ACTIVITIES IN KENT CHURCHES

FAIRLEE METHODIST CHARGE
C. R. Strausburg, Pastor.
Sunday, May 21st, 1944

FAIRLEE
10 a. m. Session of Church School.
11 a. m. Worship and sermon by the Rev. C. A. Field of Fairlee.
WORTON
1:30 p. m. Session of Church School
PINEY NECK
2 p. m. Session of Church School.
7 p. m. Youth Fellowship.

V

Asbury Methodist Church
Trinity Methodist Church
Daniel T. Pritchard, Minister.
Millington, Maryland
Sunday, May 21st, 1944

10.00 a. m. Church School.

Because the Peninsula Annual Conference is in session in the McCabe Memorial Methodist Church 22nd Baynard Boulevard, Wilmington, Del. there will be no preaching services in Asbury or Trinity Methodist Churches.

Wed. evening, Asbury's Ladies Bible Class.
Thurs. evening, Asbury's WSCS.
Friday Evening, Prayer Meeting.

V

CHRIST METHODIST CHURCH
Chestertown Maryland.
W. P. Roberts,, D. D., Minister
Louise B. Russell, Organist
Iola H. Bucher, Director of Music
Sunday, May 21st, 1944

10 a. m. Sunday School T. D. Bowers, Supt.

11 a. m. The annual Union Methodist Layman's will be held in Christ Church with Dr. F. G. Livingood in charge., The message will be given by Dr. James T. Barrs of Washington College.

6:30 p. m. Youth Fellowship. This service will take the place of the evening worship service.

Wed. Prayers meeting at 7:30 p. m.
Thurs. Our Men's Club will meet at the home of N. S. Lee aat 7:30 p.m.
Friday Choir rehearsal at 7:30 p.m.
Next Sunday, A. M. Subject "Memorial Courage at Work."

"Cross-bearing ends in crown-wearing."

V

FIRST METHODIST CHURCH
Chestertown, Md.
Paul E. Reynolds Pastor
Sunday, May 21st, 1944

The expression of love is service. If we love God, w e will serve Him.
9.45 a. m. Church School, E. R. Anthony, Supt.

There will be no morning or evening worship in First Church on Sunday, May 21. Morning worship will be conducted in Christ Church. Dr. J. T. Barrs the speaker. Laymen from Christ and First Churches will be in charge of the service. The public is invited.

Sunday, May 28, the High School baccalaureate service to the graduating class will be held in First Church at 7:30 p. m.

V

SAINT PAULS PARISH
Sunday, May 21st, 1944

11 a. m. Morning Prayer and Sermon

V

ST. JOHNS BY THE BAY
Betterton, Md.

3 p. m. Evening Prayer and Sermon.

V

ST. JAMES METH. CHURCH
Melvin Kay, Minister.
Sunday, May 21st, 1944

10:30 a. m. Sunday School. H. S. Startt, Supt.
Annie Parsons, organist.
11:30 a. m. Sermon by James P. Foreman.
12 noon Benediction.

V

LYNCH METHODIST CHURCH
Melvin Kay, Pastor.

7:30 p. m. Song Service.
7.45 p. m. Devotional Period.
Serrmon by James P. Foreman.
8 p. m. Program by Cubs and Boy Scouts.
8:30 p. m Benediction.

V

ROCK HALL METHODIST CHURCH
F. Charles Louhoff, Jr. Minister
Sunday, May 21st, 1944

9:45 a. m. Sunday School. W. Stanley Grant Supt. Don't fail to be present this morning. Special program. Visitors and strangers welcome.

11 a. m. Morning Worship Service. Mrs. Robert Shallcross, organist. The Young Peoples Choir will sing. Prof. T. Bayard Ayres, Principal of Rock Hall High School and charge Lay Leader will conduct the worship service in the absence of the Pastor.

8 p. m. The evening Service will be in charge of Mrs. Helen Ashley Wagner, Director of Christian Education. Mrs. Wagner has arranged a very fine program. Everybody is invited.

V

Colored Church Notes

Bethel African M. E. Churcrh,
College Ave,
Rev. M. B. Simpson, Pastor
Sunday, May 14, 1944

The Church Where Everybody is Welcome.
11 a. m. and 8 p. m. Public Worship and Sermon.
1 p. m. Sunday School.
6:30 p. m. Allen C. E. League.
7 p. m. Tuesday evening, Junior Church. 8 p. m. Song and Praise Service.
8:30 p. m. Wed. Choir Rehearsal.
All Welcome.

V

Glazed Cinnamon Rolls

1½ tablespoons sugar
1 cup milk, scalded
1 cake compressed yeast
4 cups sifted cake flour (about)
1 egg, slightly beaten
¾ teaspoon salt
1½ tablespoons butter or other shortening
½ cup currants
½ cup sugar
½ tablespoon cinnamon
4 tablespoons butter
1-3 cup sugar
2 tablespoons butter

Add sugar to milk, cool to lukewarm, add yeast, and stir until smooth. Add ½ of flour then egg, salt, and butter, beating well. Add remaining flour (enough to make as soft a dough as can be handled). Knead gently until smooth. Place in greased bowl, cover, and let rise in warm place until double in bulk. Press edges of dough to center, working it down slightly. Turn dough over and let rise again until double in bulk.

Roll into sheet ¼ inch thick, sprinkle with currants, sugar, and cinnamon. Dot with butter. Roll as for jelly roll, cut in 1-inch slices. Place cut-side down in pan that has been sprinkled with sugar and dotted with butter. Let rise until double in bulk. Brush with additional melted butter and sprinkle with sugar. Bake in a hot oven (400 F.) 40 min. or until done. Let stand in pan for several minutes. Invert pan to remove them. Makes 18 rolls.

V

Grease Spots
Auto grease, treated with carbon tetrachloride, usually comes out of a garment after laundering.

RED CROSS HOME NURSING
In Pictorial Lessons

LONG MUSCULAR activity, and close mental work cause tiredness. Waste products of the food you eat—the fuel that keeps the body going—also can make you tired and irritable. So rest and relaxation are essential.

It has been said that the body is the only machine that makes its own repairs. There are two ways of enabling it to do so. They are SLEEP and SHIFTING ACTION FROM ONE SET OF MUSCLES TO ANOTHER.

The first essential for a good night's sleep is a comfortable mattress. It is perhaps the most important item of furniture—but the value of the mattress is lost if the bed is not properly made.

Develop a sleeping habit by going to bed at the same hour every night. Learn to relax by making yourself limp as a cat. If that is difficult take a warm drink or a warm—not hot—bath before retiring.

There is no set rule for recreation. What is recreation for one person may be work to another. Anything is recreation if you ENJOY IT. But every person needs some activity in the open air every day. The body thrives on sunshine.

For mental relaxation, a hobby, whatever it may be, works wonders. It helps provide an opportunity for self-expression, whether the hobby is crocheting, collecting stamps, tending canaries, or whittling.

EDITOR'S NOTE: This series on home nursing cannot take the place of actual instruction in the Red Cross Home Nursing classes, which every woman is urged to join. These charts and instructions must be supplemented by such training but are invaluable for pasting in your notebook for future reference. Enroll now in the many classes just starting.

If You Had MY JOB

KEEPING HOUSE, helping take care of the family—you would realize that business girls are not the only ones who sometimes get Headache and Tired Aching Muscles. We home girls often work just as hard and have just as many Headaches, just as many Stomach Upsets and get just as Tired.

About a year ago, I first used **ALKA-SELTZER** I find that it eases my Aching Head, takes the kinks out of Tired, Aching Muscles and brings relief when I have Acid Indigestion.

The family says I am a lot easier to live with since I have known about Alka-Seltzer.

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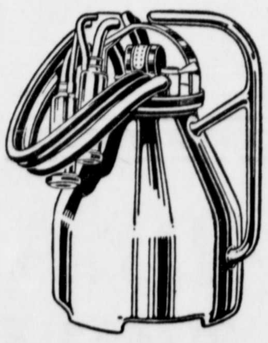

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NAGGING BACKACHE
May Warn of Disordered Kidney Action. Don't Neglect It!

Modern life with its ceaseless hurry and worry, irregular habits, improper eating and drinking, exposure, contagion *whatnot*, keeps doctors busy, hospitals crowded. The after effects are disturbing to the kidneys and oftentimes people suffer without knowing that disordered kidney action may cause the trouble.

After colds, fever and similar ills there is an increase of body impurities the kidneys must filter from the blood. If the kidneys are overtaxed and fail to remove excess acid and other harmful waste, there is poisoning of the whole system.

THE REASON DOAN'S ARE FAMOUS
All over the country grateful people tell others: *"Doan's have helped me; I recommend them to you."* That is why we say, *Ask your neighbor!*

Symptoms of disturbed kidney function may be nagging backache, persistent headache, dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of strength and energy. Other signs of kidney or bladder disturbance sometimes are burning, scanty or too frequent urination.

In such cases it is better to rely on a medicine that has won world-wide approval than on something less favorably known. Use *Doan's Pills*. They have been winning new friends for more than forty years. Be sure to get *Doan's*. Sold at all drug stores.

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