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Don't Be a Policeman

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New Year and Old Customs...

By Claire Chadwick

"Get up, gude wife, and binno sweir, 
Deal cakes and cheese while ye are here; 
For the time will come when ye'll be dead 
And neither need your cheese or bread."

WHAT is that? That's a part of Hogmanay. And what is Hogmanay? Simply New Year's Eve in Scotland, back in the beginning of the nineteenth century. The queersounding rhyme is one that the children used when they went begging from door to door for a dolle of oat-bread and cheese, which they called "nog-money."

Very old journals will tell you that the twentieth century is by no means the originator of "whoosey" parties. People have been at these celebrations since the days of the Romans, when New Year's day fell on the first of March. Just a little closer to home is the chronicle of the Pilgrims' observation, which, although of necessity Pilgrimish and described as "We worked betimes" was brightened by the exchange of gifts. They in a measure made up for the sombre Christmas season.

But take the land from which the Pilgrims came—that's a different story. In fact, England, Ireland and Scotland all had their pet observances, and how they did observe them! Although they may seem queer, there are any number of them that could easily be applied to parties of today.

IN ADDITION to the begging of the children (and it is said that they looked more like nymmes than humans, for they draped themselves in sheets to be sure that they'd have plenty of pocket room for offerings) "First Footing" was an observance practiced by all. At midnight the people set out with a bowl of warm, sweet ale to make calls on New Year's Eve, should a party prove dull. Of course, since the custom is not common here, one would have to be a bit careful about those to whom he chose to pay the early morning visit.

Ireland is all split up into sections over its festivities. Each county seems to have had its private tradition and adhered to it. In County Atrim special cakes were made, and still are for that matter, to be given to friends on New Year's Eve. They are comparable to doughnuts, hole in the middle and everything, and are often thrown outside the door to keep out hunger during the coming year. What friend of yours would not welcome a box of fancy cakes on January first? The old Irish custom wouldn't be bad at all.

Some of the Irishmen used to be overly anxious to get rid of the old year. Impressive ceremonies were held with the village notables—only those of rank seemed to "rate" the job—dressed up as chimney sweeps, and they seriously swept out the old year and cleaned up a bit for the coming one. Bonfires were also used as symbols of destruction.

DERBYSHIRE in England is noted for its Posset pot. The recipe is simple but not very appetizing. Taste was not considered, however, in the mad scramble which accompanied the draining of the contents, for a wedding ring was thrown into the bowl and the maiden who procured it was slated to marry the man of her choice. In case you're interested and would like to try Posset pot at a party sometime (substitutions could be made wherever you happened to choose and the finished product couldn't be much worse), the concoction goes like this:

"Take 18 eggs, whites and all, let them be beaten very well, take a pint of Sack and a quart of Ayle boyld, and scum it, then put in three-quarters of a pound of sugar and a little nutmeg and let it boil a while or two, then take it off the fire, stirring the eggs still, put into them two or three ladles full of drink, then mingle all together and set it on the fire and keep stirring until you find it thick, then so serve it up." Does it sound worth the effort even if you were assured of the most handsome man on the campus?

Another appetizer—powsowdy. It was principally boiled ale full of roasted apples, toasted bread and raisins, a rather villainous compound to put it even mildly.

Fortune telling was also a part of the ritual of celebration, not with cards of palmistry, but by opening the Bible at random. Whatever page and verse first came to the attention was designed in some way or other to be a foretelling of the life ahead. (Pity those who tried to find their future hidden in Leviticus or Numbers).

Gift giving was connected with New Year's Eve for a long time. (Slick way out of the uncomfortable feeling produced by a Christmas gift for someone you forgot). During the reign of Queen Elizabeth history tells that the royal jewel chests were kept up-to-date by the gifts from the faithful. The Queen also gave gifts in return, with an eye toward thriftiness, of course.

GLOVES were a common and highly-prized gift. Oranges stuck with cloves—they'll keep indefinitely that way—apples on tripod frames, gilded nutmegs and small trinkets all found their way into the lists. And the original "pin money" was first used then. Pins were not always the commonplace items they are now. During the time when they were expensive and very hard to get, a sum of money was often given for the purpose of buying pins when they might be available.

So the idea of January first being an occasion apart from the ordinary trend of days is not new at all but is quite well worn out from the years of use. Just one thing seems to have arisen from the apparent need of later years—resolutions were never mentioned in the old diaries and books of the early period.

Don't Be a Policeman

By Barbara Apple

THE sleep of young children presents many perplexing problems, according to Evelyn Erwin, home economics senior, who last year observed the sleeping habits of children in the Nursery School. She found that a child's home environment plays an important part in his sleep habits.

An atmosphere of quietness should prevail as much as possible when the child is getting ready for bed. This may sometimes be accomplished by telling him a story, or by letting him relate his experiences of the day.

If his physical needs are taken care of before he is tucked in bed in a leisurely and loving fashion, the child feels content and comfortable. When the ventilation is

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Clothes of 1943  
(Continued from page 4)  
it may be only nudism propaganda. One 
enthusiast has suggested that the trans 
ition to nudism might take place through 
the use of paper clothing.

Men who find the paper clothing too 
big a stretch of the imagination and 
would still like something cool might try 
the tunic, a loose, one-piece garment 
hung straight from the shoulder in clas 
sio lines. Get the picture of your favor 
ite professor "breasting" into his 8 
o'clock in a modernized Roman toga.

All this isn't so foolish as it may seem 
on the surface. Scattered in it are many 
ideas that would improve our present 
custom of dress. Such a discussion at 
least shows us the need for change; and 
don't think that it's all a lot of far 
-fetched raving that could never come to 
pass. Styles of earlier years that de 
manded clothing containing live gold 
fish, hair done up in imitation of a full 
-rigged ship, and a block worn around 
the neck in the form of a starched ruff 
made the idea of paper clothing sound 
tame.

Clothes of 1934  
(Continued from page 5)  

cloth coilloe-beret, the jersey skull cap 
and the Chinese pagoda hats.

The Chinese influence has grown with 
the advance of the season. Now we 
have pagoda sleeves on afternoon dress 
es, the coilloe coat neckline, high-throated 
pajama tops and tunic dresses. Accord 
ing to the mandates of fashion, no ward 
robe is really complete without at least 
one tunic dress. And I think therein 
lies a hint to those with frugal incomes. 
An old dress grown short may be reno 
vated and worn as a blouse, with a dark 
skirt giving the necessary added length.

I've noticed an emphasis on hems 
lately. A band of far or a pleated frill 
at the bottom of the dress achieves this.

Apparently there isn't such a thing 
as too many buttons! Big, flat, gaudy 
one's marching down the front of a dress, 
wee, fat, matching ones at the wrists 
and throat, irregular, angular ones hard 
ly deserving the name of button, all 
these and more perch here and there on 
all the newest clothes.

Contrast is made use of in materials 
and colors and in the difference between 
daytime and evening frocks. Elegance 
and luxury are as one with evening 
clothes, while plainness and simplicity 
are synonymous with daytime things.

Street dresses are very straight and plain, 
with an occasional flare giving low fal 
ness. Draped blouses and generous 
sleeves differ sharply from the narrow 
ness of the skirts.

The 'touche's' mark clothes as this

season's. A touch of metal, bits of fur, 
shiny and dull contrasts, a fabric flower 
—all these give individuality.

Don't Be a Policeman  
(Continued from page 7)  
just right, there is no draft on him, but 
there is cross-ventilation.

If the child will go to sleep by him 
self, no adult should stand guard over 
him; but occasionally he may be nervous 
and unable to relax. A gentle stroking or 
rubbing of his head and arms will soothe 
him and enable him to go to sleep.

However, it is best to avoid using com 
pulsory or sensory methods to induce 
sleep. The child will become dependent 
on an adult and expect him to stroke his 
head or rub his body whenever he goes 
to bed, and a habit will soon develop. The 
child should be trained to go to sleep 
by himself, and the parent should not 
have to act as a 'policeman.'

Each child must be considered indi 
vividually, as not all techniques are 
effective for all children.

The Latest in Recipes  
F OR your New Year's dinner, why 
don't you try cranberry frappes to dress 
up the turkeys? Its something dif 
ferent and ever so good.

Here are the ingredients:

1 qt. cranberries
1 c. water
1 lb. sugar

Cook cranberries in water until tender, 
strain, add sugar and fruit juices. Cool 
and freeze in mechanical refrigerator. 
After the mixture has started to freeze, 
stir it occasionally with wooden spoon. 
Freeze to a mushy consistency and serve.

Banana fritters are good. Have you 
noticed an emphasis on hens 
lately. A band of far or a pleated frill 
at the bottom of the dress achieves this.

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