

PEOPLE & LIFESTYLES

Sweet tooth

By Sandy Stern

The other day I was reading an article on the evils of sugar—an extremist piece which ultimately indicated Oreos lead to madness. It described in detail how the eventual use of Twinkies, Hershey bars and even good old orange juice will rot our teeth and corrode our minds and bodies. Needless to say, as I absently reached for my bag of M & M's, I was amazed.

You must understand (as I do, but hate to admit) there is another way to satisfy cravings for sweet, crunchy, gooey junk without patronizing companies who manufacture confections completely comprised of sugar, chemical preservatives and artificial everything. (A little extremist myself, aren't I?)

Honey, seeds, carob, nuts, dried fruit and coconut can be converted into astoundingly palatable candies. The added bonus of knowing exactly it is you are consuming helps limit the pangs of candy-eating guilt, unless, of course, you wolf down pounds of it, and then you deserve to feel guilty.

Well, before my brain cells dissolve into sugar laden dilapidation, before I am picked up, peanut-butter cup in hand, babbling incoherently about licorice whips on some street corner, I want to propose a few alternatives to commercial candy.

Do not mistake these munchies as a panacea for those sugar-filled little bombshells. These recipes are still fattening and capable of decaying your

teeth, although perhaps your mind may be a bit slower to yield. But what a way to go...

Stoic Fudge

1 cup honey
1 cup peanut butter
1 cup carob powder (tastes like chocolate—buy it at a health food store)
1 cup sunflower seeds
½ cup raisins (or dried fruit of your choice)
½ cup shredded coconut

In a heavy saucepan, heat the honey and peanut butter over low heat for a few minutes to make the consistency more easy to work with. Immediately mix in the remaining ingredients, except the coconut. Pour the mixture into a greased pan and press the coconut on top of it while it is still warm. Refrigerate to harden. To serve, cut into squares. This is best kept refrigerated.

Spiced Nuts

¾ cup honey
1 tsp. ground cinnamon
1 tsp. grated orange peel
¼ cup milk
1 tsp. butter
1 tsp. vanilla
2 cups walnuts, pecans or almonds

Combine the honey, cinnamon, orange peel and milk in a saucepan and cook over medium heat until it reaches 236 F. on a candy thermometer, or until a bit of the mixture forms a soft ball when dropped into a glass of water. Remove the pot from the heat and stir in the butter, vanilla and nuts. Turn the mixture out onto waxed paper. Separate the nuts while still warm and allow them to dry before storing.



Fashion News

by Maureen Doyle

Legs are back! Paging through a fashion magazine or walking down a busy street you can't help notice the abundance of dresses.

Skirts and dresses are in fashion this year. Hemlines range from just below the knee to mid-calf.

The fabrics used in these outfits are soft and flowing. Solid color fabrics have surface interest such as shadow stripes or open-work weaves. Flowery prints are the most popular.

Skirts are designed to move

gracefully. Full circle and bias-cut skirts are popular, as are softly gathered ones.

Pretty blouses that are tucked, bowed, gathered and ruffled go well with the softer-looking shirts. A soft, feminine blouson is also a great accent.

A jacket adds the finishing touch to the dress or skirt-and-blouse combination. The newest jackets are light and unconstructed, in a somewhat shorter length (approximately four inches below the waist).

Landscape Architect Is Advised

University Park, Pa.—When building a home, employment of a landscape architect is advised and this should be done even before the property is purchased and the house designed.

So says David L. Young, professor and head of the Department of Landscape Architecture at The Pennsylvania State University, and he further advises that the architect and landscape architect work closely together in the planning.

Before a commitment on the purchase of a property is made, the prospective buyer and the landscape architect need to make some important decisions.

They should give a lot of thought to location, says Young. Is the location convenient for the family in regard to place of work, schools, churches, shopping centers, and other places that figure into the living pattern?

The landscape architect and architect need to work together in siting the home so as to optimize energy conservation

and soil properties. They need to consider drainage, entries, and utility lines.

Zoning ordinances need to be studied as they may affect the location and type of fences, accessory buildings, and possible future additions to the house.

"A master landscape plan is essential," says Young, "so as to assure coordination of all future uses and facilities."

Young is aware that the family building a new home may have limited resources and the landscape architect often is the one who is not consulted or hired. He suggests several ways in which a master plan can be developed without employment of a landscape architect.

—Many nurseries as a service or for a modest fee will prepare general planting plans at a modest cost.

—Sometimes a landscape architect student is locally available to do a plan at a modest cost.

—The homeowner, if so inclined, can study some basic

books and develop his own plan.

For the do-it-yourselfer, Young emphasizes the need to examine closely the characteristics of the property, such as soils, vegetation, external views, direction of the cold winds, and exposure to the sun.

In the design, the good characteristics need to be enhanced and the bad ones subdued to the extent that this is possible.

Trees, for example, would normally enhance a property and should be utilized in the design, rather than cut. Poor soil conditions might indicate landscaping that isn't heavy with green lawns, which might be difficult to grow.

Young says that owners should consider the family needs today and 10 and 20 years from now. He needs to determine when he wants shrubbery to mature and plant toward this goal. He needs to realize that while plants seem to take years to grow, all too soon shrubbery becomes overgrown and a rehabilitation program is necessary.

