

Bay Contributes Much To State

World renowned for its beauty, and world regarded as "the land of pleasant living," the Chesapeake Bay is perhaps the most famous piece of geography in Maryland.

Chesapeake is an Indian name and literally translated it means "Mother of Waters." It also has been referred to as the "noblest bay in the universe" and by the early Indians who lived there, as "The Great Shellfish Bay."

In measurable terms, it is probably the most impressive body of water in the United States. One of the world's finest maritime playgrounds, it is 22 miles broad at its widest point, 195 miles long, and has 48 main tributaries fed by 102 branches.

Rivers draining from part of New York, Pennsylvania, Delaware, West Virginia and Maryland flow into the Bay. The Maryland shoreline alone, if stretched out, would reach from here to California, and the entire tidal shore line is some 5,000 miles long.

Its greatest depth is 156 feet, and if anyone is interested it could hold all the great navies of the world at one time.

Saber-tooth tigers and camels roamed the Bay area over 3,000 years ago. Today, its attractions are more appealing and palatable. There are wild ponies, oysters seven inches long; Japanese miniature deer; fig trees flourishing in backyards; crabs that shed their shells before your very eyes, and bargain vacation rates.

It has contributed the Chesapeake Bay Retriever; the color pungy pink; the log canoe, the Clipper ship; beaten biscuit, and the crab feast.

It is the embodiment of the Chesapeake Bay Way of Living. For the gourmet as well as the gourmand, the food of the Chesapeake Bay are particularly appetizing and appealing.

Delicacies known the world

over -- Terrapin, canvasback duck and oysters, give the Bay an international reputation in foods.

Epicureans maintain that the meat of the canvasback duck acquires a particular perfection of flavor after several weeks of feeding in the Chesapeake Bay.

The Chesapeake Bay is sought as a home for more than half of the canvasback ducks in the entire country, according to the Maryland Wildlife Service, and the excellent feeding grounds there is the major attraction.

The same is true of terrapin. This is because of the watercress and water celery growing on the muddy flats and estuaries of the Bay on which these birds and animals thrive.

To insure its zestful taste, a terrapin should measure at

least six inches across the back. A seven-inch terrapin is called a "count". Anything less is probably a "no-count".

Terrapins are sold according to size, and it is a practiced art to remove the bones and prepare the meat for terrapin dishes. Some claim there are nine different types of meat found in the terrapin shell; others compute it as eleven.

Terrapin often has been served at the White House and President Cleveland used to have it shipped especially from Baltimore.

Hard shell crabs, connoisseurs of crustaceans contend, are best just after the first full moon following the blooming of the locust trees.

Any number of dishes, seemingly commonplace to Marylanders, are gourmet special-

ties beyond the State's borders. Such gastronomic delights include stuffed ham, crab cakes, steamed or fried hard crabs, soft crabs fried in butter, broiled rockfish with egg sauce, trout with parsley butter and snapper in sherry, chicken ala Maryland, beaten biscuits, rusks and buns.

The Chesapeake Bay is the largest oyster producing area in the world, and some large oysters pump as much as 50 quarts of water an hour through their shells.

Some of the towns and villages on the Bay literally are built on oyster shells. It has been said in Crisfield that the residents there live off oysters and live on the shells.

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Wish I'd Said THAT



"If you want something done at once, ask the busiest person you know."—Virginia Gaskill, Pennsburg (Pa.) Town and Country.

"Demand is always on the threshold of change. The most successful of all merchants are those who anticipate a change in demand and use advertising to claim a fresh market."—S. S. Talbert, King County (Mo.) Tri-County News.

"One good way to save face is to keep the lower end of it closed."—Lee Mildon, Salinas (Calif.) Monterey County News.

"A politician never buries the hatchet unless he has an axe to grind."—Robert G. Campbell, Lititz (Pa.) Record-Express.



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FAMILY DINNER

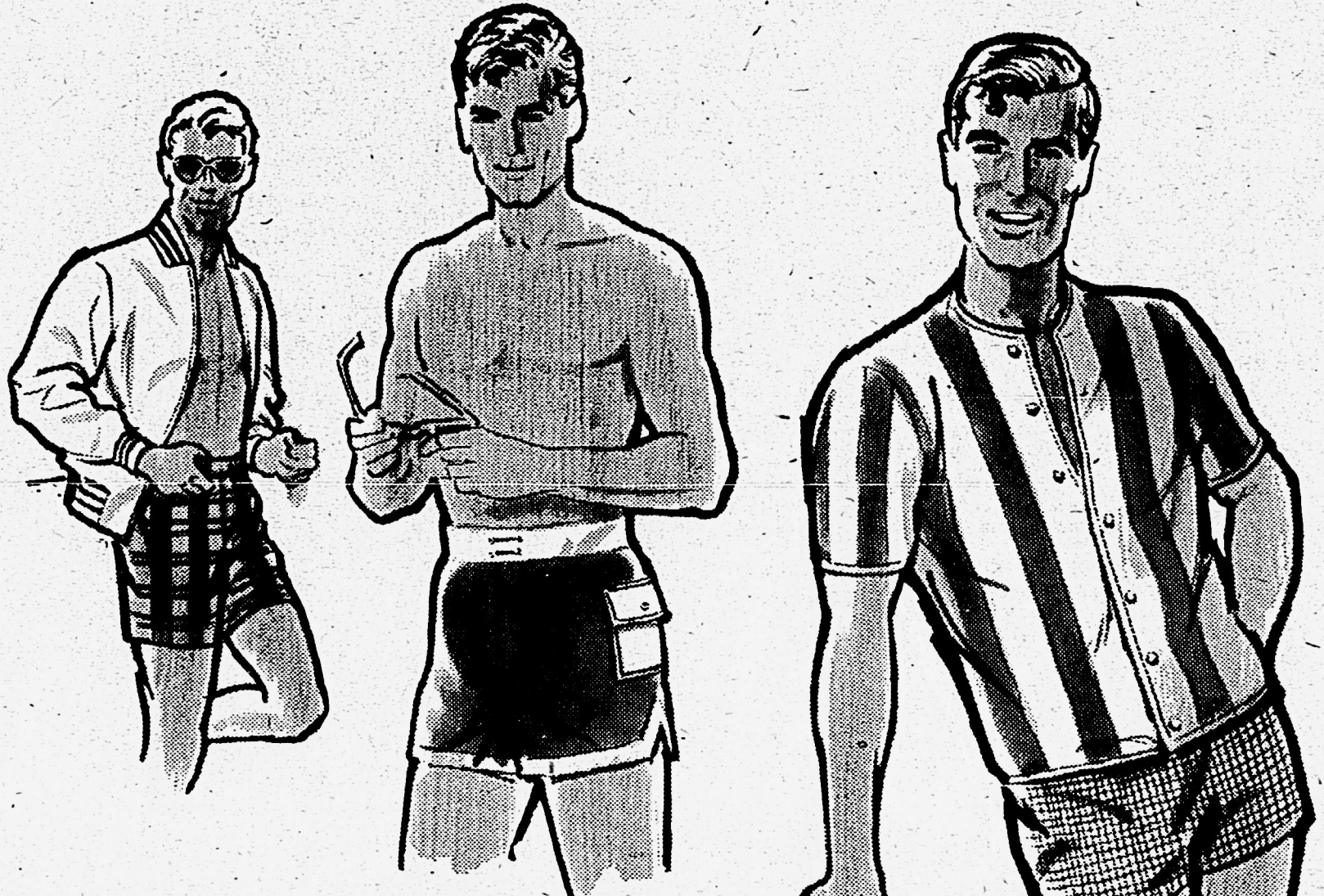
A refreshing, nutritious dessert for summer's active children.

Meat Patties Mashed Potatoes
Snap Beans Sliced Tomatoes
Farina Lemon Snow Beverage

FARINA LEMON SNOW

1/3 cup farina
1/2 cup sugar
1/2 teaspoon salt
2 cups boiling water
2 tablespoons butter or margarine
1 tablespoon grated lemon rind
1/4 cup lemon juice
2 egg whites

Stir together the farina, 1/4 cup of the sugar and the salt. Slowly sprinkle into boiling water in a saucepan. Cook and stir constantly over medium heat until thickened and smooth. Stir in butter, lemon rind and juice. Beat egg whites until they hold stiff straight peaks; gradually beat in remaining 1/4 cup sugar; continue to beat, if necessary, until extremely stiff; fold into farina mixture. Pour into individual molds rinsed with cold water. Chill. Makes 4 to 6 servings.



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