



For Women Only

Maria Clara

By PETE

A holy Christmas to all! We are telling you this in advance and hope that you will all keep it that way. Sounds too pious? It's but plain horse sense. If you never linked the thought of Christ intimately with that of the Christmas season then its most likely that you have taken on the pagan concept of Christmas

For example. Take the case of Santa Claus (there's an article about him in this issue). A stroll downtown any day during a Christmas season will unroll before your eyes a horde of effigies of this hoary-bearded old man in a red suit plastered in every department store window. And if you remember well some one has said that Santa Claus is a contraction of the real St. Nicolas of Bari, whose feast is celebrated on the sixth of December. Obviously some one has got the dates badly mixed up, Santa Claus coming out on the day Our Lord did.

Someone very tactfully complained that we are giving too much room for Maria Clara. One Maria Clara wrote that she rather liked the new feature . . . although she would feel a lot better if she knew for sure if the authors were male or female. And Pete & Pat are caught in between. Quo vadimus?

The safest road is most likely the middle one. While we will not give Maria Clara more attention than she deserves, in a great man's world, we will try as much as possible to give Maria Clara her due share.

But first here are a few tips on the needle and thread.

SEWING HINTS

On choosing materials

1. Choose your material and don't let the material choose you.
2. The easiest material for a beginner is a small all-over print.
3. Discover your best colors by trying on colors.
4. If you intend to wear the colors in daytime look at it in bright daylight.
5. If the color is to be worn in

of 1952

and PAT



the evening see how it appears under artificial light.

6. Dark colors make the pleasingly plump quite a bit less plump.
7. If you are tiny and afraid you'd be overlooked try bright colors which will attract attention to you.
8. A becoming material is also one which hangs well on your figure.
9. If you are of average height and weight you can wear almost

any fabric, stiff or clinging, thin or heavy, crisp or soft.

10. If you have ten pounds more than you really need do not wear taffeta, heavy silk satin; heavy woolen materials, organ-de or denim, but rather wear, rayon silk or thin woolen crepe, smooth-surfaced woolen, cotton such as lawn muslin, dimity, linen, seersucker, pique and other woven materials of medium weight.

It is strange in this predominantly masculine world, that when a woman gets more attention, men complain.

In Germany, when the men were thrown out of their jobs because women were found more efficient and resourceful, men complained. The women should stay home! Leave the world for men... and we'll move it for them... and so the Germans, under the leadership of Hitler tried to move it... almost to eradication!

How are you getting on your "Belén" for this Christmas? It would be a nice idea to give it variations this time. Of course it is less troublesome to put the same one of last year's, but a new one now and then gives it some added interest.

The following is another brainstorm of our sincere Maria Clara who believes most unwaveringly that the easiest way to a man's heart is through his stomach. Try it for size, and see if you can stomach this

one. It looks kind of salty on paper, but this Maria Clara emphatically asserts, it looks different on the dining table. So here it is.

HOW TO PREPARE SWEET-COVER-PICKLE

The following procedure of preparing sweet-cover-pickle has been found practical and can easily be prepared at home:

1. To about 5 liters of water, add 2 kilos of salt, then boil for 30 minutes. Set aside this solution to cool and to allow the salt which remains undissolved to settle. Decant the clear solution into another container once cooled. This will be the stock solution of brine water.

2. Boil about 1 liter of water and cool; add one-fourth liter of the cooled water to three-fourths liter of the stock brine water to make 1 liter of brine solution.

3. To every liter of diluted brine solution, add and dissolve 4 level tablespoonfuls of brown sugar and 2½ level teaspoonfuls of potassium nitrate or "salitre". If one liter of the diluted brine water is not sufficient to keep the dressed chicken

entirely submerged, another one or two liters of the brine solution should be prepared using the same proportion of sugar and potassium nitrate as above.

4. Place the brine solution in a new earthen pot and immerse the clean dressed fowl into this solution for 4 days consecutively. At the end of the fourth day, remove the fowl from the solution, wash and hang to drip.

5. Then smoke it for one day placing fresh guava leaves over burning charcoal embers.

6. After this treatment, let the ham dry in the same "smoke house", without smoking, for another 2 days.

The smoke house and drier can be fashioned out of two empty oil drums whose covers have been completely removed. Place one on top of the other, and one or two pairs of holes bored through opposite sides of the top drum.

Have you ever heard of this? Brushing the teeth before Mass in order to receive Holy communion is recommended. At first it looks like vanity, but it is not. In fact Christ washed the feet of His apostles during the last supper in order to show that God expects us to be clean in body and soul when we receive Our Lord in the Eucharist. Just note how clean must the chalice be for the reception of the wine which is to be transformed into the Blood of Christ.

Try brushing your teeth. Don't be too scrupulous. Spit out all the water you use to wash your mouth with and stop worrying. Any amount swallowed is negligible.

How about trying our Christmas dishes in the following?

CHRISTMAS PLUM PUDDING

- 8 oz. moist sugar
- 8 oz. finely chopped suet
- 8 oz. seedless raisins
- 8 oz. plums halved and stoned
- 8 oz. currants washed and dried
- 4 oz. shredded mixed candied peel
- 4 oz. flour
- 4 oz. bread crumbs
- 2 oz. almonds, blanched and shredded
- Grated rind of one lemon
- 3 eggs
- Saltspoonful grated nutmeg
- 1/2 teaspoon salt
- 1/4 pint milk

Small wine glassful of brandy

Mix all dry ingredients together, stir in well-beaten eggs, milk and brandy. Turn mixture into two well-greased basins, steam from 5 to 6 hours. Serves 8 to 9 persons. For a really spectacular effects, pour brandy over the plum pudding just before serving, and light. Serve flaming.

CHRISTMAS FRUIT CAKE

- 1/2 pound candied cherries
- 1/4 pound walnut meats
- 1/2 pound pecan meat
- 1/2 pound pitted dates
- 3/4 pound preserved citron
- 1/2 pound seeded raisins
- 1/4 pound lemon peel
- 1/4 pound orange peel
- 1/4 cup flour
- 1/2 cup sugar
- 1 cup butter
- 1/2 cup honey
- 5 well beaten eggs

- 1 1/2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/4 cup orange or grape juice

Cut up fruit peels; halve cherries, nut meats, and dates; cut pineapple and citron the size of almonds. Dredge fruits in 1/4 cup of flour. Cream shortening and sugar; add honey, then eggs, and beat well. Add flour sifted with dry ingredients alternately with fruit juice; beat thoroughly. Pour butter into pans; do not flatten. Bake in slow oven (250°) 3 to 4 hours. Place pans containing 2 cups water on bottom shelf of oven while baking. If decoration of almonds and cherries is used, place on cakes at end of 2 hours. If desired, pour brandy over cake and wrap in a brandy-soaked cloth. Store in a covered container in a cool place.

Soft drinks that may go with the above delicacy

PINK LEMONADE

- 1 1/3 cup lemon juice
- 3 cups water
- 2/3 cup maraschino cherry sirup
- Sugar sirup
- Maraschino cherries
- Lemon slices

Combine lemon juice, water and cherry sirup. Sweeten with sugar sirup. Serve in tall glasses with ice cubes. Garnish with cherries and lemon. Serves 8.