

POP TOPICS

Dear Friends,

It's that time of year again—the time when we show our affection for relatives and friends in a special way, through gift-giving. Of course, the hand-made gift is one of the most appreciated for it represents the expenditure of those two precious commodities today—time and effort. Unfortunately, the great majority of us aren't talented in this direction; we must rely on outside sources, merchants, to provide ready-made articles.

Such purchases, naturally, mean extra funds on hand. No need to panic, however, if you've been provident during the past year. In other words, if you've been salting away those extra dollars at Columbia Banking, you can afford to be a "big spender" now. For those who haven't looked into the advantages of banking at Columbia, there's no time like the present. In fact opening a Savings Account for someone on your list, could be the perfect gift idea. But if you should decide to do this, don't forget to ask for a **POP Receipt**. Along with being an asset for individual depositors, these savings also represent group profit—in the valuable points earned each time one of your members patronizes Columbia.

Though we can't give "formal" gifts to all and sundry at holiday time, a small token of regard is often most acceptable. For example, we may drop in on an old friend or visit some elderly person who lives alone or is disabled. What better "small" remembrance than a glass of our own jelly, a home-made baked product? Here are some suggestions for goodies which you can make now and put in the freezer for later giving.

For those who don't or can't eat too much sugar, this bread (without icing) is a good choice.

Fruit Nut Bread

- 2 pkgs. RED STAR DRY YEAST
- 1/2 cup warm water
- 1/2 cup scalded milk
- 1/4 cup sugar
- 1 tsp. salt
- 2 tbl. soft LAND O'LAKES BUTTER
- 1/2 cup chopped nuts
- 1/2 cup cut candied fruit
- 3 cups sifted all-purpose flour

Add the yeast to the warm water. Let stand 35 minutes. Stir to dissolve. Pour the scalded milk into a large bowl. Add the sugar and salt. Blend together and cool until lukewarm. Stir yeast mixture well and add to milk mixture. Add butter, nuts, fruit and flour. Mix to blend well. Scrape down batter from sides of bowl.

Cover and let rise in warm place for 30-35 minutes or until doubled. Beat 20-25 strokes. Spoon batter into four No. 2 cans (greased well) filling 1/4 full, or into one loaf pan, 5 1/2 x 3 inches. Cover and let rise in warm place until dough is within one inch of the top of containers. Bake 30-40 minutes in a preheated oven (375 F). Remove from containers and cool on rack. Brush tops of loaves with confectioners' sugar icing. Allow icing to dribble down the sides. Decorate with nuts and candied fruits.

Confectioners' Sugar Icing: Blend 1 cup confectioners' sugar and 1/4 tsp. salt with 2 or 3 tbl. warm milk (orange or lemon juice may be substituted).

You've heard of cakes made with mayonnaise, with tomato soup et al, but have you ever heard of one made with Ireland's staple fare? If not, try this

Chocolate Potato Cake

- 2 cups sugar
- 1/2 (2 sticks) LAND O'LAKES BUTTER
- 4 eggs separated
- 3 tsp. cocoa
- 1 tsp. cinnamon
- 2 cups flour
- 1/2 cup commercial sour cream
- 1 tsp. baking soda
- 1 cup mashed potatoes
- 1 cup chopped nuts

Cream butter and sugar, add beaten egg yolks, cocoa, and cinnamon. Add flour alternately with sour cream mixed with soda. Add potatoes and nuts. Fold in beaten egg whites. Bake 45 minutes at 350 F. This will make one large and one small oblong cake in glass pans or 2 9-inch square layers. Frost or dust with confectioners' sugar.

European cake recipes often call for a mixture of wheat and some other flour, for example corn flour, the continental name for our corn starch. The following delicious cake comes from Switzerland adapted for American use. Like many European cakes it can be served warm without icing.

Continental Marble Cake

- 1 1/4 cups sifted flour
- 1 cup corn starch
- 3 teaspoons baking powder
- 1/4 cup sugar
- 3 tablespoons cocoa
- 1/4 cup LAND O'LAKES BUTTER
- 1 cup sugar
- 4 egg yolks
- 1 cup milk
- 4 egg whites

Sift flour, corn starch and baking powder together. Thoroughly blend 1/4 cup sugar and cocoa. Cream butter and 1 cup sugar in mixing bowl; beat in egg yolks. Mix in sifted dry ingredients alternately with milk, beginning and ending with dry ingredients. (Batter may appear slightly curdled.) Divide batter in half. Stir sugar-cocoa mixture into one portion, blending well.

Beat egg whites until soft peaks form when beater is raised. Fold half into each portion of batter. Drop batters alternately by teaspoonfuls in greased 9-inch tube pan. Bake in 350 degree F. (moderate) oven until cake tests done, about 1 hour. Serve warm or cooled. Makes 1 9-inch tube cake.

IS YOUR GROUP INTERESTED IN EARNING EXTRA FUNDS? IF SO, JOIN THE POP PROGRAM. FOR INFORMATION, JUST FILL OUT THE COUPON BELOW AND MAIL TO Courier Journal POP Office, 35 Selo St., Rochester, N.Y. 14604

Name of Organization

Name of President

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POP SHOPPING LIST

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Labels from All the Products listed above will be accepted for the Entire Fifth Game that is, from October 1, 1968 thru March 31, 1969. WATCH THE COURIER FOR FUTURE ADDITIONS TO THIS LIST.

... And Some Graceful Angels

New York — Tall, stately, serene, and a reflection of the Christmas spirit are graceful angels for table, buffet or mantle. They are unusual and can be saved from year to year.



A little time, some aluminum foil, red yarn, foam balls, some scraps of felt, a tall, tapered bottle, a small drinking glass, and a cereal dish are required. Kitchen cupboards will yield most of the required parts.

The design starts with the tapered bottle. Cover it completely with foil, smoothing the foil against the sides of the bottle. Punch a hole in the foam ball and cover it with foil. Cut eye and mouth shapes from felt and glue to the foil-covered ball. This is the angel head.

Next, glue strands of yarn to the top of the head to make hair. A piece of foil about six inches long can be crushed into a circle for the halo. This can be pinned to the back of the head.

Place the head on the bottle top, pressing the bottle opening into the hole in the foam ball head.

Place the cereal bowl on top of the glass and cover both with foil. Set the bottle

into the bowl. Place a number of real or artificial holly leaves around the base of the bottle for added color.

Candleholders can be regu-

lar holders covered with foil, or perhaps small plastic foam balls with bottom sliced off so they will stand. Place thin, dark green candles in the holders.

Three of these angels make an effective Christmas decoration. The colors say "happy holidays" and the foil adds a bright shine to the room.

'Birthright' Gives Aid To Unwed Mothers

TORONTO (NC)—"Are you distressed because of an unwanted pregnancy? Call Birthright 469-111."

This small classified advertisement almost buried in the ad columns of two Toronto evening papers has brought in hundreds of calls within a month.

Mrs. Louise Summerhill, who started the emergency voluntary organization on a shoe-string and a prayer, said the group has directly helped 99 pregnant girls, many of whom were thinking of getting an abortion.

Some of these girls are so upset that they are even thinking of suicide. So far, all the girls who called Birthright have been persuaded to have their babies, except one.

When the phone rings at the Birthright office, located in a basement of an east-end Toronto doctors building, one

of 50 volunteers is ready to give positive counseling and to direct the distraught person to a doctor or Children's Aid Society.

"Many don't know that the Children's Aid Societies or community services exist to help them," said Mrs. Summerhill.

The volunteers are all women who can give time to the office calls (9 a.m. to 1 p.m.; 6 to 9 p.m.) and include two Loretto nuns. "But we need more volunteers so we can extend the office hours," Mrs. Summerhill quickly added. Birthright has been able to get assistance from 21 doctors and a psychiatrist, if needed.

The Gift of Sight

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CATHEDRAL SCHOOL SETS MUSIC PROGRAM

The orchestra, girls' choir and elementary chorus of Sacred Heart Cathedral school will make a two-night stand next week, entertaining the Rosary Guild Monday night and repeating their show for the public at 7:45 Tuesday night in the school hall.

The program will include an operetta, "The Drum."

Gifts brought to the Guild party will be for the Sisters.

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Catholic Alumnae Note Anniversary

Bishop James E. Kearney will celebrate Mass Dec. 7 in Our Lady of Mercy Motherhouse, Blossom Road, for local members of the International Circle of Catholic Alumnae.

The Mass, at 9 a.m., will mark the 21st anniversary of their Saturday devotions in honor of the Immaculate Heart of Mary.

The retired bishop said the mass that launched this observance on Dec. 7, 1947. He will be guest of honor at breakfast. Former and present members and their friends are invited.

JOINS PEACE CORPS

Miss Ruth M. Martin, daughter of Dr. and Mrs. Kenneth J. Martin, 81 Lynwood Drive, has joined the Peace Corps. She is a graduate of St. Michael's College at the University of Toronto.

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Prince Egg Noodles

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