

Special holiday studies by the National Safety Council showed that 55% of the Christmas season fatal traffic accidents involved a drinking driver.

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At Home With Trudy McNeil

Fresh Fruit Mold

By TRUDY McNEIL

Around Christmas time, my head is full of plans for entertaining, decorating, and of course, feeding family and friends. I look for an easy way, but always try to keep in mind the impressions I want to make. Remember the old saying, "Entertain often and entertain with care, but have the best type of anyone there."

The food you prepare is very important, and since it is a time when most everyone has an over abundance of sweet things, your family and guests will be sure to welcome something a little less "caloriferous."

HAVE YOU ever noticed that those lovely sweet ladies who never seem to gain an ounce over the holidays, instinctively reach for a piece of fruit. It is true that fresh fruits can satisfy a craving for dessert.

Perhaps this is a good time to remind you of the caloric value of the fresh fruits on the market right now. Apples, 70 calories; bananas — the three-to-a-pound size — 85 calories; grapefruit, half a medium one, 50 calories; grapes, about 1 cup, raw, 80 calories; 1 large orange, 70 calories; 1 large pear, 100 calories; 1 cup raw pineapple, 75 calories; 1 medium tangerine, 40 calories.

If you know your calorie tables you'll realize that's pretty low considering each is worth a full dessert and even more important is the fact that these fruits offer good health with good eating because of the abundance of minerals and vitamins.

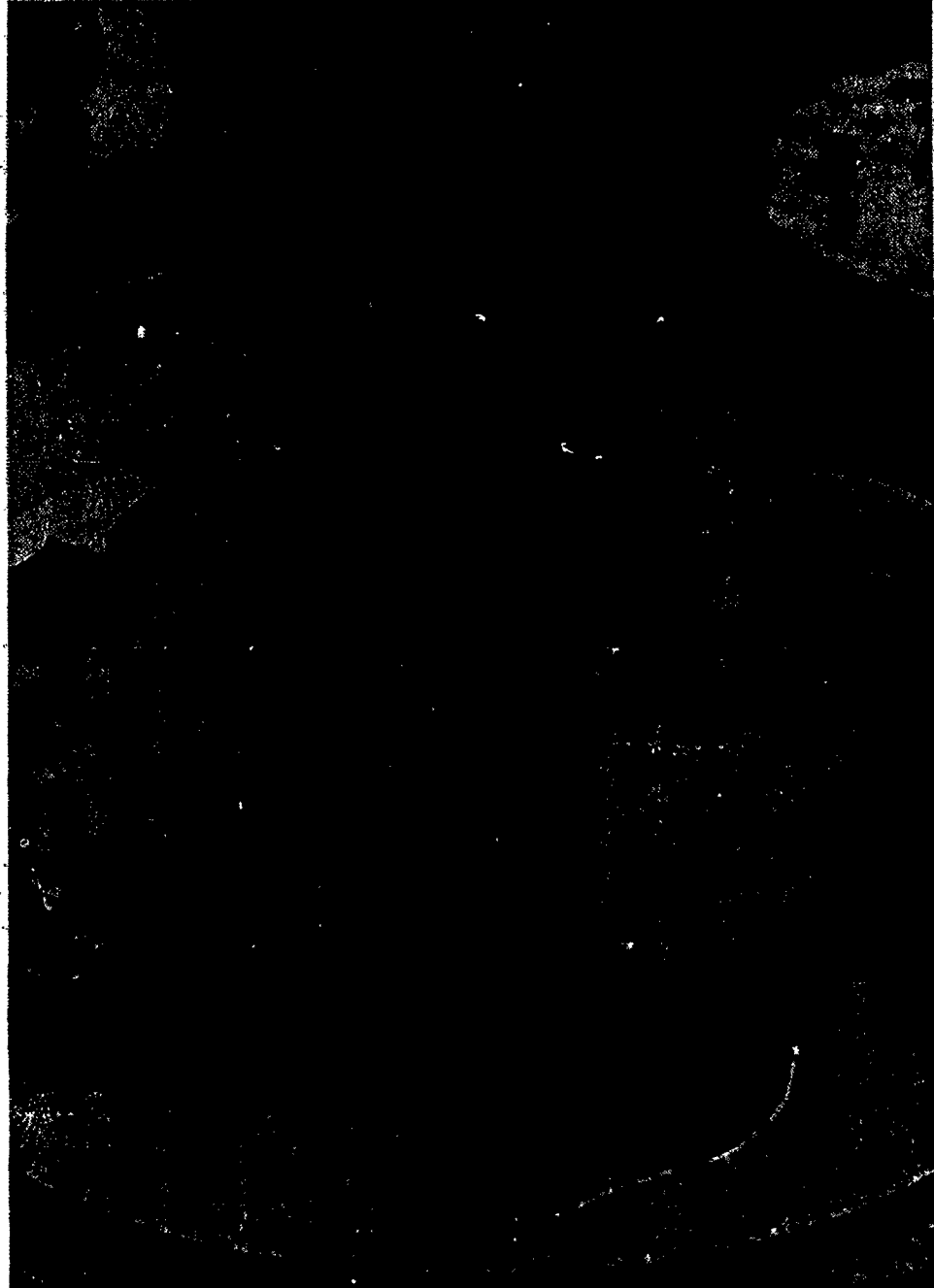
CHRISTMAS FRUIT MOLD is a tempting dish which you can serve after an elaborate holiday dinner or you can whip it from the refrigerator to serve with little sandwiches and coffee when late snacks are in order.

The mold itself is calorie-low — the sauce is richer, but you can control the calorie count on each serving by the amount of sauce you use. This mold is wonderful for children too, which is a nice thing for mother. So often holiday desserts are overly rich. Second helpings of this dessert should be permitted, in fact encouraged!

CHRISTMAS FRUIT MOLD

- 3 T. unflavored gelatin
- 1 c. fresh lemon juice
- 2 c. fresh orange juice
- 1/4 c. sugar
- 1 c. sliced bananas
- 1 1/2 c. fresh grapefruit sections
- 1 c. seeded grapes
- Orange whipped cream
- 1/2 t. salt

Soften gelatin in lemon juice. Place over hot water to melt. Add to orange juice, sugar and salt. Rinse 1 1/2 quart mold with cold water, pour in 1/2 inch clear gelatin. Chill until firm. Arrange a layer of sliced bananas over the firm gelatin. In the meantime, chill the remaining gelatin mixture until it begins to thicken. Fold in remaining fruit and turn into the mold.



A low-calorie salad for the big day

Chill until firm and ready to serve. Turn out onto a serving plate. Garnish with holly. Serve with Orange Whipped Cream, 8 servings.

ORANGE WHIPPED CREAM

- 1 c. heavy cream
- 2 T. confectioners' sugar
- 1 T. grated orange rind.

Whip cream until stiff. Fold in sugar and grated orange rind. Yield: 2 cups. Another idea for dessert using fresh fruit — just serve fresh fruit as it was taken off tree or vine.

— goes famously with nice sharp cheese. Men particularly love this combination. Make a handsome fruit arrangement in a bowl, scatter nuts over it here and there and if you have some holly or mistletoe sprigs tuck them around the base. Very festive and it just seems to sing, "God rest ye, merry gentlemen!"

THE FOG HAS LIFTED FROM THE BOGS! Cranberries are back on the grocery shelves and most of us are happy. December is a good time

to store fresh cranberries in your freezer. It is the easiest of all fruits to freeze. Just place the bags or window boxes right in the freezer. The frozen berries keep for 12 months. Another way to freeze cranberries is to wash and dry berries and seal in your own moisture-vapor proof containers.

Frozen cranberries should be used without thawing. Fresh whole cranberry sauce and cranberry-orange relish freeze well too, for good eating all year round. Here's another salad idea called CRANBERRY SUPPER SALAD. It's so pretty and would be perfect for New Year's Eve Supper, surrounded with cold sliced meats and cheese. Complete menu with hot rolls and a beverage.

CRANBERRY SUPPER SALAD

- 2 T. unflavored gelatin
- 2 c. apple juice
- 4 c. (1-lb.) fresh cranberries
- 1 c. diced celery
- 1/2 c. chopped walnuts
- 1/2 t. cinnamon
- 1 c. sugar

Sprinkle gelatin over 1/2 c. of the apple juice. Heat remaining 1 1/2 c. apple juice. Stir in gelatin until dissolved. Put cranberries through food chopper. Combine cranberries with celery, walnuts, sugar and cinnamon. Stir into gelatin mixture. Pour into large mold. Chill until firm. Makes 8 to 10 servings.

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Church, Reds Team Up To Fight Alcoholism

Warsaw — (RNS) — Tribute was paid to the "good work" of Catholic organizations in combating alcoholism in Communist Poland by the Warsaw Radio in a broadcast exhorting all Poles to join in a national campaign against the evil.

The broadcast stressed that the consumption of alcohol in Poland is now the highest in Europe. It said excessive drinking annually costs thousands of lives lost in brawls, road accidents, fires caused by drinkers, and innumerable crimes committed under the influence of alcohol.

ANNOUNCING that new laws aimed at curbing alcoholism will be passed during the next session of the Polish parliament, the broadcast said, "We have had enough of tolerance and drunkenness. We demand severe measures against alcoholism and severe punishment of the guilty."

The new legislation, the Warsaw Radio said, will include compulsory forced labor and

medical treatment for drunkards.

Although generally applauding the station's denunciation of alcoholism, commentators here said it was "somewhat hypocritical," since the government has a complete monopoly in the production, distribution and sale of alcohol throughout Poland.

To Play Lead

Miss Margot Dessauer, a senior at Marymount College, Tarrytown, has been chosen to play the lead in the senior play "A Touch Of Heaven," to be presented at the college Sunday evening, Dec. 20. Margot is the daughter of Mr. and Mrs. John Dessauer, 37 Parker Drive, Pittsford.

Reds Block New Chapels

Berlin — (NC) — Auxiliary Bishop Friedrich Rinkele of Paderborn, who resides in Magdeburg in communist-controlled East Germany, has protested against Red action which has blocked construction of two chapels near Magdeburg for years.

In 1954, communist officials denied the required permit to build masonry chapels on the

grounds that building materials were not available. In 1957 Church officials were granted a license to bring in pre-fabricated chapels from West Germany. However, the communists have refused to permit the assembly of the buildings at Moesser, near Magdeburg.

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The Weekly Note from Mr. Pops!
Over the neighborhood of the world, on Christmas Eve, there roams a kindly old gentleman — loved by all because he represents charity, kindness and love in any language.
Our Santa Claus comes from the Dutch — St. Nicholas, a kindly bishop of the 4th Century. French children set out their wooden shoes on the hearth to receive the gifts of Bonhomme Noel (Father Christmas) or Le Petit Jesus (The Infant Jesus); Scandinavians await the coming of Kris Kringle (the Christmas Child), while the Italians distribute gifts by means of numbers drawn from the urn of fate. In Germany and German Switzerland, St. Nicholas has a feast apart from Christmas, his day being celebrated on December 6.
We know the old gentleman by the name of Santa Claus, but he is universally known and universally loved.
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