



### How To Make 'Apple People'

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will, or made to stand or sit. Wire body, arms and legs are covered with cotton batting. Twist thread around batting and fasten to hold firmly.

Attach apple head, still on stick, to body, securing with wire and glue.

For hair, white yarn is glued to the apple head.

Mrs. Fahrney recommends white-headed floral pins for eyes. Cut off the point, push pin into eye socket and paint the "iris."

Arms, hands and feet can be painted with flat white tinted with oil color for flesh tones, and toes of feet indicated with a brown pencil or painted on. Then, the apple dolls are ready for dressing.

Mrs. Fahrney likes her apple dolls to be about nine inches high, and says they are "much cuter" that way. However, she designed a special Santa doll, larger in size, for display during the Christmas season at Myrtle's Ceramic Christmas Shop, on Melville Road in Springfield.

### They Go Together — Feasting and Festivity

During the Christmas season, merry sounds ring out, pleasing sights greet the eye--and tantalizing aromas fill the air. Good food is as much a part of holiday tradition as bells and carols, greens and gifts.

At this festive time, people delight in serving their families and friends an abundance of choice foods. The custom probably began with the ancient winter festivals.

In the course of time, naturally each nation developed its own treasured customs in connection with the Christmas dinner, say the editors of The New Book of Knowledge.

#### Toasting the Holiday

As today's punch or eggnog bowl attests, favorite beverages and friendly toasts go along with good cheer and good feasting of the holiday.

It all began with the English "wassail" bowl. The wassail, a holiday beverage of medieval times, was served hot in a large bowl, and it was compounded of ale, apples, eggs, sugar and spices.

The name comes from "Was Haile," a Saxon greeting which means, "Your health." Gradually, the word "wassailing" began to mean any kind of Christmas revelry accompanied by a festive beverage.

#### Serving the "Bird"

On American tables, the center of attraction is usually the turkey. This custom has its origin in the English "Christmas bird"--usually a goose, capon or chicken, rather than a turkey.

In medieval times, a large bird was standard fare at English Christmas dinners among

the common people. In castle and manor, however, a "bird" wasn't always the main dish.

To the tune of the old carol, "The Boar's Head in Hand I Bear," the boar's head was borne to the table in solemn procession. Then followed other courses--and what courses! The most lavish of dinners usually featured a boar's head.

For a medieval feast, a typical menu included 17 main dishes--everything from roasted swan to a kid with a pudding in its belly!

#### Breaking Bread

Everywhere, a widespread use of breads and pastries is customary for the Christmas feast.

This has its origin in pre-Christian and early-Christian customs of the agricultural nations of Eastern Europe, where peasants offered thanksgiving for a good harvest, usually of grain, during the winter season. Special holiday cakes were thought to bring good fortune and good health.

More directly connected with the religious meaning of the season is the "Christ-bread" traditional in many countries. This is a long cake, and its shape is meant to symbolize the Christ Child wrapped in swaddling clothes.

Both mince pie and plum pudding began as national Christmas dishes in England. Like the "Christ-bread" early mince pies were baked in symbolic shape--an oblong meant to represent the manger.

#### Holly in Legend

In the legend and lore of Christmas, holly has both a merry and melancholy significance.

Fairies, so it is said, loved the holly. They found its leaves such a comforting shelter that even after holly was cut from the trees, they lingered about, allowing themselves to be carried indoors, where they protected the home from evil spirits.

Later, Christian believers saw the thorny leaves and bright red berries of the holly as symbols of the Crown of Thorns and the sacrifice which the Christ Child, grown to manhood, made on Calvary.

#### Symbolizing Victory

In legend, the laurel and the bay have told the story of victory and triumph since the days of ancient Greece.

Ivy was the convivial green of pagan holidays, and was supposed to express the joyousness of Bacchus. The yew and the cypress symbolize eternal life.

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