

Sailors told stories of scrumptious cake

British sailors of the early days who travelled in the Orient and other foreign ports returned with stories of the cakes made of fruit and brought back the ingredients with them. From Greece and Turkey they obtained currants and raisins, from Italy, citrus peel preserved in honey; from Spain, almonds; and from the Orient, strange seeds and barks of trees when pounded in a mortar gave a pleasant spiciness to cake. The first record we have of glace fruit dates back to the time of Marco Polo in China when the Chinese extracted sugar syrup from sugar cane or bamboo and soaked their ginger and kumquats and other oriental plants in the syrup.

The English seafarers used these ingredients to make money for more expeditions. British bakers, on seeing the fruits and spices and hearing the tales of aromatic cakes, soon learned to make them and they became famous for their heavily laden fruit cakes. Recipes for the cakes were jealously guarded and handed down from one generation of bakers to the next, as they are to some extent today, and when they migrated to North America the bakers brought their prized recipes with them.

On the first Christmas, says a Spanish legend, a cow in the manger breathed on the Baby Jesus to warm him.



COMICAL CLOWNS at the Legion Christmas party were Mrs. Charlie Shultis and Mrs. Bob Louitt. Another special guest—Santa. (Esther Taylor Photo).

Bows, meows take planning

Animals, stuffed and pliant or live and kicking, make popular Christmas presents.

But there are a few rules to observe if you're buying a live pet for one of the families on your Christmas list, according to George Hulme, general manager of the Toronto Humane Society.

The prospective pet-buyer should make sure the family including adults really wants a pet and has a household equipped to care for one. Obviously, an apartment house where pets are prohibited is no place to introduce one.

Children under 5 years shouldn't be given any animals but plush ones. For older children, don't buy pups under 6 months old; small to medium size dogs are best for children. Don't hang the kitten or puppy in a Christmas stocking or under the tree. Far better to bring it into the household a few days before, or after, Christmas, when the household is less excited.

If you're buying a pet for your own children, bone up ahead of time on its feeding, habits and house training. There are many

good books available. Give the pet a chance to become accustomed to its new surroundings; don't let children play with it too much the first day or so and remind them that an animal's tail is not a leash.

Observe old traditions? don't forget the kisses!

Of all customs associated with Christmas festivities none has an older origin than the kiss beneath the mistletoe.

In the Eastern world in which Christianity arose, the kiss was early associated with sacred rites. The ancient Arabians made their devotions to their gods with kisses. In the Roman Empire, too, the kiss indicated the sentiments of reverence and respect.

We know the sentiment among the Hebrews of the Old Testament regarding the kiss: "Let him kiss me with the kisses of his mouth; for thy love is better than wine." It is

The mistletoe was similarly regarded reverently among early Scandinavians. To them, too, the kiss had a sacred significance. Eventually the hanging of the mistletoe became an accepted part of the Christian celebration of Christmas in the Western World, along with the Christmas tree and the kiss of benevolence

and affection. A long, long kiss, a kiss of youth and love, And beauty, all concentrating like rays Into one focus kindled from above; Such kisses belong to the early days.

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