So, You Think You Know Football?

By Sam Lacy

It is the end of the regular season in college and high school football, with the peak of the professional season and the magnetism of the collegiate bowl era yet to come.

So, this may be as good a time as any to brush up on the fall sport which is growing in popularity in leaps and bounds.

No game demands more teamwork strength, courage and alertness or provides a more thrilling spectacle than this King of the Autumn in the United States.

And it is a safe bet that few games have a more lively history.

Football, actually, is an ancient sport. A game called "harpaston" was played by the Spartans as early as 500 B.C. In this game, a ball was kicked, passed, or carried across the opponents' goal line.

Game Called 'Calcio'

Strikingly similar to a modern football was the "follis," used in Roman games. It was made of leather and inflated with air, but evidently was propelled by foot, not by hand and arm.

A game called "calcio" a modified form of "harpaston," enlivened medieval tournaments in Italy. The players, however, were 27 on a team. They used line and backfield formations similar to today's football, but unlike the mod-attired fans of our time, the spectator ranks were loaded with princes, soldiers, and "noble ladies of the people."

Brawling Football

A brawling brand of football was played in England as early as the 10th century, and by the 12th it had become a national problem. The game was making London a bedlam.

In addition, it was diverting yeomen from archery, a sport that fitted them to defend England. Hence football was banned by municipal laws and royal edicts beginning in 1365, when Edward 3rd decided to ban the game for military reasons.

Reinstated in the 17th century by Charles 2nd, the game began a resurgence that finally arrived at its present stage, but the metamorphasis was spectacular.

Then Came Soccer

At first, the rivalry was between parishes with goals set three and four miles apart, and eventually games developed as a prideful thing with parishes uniting and competing against others over a sprawling area of the countryside.

After a few experiments with high school teams, the sport evolved into rugby, the British origin of the game as it is played in America, though decidedly different in its format.

Then came soccer, then what we call football.

Merged In 1970

The first American collegiate contest, as most readers must know, was played between Rutgers and Princeton on Nov. 6, 1869, at New Brunswick, N.J.

Professional football began at Latrobe, Pa., in 1895. The National Football League was formed in 1921, and in 1960 the American Football League commenced play. The two leagues — the NFL and AFL — were merged in 1970, to form what is now known as the National Football League with the National Conference consisting of former NFL teams and the American Conference made up of former AFL clubs.

Holiday Breads

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blended cream cheese; egg yolks, sugar and vanilla. Mix in currants and lemon peel. Set aside. To prepare Topping: in a small bowl mix together crumbs and nuts. Stir in butter until well mixed. Set aside.

To prepare Coffeecake: cream butter; gradually add sugar and beat until light and fluffy. Beat in egg and egg whites. Add vanilla. Sift together flour, baking powder, soda and salt. Add to creamed mixture alternately with sour cream. Spread half of batter in buttered 9-inch square pan. Spread filling on top. Spoon remaining batter over filling, spreading carefully to cover filling. Sprinkle topping over batter.

Bake in preheated 350 degree oven, 50-55 minutes or until center springs back when touched lightly with finger. Cool 30 minutes before cutting. Makes 9-12 servings.

HOLIDAY CREAM TWISTS

Dainty, pretty and tasty for the holidays or any festive occasion

1 pkg. active dry yeast
½ c. warm water (110 degrees to 115 degrees)
4 c. sifted all-purpose flour
1 tsp. salt
1 c. shortening
1 whole egg
2 egg yolks
1 c. dairy sour cream
½ tsp. grated lemon peel
½ c. quartered candied cherries
½ c. broken walnuts
¾ c. sugar

Sprinkle yeast on warm water; stir to dissolve.

Sift together flour and salt; cut shortening into flour mixture with pastry blender.

Combine yeast, egg, egg yolks, sour cream and lemon peel; mix thoroughly into flour mixture. Stir in cherries and walnuts. Cover and place dough in refrigerator overnight (it will be stiff).

Sprinkle sugar lightly over rolling surface. Place dough on sugared surface and sprinkle it lightly with sugar. Roll to make a 16 x 12 inch rectangle. Fold dough from two opposite sides to make 3 layers. Sprinkle rolling surface and dough with a little sugar and roll and fold again. Sprinkle dough and rolling surfaces again with sugar and roll, fold and roll again. (Divide the sugar — use about 2 tblsp. at a time — so you will use no more than ¾ c. for the entire process.)

Cut the 16 x 12 inch sheet of dough into strips 4 inches long and 1 inch wide. Lift strips with both hands and twist 3 or 4 times. Place 1 inch apart on ungreased baking sheets.

Bake in moderate oven (375 degrees) 18 to 20 minutes. Makes 48 rolls.

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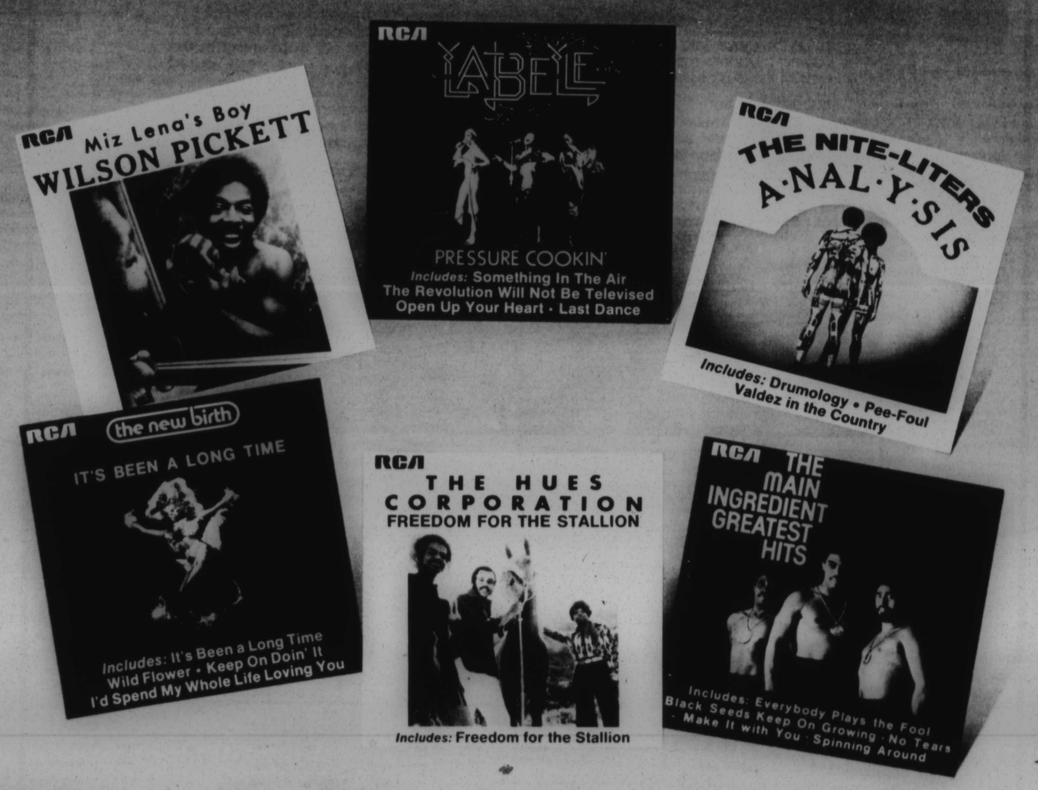

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