

**Festive Christmas Foods**  
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Home Economist

Start the day with a gay poinsettia ring. This may be made several days ahead and frozen. (Make two—serve one now and place one in the freezer.)

**Poinsettia Breakfast Ring**  
1/2 recipe hot roll mix  
2 tbs. melted butter  
3/4 cup finely chopped red candied cherries  
1/4 candied orange peel, grated  
confectioner sugar for glaze  
3 tbs. sugar

Prepare hot roll mix. When dough is risen, roll out on lightly floured board to make a rectangle, 16 x 12 inches. Brush with melted butter. Mix sugar and 1/4 cup cherries and sprinkle over dough. Roll as for jelly roll, starting at long side. Seal edge. With a sharp knife snip off ends (save for center). Cut roll diagonally in nine 1/2" slices. Place slices on greased baking sheet. Arrange in a circle, pointed ends out, each slice overlapping slightly. Put end pieces in center. Sprinkle grated orange peel over centers—cover; let rise until double. Bake at 350 deg. for 20-25 minutes. When slightly cool, glaze with confectioner's frosting and sprinkle with remaining 1/4 cup cherries.

**A Centerpiece from the Kitchen.**  
Make 3 unfilled jelly rolls. Frost with a deep-colored chocolate but-



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ter frosting. Sprinkle shavings of grated, unsweetened chocolate over the "logs". Arrange in log-fashion on a tray covered with foil. Place small red birthday candles in the logs, and light at serving time.

**Rosy Pear Salad**  
1/2 cup sugar  
1 1/2 cup water  
1/4 tsp. red food color  
dash of salt  
4 winter pears, peeled, halved and cored  
1 cup fresh cranberries  
lettuce leaves

Combine sugar, water, food color and salt in saucepan. Bring to a boil; stirring to dissolve the sugar. Add pears and simmer gently in syrup about 20 minutes, or until tender. Remove pears. Add cranberries to syrup. Cook 5 minutes or until skins pop. Pour cranberries over pears. Chill. Drain and serve on lettuce leaves with cream cheese or a fruit dressing.

Save the juice for a fruit punch during the holidays.

(This may also be served in sherbet glasses with the syrup, for a light holiday dessert). Makes 6 servings.

Here is a light dessert for the holiday meals.

**Easy Fruit Ice**  
1 6-oz. can frozen orange juice  
1 6-oz. can frozen pineapple juice  
or 2 cans frozen tangerine juice  
1 envelope plain gelatin  
1/2 cup sugar  
6 large thick-skinned oranges

Blend fruit juice with 2 juice cans of water. Sprinkle gelatin on 1/2 cup juice and let stand 5 minutes. Heat on lowest heat and stir until dissolved. Add gelatin and sugar to remaining juice. Freeze until almost firm. Remove to cold mixer bowl and beat until fluffy. Return to refrigerator trays and freeze until firm. Cut tops from oranges about 1/3 the way down. Scoop out pulp and reserve for later use. Cut edges of shells saw-tooth fashion. Fill shells with easy fruit ice and put in freezing compartment or freezer until serving time. Garnish with green cherries. Serve in a bowl of holly leaves and balls or other Christmas trim. Makes 6 servings.

**Health For All**

**TOO MUCH TO DO?**  
It wasn't going to happen this year. Remember? Your Christ-


mas shopping, sewing and baking were going to be so well planned that there would be no last minute rush. And where are you now?

How are you going to finish those aprons for the church bazaar? When will you find time to bake cookies for the children to give to their teachers? Weren't you going to applique some flowers on sister's new skirt? And you haven't a gift for father? Don't you envy Mrs. Jones who did all her shopping last summer, who has everything finished down to the last elegant bow on her packages? You don't really envy her, do you? For the next few days the house will be full of excitement, confusion and spicy smells. You'll have too much to do, but it will all get done. And you will probably be less tired at the end of it than Mrs. Jones who is now "resting up" for the ordeal of Christmas day.

Hard to believe? Science tells us that we feel better after working hard than after resting. Resting can be very difficult indeed, especially if you have to do it. Take a person suffering from tuberculosis, for instance. Rest is a basic part of the treatment of TB. Often, months in bed are required to give the diseased lung a chance to heal. Can you imagine what it would be like? You'd have to learn how to bear the tedium, how to keep your mind occupied so that worrying and fretting wouldn't make you even sicker. Your body as well as your mind would resent the lack of activity. The skin, the digestive system, muscles and blood circulation all suffer some bad effects from rest. New ways of treating TB are cutting down on the amount of time patients must spend in bed, but it is still a long ordeal.

Did you know that part of your Christmas Seal contributions to your tuberculosis association is sent to help TB patients get through the necessary period of rest with the least possible physical and mental suffering to help them bear the tedium so that they will stay in the hospital until they are completely cured? Those of us who have too much to do and the strength to do it during the Christmas season can be grateful for our good luck.

**Scotty Gets Generous**  
A Scot was playing golf with his wife when the thought struck him: "Is this your birthday? Well then, I think I'll give you the hole."



**60-SECOND SERMONS**  
— BY —  
FRED DODGE

**TEXT:** "Troubles, like babies, only grow by nursing." — Edward Everett Hale.  
Maggie was known for her boundless energy and her many children. She always had time from her own household tasks to add to the family's tiny income by working by the hour in several homes in the community. One of her employers who knew of her family cares, said to her: "Maggie, aren't so many children a great deal of trouble?"  
"No, mam," Maggie replied. "Dey's no trouble. Maybe dey is a bother sometime, but no trouble. Yo' see, trouble is on de heart, but bother is only on de hands."  
So often those things we term "troubles" are merely bothersome details of daily living which crowd out things we would rather do. In the hurry of everyday life we are apt to see them as "troubles" much larger and more important than they are. Bother some details are easily when we see their real unimportance. Never pass "bothers" from your hands to your heart. They don't belong there. You'll be happier when you know the difference between "bothers" and "troubles" and give to each the importance it deserves.

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**A Straw**  
"Now, Harry?" asked the teacher. "to what family does the whale belong?"  
"I don't know," replied Harry. "Nobody in our neighborhood has one."  
**And Ink Wins**  
Young Husband—It seems to me, my dear, that these pancakes are rather heavy.  
His bride—Then I'm afraid you are a poor judge, for the book says they are light and feathery.

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**MERRY CHRISTMAS**

As we pause in the gaiety of Christmas, let's think first of the Nativity of Him who is the hope of the world today, as two thousand years ago. He alone can bring about the peace of mind and contentment which we eagerly search for and need. May we follow His teachings so that the true spirit of Christmas can remain with us through the days to come.

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