

# Bread and butter board favorite holiday fare

The smorgasbord is perhaps Scandinavia's greatest contribution to international cuisine. Sweden, Denmark, Norway and Finland each has its own version of this delightful "bread and butter board" but it is basically the same throughout Scandinavia and can be anything from a simple tray of appetizers to a complete meal.

A full smorgasbord meal always features fish, especially herring, which is eaten first. This is followed by salads with potato, cabbage and jellied salads being the most popular. These are served with cold meats, especially ham, headcheese and pressed or marinated pork. Tidbits such as radish roses,

celery stuffed with cheese, pickles, olives, stuffed eggs, etc. are always served as well.

### Hot dishes

Then come the hot dishes with meat balls, cabbage rolls, fish balls and puddings, and baked brown beans being among the most typical. Dessert may include cheese, one special dessert and an assortment of cookies or pastries.

### Some ideas

A Danish "Hoidtbord" can mean an amazing variety of open faced sandwiches many of which make a meal by themselves. Here are some to try:

Place a slice of cooked ham on buttered dark bread; top with strips of rare roast beef and crisp-cross with strips of Camembert cheese. Sprinkle with paprika.



Place a slice of fried ham on buttered bread and top with a fried egg or with scrambled eggs and watercress.

Cover buttered dark bread with thin slices of cooked ham, spread with mustard and top with thin slices of cucumber.

### Fried apple

Arrange slices of roast pork on buttered light or dark bread and top with fried apple slices or onion rings.

Cover buttered bread with thin slices of roast beef and top with crisp bacon slices and chopped onion.

Place slices of crisp bacon on unbuttered dark bread and top with fried onion or apple rings.

Arrange crisp bacon slices on buttered dark bread and cover with sauteed slices mushrooms.

Cover buttered bread with slices of broiled or fried liver and top with crisp bacon slices and watercress.

## Milky Way mobile

The customary glow of Christmas would be somehow dimmer with the absence of bright, glittering star decorations.

One simple method for making stars involves the use of paper drinking cups of various sizes, glue, glitter, and "precious gems" salvaged from old costume jewellery.

To begin, cut triangular wedges from the tip of the cup to its base. You may cut as many points as you wish, but five seems to be easiest and most symmetrical. Flatten the points in all directions.

Next, paint. For added interest

you may wish to paint one side one color, and the other a contrasting color. Your stars will twinkle even more brightly if silver, gold or multi-colored glitter is sprinkled on the wet paint surface. An old salt shaker is ideal for this purpose as the glitter will flow evenly.

The final touch comes with the addition of a sparkling jewel, glued to the centre of the star. This is particularly effective if the cup has an indented base.

Once the basic star-making technique has been mastered, you can go on to make stars of all sizes and colors, and fashion a "milky way" mobile!

## Festive desserts are traditional

Festive desserts and traditional drinks are a familiar part of the Christmas observance.

Turkey on Christmas day is an American specialty. Yet no treats are more associated with the holiday than plum pudding and mince pie.

### Hunting party

The original plum pudding tradition says, was cooked up by an English hunting party lost in the woods on Christmas Eve.

It consisted of deer meat, and a mixed variety of game animals, birds' eggs, dried plums, ale, brandy, sugar and flour.

Mince pie was created by the Puritans and served with a tiny figure of the Christ child in its centre. The earliest known recipe dates to the reign of James I in the 17th century — and called for beef tongue, chopped chicken, eggs, raisins, orange and lemon peelings, sugar and an assortment of spices.

### Jewel box

A novel jewellery box can be made from an unpainted wooden lap desk or pencil box, approximately 3" at back and 9 1/2" wide. Rough ends should be sanded. A divider is made for the box from heavy cardboard, using one end of the box as a pattern. The box and divider are next painted.

Colored suede or velveteen, cut 13" x 19" in size is glued to the inside of the box and to the divider sides. The divider is then glued in place.

The lid can be decorated with rub-on, transfer type architectural designs.



### Easy to make

Instant coffee jars can be converted into gay bathroom jars by spray painting the lids with enamel and decorating the sides of the jars with colored tapes.

Metal lids should be cleaned, and then sanded to roughen them, and primed before applying the spray.



## Peace on Earth

The Wise Men found the Wonder of that Holy Night. May you and your loved ones find its Peace.

**ST. JOHN AMBULANCE BRIGADE ACTON**

## Holiday recipes festive

These tasty Danish Ham Cornucopias are popular smorgasbord fare in Scandinavia.

### DANISH HAM CORNUCOPIAS

1 cup shredded cabbage  
1/4 cup diced celery  
1/4 cup diced red apple  
1/4 teaspoon salt  
1 teaspoon salt  
1 1/4 teaspoon salt  
1 teaspoon sugar  
2 teaspoons vinegar or lemon juice  
One Third cup dairy sour cream  
8 thin slices cooked ham.

Toss cabbage, celery and apple together in a bowl. Fold salt, sugar and vinegar or lemon juice into the sour cream, then gently fold this into cabbage mixture. Form ham slices into cornucopias and fill with salad mixture; fasten with picks garnished with olives, onions, pickles, etc. Refrigerate until needed. Serve on your

smorgasbord or with potato salad for lunch or as an hors d'oeuvre. Makes 8 cornucopias.

### SWEDISH MEAT BALLS

3/4 pound lean minced pork  
3/4 pound lean minced beef  
1 beaten egg  
One third cup milk  
1/4 cup soft bread crumbs  
2 tablespoons grated fresh onion  
1-1/4 teaspoons salt  
1/2 teaspoon pepper  
1/4 teaspoon allspice  
Few grains nutmeg  
1 (10 ounce) can consommé  
1/2 cup water  
3 tablespoons flour  
1/2 cup light cream (10 per cent)

Have your meatman grind the minced pork and beef together or do this yourself at home. Combine beaten eggs, milk and bread crumbs; let stand for about 5 minutes. Add minced pork and beef, grated onion and seasonings. Combine lightly but thoroughly. Form mixture into balls that are about 1 inch in diameter. You will have approximately 48 balls.

### DANISH MARINATED PORK

2 pork tenderloins (3/4 to 1 pound each) or 1-1/2 to 2 pounds boned and rolled pork loin.  
Water  
2 bay leaves  
1 large onion, quartered  
1 teaspoon salt  
1-1/4 teaspoon pepper  
2 sprigs parsley or 2 tablespoons dried parsley  
Marinade:  
1-1/4 cups white or cider vinegar  
4 peppercorns  
1 onion, sliced  
2 bay leaves

Place meat in saucepan; cover with water. Add bay leaves, onion, salt, pepper and parsley. Bring to a boil, then lower heat and simmer gently for about one hour or until tender to the fork. Remove meat from liquid; cool, trim off any fat, slice thinly and arrange in a glass dish.

Meanwhile, combine all marinade ingredients and bring to a boil, simmer for 2 minutes. Cool, then pour over sliced meat. Cover and refrigerate for about 4 hours. Then drain meat and serve as any cold meat, with salads or smorgasbord style, or with baked potatoes and green beans for dinner; pass mustard and pickled beets.

### SCANDINAVIAN CABBAGE ROLLS

1 medium-large cabbage  
3/4 cup regular raw rice  
1/2 cup boiling water  
1/2 teaspoon salt  
1 pound fresh pork sausage meat  
1/2 cup finely chopped onion  
1/4 cups tomato juice  
Salt and pepper

Remove any wilted leaves from the cabbage and cut out the core. Place cabbage in a deep saucepan and just cover with boiling salted water. Simmer until leaves are soft and pliable (about 8 minutes). Drain and cool. Then carefully remove leaves, one by one, and cut out the hard centre ribs. Set aside 4 of the largest leaves and divide any remaining large leaves in two.

While cabbage is cooking, combine rice, boiling water and the 1/2 teaspoon salt in a saucepan. Bring to a boil, stirring, and boil one minute, then cover and set aside until water is absorbed. Break up sausage meat in a cold greased frying pan; add onion. Cook just until sausage meat has lost all sign of pink color (it should not brown) stir frequently. Drain off any excess fat. Add the rice.

Preheat oven to 350 degrees. Grease a large covered casserole. Cover bottom with two of the reserved large cabbage leaves.

Now place a spoonful of filling near end of each prepared leaf and roll up tightly. Arrange in casserole, in layers if necessary, and open sides down. Season tomato juice with salt and pepper; pour over rolls. Top with remaining large leaves then cover closely.

Bake in preheated 350 degree oven for about 1-1/2 hours or until cabbage is tender. Serve with sour cream. Makes about 3 1/2 dozen cabbage rolls.

Serve them with your smorgasbord meal or with baked beans for Saturday night supper.

**ACTON DRIVING SCHOOL**

## Too much tipping trouble

Is the party host responsible for his guests getting home safely? This question has prompted a holiday safety campaign, "First a Friend . . . Then a Host," launched by the Hamilton Automobile Club.

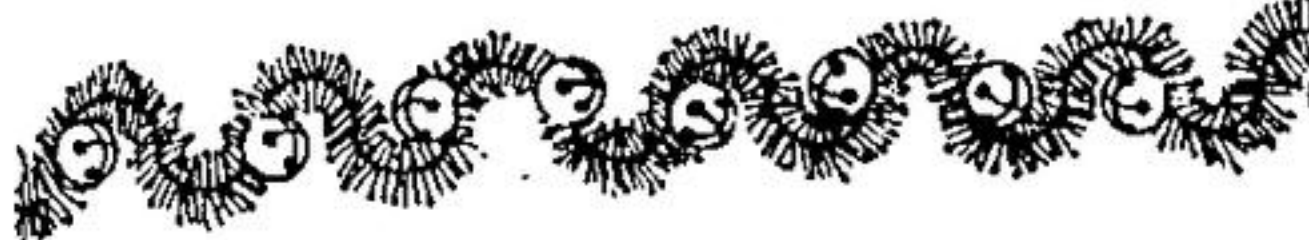
"We think the host is responsible—certainly as a friend—to discourage excessive drinking by guests who will be driving," A. U. Oakie, Managing Director, said.

Don't drink and drive  
"We would prefer that partygoers would not drink and drive, but we must be realistic—many do. Therefore, this campaign is approaching the problem through the host who provides the drinks," he said.

The Auto Club offers these suggestions for modern party hosting—geared to the expressway age:

1. Do not press drinks on guests who will be driving.
  2. Have a good selection of non-alcoholic beverages available.
  3. Prove your lavishness as a host with a tempting display of food.
  4. Instead of mixing drinks, try a self-service bar. Guests who mix their own usually have less potent drinks and fewer of them.
  5. Begin pushing food, and de-emphasizing drinks, well before the end of the party.
  6. Tactfully encourage a guest who may have over-imbibed to sober up before leaving, or arrange his transportation home as a passenger.
- "If one accident can be prevented as a result of this campaign, we should be highly gratified," Mr. Oakie said.

**WARMEST GREETINGS PAT & BILL THE FAMILY STORE**



## Glittering name personalizes gift

A typical Christmas Eve scene—midnight—mother and father caught in a tangle of ribbons, wrapping paper, bows, name tags and tape! Sound familiar?

Well, here's a novel way to avoid the last minute wrapping dilemma. Wrap presents in a plain, dark colored paper and personalize them by writing the lucky recipient's name in silver or gold glitter.

This exercise takes much less time than you'd think. Use a tube of glue as a pen to write the name, and sprinkle bright glitter over the wet surface. Allow it to set for a few minutes, shake off the excess glitter — and you're finished!

Perhaps this Christmas Eve, there'll be time for "visions of sugar plums" to dance in your head!

### Serving bird

On Canadian tables, the centre of attraction is usually the turkey. This custom has its origin in the English "Christmas bird" — usually a goose, capon or chicken, rather than a turkey.

In medieval times, a large bird was standard fare at English Christmas dinners among the common people. In castle and manor, however, a "bird" wasn't always the main dish.

To the tune of the old carol, "The Boar's Head in Hand I Bear," the boar's head was borne to the table in solemn procession. Then followed other courses —

and what courses! The most lavish of dinners usually featured a boar's head.

For a medieval feast, a typical menu included 17 main dishes — everything from roasted swan to a kid with a pudding in its belly!

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