Women's Page

A TRUE STORY

She was a college graduate, having been sent by the University Extension Society, to the mountains of North Carolina, for the uplift of the people there. Accompanied by her deaconess mother, she took up her abode among them, and soon had a large following of these people, who knew so little of the refinements of life and were attracted by her sweet personalty and by the many things she had to teach them.

Her mother, too, had much to do with them, and the influence of these two, were soon shown by the cleaner homes and better care of the children. But this college girl, who had always had lovely things around her, longed to show them the beauty of life. So she decided to build a log cabin, where she could have a living room large enough to gather them all together.

A church too was started for them built of the native stone. Higher up on the mountain lived two brothers. They had come from Ohio, and were living in their mountain home, lives of the mountain recluse. To these, this sweet brown eyed maiden went to ask them about the logs.

They both took a warm interest and soon had the logs ready for her. Then, of course, they began to oversee the building and they were constantly thrown together, and both of the brothers fell in love with her. But the elder brother won in the end.

One day when the deaconess mother was away on a missionary meeting, Cupid was very busy, and when she returned in the evening she found a brightly lighted home and a happy betrothed couple awaiting her.

So they were married and lived happily in the log cabin. The younger brother was constantly with them, loving his sister-in-law all the while.

Not many years after the husband died, and soon after the mother whom she loved passionately was also taken away.

Then a friend insisted upon taking her on a trip around the world. She went, leaving the home in the younger brother's care. How he watched over it, seeing, too, that, in every place the tourists stopped there were papers and letters awaiting them so that they might be in touch with their native land.

How he longed for the dear one's return.

When she again reached her mountain home, he was ever ready to help her in any way.

She was called to Boston and embarked for that place in a steamer going there.

The chambermaid in going to the stateroom next morning found it empty. Her suitcase and all her things were there but she could not be found. Friends everywhere, for she had many, joined in the search, but it was of no avail. Whether she had landed somewhere or was lost overboard will ever remain a mystery.

Her sister still keeps a candle burning every night in her city home, thinking that she might come back.

But the younger brother never believed her dead. He never gave up the search and often in the papers were lovely poems of the beauty of the mountains, and letters urging her to return.

And so he grew old in the search. He became a pitiable creature, caring not for life and losing all ambition.

One morning he was found dead in the log cabin. A man who had truly died of a broken heart.

The mission is still kept up, the stone church and the log cabin are still there, but the soughing of the pines around, still tell the story of the lost one.

IT IS IMAGINARY

Some Tips on How to Lose an Inferiority Complex

Sir: Inferiority complex exists only in the complexer's imagination. It grows by dwelling upon this imagined inferiority, and by letting it intrude upon your consciousness at a time when you have more important matters at hand which are demanding your fullest attention. You can rid yourself of this complex, if you have the will to do so.

The imagination is the subject, slave and servant of the will. If you concentrate your every faculty upon the matter at hand, then no imaginary complex can meander around in your consciousness to trip you up or keep you from doing the very best of which you are capable; forget self and everything else in the intensity of your concentration.

Another helpful and curative process consists in making yourself do what you know to be needful and right. The more disagreeable you find the doing thereof, the more your will-power, your character and your ability will be strengthened, and conversely, the more your inferiority complex will be weakened.

CURED.

Once upon a time cereals and meats were supposed to be heating, whatever that means. Actually all foods produce varying amounts of calories, which however, are used for energy. The action of our body organs in fact produces enough heat to keep our temperature normal. Overeating should be avoided all the year round, both on account of good digestion and on account of control of weight. In summer, when the weather is unusually hot, there seems to be a great susceptibility to digestive disturbances. This may be caused by eating when overheated and overtired, by drinking too rapidly too many ice-cold beverages or by eating food which is not entirely fresh.

The digestive organs apparently resent even more acutely in hot weather than they do in cold a diet too rich in fats and sweets. Plenty of vegetables and fruits, which will help to regulate the passage of the food through the digestive canal and which at the same time to satisfy our appetites without making undue demands upon the digestion, should be an important part of the simple well-planned meals which the stomach demands in warm weather.

A TASTY SURPRISE

Make cottage cheese from sour milk and serve your unexpected guests with these delicious sandwiches. Moisten the cheese with mayonnaise, add chopped stuffed olives, a bit of onion and season with salt and pepper to taste. Spread between slices of buttered bread with a lettuce leaf; or serve as a salad by cutting a tomato into sections and letting them fall apart like a flower and fill the center with seasoned cheese.

PATCHWORK QUILTS

When cutting patchwork, use a piece of sandpaper for the pattern and the cloth will not slip. The rougher the paper, the better it clings.

HOUSEHOLD HINTS



..Alice Croll, Home Economist, Eastern Shore Public Service. .....

DUCHESS CREAM

1 C Tapioca
1½ C Sugar
2 Egg whites
3 Oranges
1½ C boiling Water
1 Can Crushed Pineapple
1 Bottle Red Cherries

Soak Tapioca in cold water. Put boiling Water over it. Cook for a short time; then cool slightly and beat. Blend this mixture into beaten Egg whites. Add the fruits and Sugar. Place in sherbert glasses, chill in refrigerator, and serve.

Batting Averages For Local Outfit

Batting averages for the Chestertown nine, including all games played to date, have just been released by Carl M. LeCates, secretary of the club. They are as follows:

	G	Ab	R	H	Ave.
LeCates	12	40	10	17	.425
Sutton	3	8	0	3	.375
Harris	3	6	0	2	.333
Kennedy	11	40	7	13	.325
Nichols	6	22	2	7	.318
Oliffe	14	57	9	17	.299
Bennett	12	44	11	12	.273
Weetenkamp	6	15	1	4	.266
Hickman	13	49	8	13	.265
Porter	5	8	2	2	.250
Timko	9	21	2	5	.238
Russell	5	18	3	4	.222
Willis	11	32	6	5	.153
Clements	14	52	6	6	.116
Loller	8	21	2	2	.095

SUMMER SCHEDULE
TOLCHESTER EXCURSIONS
—AND—
BALTIMORE-TOLCHESTER AUTO FERRY



(Effective June 8th)
STANDARD TIME
LEAVE BALTIMORE

Pier 16 Light St. 6.00, 8.45, *11.30 A. M.—2.15, *4.30 P. M.

LEAVE TOLCHESTER

*8.15, 11.00 A. M.—*2.00, 5.30, *7.30 P. M.

(No 5.30 P. M. Boat Saturday and Sunday.)

*Steamer marked thus * carries Autos, Trucks and Passengers. Other Trips is Str. Tolchester (passenger only) Does not carry Autos or Trucks.

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Schedule subject to change without notice.

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Mason's Jar Rubbers, dozen	5c
Good Paring Knives	5c, 10c

Large $1.25 Bed Spreads, all colors, only	85c
Best $2.50 Damask Bed Spreads, all colors, only	$1 95
Best $1.25 Bed Sheets, 81x90, extra quality	95c
Best 35c Pillow Cases to match	25c
Lot 25c Turkish Towels on sale	15c
25c Pretty Lawns and Dimities, only	19c

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25c Mixing Bowls	15c	China Cups and Saucers	10c
5c Pint Tin Cups	2c	Large China Plates	10c
40c Enamel Dish Pans	29c	5c Glass Tumblers	3c
50c Large Dish Pans	39c	10c Glass Tumblers	5c
65c Extra Large Pans	49c	Ice Tea Tumblers	5c
25c Enamel Dippers	15c	50c Glass Pitchers	
4 Qt Blizzard Freezers	3.95	Rose and Green Glassware	
6 Qt Blizzard Freezers	4.95	7.50 Congoleum Rugs	5.50
8 Qt Blizzard Freezers	5.95	9x12 Felt Rugs	4.95
40c Window Screens	29c	9x12 Jap Rugs	2.95
50c Window Screens	35c	12.50 Rattan Rugs	9.50
7.50 Lawn Mowers	5.95	35.00 Florence Stoves	27.50
8.50 Lawn Mowers	6.95	18.50 Florence Stoves	14.50
1.25 2 Qt Freezers	95c	3 Burner Oil Stoves	7.50

32-Piece Decorated China Luncheon Set, $4.00 value, only	$2.98
Embroided Paper Napkins, 120 in pkg	10c
Good Pkgs Steel Wool only	3c
10c Enamel Steel Strainers, only	5c
10c Combined Can Opener, only	5c

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Think of it. No burning heat : : : no harsh high chemical heat : : : no discomfort of any kind : : : just a few minutes of pleasant relaxation and we transform your straight locks into soft, alluring waves.

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