

New Year and Old Customs . . .

By Claire Chadwick

"Get up, gude wife, and binno sweir,
Deal cakes and cheese while ye are here;
For the time will come when ye'll be
dead
And neither need your cheese or bread."

WHAT is that? That's a part of Hogomanay. And what is Hogomanay? Simply New Year's Eve in Scotland, back in the beginning of the nineteenth century. The queer-sounding rhyme is one that the children used when they went begging from door to door for a dole of oat-bread and cheese, which they called "nog-money."

Very old journals will tell you that the twentieth century is by no means the originator of "whoopee" parties. People have been at these celebrations since the days of the Romans, when New Year's day fell on the first of March. Just a little closer to home is the chronicle of the Pilgrims' observation, which, although of necessity Pilgrimish and described as "We worked betimes," was brightened by the exchange of gifts. They in a measure made up for the sombre Christmas season.

But take the land from which the Pilgrims came—that's a different story. In fact, England, Ireland and Scotland all had their pet observances, and how they did observe them! Although they may seem queer, there are any number of them that could easily be applied to parties of today.

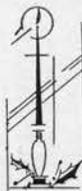


IN ADDITION to the begging of the children (and it is said that they looked more like mummies than humans, for they draped themselves in sheets to be sure that they'd have plenty of pocket room for offerings) "First Footing" was an observance practiced by all. At midnight the people set out with a bowl of warm, sweet ale to make calls. A person who was first to set foot in a house was assured of good luck during the new year. Minus the bowl of ale, it would be fun even now to try to secure 365 days of good fortune by making calls on New Year's Eve, should a party prove dull. Of course, since the custom is not common here, one would have to be a bit careful about those to whom he chose to pay the early morning visit.

Ireland is all split up into sections over its festivities. Each county seems to have had its private tradition and adhered to it. In County Atrim special cakes were made, and still are for that matter, to be given to friends on New Year's Eve. They are comparable to

doughnuts, hole in the middle and everything, and are often thrown outside the door to keep out hunger during the coming year. What friend of yours would not welcome a box of fancy cakes on January first? The old Irish custom wouldn't be bad at all.

Some of the Irishmen used to be overly anxious to get rid of the old year. Impressive ceremonies were held with the village notables—only those of rank seemed to "rate" the job—dressed up as chimney sweeps, and they seriously swept out the old year and cleaned up a bit for the coming one. Bonfires were also used as symbols of destruction.



DERBYSHIRE in England is noted for its Posset pot. The recipe is simple but not very appetizing. Taste was not considered, however, in the mad scramble which accompanied the draining of the contents, for a wedding ring was thrown into the bowl and

the maiden who procured it was slated to marry the man of her choice. In case you're interested and would like to try Posset pot at a party sometime (substitutions could be made wherever you happened to choose and the finished product couldn't be much worse), the concoction goes like this:

"Take 18 eggs, whites and all, let them be beaten very well, take a pint of Sack and a quart of Ayle boyld, and scum it, then put in three-quarters of a pound of sugar and a little nutmeg and let it boyl a walm or two, then take it off the fire, stirring the eggs still, put into them two or three ladles full of drink, then mingle all together and set it on the fire and keepe stirring until you find it thick, then so serve it up." Does it sound worth the effort even if you were assured of the most handsome man on the campus?

Another appetizer—powsowdy. It was principally boiled ale full of roasted apples, toasted bread and raisins, a rather villainous compound to put it even mildly.

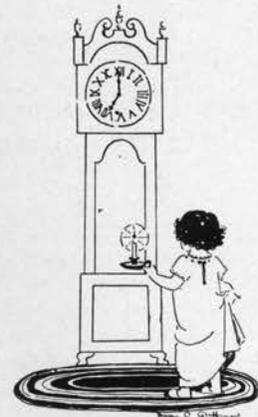
Fortune telling was also a part of the ritual of celebration, not with cards of palmology, but by opening the Bible at random. Whatever page and verse first came to the attention was designed in some way or other to be a foretelling of the life ahead. (Pity those who tried to find their future hidden in Leviticus or Numbers).

Gift giving was connected with New Year's Eve for a long time. (Slick way out of the uncomfortable feeling produced by a Christmas gift for someone

you forgot). During the reign of Queen Elizabeth history tells that the royal jewel chests were kept up-to-date by the gifts from the faithful. The Queen also gave gifts in return, with an eye toward thriftiness, of course.

GLOVES were a common and highly-prized gift. Oranges stuck with cloves—they'll keep indefinitely that way—apples on tripod frames, gilded nutmegs and small trinkets all found their way into the lists. And the original "pin money" was first used then. Pins were not always the commonplace items they are now. During the time when they were expensive and very hard to get, a sum of money was often given for the purpose of buying pins when they might be available.

So the idea of January first being an occasion apart from the ordinary trend of days is not new at all but is quite well worn out from the years of use. Just one thing seems to have arisen from the apparent need of later years—resolutions were never mentioned in the old diaries and books of the early period.



Don't Be a Policeman

By Barbara Apple

THE sleep of young children presents many perplexing problems, according to Evelyn Erwin, home economics senior, who last year observed the sleeping habits of children in the Nursery School. She found that a child's home environment plays an important part in his sleep habits.

An atmosphere of quietness should prevail as much as possible when the child is getting ready for bed. This may sometimes be accomplished by telling him a story or by letting him relate his experiences of the day.

If his physical needs are taken care of before he is tucked into bed in a leisurely and loving fashion, the child feels content and comfortable. When the ventilation is

(Continued on page 14)

Clothes of 1943

(Continued from page 4)

it may be only nudism propaganda. One enthusiast has suggested that the transition to nudism might take place through the use of paper clothing.

Men who find the paper clothing too big a stretch of the imagination and would still like something cool might try the tunic, a loose, one-piece garment hung straight from the shoulder in classic lines. Get the picture of your favorite professor "breezing" into his 8 o'clock in a modernized Roman toga.

All this isn't so foolish as it may seem on the surface. Scattered in it are many ideas that would improve our present custom of dress. Such a discussion at least shows us the need for change; and don't think that it's all a lot of far-fetched raving that could never come to pass. Styles of earlier years that demanded earrings containing live goldfish, hair done up in imitation of a full-rigged ship, and a block worn around the neck in the form of a starched ruff make the idea of paper clothing sound tame.

Clothes of 1934

(Continued from page 5)

cloth coolie-beret, the jersey skull cap and the Chinese pagoda hats.

The Chinese influence has grown with the advance of the season. Now we have pagoda sleeves on afternoon dresses, the coolie coat neckline, high-throated pajama tops and tunic dresses. According to the mandates of fashion, no wardrobe is really complete without at least one tunic dress. And I think therein lies a hint to those with frugal incomes. An old dress grown short may be renovated and worn as a blouse, with a dark skirt giving the necessary added length.

I've noticed an emphasis on hems lately. A band of fur or a pleated frill at the bottom of the dress achieves this.

Apparently there isn't such a thing as too many buttons! Big, flat, gaudy ones marching down the front of a dress, wee, fat, matching ones at the wrists and throat, irregular, angular ones hardly deserving the name of button, all these and more perch here and there on all the newest clothes.

Contrast is made use of in materials and colors and in the difference between daytime and evening frocks. Elegance and luxury are as one with evening clothes, while plainness and simplicity are synonymous with daytime things. Street dresses are very straight and plain, with an occasional flare giving low fullness. Draped blouses and generous sleeves differ sharply from the narrowness of the skirts.

The "touches" mark clothes as this

season's. A touch of metal, bits of fur, shiny and dull contrasts, a fabric flower—all these give individuality.

Don't Be a Policeman

(Continued from page 7)

just right, there is no draft on him, but there is cross-ventilation.

If the child will go to sleep by himself, no adult should stand guard over him; but occasionally he may be nervous and unable to relax. A gentle stroking or rubbing of his head and arms will soothe him and enable him to go to sleep.

However, it is best to avoid using compulsory or sensory methods to induce sleep. The child will become dependent on an adult and expect him to stroke his head or rub his body whenever he goes to bed, and a habit will soon develop. The child should be trained to go to sleep by himself, and the parent should not have to act as a "policeman."

Each child must be considered individually, as not all techniques are effective for all children.

The Latest in Recipes

FOR your New Year's dinner, why don't you try cranberry frappe to dress up the turkey? Its something different and ever so good.

Here are the ingredients:

1 qt. cranberries juice of ½ lemon
2 c. water juice of ½ orange
 1 ¾ c. sugar

Cook cranberries in water until tender, strain, add sugar and fruit juices. Cool and freeze in mechanical refrigerator. After the mixture has started to freeze, stir it occasionally with wooden spoon. Freeze to a mushy consistency and serve.

* * *

Banana fritters are good. Have you tried them? Peel bananas and cut into halves, sprinkle with powdered sugar. Dip into fritter batter and fry in deep fat (395° F) until brown.

* * *

Doesn't this recipe for lamb soufflé sound good?

1 ¼ c cold lamb, minced
2 egg yolks
2 egg whites
1 ¾ c milk
1 T flour
1 t butter
salt and pepper

Cook the butter, flour and seasoning until frothy. Add the hot milk. Cook several minutes until thick. Remove from the fire and add the chopped meat and the beaten egg yolk, then fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake for 35 minutes in a slow oven (325° F).

Wouldn't you like to try this recipe for banana waffles?

2 ½ c bread flour
4 t baking powder
1 t salt
2 T sugar
3 eggs
½ c melted shortening
1 ½ c milk
1 ½ c sliced bananas

Mix and sift the dry ingredients. Beat the eggs and stir in the melted shortening. Add the milk, then the dry ingredients all at once. Beat until thoroughly mixed, stir in the bananas, and bake in a hot waffle iron about five minutes.

* * *

Liver may be delicious as well as healthful if it is prepared attractively.

Florence C. Plondke, director of the home economics educational service of the National Live Stock and Meat Board, believes that the glandular organs or spare parts, which are good sources of vitamins as well as proteins and minerals, may be made as tasty as any meats.

Here is a new way to make liver attractive and palatable—one of Miss Plondkes tested recipes. Liver and bread dressing make a tasty combination, so please don't apologize for serving them.

To make liver rolls parboil 1 pound of sliced liver 5 minutes and drain. Sprinkle with 1 teaspoon salt and a little pepper and place a spoonful of well-seasoned bread dressing on top of each slice. Roll each slice and fasten with a toothpick or string. Sear the rolls in hot bacon fat, add a small amount of water, cover tightly and let simmer until the liver is tender. This will take about half an hour.

For a savory stuffing use:

2 cups dry bread crumbs ½ onion, chopped
1 cup meat stock 2 slices bacon, chopped
½ teaspoon parsley, chopped ½ teaspoon salt
1 teaspoon celery, dried ¼ teaspoon pepper

Cut the bacon into tiny pieces and fry. Add the onion and cook both until brown. Soak the bread crumbs in the meat stock, add the seasonings and combine with the bacon and onion.

Perhaps a few variations on the familiar fried liver will make the family long for rather than dread the one day a week you've chosen for liver day!

* * *

Have you ever met Brown Betty? It is a delicious and inexpensive dessert. In a greased baking dish build up these layers: crisp toasted bread crumbs, diced fruit, seasonings of sugar, cinnamon, salt and butter. Place crumbs plus melted butter on the very top. Bake for 30 to 40 minutes, covered during the first part. Serve either plain, with plain cream, whipped cream, or hard sauce.

The large leaves of cauliflower may be boiled for half an hour and served with butter. Their flavor is similar to that of brussels sprouts.