

For The Women

State Easter Seal Meet to be Here

Public Attitudes Toward the Disabled will be the subject of a luncheon address at the annual meeting this Wednesday of the Easter Seal Society of New York State.

Dr. William Gellman, director of the national organization's research foundation and executive director of the Jewish Vocational Service of Chicago, will be the speaker, at 12:15 p.m. in the Sheraton Hotel. Dr. Gellman, a psychologist, specializes in vocational guidance of the handicapped.

The public meeting, sponsored by the Crippled Children's Society of Monroe County, will begin at 9:15 a.m. At 10, there will be a panel discussion on "The Changing Role of the Vocational Health Agency." The county society's annual meeting is scheduled for 3:30 p.m.

POP TOPICS

Dear Friends,

Well, here we are at the beginning of a brand new, brand-name POP Contest—our fifth, to be exact. If you were a little lax in the past, a little slow to cooperate, there's no point in bemoaning the fact. Now is the time to make a fresh start, to put forth renewed effort. Every litter bit helps when it comes to POP litter—that is, those labels, caps and receipts which ordinarily would be tossed in the wastebasket. From now on, "Think before throwing out" should become your motto.

As usual, the bulk of your tum-ins came to us during the last week of Game No. 4. Since it takes considerable time to process these, to add up each group's totals, etc., there's an understandable delay in determining awards. But rest assured we're proceeding as rapidly as possible and will bring you the results as soon as we can. Meanwhile, use this interim to concentrate on the current Game. This particular contest, by the way, extends through March '69.

You'll find the products for Game No. 5 listed below. Manufacturer Labels will not be accepted for credit. Watch the POP Shopping List for new products.

In the near future we'll be sending all you POP Chairmen another supply of Label Report Forms together with any other necessary information. Until then, do continue to TALK POP, SHOP POP, AND SAVE POP. PROOFS OF PURCHASE.

During September we celebrated NATIONAL BETTER BREAKFAST MONTH. But serving "better breakfasts" shouldn't be confined to just one period of the year. Breakfast is an important meal for it's literally the time to break our fast (of an eight hour night) and to fortify ourselves for the day ahead. Don't let your children tell you that breakfast isn't necessary. Everyone, children, teen-agers and adults are more alert, resistant to fatigue and efficient after they've had a good breakfast. This meal can be made more interesting if you vary the menu. Try toast one morning, fresh coffee cake the next, etc. Eggs too may be served in many ways and you can alternate fruit juices with fresh or canned fruit.

The following coffee cake is just as easy as can be and may be made ahead whenever you have time available:

- WALNUT STUDEL**
(two loaves)
- 1/2 cup scalded milk
 - 1/2 cup softened Land O'Lakes Butter
 - 1/2 cup sugar
 - 1/2 tsp. salt
 - 2 eggs, beaten until frothy
 - 1/2 tsp. vanilla
 - 1 Pkg. Red Star Yeast
 - 1 tbl. sugar
 - 1/2 cup warm water
 - 3 1/2 to 4 cups flour
- Scald milk and butter. Add to sugar and salt. When cool add eggs slowly and vanilla. When liquid is lukewarm add yeast which has been dissolved with the sugar in warm water. Add enough flour until dough holds without being sticky. Knead until smooth and satiny (two- or three-minutes). Place in a greased bowl and cover. Let rise until double, about 45 minutes to an hour. Punch down. Let rise again, 30 to 45 minutes. Cut dough in half. Roll each half on floured board into a rectangle about 9 x 12 inches. Spread with half the filling (below). Roll up like jelly roll. Place fold side down on greased 9 x 12 inch pan. Repeat with other half. Let rise until double, about 45 minutes. Bake in a 400° F oven for 15 minutes. Lower heat to 350° F and bake another 15 minutes. Frost lightly with thin confectioners icing (see below).
- Filling**
- 1 1/2 cups walnuts, chopped fine or ground
 - 1 egg
 - 1/2 tsp. vanilla
 - 1 cup powdered sugar
 - 3 tbl. cream
- Combine all ingredients and set aside until needed.
- Frosting**
- 1 Tbl. Land O'Lakes Butter, softened
 - 2 Tbl. milk
- Sugar (confectioner's) enough to make a runny consistency. Beat well. Spoon over top of cakes while they are warm. And here's another sure-fire way to perk up morning appetites. Serve

- WAKE-UP BUTTERMILK GRIDDLE CAKES**
(about 18)
- 2 cups sifted all-purpose flour
 - 1 tsp. baking soda
 - 1/2 tsp. salt
 - 1 tbl. sugar
 - 2 eggs, well beaten
 - 2 cups buttermilk
 - 2 tbl. melted Land O'Lakes Butter
- Sift together flour, baking soda, salt and sugar. Combine eggs and buttermilk; stir into flour mixture; beat until smooth; add melted butter. Bake on hot griddle. Serve with warm syrup and soft butter.

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Product	Save
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LoBlaw Century	Cash Register Tape
Pepsi Cola Diet or Regular	Bottle Cap
Prince Macaroni Products	Box Front or Label from Any Product
Red-Star Yeast	Envelopes

Labels from All the Products listed above will be accepted for 20, 1968. However, WATCH THE COURIER FOR FUTURE ADDITIONS TO THIS LIST.

Dress Up That Church Bazaar

Church or PTA bazaar on your fall horizon? Then it's time to be off to the kitchen to make the jams and jellies.

Homemade preserves are always best sellers, but you'll find that your project will do even better this year if you feature unusual flavors — ones your neighbor can't pluck from the supermarket shelf — and find new ways to make your display more eye-catching.

Cider jelly and mint and pineapple jelly are two jellies you'll want to try. It's a snap to turn out several batches of each in an afternoon. With the two sparkling jellies side by side on the shelf, the color combination of rose and green will put your bazaar shoppers in a holiday mood.

To dress up your shelves, use wrappings that are stand-outs and will give your preserves added gift appeal. First cut from shelf paper a cone-shaped pattern that will fit over and around jelly glasses, making a tab and a slot for closing. (This will serve as a takeoff point for many varied shapes.) Then follow one of the suggestions given below, which should spark your own inventive ideas, too.

Mr. Calico Cat. Add a feline head to your basic shape; then cut it from light cardboard and again from fabric remnants; glue together. Trim with rickrack, button eyes, and pipe cleaner whiskers. Tie on a bow and a bell. Add a tiny handkerchief pocket and a tail of the same fabric.

Angela the Angel. Add an angel's head to the basic shape; then cut it from cardboard and white felt. (Pique would be a clever choice, too.) Attach yellow yarn for hair, foil-covered wings, and blue and pink felt cutouts for eyes and a rosy mouth. Trim with leftover lace in ruffles or stripes.

Miss Christmas Tree. Let the basic cone shape come to a point; then cut it from cardboard and either green terry cloth or shiny paper. Trim with sequins or "mod" little flowers cut from shocking pink felt.

CIDER JELLY

- 4 cups sweet apple cider
- 7 1/2 cups (3 1/2 lb.) sugar
- 2 tablespoons red cinnamon candies
- 1 bottle (6 oz.) liquid fruit pectin


Measure cider into a very large saucepan. Add sugar and candies and mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in fruit pectin. Then bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon, and pour quickly into glasses. Cover at once with 1/2 inch hot paraffin. Makes about 11 medium glasses.

Forty Hours

Forty Hours devotions will open Oct. 20 in the following places: Holy Ghost, St. Augustine and St. Margaret Mary, Rochester; St. Hyacinth, Auburn; St. John, Elmira; St. Ignatius, Hornell; Interlaken and Lima.

Hey, Mrs. McGee

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With one afternoon session in the kitchen, you'll have plenty of unique Mint and Pineapple Jelly and Cider Jelly to supply your preserves display at the church, PTA, or club bazaar. Catch the eye of the shopper with these unusual and easily done decorations.

- MINT AND PINEAPPLE JELLY**
- 3 1/2 cups (1 1/2 lb.) sugar
 - 2 1/2 cups (18-oz. can) unsweetened pineapple juice
 - 1/2 cup water
 - 1 box (1 3/4 oz.) powdered fruit pectin
 - Green food coloring
 - 1/2 to 1 teaspoon spearmint extract

Measure sugar and set aside. Mix pineapple juice and water in a large sauce-

pan. Add fruit pectin and mix well. Place over high heat and while mixture is coming to a boil, add green coloring to give desired shade. Stir until mixture comes to a hard boil. Immediately add all sugar and stir. Bring to a

full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and add flavoring. Skim off foam with metal spoon and pour quickly into glasses. Cover at once with 1/2 inch hot paraffin. Makes about 6 medium glasses.

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