



## **FEBRUARY 2011 NEWSLETTER**

### **WRITERS TIPS**

#### **WWII Valentine waffles**

Any meal, even the simplest, can be “spruced up” for Valentine's Day. Because of the rationing during this time, many ingredients were hard to come by, so these waffles were a popular dessert.

#### Ingredients

- 1/3 package (1 level Teaspoonful) fast granular yeast
- ½ cup lukewarm water
- ½ teaspoon sugar
- ½ cup scalded milk
- ¾ teaspoon salt
- 4 tablespoons sugar
- 2 cups sifted flour
- 2 beaten egg yolks
- 5 tablespoons melted butter or substitute
- 2 beaten egg whites

#### Preparation Instructions

Pour the granular yeast into the ½ cup lukewarm water, add the ½ teaspoon sugar, stir and let stand about 5 minutes to soften. Pour the scalded milk into mixing bowl, add the salt and remaining sugar stir and let cool. When milk is lukewarm add the softened yeast and 1 ½ cups of the flour. Beat until smooth. Next, stir in the beaten egg yolks, the melted (not hot) butter and the remaining flour. Beat again until smooth. If the batter seems too thick or too thin (since flours vary greatly), add a small amount of liquid or flour, just enough to make it as thick as heavy cream. Cover and let rise in a warm place (82° - 86° F.) until light and bubbly (1 ½ - 2 hours). Then fold in the 2 egg whites, beaten until stiff but not dry. Bake on heated waffle iron. Serve with peppermint stick ice-cream, whipped cream tinted pink with a little red food coloring or any fruit topping- canned or fresh.

If desired, this waffle batter may be prepared at any convenient time, hours before needed. Let it rise until light, fold in the beaten egg whites, then cover and store in refrigerator until wanted for baking.

Contributed by Unknown, 1942

## **Homemade Valentines**

The 1940s were marked by the events of World War II. Soldiers, rations and big-band music were the norm. 1940s greeting cards and Valentine's Day cards were made with brightly colored images such as children, animals and even war vehicles. They would then add simple lines and clever sayings. Because materials were scarce many children made their own Valentine cards using all kinds of recycled paper and materials. They would add creative sayings to their cards.

Make your own cards for Valentine's Day. Use Valentine images from the 1940s or draw your own. Use your imagination and creativity to come up with fun sayings.

## **Mind Bender**

How fast can you ride a bicycle? To get into the \*Guinness Book of Records\* for human-powered cycling, you'd need to ride faster than 60 mph.<br>

An ordinary cyclist travels up and down a hill. Going up, she maintains a constant speed of 10 mph. It takes her 1 hour to get to the top. Assuming that the hill is symmetric, what speed must she maintain on the way going down if she wishes to average 20 mph? Before you bask in victory, the answer is not 30 mph.

January's answer

### **Solution:**

Row	Position	Name	Buck/Doe	Ribbon Color
Front Row	Left	Dasher	Buck	Magenta ribbon
Front Row	Right	Comet	Doe	Chartreuse ribbon
2nd Row	Left	Cupid	Buck	White ribbon
2nd Row	Right	Dancer	Doe	Maroon ribbon
3rd Row	Left	Donner	Buck	Blue ribbon
3rd Row	Right	Vixen	Doe	Rose ribbon
4th Row	Left	Blitzen	Doe	Ocher ribbon
4th Row	Right	Prancer	Buck	Cerise ribbon