



BROAD STREET BULLETIN...

By Kate

If I could have just any wish, It would not be for wealth, But for the joy of living In peace and perfect health.

Many of us keep wishing for so-called important things, when we really do have the one greatest blessing of all — good health. Money, background, culture nor sophistication will buy perfection of body or spirit. To be able to walk in the summer or winter sunshine or rain, with the feeling of well being — what more could one ask? It "gets too late too soon."

We really enjoyed our short weekend trip to Yankee Land, where we visited those we love and as usual ate too much. The highlight of our journey was the beautiful scenery, especially when we drove through the Catoctin Mountains in Maryland. It was like going to another world with mountains on both sides and in front of you, with colors of fiery red, deep yellows, orange and green. Up and down hills and around curves on a ribbon like road or "pike" as it is called by our Yankee people. Only the Greatest Painter of all could bring us this beautiful spectacle of nature.

Now since we've returned to the place we really love the most, we continue to count our blessings and appreciate the smallest detail of living for happiness. But woe is me, we brought back, of course, lots of Yankee food, including ponhaus, puddin, sauerkraut, cider, smear kase and shoefly pie, which although is delicious and brings back memories, also brings a weight problem. But I'm asking you—what's better than a pot of salad greens and some good ole Southern cornbread?

I wish I could really show my appreciation more to you who send me good recipes and household hints but most of all for your interest in my attempt to keep this column going. This past week I received a very nice letter, sent to you as I received it: "Dear Mrs. Bufflap: There may be others like me who have returned home while their husbands serve in Vietnam. I have a few ideas I thought you may like to pass along to them, as well as to friends and relatives of men over there. "Christmas is approaching and we all would like to send our men a remem-

brance. I have enclosed some gift and food ideas submitted by military wives that were published in the "Waiting Wives Bulletin." (Please give credit to it if you choose to reprint any of it). "I might add that any wife who is not receiving this free monthly bulletin may, by writing: Army Community Services Center, Military District of Washington, Fort Myer, Va. 22211.

"Along with her name and address, also give her husband's name, address, serial number and dates of his tour duty and his rate or rank.

"I hope you can condense these enclosed sheets. Through your service may we help bring a happier Christmas to some service men.

"Thank you, "Sincerely yours, "Mrs. Albert L. Henry, "Route 1, Tyner, N. C." Later I will try to include recipes sent by Mrs. Henry for those of you who will be mailing Christmas packages soon. Here's the first:

Fudge Nougats
2 cups sugar.
1 cup evaporated milk.
½ cup butter.
1 cup semi-sweet chocolate pieces.
1 cup finely crushed graham crackers.
¾ cup flour.
¾ cup nuts (chopped).
1 tsp. vanilla.
Combine sugar, milk and butter. Bring to rolling boil, stirring constantly. Boil 10 minutes. Remove from heat and add remaining ingredients and mix well. Spread in 12x8 inch pan and top with pecan halves. Cool, then pack in two well-buttered coffee cans for mailing.

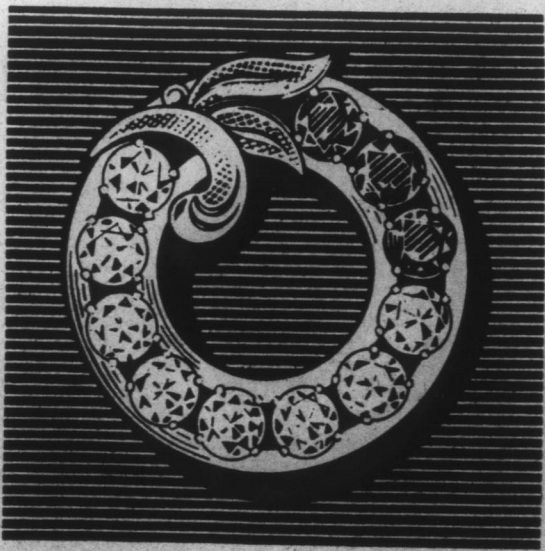
Another reader sent me recipes and an article containing special uses for salt and soda:

Wrap cheese in a salted damp cloth before refrigerating to prevent mold.
Salt egg plates, they'll wash easier.
If food bubbles over in the oven, sprinkle salt and cinnamon on spills and scrub when cool.
Renew limp sponges by soaking them in salt water.
Rub salt on hands to remove fruit stain and onion smell.
Crisp salads by adding

Continued on Page 6

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