

The Chopping Block

by Philomena Corradeno

A frequent clue in crossword puzzles is "Bakery byproduct." And the answer is, AROMA. It's so true. And why? Because of the spices that go into most baked goods.



To keep that enticing fragrance and full flavor, store spices away from heat, bright sunlight and sharp lighting. Don't have your containers near the range just because it's handy. Ground spices should be kept in tightly closed containers and reclosed quickly after each use. The capsicums — red pepper, chili powder, paprika — and oily seeds such as poppy and sesame should be refrigerated. The American Spice Trade Association recommends checking the aroma of spices every six months or so. What you can't smell, they say, you can't taste.

Cinnamon is the most widely used baking spice. You wouldn't bake an apple pie or coffee cake without it. Here are two easy recipes. Cinnamon coffee cake is a tea or coffee break natural and is good for breakfast or dessert. Toss the walnuts with flour, cinnamon and sugar. The icing is a simple confectioners sugar and cold water mixture.

CINNAMON COFFEE CAKE

- 3 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup butter or margarine
- 2 eggs
- 1 teaspoon baking soda
- 1 tablespoon hot water
- 1 cup buttermilk
- 1/2 cup chopped walnuts
- 2 teaspoons ground cinnamon

In large bowl, combine flour, one cup sugar, baking powder and salt. Cut in butter with pastry blender until mixture forms a crumb-like texture. Reserve 1/2 cup of this mixture for later use. Add eggs, one at a time, blending well after each addition. Dissolve baking soda in hot water; add buttermilk. Stir buttermilk into flour mixture, blending until smooth. Combine reserved flour mixture with walnuts, one teaspoon sugar and cinnamon. Pour 1/3 of the batter into a greased nine-inch tube pan; spread evenly. Sprinkle 1/3 of nut mixture over the batter. Repeat twice with remaining batter and nut mixture, ending with nuts. Bake in a preheated, moderate oven (350F.) 45 to 50 minutes. Glaze if desired, with confectioners sugar icing, made by combining one cup sifted confectioners sugar with four teaspoons cold water. YIELD: one Coffee Cake.

IN THE KITCHEN

Kids in the Kitchen: Lessons Worth Learning

News USA

(NU) - Cooking may be one of the most important jobs you can teach a child. It's a skill everybody needs to learn and, luckily, kids love to cook.

The kitchen's a classroom where all the lessons are fun and where dull "school stuff" takes on a practical application. Even something as simple as making egg salad teaches creativity, cause and effect, mathematics, and chemistry.

Very young children love to help in the kitchen because cooking is a "grown-up" job. Older children can take on more responsibilities like writing a shopping list, pricing different brands, sticking to a budget, reading the recipe and using fractions to double or triple a recipe. Cooking is both an art and a science: Home-made mayonnaise can teach the principle of emulsion, a hard-cooked egg is an example of coagulation and a baked cake makes leavening understandable.

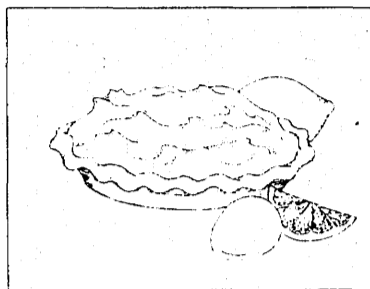
Such lessons can reinforce good kitchen practices such as washing hands. They can also help build a child's confidence and sense of independence.

Where do you start? Pick a relaxed time to start cooking lessons, and keep recipes short and simple

with some element of guaranteed success. (Save sharp knives and hot ovens for older children.) Demonstrate each step clearly and explain why it's done, then let your child try it. Match recipes to skill levels. A 2-year-old can stir cake batter; a 3-year-old can dip bread in egg batter, and an older child can attempt scrambled eggs or even Eggs Benedict.

Be patient. No kitchen job will be as easy for your child as it is for you. Expect some spills and be sure your child helps with the clean-up. Above all, have fun.

For free recipes your child can help make, send a self-addressed, stamped, business-sized envelope to The incredible edible egg #28, P.O. Box 1068, Des Plaines, IL 60017-1068.



Your Health

by Lester L. Coleman, M.D.

Q. Our 4-year-old boy was born with one testicle. He is not aware of it, and we wonder how we should proceed to handle this from a physical and psychological point of view.

A. Far too many people adopt the attitude that overlooking a problem automatically eradicates it. You are wise to anticipate the physical and psychological problems that may arise. Part of that anticipation should be a complete examination because there are many instances in which the undescended testicle does finally reach its normal destination in the scrotum.

In some instances, it is possible that hormones may accomplish this. The field of microsurgery in children has expanded greatly. Many of these refinements in surgery have made possible the transplantation of the testicle to its proper position.

In the absence of these possibilities, it will be of extreme importance to prepare your son for this anatomical difference.

This can be accomplished by psychological support and assurance that in no way will his physical growth be impaired.

A well-planned psychological program is most important to prevent the possibility that he will be self-stigmatized or embarrassed. It is astonishing how often children, even during their adolescence, worry about the possibility of fatherhood later in life because of the presence of an undescended testicle.

Consultation with psychologically trained people may find the ideal time and age to open such discussions.

Send letters to Dr. Coleman, c/o King Features Weekly Service, 235 East 45th Street, New York, N.Y. 10017.

Home Tips

MUFFIN BATTER — I find myself always looking for a way to get muffin batter from the bowl to the muffin tin without making a mess. Well, I finally found it. I use a small gravy ladle, and I have no messes on the counter or around the cup edges that have to be wiped off before baking. Helen W., Tahlequah, Okla.

HANDY TABLECLOTH — I have an old, stained, flannel-lined tablecloth that I had spread out on the floor of the car to protect it from dirty tools. It was still in there when I went grocery shopping and bought frozen food. Usually, I carry a cooler in the car to store the frozen food until I get home, but not this time. So I used the tablecloth bunched up around the bag of frozen food.

It worked as well as the cooler, and when folded, it takes up much less room. Also, it's still handy for the original use of keeping the car free of dirt. I also spread one over my flowers and had flowers through the first snow. Mary L., Decatur, Ill.

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Women At Work by Tamara Jones

CREDIT REPORTS: It's been said that the ability to read one's own credit report is a gift bestowed upon only immortal beings. It's also been said that the indecipherability, which ranks as high in impact as literacy in Babylonian clay tablet inscriptions, was deliberately instituted by credit reporting agencies to keep folks such as thee and me ignorant of what errors these files might contain. As a result, many people found credit being denied to them on the basis of incorrectly reported data they didn't even know existed.

In recent years, consumers' groups have worked to get these reports made available to the people whom they concern. But the problem has been that while the reports can be "read," they haven't been easy to understand.

Now, at least one credit-reporting company, TRW, has opted to change the way the industry has been operating and is prepared to offer "plain English" credit reports to consumers. Their new format is supposed to help consumers better understand their own credit histories, and encourage them to become more active participants — as they say — "in enhancing the accuracy of credit reporting."

The change is moving to a more readable text format that replaces the columns of numbers and codes.

Asked to comment on the change, Gerri Detweiler, executive director of Bankcard Holders of America, said, "It takes the guesswork out of reading your credit report."

Incidentally, you might like to know what the law has to say about your rights in credit reporting: First, all credit reporting agencies are governed by the federal Fair Credit Reporting Act (FCRA), as well as companion state statutes. The FCRA permits the agencies to list negative credit history for seven years (10 years for bankruptcy except for completed Chapter 13 bankruptcy, which remains for seven years).

However, if the agencies learn of an error, the consumer has the right to ask for a recheck of the information. If it turns out that the information is indeed, wrong, or at least can't be reverified on checking, it will be changed or deleted.

So far as your good credit history is concerned, that stays in your file. (Note: Some states have their own laws governing certain aspects of the an agency's operations vis-a-vis consumers' rights. Be sure to check with your state's regulations if you have a credit report problem.)

LOOKING AHEAD: "Take Your Daughter to Work Day" went well last month. But let's not leave it to a day-a-year event. Continue to impress your daughters with the fact that they are important people with unlimited opportunities for success.

EGGS

How Long Will Eggs Keep?

(NU) - Eggs are a morning-to-evening diet staple — with good reason.

Eggs are versatile, inexpensive, delicious and quick to fix.

Still, questions sometimes arise about this gift of nature.

Here are some of the most-asked questions:

Q: How long will eggs keep?

A: Fresh eggs can be refrigerated in their carton for at least four to five weeks past their packing date, three to four weeks after you bring them home from the store. But, at room temperature eggs lose freshness quickly. Refrigerate to preserve high quality. Use hard-cooked eggs within one week.

Q: Can eggs be frozen?

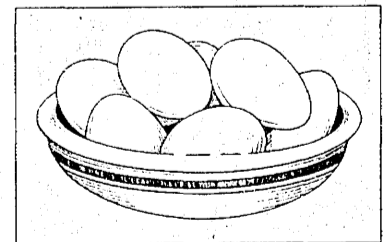
A: Hard-cooked yolks and raw whole eggs, whites and yolks can be frozen. Just don't freeze cooked egg whites (they toughen) or eggs in their shells. Freeze raw egg whites unbeaten. Leftover beaten yolks or beaten whole eggs freeze well if you

add a little sugar or salt (1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup per four yolks).

Q: Can eggs be microwaved?

A: An egg in its shell will explode in the microwave, so don't try to hard-cook it. Even out of the shell eggs may explode. To help ward off problems, pierce the yolk membrane with a knife or wooden pick and cover the dish. But apart from that, many egg recipes can be adapted for the microwave. The exceptions are airy soufflés and puffy omelets, which need the dry heat of a conventional oven to rise.

Learn recommended methods for microwaving eggs by sending a self-addressed, stamped, business-sized envelope to The incredible edible egg #45, P.O. Box 858, Park Ridge, IL 60068-0858.



Business As Usual

I would like to inform my customers that while I am at the Northwestern Medical Center undergoing tests, my rubbish hauling services will continue uninterrupted. My usual employees will be picking up on the same days at the same time. If you have questions or if anyone would like to start up service, you can do so by telephoning my regular number 933-4901. Payments should continue to be mailed to P.O. Box 116, Enosburg Falls, VT 05450, or given to my regular employees when they stop by. I expect to be back behind the wheel in a few weeks. We are a family business, serving the Enosburg Falls area now for over 60 uninterrupted years. Thank you for your understanding.

- Lionel L. Parent -

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ENVIRONMENT
Unlikely Partners Work Together To Save the Earth

News USA

(NU) - Industry, community and environmental groups have formed unlikely but welcome partnerships in recent years to set a positive example and help protect the Earth's resources. The success of these groups has depended upon the cooperation and commitment of the partners, and the work of community volunteers.

In fact, volunteers form the backbone of many environmental partnerships. For example, Coors Pure Water 2000, a national public awareness and grassroots action campaign of Coors Brewing Company, works closely with environmental groups, government agencies and community volunteers in its efforts to conserve, preserve and clean up America's water resources.

Citizen volunteers can get involved in local projects by calling toll-free 1-800-TO-COORS, or by contacting any Coors Pure Water 2000 environmental partner. Examples of the partnerships and the roles played by volunteers include:

- Beach and River Bank Clean Up: Thousands of volunteers scour river banks and beaches for the Texas General Land Office, while thousands more help out Friends of the Los Angeles River. The trash is recycled when possible, and catalogued in an effort to trace its source.
- Water Quality Monitoring: Volunteers monitor the water quality and wildlife condition of Minnesota lakes for the Freshwater Foundation, and the Delaware River for the Delaware Riverkeeper.
- Waterway Clean Up: Ten young minority men and women volun-

teered with the Earth Conservation Corps in Washington, D.C., pulling 4,000 tires and tons of oversized trash from the Anacostia River, which runs through the nation's capital.

• Wildlife Habitat Improvement: Volunteers for Trout Unlimited and the U.S. Bureau of Land Management are restoring Nevada's Marys River watershed in an effort to bring back an endangered trout species. On Silver Creek in Idaho, the Nature Conservancy is working to protect critical wildlife and habitats within that unique ecosystem.

• Education: A series of town hall meetings conducted by the Water Education Foundation in California helped citizens learn about key water issues.

"Coors Pure Water 2000 is proof that the business community can form meaningful partnerships with environmental and citizen groups to affect positive change," said Peter Coors, the company's chief executive officer. "Water is one of America's most precious resources, and we must work together today to protect and preserve it for the future."

The goal of Coors Pure Water 2000 is to help improve America's water resources by the year 2000 and to protect those resources for future generations. Since its launch in 1990, the program has provided more than \$1.5 million in funding and worked with environmental groups, community volunteers and government agencies on more than 600 projects. Another 200 environmental partnership projects are planned for 1993, with more than \$800,000 in funding available.

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