Family Food Supply.

FLORENCE J. HUNT, Maryland Agricultural College Extension Service.

camily food supply is a question con. ing at 7.30 o'clock. stantly before every housekeeper. To Mr. Louis Wood, superintendent of of her sister in Philadelphia. find the answer look over your month's a most pleasing address before Christ bills for food. Is not the meat bill M. P. Church Sunday-schol last Sunday turned to her home.

Mrs. Evelyn Fowler, who has been performed by Rev. George B. Jones, of Grange last Saturday afternoon was a turned to her home.

The "bake" held by the Still Pond visiting friends in Queen Annes, has recouple will reside in Wilmington. sire to find a remedy, the housewife Chestertown M. E. Church—Rev. L. Walter, are spending the Thanksgiving School attended the Teachers' Association. The next meeting will be held in decides to try the cuts of meat which E. Barrett, D. D., Pastor—Services next holidays with relatives in Townsend. | tion which was held at Chestertown last Grange room December 4 at 2 30 p. m. to produce a palatable dish and goes Sabbath School and Pastor's Bible Thanksgiving holidays with relatives in back discouraged to the use of well Class; 7 to 8 p. m. Epworth Service and Philadelphia. known and easily prepared tender short sermon by the pastor. All are

steaks, chops and roasts. them less palatable.

should be cooked with vegetables and Wilfulness," or "The Age when man carefully seasoned. Try doing this was in authority." method and these cuts will soon be- Dr. W. R. Graham will preach a pacome as much a favorite as the tender triotic sermon to the Daughters of

the tail pieces of the porterhouse attend. tomato sauce.

The fibers of some of the cuts which we do not care to grind can be broken by pounding with the edge of a heavy saucer or a specially devised hammer. Mrs. William T. Hague is again on In doing this, be careful that the juices the sick list. do not escape, because if they do the Mrs. Frank Miller is spending some piece will loose flavor. These can be time with relatives on the Western absorbed by pounding flour into the Shore of Maryland. meat, which, when browned, will give Mrs. John Hessner has returned to her

Meat treated in this way is called "Swiss Steak." In cooking at first have a high temperature; then very Millington, spent Sunday at the home carefully cook at a low temperature. Other variations may be made by using ground, chuck, flank, or skirt steaks with vegetables, finishing the cooking at a low temperature. A pot roast hours, thus the connective tissues is burg, Va. softened and the meat made more on Wednesday evening of last week Kent county, Md., one mile from

outside so as to retain the juices, surprise to her. thereby preserving the flavor; then We are sorry to report Mr. James E. cook slowly over a slow fire. A fire- Weer, the genial mail carrier, quite ill at Price \$1300. Will rent for year of the cooking. Cross ribs, boned and evening last and has been quite sick rolled, are fine cooked this way, or rolled flank, chuck or rump.

When meat is put in cold water and amount of juice is extracted and the Protestant Church Sunday evening, conmeat is tasteless. By long cooking ducted a parlor meeting at the home of the connective tissue is softened and Mrs. Shafer on Monday afternoon, and dissolved, which gives to the stock also spoke in the hall at 8 p. m.

This method of cooking is used where tion has proven successful. nutriment and flavor are desired in

consumed in preparing the especial and use the breech to push the brush, cuts.

For Infants and Children. Rind You Have Always Bought

"Kent News" \$1 Per Year note at this time that the young man is In Advance.

How the Careful Housekeeper May and impressive discourse. The music D. C., is visiting his mother, Mrs. M. E. Reduce the Cost Of the Redu epjoyable feature.

Why don't the cheaper cuts taste as Attention is called to the change of good? Although they are just as time of service at Kennedyville. From nutritious, unless properly handled now until spring the service will comthese cuts are usually lacking in mence at 2.30 instead of 3 o'clock. The sermons on the "Ages." which Mr. flavor, the long, coarse fibers, and the Clews is preaching, are growing in interlarge amount of connective tissue est and many are the pleasing remarks which is often called "gristle" making which he hears. This is very gratifying, and a source of inspiration to him. The To give these cuts flavor, they sermon next Sunday will be "The Age of

America, next Sunday Morning. Novem-From such cuts as the lower round, ber 28th, all members are requested to

steaks, and even plate meat, you can St. James M. P. Church on Sunday fashion delicious combinations as: will observe Decision Day in the Sabbath Salisbury Steak, Mock Duck with school and also in the morning service at 10 o'clock. The morning subject will dressing, and garnish of vegetables, be, "The Almost Christian. The evencannelon of beef or beef loaf with ing service will be at 7 o'clock and the subject will be "The Christian Life."

KENNEDYVILLE

of his brother, David T. Nickerson.

time with his sister, Mrs. T. Shafer. Mrs. L. A. Pennington and daughter, Dorothy Belle, left Saturday for a visit should be cooked slowly for several to her mother, Mrs. Gary, at Harrison-

Miss Mabel Hague was tendered a mis- Bogle's Wharf. Great gunning In cooking meat, first sear it on the cellaneous shower, which was quite a shore. 12 acres tillable land, bal-

less cooker is good to use at this stage his home. He was taken on Thursday ever since; and on Monday he was but slightly improved.

Miss Margaret Bitz, State Organizer possession, or will rent for 1916 for \$200 allowed to heat gradually, a large and Lecturer of the W. C. T. U., spoke cash rental. This property is 9½ miles

principle is applied to soup making. | Baltimore on Friday last on account of By putting meat in boiling water, al. the illness of her sister, Miss Blanche lowing the water to boil for a few Hall, who is a student at the State Norminutes, then lowering the tempera. mal School. Miss Blanche was found to ture, juices in the outer surface are be suffering from appendicitis and was quickly coagulated, and the inner removed to the hospital in Salisbury this being near her home), where she juices are prevented from escaping. was operated on, and so far the opera-

In solving the meat problem, the quite a painful accident while out gunhousekeeper must keep clearly in mind ning for rabbits on Friday near Kenthe retail price, the time she uses in nedyville. While pushing in a pile of cooking and preparing, the waste in brush to scare a rabbit from its hiding fat and bone and the cost of the fuel place he held on to the gun by the barrel and as he was withdrawing the gun from the brush, the hammer got caught, causing it when released to fall. The

> sides severing the art ries. Dr. James W. Urie was hurriedly summoned and gave medical aid. The we are glad to know it will not prove a seriously dangerous one unless complications should set in. We are glad to getting along as well as could be ex-

CHURCH NOTES.

Union Thanksgiving services held in son, John of Wilmington, are visiting Collins spent a few days last week with week were: Mr. and Mrs. John Robin-Chestertown M. E. Church Thursday, at the home of Mr. and Mrs. L. R. Van- friends in Baltimore. Rev. Frank S. Cain, of Kennedyville M. sant.

Christ Methodist Protestant Church, Rev. W. R. Graham, D. D., pastor. Services on Sunday, November 28th, at Betterton. and 7.30 p m.; Sunday school 2 30 p.m. visited his son, A. R. Prettyman, a few Mr. Leon T. Lyons, son of Sergeant Miss Louise Pennington is visiting at Christian Endeavor service 6.45. p. days last week.

home after quite a stay with her parents and frieuds in Philadelphia. Mr. and Mrs. Frank P. Nickerson, of

Mr. and Mrs. Copenhaven, of Springfield, Ohio, have been spending some

when cold a jelly-like consistency. This Mrs. John D. McCabe was called to Real Estate Broker

Master Walter Anthony, son of Mr. and Mrs. W. B. Anthony, met with

gun went off, the full load striking him in the muscle of the right arm, tearing away much of the muscle and flesh, be-

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GALENA

violin solo by Mr. Kemp Bordley was an Miss Janey Stevens has gone to spend spent the week-end with Miss Mattie G. While gunning last Saturday, Mr. the winter with relatives in Wilmington Hazell. and Philadelphia.

Mrs. Sarah Smith is visiting friends Thursday of last week after spending Miss Hope Hackett is visiting her preaching by the pastor at 10 30 a. m. Rev. A. P. Prettyman, of Rising Sun, Fr

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CHESTERTOWN, MD.

MILLINGTON

Miss Julia Cacy returned home on it is much better at this time.

Francisco, Cal.

George W. Lyons, of the police depart- the home of Mr. E. B. Pennington, Sr How can I lower the cost of the m.; Mid-week service Thursday evenMiss Bertie Brockson is spending Nellie E. Davis, also of Wilmington, but after spending several weeks with Mrs. formerly of this town, were married on Conelious Jarvis, of Golts, Md. November 11, 1915 The marriage was The "bake" held by the Still Pond

ington and Annapolis. Mrs. J. P. Ahern and Mrs. F. E Fitch are visiting the former's daughter. Mrs.

P. H. Wood, Jr., of Wilmington, Del. Mrs. Marowitz, of Baltimore, spent the past two weeks with her daughter,

Mrs. I. Hollins. Services to-morrow. Nov. 28th, at Asbury M. E. Church, will be as follows: T AM LOCATED in my new STORE 10 30 a. m. and 7 30 p. m., preaching by and PAINT HOUSE, Cross St., Ches- | the pastor, Rev. G. P. Smith; 2 p. m., Sunday-school, subject, "Amos. the | Fearless Prophet"; Friday, 230 p. m., | prayer-meeting. All are invited to at-

tend these services. Mrs. J. B. W. Aydelotte and Mrs. Alında Smith on Tuesaay visited relatives and friends in Kennedyville. Mrs. J. S. Barwick, of Sudlersville are the best on the market. We are sole was the guest last week of her parents

> Mr. Julian C. Numbers is spending the Thanksgiving holidays with relatives in Philadelphia, Pa., and Camden,

Read the "KENT NEWS"

STILL POND

Mr. and Mrs. Irving Vansant and little Mrs. R. E. Feddeman and Mrs. W. F. | Among the Baltimore visitors this son, Jr., and daughter Miss Ethel Rob-Jewell spent this past week in Balti-

Howard Rasin sprained his knee, but

some time at the Exposition at San sister, Mrs. Lester Coleman, Baltimore,

Mr. and Mrs. F. C. Numbers spent a THE Fairlee merchants - Kilbourn, few days this week in Baltimore, Wash- Bramble & Noland-are offering 2 cents above market price for eggs.

IN MEMORIAM

LYNCH,-In sad but loving remembrance of my dear nephew Mirvin C. who departed this life two months ago Sept. 19th, 1915.

In the graveyard roftly sleeping, When the flowers gently wave, Lies the one I loved so dearly,

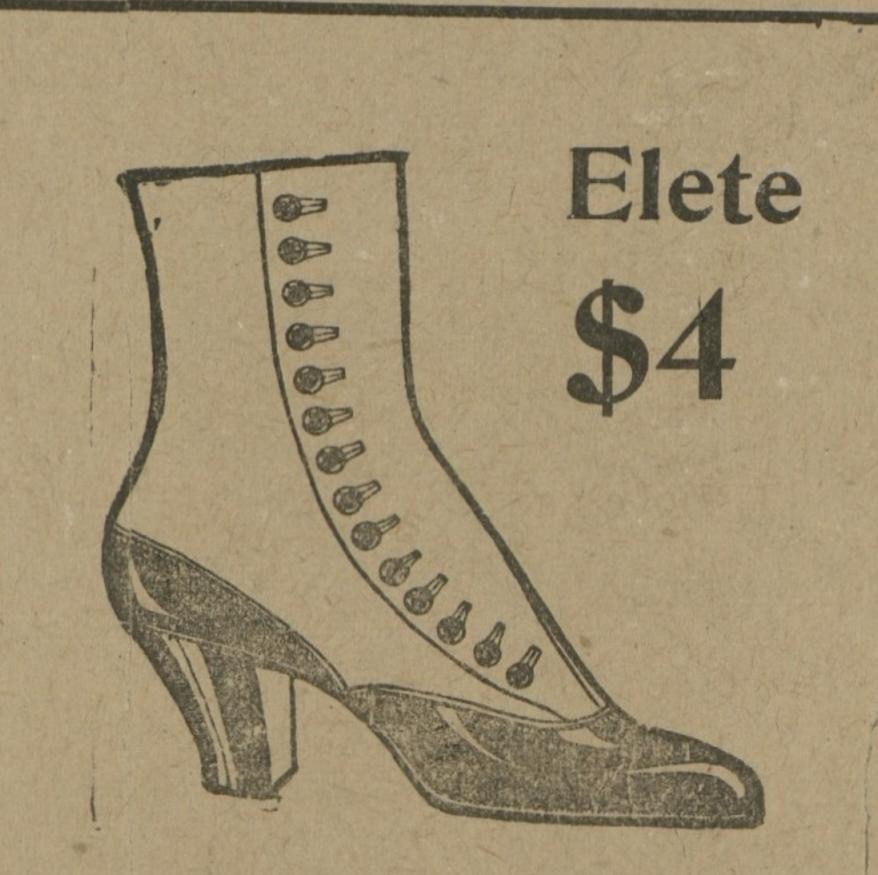
In his lonely silent grave. 1 often sit and think of him. When I am all alone. For memory is the only thing That grief can call its own, Friends may think I'll soon forget him

And my wounded heart be healed,

But they little know the sorrow That's within my heart concealed. BY HIS LOVING AUNTIE DAVIS, In sad and loving memory of my daughter and our sister, ELIZABETH G. HESSNER, who departed this life Nov. 25th, 1909. The flowers we place upon her grave,

May wither and fade. But the love we have in our hearts Shall never fade away. MOTHER AND SISTERS.

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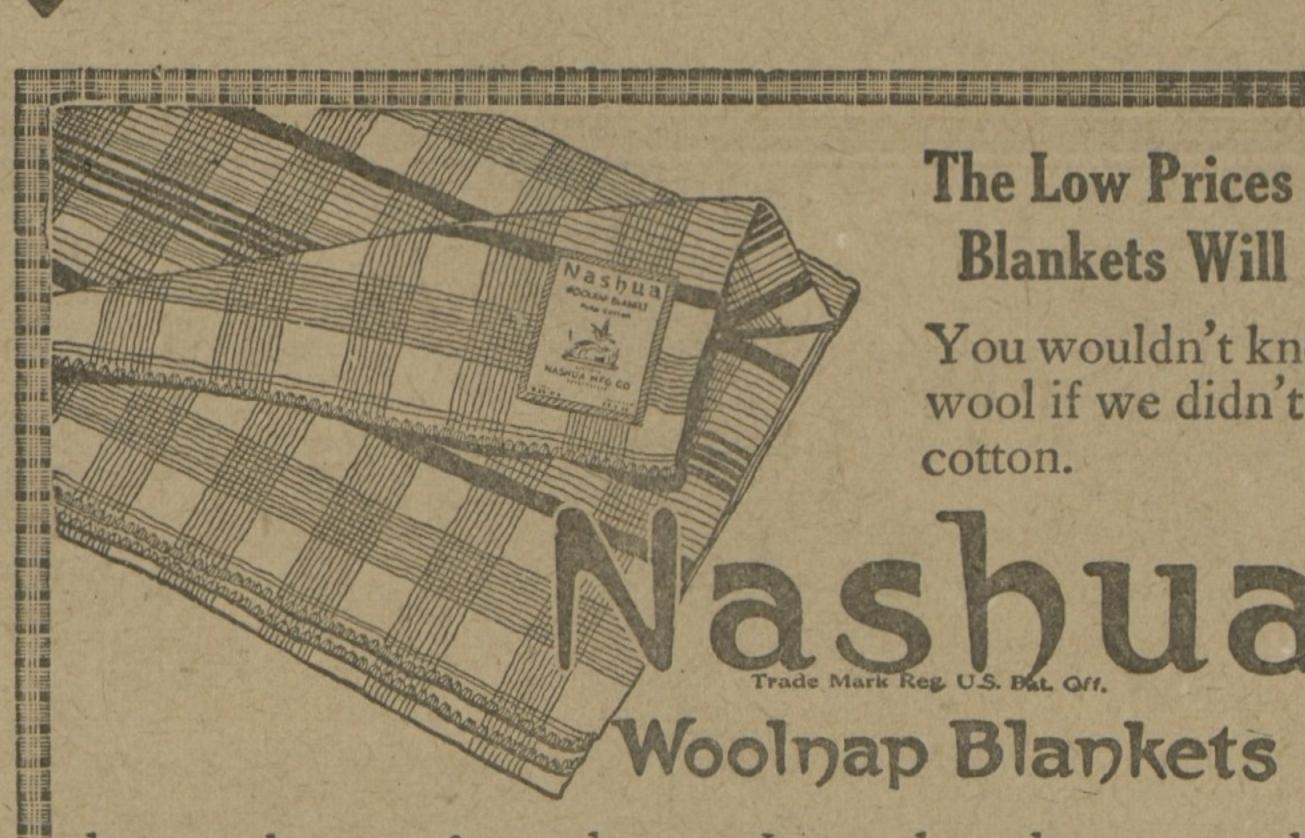
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all the more desirable. It is really a pleasure for us to sell these Suits and Coats, made by Strawbridge & Clothier, Philadelphia, and we know it will be a satisfaction for you to wear them. We freely guarantee them in every respect.

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