make the cake fall?

9. The texture of a cake will be very fine if the butter and sugar are creamed thoroughly together?

10. Boiling water mixed with powdered sugar and butter will make a smoother and more delicate frosting than that in which cream is used?

RECIPES

Fried Prunes

Soak large prunes for several hours. Dry and remove stones. Wrap prunes in thin slices of bacon sprinkled with cayenne and salt and fry two minutes in hot fat. These make a delicious relish.

Baked Figs

1-2 pound of figs
1-2 cup of sugar
Few grains of salt
Few gratings of nutmeg
Juice of one lemon

Wash figs and soak overnight in water to cover. Put in baking dish with remaining ingredients, cover and bake in a moderate oven (375 degrees) for about forty-five minutes until tender.

Potatoes Baked With Bacon

Wash and dry potatoes. Make a hole in each with an apple corer; roll a slice of bacon and insert it in the hole; bake in hot oven. These are delicious. Scalloped Oysters

Place in a casserole alternate layers of oysters, pepper, salt and bits of butter and cracker crumbs until the dish is almost full.

Mix one egg well beaten, with one pint of milk and pour over the oysters and crumbs, lifting lightly so that the liquid will mix thoroughly.

Cover the dish and bake for forty-five to fifty-five minutes in a moderate oven.

Just before removing from oven uncover the dish and allow the top to brown slightly.

CHESTERTOWN HIGH SCHOOL

An Adequate High School Would Provide The Necessary Equipment to Train Pupils Physically As Well As Mentally

When the first high school sprang up in the United States, its main purpose was to prepare its graduates for the Colleges and Universities. Only a select group attended. Namely, those who intended being teachers, preachers or joining some other profession. Those interested in trades were apprenticed to some leader in their line and girls learned the fine points of household management from their mothers.

But as time went on conditions changed in the High School. Compulsory education began. That is all pupils between certain age limits were required to attend school. People who had no intention of going to college or joining any profession were in the school and were compelled to take certain standard courses such as mathematics, Latin and other set subjects. Most school systems are trying to change the high school in such a way as to meet these individual needs of the pupil. They have enlarged the school plant in general and included many new parts which were previously only theory. Auditoriums have been installed. Now one may ask the value of this addition. The answer is this. Every school should have a general assembly at least once a week. Here ideas on student government can be discussed by all. Then, too, every school has its dramatics, glee club and P. T. A. and what is more logical than for the school to be supplied with a suitable place to hold the meetings of these organizations? Certainly it is better than carrying the matter to some distant auditorium or holding meetings in small classrooms.

Since I have started with extra curriculor matters let us consider others which are coming to the fore. Atnletics have been growing in popularity until now every high school of any size has its soccer, football, basketball, baseball and track teams for boys as well as corresponding ones for girls. Gymnasiums are provided, for the indoor sports and suitable athletic fields for the outdoor sports. Games of various kinds have always been considered good methods for developing sportsmanship, good judgment, cooperation, speed in reaction and building up sound bodies. This latter is just as much a duty of the high school as building up good minds. This is one reason why schools should have daily physical education classes. These classes cannot be held outdoors in cold or rainy weather, so one can see the necessity for gyms.

A high school should also have a shop room, an agriculture department, a home economics department, music department, libraries, cafeteries and last but not least adequate scientific, commercial and academic facilities. In other words the school should arrange a program whereby the pupil can find some opportunity to better his mental, social and physical life and this can not be accomplished where there is insufficient equipment and building space.

Now lets see how our high school compares with other modern institutes. The building itself is not suited to hold over 150 students. We have approximately 320. One can imagine the problem put on the administration in trying to arrange a schedule that will take care of this great excess. Classes should contain not more than 30 but there are usually 40-50 in each. This makes individual attention almost impossible.

Then consider the equipment. Our library consists of a few books which are so out of date that they are ready for some museum. Our science equipment is so meager one can hardly do a modern experiment. Desks are old and scared. Someone remarked that he had seen models of them in a Pennsylvania museum. Our lighting system is rather bad, too.

The school should have a socializing function but whenever a drama is presented it must be removed to the college auditorium. This takes some the pride from those directly responsible for its presentation. Every child would feel a great interest in his school if he could point out to some friend, a beautiful structure, adequately equiped and bearing the title of Chestertown High School.

Last but not least let us look over the physical education department. The boys athletic field is plenty large but the girls use a section a little over half large enough. Then after a hard practice, the athletes come in to dress, perspiring freely and then what? They must sit around long enough to dry off taking great chances on becoming chilled, then put on their street clothes and go out into the air while their bodies are still warm. Conditions such as this are absolutely against all the doctrines we are trying to teach the pupils. And the worst thing about the whole matter is that the price of installing a few showers is practically nothing compared with the risk our students are taking when they represent our athletic teams.

As soon as cold weather comes our physical education classes are disbanded. There is no place inside to conduct this important part of the pupils education so they must wait patiently until spring comes again. Our basketball team must use the college gym and then only when there is no other college function, which means the boys get about two good practices a week and then are expected to beat teams that practice every day.

On the whole I am afraid that this lack of facilities has a demoralizing effect on our student body and should be remedied. E. Franklin said that a thing worth doing is worth doing well. That surely applies to the educating of the boys and girls of today who are to be our citizens of a few years hence. And the only way to give our pupils an all-around education is to provide a real school plant for them.

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