

BENEFIT DANCE

Lexington High School Gymnasium
Saturday, Dec. 14. 38c



From where I sit... by Joe Marsh

A Grand American Tradition

The Cuppers had a grand old family reunion last week—for the first time since the war.

Big and little Cuppers came, by car and train, from as far west as Nebraska and as far east as Vermont. They crowded Dee and Jane's house, set up quarters in the barns, or stopped with neighbors—and a jollier gathering you couldn't have imagined!

I was asked to their final Saturday night supper, when they sang old songs, drank beer and cider, reminisced. Dark Cuppers and

blonde ones—Vermont accents and Alabama drawls—doctors and farmers... all with their differences of taste and politics, yet as close and harmonious in spirit as a group could be.

From where I sit, it's a great American tradition—not just family reunions, but the ability to get along as one harmonious family, regardless of differences of taste—whether it's taste for politics or farming, beer or cider.

Joe Marsh

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Highways To Health

By ADA R. MAYNE

APPLE COOKERY

A bumper harvest of crisp juicy Northwest apples is riding the crest of the fruit market now. To the homemaker who is looking for variety to spice her winter meals, the increased apple supply comes as a boon.

Eaten as-is for dessert or a snack, apples spare the cook and the sugar bowl. Apples are a most versatile fruit, and are equally good cooked with meat or vegetables or mixed in a salad, used in pastry, quickbreads and cake, or puddings and custards.

Apples contain varying amounts of vitamins and minerals and provide bulk, a necessary addition to the modern diet. Apples maintain their Vitamin C content while in

storage and may be substituted for citrus fruits during the seasons when apples are abundant and moderately priced.

Helpful hints for apple cookery: Three medium-sized apples weigh a pound. Keep apples cool and moist, away from strong-flavored foods. Chill apples for best eating. Cook no longer than necessary, serve raw often.

Apple treats add zest to jaded meals: Serve spicy applesauce over ice cream. For lunch nibbles, cut apple wedges and spread with cheese. Add diced apples to pancake and waffle batter. Try apple up-side-down cake for something different. Don't forget apple pie and cheese, apple dumplings with cream and apple fritters.

Here's a new twist for baked apples—and the children will love 'em! Prepare apples for baking and place in a buttered baking dish. Fill centers with mixed Christmas candies and bake 45 minutes at 400 degrees. Remove from oven, place a marshmallow on top of each apple, cover and return to stove. Serve warm with cream.

Apple crumb custard is another easy-to-make dessert that requires no sugar but will please the family sweet tooth.

APPLE CRUMB CUSTARD

- 3 cups milk
- 1/2 cup dry bread crumbs
- 2 eggs well beaten
- 1/2 cup molasses
- 6 apples
- 3/4 cup seeded raisins

Scald milk in the top of a double boiler over boiling water. Add the bread crumbs and stir carefully to prevent lumping. Cook for 3 minutes longer. Set aside to cool. Add the eggs and molasses and mix well. Peel and core the apples and par-boil 5-8 minutes. Place apples in a shallow rectangular baking dish and add custard mixture. Fill centers of apples with raisins. Bake in a moderate oven, 350 degrees, for one hour or until custard is set. Serve warm with cream or with whipped cream. Serves 6.

Beef Club Hears Reports on Feeding

By Ingrid Hermann
4-H Beef Club Reporter

The meeting of November 30 was held at the O. W. Cutsforth ranch near Lexington, when 19 members were present.

Letters of thanks were written to Mr. Wilcox, president of the Pacific International exposition; Mr. Williams, in charge of sleeping quarters, and to Mr. Holt, general manager of P. L., by Jo Ann Graves, Betty Graves and Fay Cutsforth.

Mr. Anderson read a letter from the state club leader in which he stated that he was very interested in our club and urged close cooperation between club members.

parents and the county agent, through which this club may become outstanding.

Reports on feeding were given by three members on calf feeding.

Ronald Baker discussed starting calves on feed; Dwane Baker gave pointers on proteins and hay, and Dean Graves' subject was on different feeds.

The next meeting will be held at

Willows grange hall in Ione December 21 where the 4-H club will have a Christmas party. Fay and Vesta Cutsforth and Barbara Sherman will give reports at this meeting.

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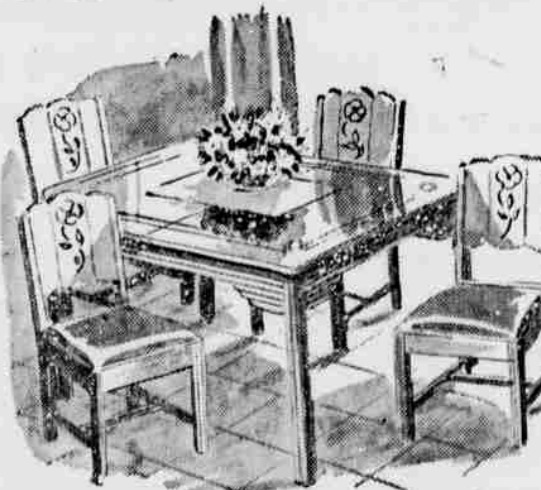
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