

## THE FAMILY NEXT DOOR

## Christmas As Usual



## Hints for the Household



BY BETTY WEBSTER

## HOUSEHOLD HINTS

## Winter Window Boxes

Window boxes are generally slighted at winter time. Of course, nothing can replace the beauty of summer flowers and vines, but on the other hand there is nothing much prettier than green and white. And this is what I would suggest for winter window boxes.

Green in the box against a white background of snow. Little Evergreen trees are adorable, and any hardy greens which are obtainable are always pretty.

English Ivy stays green even in the severest weather. The violet plants are a nice addition, as their leaves remain green all during the winter months.

## COOKING HINTS

## Apple Rings

Apples.  
10 or 15 cents worth of cinnamon drops.

1-2 cup of sugar.  
1 cup water.  
Method: Core and peel apples, cut in 1-4-inch slices. Make a syrup in the frying pan of cinnamon drops, sugar and water. Cook the apple rings in this syrup; baste them often: cook until rings are red and tender, but not too soft.

These make a tasty and pretty platter trim; they may be served either hot or cold.

## Chocolate Opera Fudge

Stays Creamy A Long While  
3 cups granulated sugar.  
4 heaping tablespoons cocoa.  
1 cup of water.  
Little salt.

1 heaping tablespoon butter.  
1 heaping tablespoon vanilla.  
Method: Cook sugar, cocoa, salt and water together until it forms a soft ball in cold water. Take from fire, add butter and vanilla. Do not stir; set away until cold. When cool take knife or strong spoon and stir until able to take in hands. Then knead until creamy. Put on buttered platter and pat into 1-2-inch thickness. Cut in small cubes.

## Brown Sugar Fudge

3 cups brown sugar.  
1 cup milk.  
Butter, size of an egg.  
Little salt.

Method: Cook all together until it forms a soft ball in cold water. Beat until thick and creamy; if nuts or coconut are added, put them in just before turning out on platter. Pour on buttered platter, and cut in squares.

## BAKING HINTS

## Winter Cake

1-4 cups of sugar.  
1 cup shortening.  
1 teaspoon cinnamon.  
1-2 teaspoon allspice.  
1-2 teaspoon cloves.  
1 teaspoon mace.  
1-2 cup coffee.  
2 cups flour (sifted).  
4 eggs—unbeaten.  
2 cups raisins.  
1-2 cup dried apricots.  
3-4 cup candied cherries.  
1 cup candied pineapple.  
3-4 cup candied citron.  
1 cup currants.  
1-4 cup candied lemon peel.

Method: Cream the butter and sugar together; add eggs, then fruit and coffee; add flour and other ingredients. Beat well. Line a loaf pan with brown paper and bake 3 hours. By steaming 4 hours it is good used as a pudding.

Cranberry and Coconut Pie  
2 cups cranberries.  
1 cup sugar.  
1 cup water.  
1 tablespoon cornstarch.  
1-2 cup grated coconut.  
Method: Cook cranberries, sugar and 3-4 cup water together for 5

minutes. Dissolve cornstarch in remaining water, 1-4 cup; add to cranberries and cook all together until it is clear. Add grated coconut, stir well and take from fire. Line a pie pan with pastry. Pour in mixture. Bake in slow oven about 1-2 hour. Then top with meringue made of 2 egg whites and 2 tablespoons sugar and bake in a slow oven for another half hour.

The Road To Better Health  
HIGH BLOOD-PRESSURE

By DR. WILLIAM J. SCHOLLS

The normal average systolic blood-pressure for a man 20 years old, is about 120mm. of mercury. A rough estimation of the average normal pressure for ages above 20 may be obtained by adding one point for each additional two years of age.

Variations from the average occur even in health. Emotions, exercise and eating cause a temporary elevation. The blood-pressure normally rises as one grows older. This seems to be a wise provision on the part of nature to counterbalance certain changes in the system which occur with advancing age. Among the most important of these changes is a gradual hardening of the arteries which results in an increased resistance to the flow of blood.

## INCREASED PRESSURE

Diseases of the heart, arteries and kidneys are often accompanied by an increased blood-pressure. This often seems to be one of nature's methods of overcoming certain unfavorable effects of the disease. The seriousness of one's condition is much more likely to depend upon the amount of disease change in the arteries, kidneys or heart than upon the heightened blood-pressure. In fact, up to a certain place the increased blood-pressure may be

absolutely essential to the well-being of the victims of diseases of this class.

## A SYMPTOM

While blood-pressure determinations are a very important part of a medical examination, it is important to remember that an increased blood-

pressure is not necessarily a condition to be directly combated. In the presence of certain diseases it may even be your friend. A search should be made for the cause of this symptom—for high blood-pressure may be regarded as a symptom—and an effort made to remedy the cause, not the symptom.

The result of a blood-pressure determination is of no practical value to you unless it is considered in relation to the general condition of your system as determined by a complete physical examination.

Children increase the cares of life; but they mitigate the remembrance of death.

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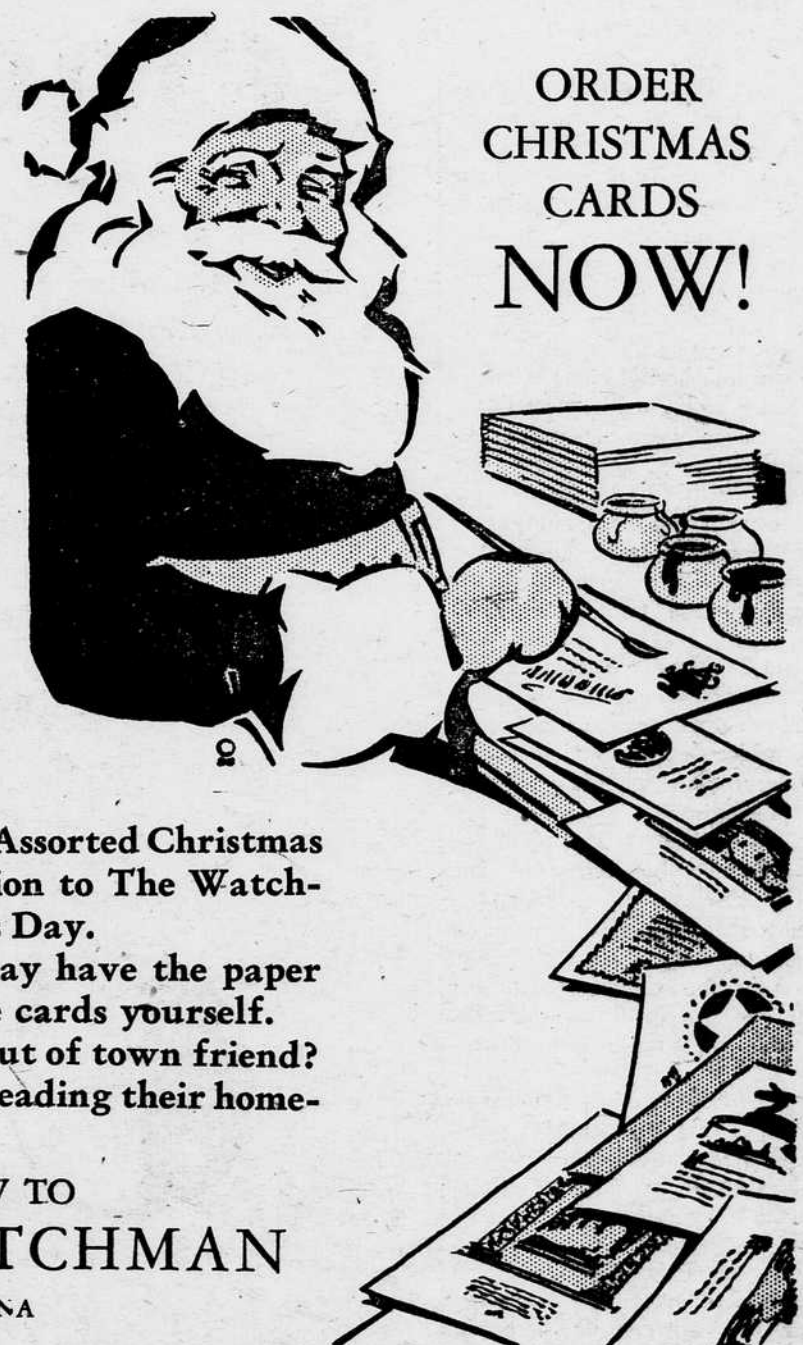
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