

# Holidays From The Heart

BY LOU ANN GOOD

LEBANON — Do you long to give gifts that warm the hearts of friends and family at Christmas? What gifts carry that special "I care" touch?

For starters, the Lebanon County Cooperative Extension Service offered lots of ideas this past Tuesday through Friday at the Prescott Fire Hall, Lebanon.

The same idea-packed agenda was offered daily and during two evenings by Alletta M. Schadler, extension home economist, and other local craftpersons.

Schadler challenged the audience to be Christmas magicians who make holidays special. With humor and practical tips she illustrated the magical touches that turns an ordinary day into a memory-filled holiday. She suggests that homemakers write down everything they did during last year's holiday. Then, analyze why or why not some chores were unpleasant. For example, if cooking the holiday meal was disastrous because the stove did not work then, to make things go better this year, fix it; but if meal making was 'oo much work, then incorporate others to help prepare it, eat out or go to someone else's home.

She warns that a too highly organized person can ignite a family feud with a person who goes with the flow. "Focus on right priorities—people not projects," she stressed.

For those who do not enjoy the holidays because they should not or can not eat festive holiday food, Schadler suggested many recipes that can be modified with substitute ingredients. She introduced the audience to new foods like low calorie Armenian string cheese and English water crackers, low in sodium and fat.

Some of Schadler's holiday recipes follow:

## STRAWBERRY/WALNUT/ BANANA BREAD

- 1 cup vegetable oil
- 4 beaten eggs
- 2 cups sugar
- 1½ cups mashed strawberries
- 1 cup mashed banana
- 1 tablespoon finely shredded orange peel
- 2 cups finely chopped walnuts
- 3 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1½ teaspoon cinnamon
- 1 teaspoon cardamon
- ¼ teaspoon nutmeg

Combine oil, eggs, sugar, strawberries, banana and orange peel. Combine dry ingredients and 1½ cup nuts. Grease and flour baking pans. Sprinkle remaining walnuts in bottom of pana.

Combine moist and dry ingredients. Stir until moistened. Spoon into prepared pans. Bake in pre-heated 350 degree oven for one hour or until toothpick inserted into center comes out clean. Let cool 10 minutes in pan. Remove to wire racks.

Yield: 7 baby-loaf foil pans 5¼ x3¼ x2-inches or 2 9x5-inch pans.

## CINNAMON/APPLESAUCE ORNAMENTS

Combine smooth applesauce with enough ground cinnamon to form dough. Mix with spoon, knead together with fingers to form a dough you can roll. Roll out on aluminum foil or waxed paper. Use more cinnamon as "flour" to prevent sticking on rolling pin or surface. Roll out like cookie dough. Cut out with cutters or use

(Turn to Page B18)



With humor and seriousness, Alletta Schadler introduced the audience to the joys of stir frying.



Dennis Mellot stands in front of the doorway he decorated for Christmas. Directions for the topiary plants that line the doorway are included in the article. Notice the wreath that features spray painted turnips.



Denise Ecenroad inspired the audience to sew a homespun Christmas with her display of keepsake tree ornaments.

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