



Holiday for Scale-Watchers

Here's a great party drink, appropriate for many occasions during the winter holiday season.

Served hot and foamy, Mocha Milk Punch is a delightful blend of cocoa, instant coffee and milk, delicately flavored with rum extract.

For the benefit of would-be weight-watchers, this quick and easy-to-make punch is sweetened with calorie-free liquid sweetener rather than with sugar, which dissolves immediately in either hot or cold beverages and gives a natural-tasting sweetness that both dieters and non-dieters will enjoy.

Count just 61 calories for each delicious half-cup serving.

MOCHA MILK PUNCH (Low-Calorie)

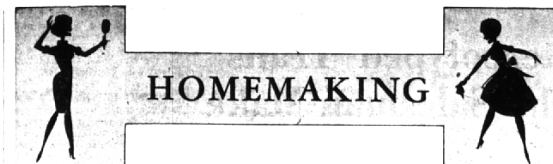
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| 6 tablespoons cocoa | 2 quarts skim milk |
| 3 tablespoons instant coffee | 2 teaspoons rum extract |
| 2 tablespoons Sucaryl solution | 1/4 cup nonfat dry milk |
| | 1/4 cup ice water |

Combine cocoa, coffee and sweetener in a large saucepan or kettle.

Slowly stir in milk. Heat over medium heat, stirring constantly.

When hot, remove from heat and add rum extract. Mix dry milk and ice water in bowl; beat until stiff peaks form. Add to mocha mixture, beating with rotary beater until foamy.

Serve hot. Sprinkle with nutmeg, if desired. Makes sixteen and a half servings. Each serving contains 61 calories; five gram protein; one and five-tenths grams fat; eight and five-tenths grams carbohydrate. If made with sugar, each serving would contain 110 calories.



HOMEMAKING

Must Have Balance of Fun, Relaxation During Holidays

The happy holiday season featuring festive productions liberally sprinkled with good cheer, good will and good times too often means good-bye to some of the necessary elements of physical fitness.

During this period of parties, dinners and socializing, it's important to give equal time to planning your non-party days. One of the major requirements in the physical fitness program, now under great emphasis by the government, calls for proper rest and relaxation.

WHILE THE natural excitement and gaiety of the season make this a difficult project, here, as in all other areas of family living, the homemaker must co-ordinate the daily activities of her charges carefully.

Since the excitement and anticipation which permeates the air may keep the youngsters emotionally stirred up, it's important to present a peaceful home-front, particularly at mealtimes.

Meal planning also requires a new look during this period. Since we're often treated to bounteous boards literally creaking with multi-coursed goodness, a light touch in the kitchen is definitely in order for the next day's dining. Overeating, a famous American custom, too often takes over during these gay days.

THE U.S. Department of Agriculture defines the four essential

Dripping Candles Can Cause Problem

If you get wax stains on your nice table linen, scrape off the excess with a dull knife. Then place a clean white blotter over the stain and apply a hot iron to the blotter. This will melt the wax and absorb the coloring.

Keep changing the blotter so that a clean area is always on top of the wax until it is all absorbed. If any oily stain remains, sponge with dry-cleaning fluid.

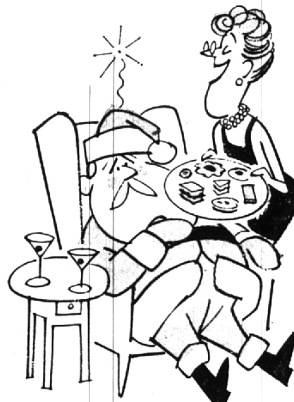
food groups necessary to good health, but it also stresses the extra pounds of "baby fat" just don't "run off easily" later. Lead children to eat, don't nag them into eating.

A minimum of friction at mealtime is essential to the wellbeing of all members of the family. In fact, a tensionless atmosphere conducive to good eating is as important a part of this grand array of culinary delights as nutrition, propelling them to a satisfying job and needs of her own family, determining such things as what dad or the children might eat for lunch away from home.

A smart homemaker soon realizes that her dinner table offers a first line front in the quest for physical fitness, psychologically, nutritionally, emotionally — and festively.

CHILDREN SHOULD be taught to eat but not encouraged to over-

Food and Family Fitness



A Healthy Look at the Holiday

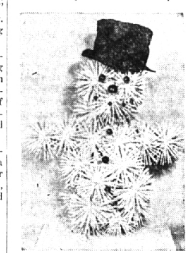
Ball of Toothpick Fun

A snow bunny and snowman toothpicks and plastic foam can make a fun holiday decoration for children—and be fun for them to make.

Materials needed for a toothpick Christmas snowman are Styrofoam balls, 10 boxes of round toothpicks, snow spray, miniature ornaments, a base and construction paper.

MAKE 31 "toothpick balls" by inserting, equally spaced in each ball, approximately 75 round toothpicks. Cut the remaining half in half and insert about 35 round toothpicks, equally spaced, in each half.

Combine to make a circle of three toothpick balls and place



on a base of either wood, porous plastic, glass or a mirror. Make a circle of four of the balls and place over the three-ball tier.

Over the four-ball tier, place a five-ball circle.

Now make a circle of four balls and place over the preceding tier; a circle of three balls and place over four-ball layer.

PUT A "one-half" ball, toothpick side up, over the center of the last layer, completing the body. For the head, place two circles of three balls each and place them over each other.

Early Shopper Gets Best Tree

The early shopper gets the best needles that will not drop. The Christmas tree according to county marketing agent Mrs. Josephine Lacy, is sharp and stiff.

Since Christmas trees were cut as early as October, check to see whether needles will fall before buying. Hold the tree firmly and in Michigan today are grown on plantations. The plantation tree will be a fuller, more shapely tree for it is pruned to develop dense branches. It takes six to eight years to grow a quality six to seven foot tree.

For safety and to maintain freshness, keep the tree in water from the are of the Scotch pine variety, the time it is purchased until the time it is removed from the house, you can find.

Place this double tier over the neck, with the two-ball side of the circle facing front. Center one ball on top for the head. Place the remaining half ball, toothpick side out for a nose, in the center of the head.

Make a r/m/s by sticking two toothpick balls together. Place an arm on either side of the snowman's body about one-and-one-half inches lower than the neck.

SPRAY THE snow man with white spray snow—of color of your choice. When spray is dry, hang miniature ornaments for eyes, tip of nose and across the lower quarter for a mouth. You can vary the snowman's features and expressions by placing the ornaments in a variety of ways across the mouth.

Hang the ornaments down the front center for a button effect. Use construction paper to make a hat.

IN ORDER to make a 30-inch snow bunny, you need 32 Styrofoam balls and 10 boxes of round toothpicks.

Cut one ball in half and stick, in each half, equally spaced, approximately 35 round toothpicks. In each of the remaining 31 balls, stick about 75 round toothpicks, equally spaced.

For a fuller, snow bunny, add more toothpicks.

To make the haunches, arrange six toothpick balls in a semi-circle on the base with the open half facing the front of the base. Place four toothpick balls in a semi-circle over the center four balls of the first tier to complete the haunches.

TO complete the body, place a circle of five toothpick balls and place it on top of the four-ball layer.

For the neck, place one of the half balls in the center of the three-ball layer, toothpick side up.

FOR THE torso, make a circle of five toothpick balls and place it on top of the four-ball layer.

Next, make a circle of six toothpick balls and place it on the five-ball tier.

To complete the body, place a circle of three toothpick balls on top of the preceding layer.

For the neck, place one of the half balls in the center of the three-ball layer, toothpick side up.

Form the head by making a circle of four toothpick balls and placing it on the neck. Use the remaining half ball for the crown.

ADD ONE toothpick ball for a tail. Put it about one inch from the base, centered on the bunny's back.

In front, on the fourth layer, put two toothpick balls to represent paws. (Leave a space of about four inches between them.)

To give the bunny a "natural" stance, gently pull the upper portion of the torso slightly forward four to six inches.

Place two nine-inch rabbit ears, cut from cardboard or a light porous plastic, on its head.

Spray with white snow spray.

FOR EYES, place two miniature ornaments two-and-one-half inches apart on the head. Center them about two inches below the eyes. On the rabbit's chest, put four small ornaments, equally spaced and centered for a button effect.



Gay Serapé Offers Idea for Festive Holiday Setting

Here is a new table setting idea easy to make for gifts and good to use for the holidays.

It is a piece of fabric 18 inches wide to stretch the length of your dining table. Use two of these, one down each side of the table, instead of place mats, or criss-cross them in the middle to make bounce it on its stump to check four place settings.

To be most effective, these "serapé" table linen should be made of a gaily striped material. Pringe the ends and hem the sides. That is all there is to it.

Napkins can be made to pick up one or more of the colors in the stripe. For the real Mexican look, get the brightest, boldest stripes.

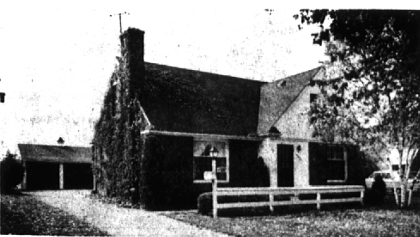
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"Merry Christmas To All"



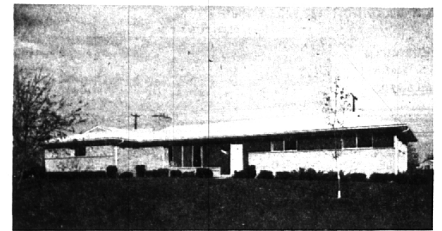
A JOY TO SEE CHILDREN WALKING TO SCHOOL. Near St. Hugo and new Eastover Jr. Hi. Four bedrooms (one on first floor), two bathrooms and huge closets. Large friendly family room with fireplace. Full basement with recreation room space tiled.



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