ACTIVITIES IN KENT CHURCHES

First Methodist Church
Paul E. Reynolds, Pastor
Chestertown, Md.
Sunday, July 30, 1944

"Only faith in God will make one strong enough to live courageously in these days.

9:45 A. M., Church School, E. R. Anthony, Supt.

11:00 A. M., Morning worship, sermon by the pastor.

7:00 P. M., Evening Park service, Dr. Roberts in charge.

7:30 P. M., Wednesday evening prayer meeting in Christ Church. The prayer service will be held in Christ Church all of the month of August.

Asbury Methodist Church and Trinity Methodist Church
Daniel T. Pritchard, Minister
Millington, Maryland
Sunday, July 30, 1944
Asbury

10:00 A. M., Church School.
11:00 A. M., Morning Worship.
11:00 A. M., Junior Church
7:30 P. M., M. Y. F.
8:00 P. M., Evening Worship.
Wednesday Evening: Official Board
Friday Evening: Prayer Meeting.
Trinity
2:00 P. M., Church School.
3:00 P. M., Afternoon Worship.
The public is cordially invited to all services.

St. James Methodist Church
Melvin Kay, Pastor
Sunday, July 30, 1944

10:30 A. M., Sunday School. H. S. Startt, Supt.

11:15 A. M., Devotional Period. Miss Annie Parsons, organist.

11:30 A. M., Sermon by the pastor.

12:00 Noon, Benediction.

Christ Methodist Church
Chestertown, Md.
W. P. Roberts, D.D., Minister
Sunday, July 30, 1944

10 A. M., Sunday School. T. D. Bowers, Supt.

11 A. M., Worship. Subject "Lion Hunting In The Snow."

Wednesday—The Union Methodist Prayer Meetings for August will be held in our church.

Next Sunday—Holy Communion.

"The coat can't warm until you put it on."

Emmanuel P. E. Church
Rev. Chas. L. Atwater, D.D., Rector
Chestertown, Md.
Sunday, July 30, 1944

8 A. M., Holy Communion.

11 A. M., Morning Prayer. Sermon by the Rector.

On Sunday, August 6th the only service in Emmanuel Church will be at 8 A. M., held by the Rev. Mr. Wyllie, of St. Paul's, Kent County. The Rector will be at Ocean City, Md., but will return by Aug. 13th.

Shrewsbury Church
Rev. Chas. L. Atwater, D.D., Rector
Sunday, July 30, 1944

9:15 A. M., Morning Prayer. Sermon by the Rector.

There will be no service in Shrewsbury Church Sunday, Aug. 6th, as the Rector will be away. Service will be as usual Sunday, Aug. 13.

Lynch Methodist Church
Melvin Kay, Pastor

The out of door service begins at 8:00 P. M. There will be a short devotional service and a sermon by the pastor. There will also be a special speaker. Music by the adults. Special program of travel experiences.

Honey Spice Cake Requires No Sugar

Here is a cake everyone will want to try—as you don't even open the sugar jar—it's sweetened with honey and raisins and topped with nuts—is grand to have on hand, and wonderful to pack into that lunch box:

HONEY SPICE CAKE

2 cups sifted cake flour
2 teaspoons double acting baking powder
1½ teaspoons allspice
½ cup shortening
1 teaspoon grated lemon rind
¾ cup honey
2 egg yolks, unbeaten
½ cup milk
2-3 cup chopped raisins
1 teaspoon vanilla
2 egg whites
⅓ cup chopped walnut meats

Sift flour once, measure, add baking powder, salt, and allspice, and sift together three times. Cream shortening with lemon rind; add honey gradually, beating well after each addition. Add ¼ of flour and beat until smooth and well blended. Add egg yolks, one at a time, beating well after each. Add remaining flour in thirds, alternately wtih milk in halves, beating very well after each addition. Add raisins with last addition of flour. Add vanilla. Beat egg whites until stiff enough to hold up in moist peaks. Stir quickly but thoroughly into batter. Turn into greased 8x8x2 inch pan and sprinkle with nut meats. Bake in moderate oven (350 F.) 55 minutes, or until done.

Shimmering Molded Salads Are 'Tops' For Hot Weather

It's so easy, during hot weather, to take the line of least resistence and simply decide that it's too hot to cook, and convince yourself that friend husband will be too hot and tired on his arrival home to worry about eating.

On the other hand, if you do preparing early in the day, the actual dinner preparations are light. Then, when "he" does come home, hot and tired, if you can place an attractive dinner before him, it would amaze you to see just how much he can consume, and you can always be sure that shimmering molded salads will give him the "lift" he requires.

JELLIED FRUIT MOLDS

1 envelope unflavored gelatin
¼ cup cold water
½ cup hot cherry juice*
2 tablespoons sugar
¼ cup lemon juice
½ cup diced pears
½ cup diced oranges
½ cup canned cherries
6 maraschino cherries
1 cup ginger ale
1 (3-oz. package cream cheese
2 tablespoons mayonnaise
2 tablespoons cream

Soften gelatin in cold water, dissolve in hot cherry juice. Add sugar and lemon juice. Chill until slightly thickened, then fold in fruit and ginger ale. Turn into individual modls. Chill until firm. Unmold on crisp lettuce. Blend cream cheese with mayonnaiase and cream. Fill a pastry tube with this mixture and form a ring at the base of each mold. Serves 6.

MOLDED VEGETABLE SALAD

1 package lemon-flavored gelatin
1¾ cups hot water
½ cup shredded cabbage
½ cup cooked carrots, cut in strips
½ cup cooked peas
2 tablespoons chopped green pepper
1teaspoon onion juice
1 teaspoon salt
2 tablespoons vinegar
Salad greens

Dissolve gelatin in hot water. Chill until slightly thickened, then fold in vegetables which have been mixed with remaining ingredients and allowed to stand ½ hour in refrigerator. Turn into molds. Chill until firm. Unmold and serve on crisp salad greens with French dressing and mayonnaise. Serves 4-6.

MARVIN V. WILLIAMS
Funeral Director
Phone 68
Chestertown, Maryland

AT FIRST SIGN OF A COLD USE 666
666 TABLETS, SALVE, NOSE DROPS

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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.

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RED CROSS HOME NURSING
In Pictorial Lessons

BEFORE giving a throat irrigation, wash hands with soap and water. Tell the patient to breathe through his nose and not to swallow the solution but to lean forward and let it run out of his mouth into the basin. Protect the patient's gown and bed with rubber apron or newspapers and the bath towel. Have the patient sit up in bed, or in a chair if possible.

The home nurse must be constantly on guard against the patient acquiring bedsores. Alcohol and talcum powder should be used cautiously on very ill or very old patients. Prolonged pressure can be avoided by turning the patient frequently. A rubber air cushion in the form of a ring is a great comfort to the patient for under shoulders, elbows and heels and between knees and ankles. It must be covered with a pillow case. A substitute homemade "doughnut pressure ring" is described above.

If a foreign body gets into the eye, never rub the eye since rubbing may injure the delicate membrane of the eyeball.

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.

Dr. Julian T. Power
Optometrist
Chestertown, Md.
Office Hours:—9:00 to 12:00 A. M.
1:00 to 4:00 P M
Phone 132-W

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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.

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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