ACTIVITIES IN KENT CHURCHES

CHRIST METHODIST CHURCH
Chestertown, Maryland
W. P. Roberts, D. D., Minister
Mrs. F. G. Livingood,
Summer Organist

Sunday, August 26, 1945
10 A M., Sunday School. T. D. Bowers, Supt.
11 A. M., Worship. Lay Leader, Conlyn E. Noland, will have charge of the service. The sermon will be preached by Rev. C. A. Field.
7 P. M., Our Church will have charge of the Park Service The message will be given by Rev. Lester E. Loder, of Kennedyville.
Wednesday—The Union Methodist Prayer meeting will be held in First Church at 7:30 P. M.
Next Sunday — Morning, Holy Communion.
Evening, the Park Service will close for the year. Rev. C. L. Atwater D. D., will have charge of the service.
"Public opinion is just private opinion multiplied."

ASBURY METHODIST CHURCH
and
TRINITY METHODIST CHURCH
Daniel T. Pritchard, Minister
Millington, Maryland

Sunday, August 26, 1945
There will be no Preaching Service August 26th or September 2nd.
Church School at 10 A. M. in Asbury only.

FAIRLEE CHARGE
L. B. Troutman, Minister

Sunday, August 26, 1945
Fairlee
Church School 10:00 A. M.
Divine Worship 11:00 A. M.
M. Y. F. 8:00 P. M.
Worton
Divine Worship 9:30 A. M.
Church School, 10:30 A. M.
Piney Neck
Church School, 2:00 P. M.
Divine Worship 7:30 P. M.

TRINITY LUTHERAN CHURCH
701 West High Street
Theodore H. Ernst, Pastor

No Service Next Sunday, Aug. 26.
The pastor is on leave for a brief vacation. Next Service on September 2.

CHESTERTOWN SEVENTH-DAY ADVENTIST CHURCH
T. F. Cunningham, Pastor
George Skeggs, Music Director

Services for Saturday Aug. 25, 1945
9:30 A. M., Sabbath School.
10:30 A. M., Church Service.
Dedication of the new Seventh-Day Adventist Church will take place Sunday, Aug. 26th at 2:30 P. M. Elder C. V. Leach, president of the Chesapeake Conference of Seventh-Day Adventists will deliver the dedicatory address. The public is invited to attend.

CHRIST CHURCH I. U. PARISH
Worton
Sunday, August 26, 1945
9 A. M., Morning Prayer and service.
Saint Paul's Parish
11 A. M., Morning Prayer and sermon.
Saint John's By-the-Bay
Betterton
3 P. M., Evening Prayer and sermon.

ST. JAMES METHODIST CHURCH
Melvin Kay, Minister

Sunday, August 26, 1945
10:30 A. M., Sunday School. Stanley B. Sutton, Supt.
11:15 A. M., Devotional Period. Miss Annie Parsons, organist.
11:30 A. M., Sermon by the Pastor.
12:00 Noon Benediction.

LYNCH METHODIST CHURCH
Melvin Kay, Minister

Sunday, August 26, 1945
7:30 P. M., Song Service.
7:45 P. M., Sunday School. Elston Kendall, superintendent.
8:30 P. M., Sermon by the pastor.
9:00 P. M., Benediction.

EMMANUEL P. E. CHURCH
Chestertown, Md.
Rev. Chas. L. Atwatetr, D.D., Rector

Sunday, August 26, 1945
8 A. M., Holy Communion.
11 A. M., Morning Prayer.
No evening Services, but there will be the usual Union Service in the Park, at 7 P. M., with the Rev. Lester Loder, Pastor of the Methodist Church at Kennedyville, Md., delivering the Sermon.
The regular schedule of services, with the resumption of the sessions of the Church School, will begin with the second Sunday of September, the 9th, of which notice will be given again, next week.

SHREWSBURY CHURCH
Kent Co., Maryland
Rev. Chas. L. Atwatetr, D.D., Rector

Sunday, August 26, 1945
9:15 A. M., Morning Prayer. Sermon by the Rector.
The 9:15 Services will continue through the 5th, or first Sunday of September, after which the hour will be at 2:30 P. M.

FIRST METHODIST CHURCH
Chestertown, Md.
Paul E. Reynolds, Pastor
Julian Coleman, Director of Music
Mabel Toulson, Organist

Sunday, August 26, 1945
"Goodness and mercy shall follow me all the days of life"—If I am faithful to follow Christ.
9:45 A. M., Church School, J. T. Anthony, Jr., Supt.
11:00 Morning worship, pastor in charge
7:00 Evening worship in the Park, Rev. Lester Loder of Kennedyville Methodist Church, will preach.
7:30 Wednesday evening prayer meeting in First Methodist Church.
8:00 P. M., Thursday, Sept. 6, the First Quarterly Conference will be held at the Church with the District Supt. Rev. E. P. Thomas in charge.

Sunday's Left-Overs For Monday's Treat

The meat and gravy left-over from Sunday's dinner can do wonders to Monday night's dinner and housewives have a wide selection of recipes from which to choose.

However, since Monday is usually such a busy day around the house, cleaning up after the week-end and so much washing to do and goodness knows what all—a dish that can be prepared early and stored in the refrigerator until cooking time, is a wonderful thing indeed. It's a meat roll this time we're suggesting, and if you find that the family showed no mercy towards that good gravy, well you can serve it with tomato sauce and the results are good.

MONDAY MEAT ROLL

2 cups sifted flour
2-3 cup water
4 teaspoons baking powder
4 tablespoons shortening
1 teaspoon salt
1½ cups left-over meat
Left-over gravy or tomato sauce

Make the first five ingredients into baking powder giscuits and roll to ¼inch thickness. Spread with ground left-over meat (beef, pork, or ham) which has been highly seasoned and moistened with left-over gravy.

If this dish is made in the morning and stored in the refrigerator until dinner time, remove from the refrigerator and allow to come to room temperature while the oven is heating to 450 F.) Brush with melted butter and bake for 20 minutes or until brown.

Serve with left-over gravy or tomato sauce.

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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 disturbances sometimes are burning, scanty or too frequent urination.
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