# Check list, needs for holiday baking

THE WEDDING of Miss Rhonda Lancaster, daughter of Mrs. Mildred Lancaster and the late Rudolf Lancaster, to Charles Dwight Ransome, took place in St. Bernadine Roman Catholic Church, in Baltimore, recently.

By VIRGINIA McLUCKIE, food economist

We are now in the period of pre-holiday food preparation.

Markets offer large displays of nuts, glazed fruits and other baking ingredients, says, Virginia McLuckie, Food Economist, Baltimore Office of the Department of Markets, University of Maryland.

The economical approach is to sit down with your favorite recipes, make a list of ingredients needed and the amounts to be purchased. Go to your cupboard and check your supply of staples and spices.

If you have spices and seasonings not used too often you may wish to replenish the supply. Spices should have a bright lively color appearance and a pungent aroma. Pour a small amount into the palm of your hand, close and allow the spice to warm, sniff the aroma and you can tell if it has lost its strength.

You may be able to purchase large size packages or buy pound units, for nut meats, glazed fruit and staples and flavorings which will be more economical. Plan to space your baking need purchases over several shopping trips or weeks of buying so you do not wreck the food budget.

Nuts and nut meats can be a costly item for making fruit cakes, cookies and bars, candies and other special recipes. There are plenty of all kinds of nuts from the 1971 crop; almonds down 2 per cent, pecans up 63 per cent, filberts up 37 per cent, walnuts up 12 per cent and more macadamia nuts from Hawaii. While peanuts are a legume, we use them as nuts and the peanut crop is 7 per cent above last years record crop.

* * *

To shell or not to shell is the food shoppers question. Nuts are often cheaper when purchased in the shell, but buying shelled nuts saves time, labor and storage space.

As a rule of thumb, it takes two and one-half to three pounds of all in shell nuts, except filberts, to yield one pound of nut meats. The flavor of nuts depends on the oils they contain. Nuts stale when the oils turn rancid under continued exposure to air, heat and moisture. Nuts keep better in an airtight jar in the refrigerator.

This is the season when dates, figs and candided or glazed fruits are available. Whole slices of green, yellow or red pineapple, it is less expensive to purchased cut up pieces. On mixed fruit that has been cut up the label will give you the list of ingredients in predominate order. Glazed fruits should be dry to the touch. The sugar content will draw moisture from the air producing a syrup.

Dates, domestic and imported are often called natural candy because the sugar content of the fruit is so high. They need only pitting and pasteurizing, packaging and they are ready to sell. Figs may be a light or dark variety. If figs are very dry or hard, they should be soaked or parboiled to soften flesh before using. Enjoy these fruits done in holiday style as it is the only time of year they are featured.

Best buys are seasonal offerings of winter vegetables and fruits, sweet and white potatoes, dry onions, winter squash, cabbage, carrots, apples, bananas, Tokay grapes, juice oranges, grapefruit, tangelos, tangerines and cranberries.

Date Brownies are made with two eggs, three-fourth cup brown sugar, one-half cup flour, twenty-two Graham Crackers (1-2/3 cup), one-half teaspoon vanilla, seven and one-half ounce package (1-1/3 cups) chopped dates, and one-half cup chopped walnuts.

Beat eggs until light. Combine sugar, flour and graham crackers which have been rolled to fine crumbs. Add to eggs, mixing well. Stir in vanilla, chopped dates and walnuts. Spread mixture evenly in a greased 8-inch square pan. Bake in a moderate oven (350 degree F.) 25 to 30 minutes. Cut while warm into 20 bars.

TEETHING For restlessness and crying accompanying teething, use time-tested, homeopathic medicine. HUMPHREYS 3

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## Morgan State choir to hold annual concert

The Morgan State College Choir, under direction of Nathan Carter, will present its annual Christmas concert in Murphy Auditorium Sunday, Dec. 12 at 7:30 p.m.

The program will consist of three contrasting yuletide works, Johann Sebastian Bach's Cantata "For us a child is born;" "A ceremony of Carols;" Black Spirituals and Roy Ringwald's "The Song of Christmas."

Vocal soloists will be chosen from students currently enrolled in the choral program and will be announced at the time of performance.

William Partridge, director of Music at the University of Baptist Church, will assist the choir at the new three manual Allen Organ.

## Corrections symposium Saturday

The new Democratic Coalition of Maryland has announced a symposium, sponsored by its committee on Correctional Reform, to be held Saturday at 1 p.m. at Steelworkers Hall in Dundalk.

The committee, headed by Kathleen O'Ferrall Friedman and Wallace C. Oppel Jr., has invited individuals and representatives of groups who have demonstrated concern for the failure of contemporary correctional systems to participate in an exchange of ideas.

The coalition's invitational letter claims community action, legislative efforts, social action and public information can be achieved more effectively through a comprehensive and coordinated effort.

The new democratic coalition hopes and expects that those who agree with their basic premise, will join with them in a massive community effort to effectuate meaningful change in many areas of the corrections system.

## March of Dimes changes its Dec. schedule

The National Foundation-March of Dimes announces its message program for December will feature Dr. Howard Garber, chief of the Division of Communicable diseases.

The message originally scheduled for December featuring Dr. Irvin Cushner, associate professor of Obstetrics and Gynecology of Johns Hopkins University School of Medicine, has been postponed until January due to the urgency of creating an awareness on venereal diseases.

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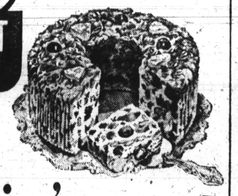

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# Light Housekeeping

By LULA MACKAY

Fashion never stands still. That, Sabina is one way of never allowing your bank account to stand still. And this season the change isn't merely in the outer garmets the couturiers have dreamed up, but in everything from clog shoes to lipstick. Personally I,m thankful that the pale, death mask lipsictk is out, and that the warm colors are in. Both your lips and nails will be rosy or lush red this season if you are up with it.

And while we are on the subject of beauty and effortstowards beauty, there's a new fragrance that you will be able to get in the very near future. Coming on strong is Libra's new "Together." A little bit wild. A little bit wicked. Subly sexy. Together is the surge toward franker, more emphatic perfumes of the seventies. You need not bother if you are inclined to gragile fragrances . . which are on the wane anyway. This new scent definitely makes itself known.

What's new? Four cleaning methods are detailed on wove cloth permanent care labels now being sewn into men's and women's versions of jeans and sportswear by one manufacturer.

The garments go by the trade name of Wrangler and Maverick. Developed to cover various categories of apparel, depending on fiber content and dyes of fabrics, the four methods are permanent press, machine washables, hand washables, and dryclean only togs.

The idea of permanent care labeling on apparel has been under study by the Federal Trade Commission for some time. However, to date the federal agency has not established industry guidelines. But the manufacturer in this case decided to go ahead in the consumers' interest.

Homemaking bit: Don't get hung up on the idea that your silverware must always be used just for the items attach to the name. You can only justify spending for fine silver if you get full use from it.

For for example, the large trays can hold molded aspic ro salad, act as cocktail trays or cake plates. A sandwich tray is ideal for cheese and crackers, cold cuts and slads on the buffet board.

At table, a bread tray accommodates broccoli, asparagus, radishes, celery, carrot sticks, bread sticks, and away from the table, it holds letters with aplomb on the desk.

Dollars and sense: A lot of shekels have gone into your diamonds. And although diamond is the hardest substance in nature, you should be careful not to drop or bang yours against a hard surface. It can crack and chip.

Don't jumble diamond pieces together in a jewel box since diamonds have the power to scratch one another, even though no other jewel can scratch them. And don't subject them to the risk of extreme heat and cold. Internal flaws yoc have never seen may be enlarged and come to light under extremes of temperature.

Don't expect mere handwashing to keep your diamond ring clean. Soap collects on the underside and dims the stones. Wash your rings this way:

In two cupfuls hot water put one tablespoon household amonia and a few soap flacks. This makes hot suds with any good detergent. Scrub rings with a little eyebrow brush. Rinse in tepid water, dip in alcohol to cut any remaining soap filk, drain on tissue.

Recipe of the week: Let's carry on with the cookies.

Four-in-One Cookies are a great addition to your Yule ollection.

For the cookies you will need one cup shortening, soft; three-fourths cup firmly packed brown sugar, three-fourth cup granulated sugar, two eggs, a third cup milk, one and a half cups sifted all-purpose flour, a teaspoon baking powder, a half teaspoon salt, a half teaspoon vanilla, three cups Qaker Oats, uncooked.

Beat shortening and sugars together until creamy. Add eggs. Beat until light and fluffy. Beat in milk.

Sift together flour, baking powder, soda and salt. Add to creamed mixture. Mix well. Blend in vanilla and stir in oats. The latter may be either the quick or old fashioned.

For variations, divide batter in four equal parts. To one part add a fourth cup semi-sweet chocolate-covered raisins. To the third part, add a teaspoon grated orange peel, a dash of cardamon and a fourth cup shopped pecans.

For the final variation, add a teaspoon grated orange peel, a dash of cardamon and a fourth cup chopped pecans.

For the final variation, sprinkle a fourth cup chopped apples with a teaspoon lemon juice and roll in a tablespoon of the flour. Add the coated apples, remaining flour, and a furth teaspoon cinnamon to the batter.

Drop by teaspoonfuls onto greased cookie sheets. Place red cinnamon candies on top of each apple cookie. Bake in preheated moderate oven (350 F.) 18 to 20 minutes until lightly browp.

Makes about six dozen cookies.

## Cheeses lead sophisticated entertaining

BALTIMORE — A most sophisticated way to entertain is with cheese.

In Denmark, Europe's smiling dairyland, a party without cheese is no party at all. And once you've tried a Danish-style cheeseparty, you'll know why...

There'll be dozens of different types of cheese — all with their own orchestra of garnishes — as colorful as they are tasty, and all savored with hearty wines, pungent aquavit or fragrant dark ale.

The secret behind it all is the Dane's natural understanding of the many kinds of cheese and the cheese type dictates the garnish, says Barry Roysdon of The Cheese Shop, Village of Cross Keys, here.

* * *

Among the favorite Danish cheese types and their natural "accompanists" are:

Esrom (Danish Port Salute). Mild Flavor, slightly aromatic, butterlike texture. Excellent on buttered pumpernickel and topped with radish silvers or bouquets.

Samsoe. Mild, sweet nutlike flavor, firm texture. Try in cubes, swirled on a toothpick with a chunk of pinapple, a cheerful cocktail cherry.

Havarti. Fairly mild, but piquant. Firm texture. Serve on pumpernickel and have a hospitable pitcher of ale handy. And for cocktails cut in cubes, and top with a miniature cocktail sausage, slice of bacon, all on a festive toothpick.

Dofino. Mild, rich, creamy. The type of cheese even liked by non-cheese eaters. A true "round-the-clock" cheese. Will go with black and green olives, fruit, beer or wine, in salads, sandwiches, sauces.

Fontina. Firm texture, mild flavor. At its loveliest in canape cubes topped with green or black grapes, other types of fresh fruit. Also paradoxically, a real man's cheese: great for sandwiches, a wonderful companion with beer or wine.

* * *

Buko is a sophisticated cheese spread with built-in hunks of lobster, shrimp, mushroom, smoked salmon, Danish ham. Instant party treat on crackers or rye crisp — excellent for many gourmet sources. No refrigeration needed, so it is especially popular for Danish picnics.

Tybo. Firm-textured, yet buttery. Subtly but definitely flavored. Mildly aromatic. Extremely adaptable. Perfect with hot buttered toast, English muffins, light dry wines. Goes very well with fresh fruit.

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