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effettivamente le questioni. Essi hanno detto che la fiducia che avevano saputo conquistarsi 5 anni fa, i Longo Mai l'hanno persa gradatamente non mentenendo le promesse fatte. Pertanto in Mesolcina non se ne vuole più sapere di questa Cooperativa. Lecito concludere quindi che per qualche tempo di questo Gruppo in Mesolcina non ne sentiremo più parlare.

CADRO. — *Francobolli Pro Juventute.* — Anche quest'anno la serie dei popolari francobolli 'pro juventute' raffigura stemmi di Comuni svizzeri, e per la prima volta d'un Comune ticinese sul valore di cent. 20 + 10, quello di Cadro, disegnato, come gli altri, dall'araldista Gastone Gambin di Breganzona. Di Cadro esiste già una citazione in un documento dell'anno 735 e la presenza del liocorno nel suo

stemma trova un riferimento anche nell'attributo di Sant'Agata, patrona della parrocchiale. La corona che adorna il collo del liocorno venne ripresa dallo stemma di famiglia della famiglia Reali, per ricordare i suoi benefattori, artisti uomini di governo e ufficiali dell'esercito.

PER TERMINARE, LO SPORT.

— *Football:* In omaggio al suo 75° di fondazione l'A. C. Bellinzona ha avuto l'onore d'affrontare la nazionale svizzera in partita d'allenamento, il 14 novembre, vinta dai "nazionali" per 2-1. L'incontro era in anteprima del confronto contro l'Italia a Udine, sabato, 17 novembre; vittoria degli "azzurri" per 2-0. Prima dell'incontro al Comunale di Bellinzona è stata consegnata al capitano dell'undici elvetico, *Lucio Bizzini*, una targa-ricordo da parte dei Giovani Cal-

ciatori Biaschesi, nelle cui file aveva iniziato la sua carriera calcistica. Risultati 24/25 nov.: LNA Basilea-Lugano 7-0, Chiasso-San Gallo 3-0 LNB Bellinzona-Nordstern 0-0 I. Lega Altstaetten-Locarno 3-0, Morbio-Balzers 4-1, Uzwil-Mendrisiostar 0-0 *femminile* Armonia (Lugano)-Aurora (Milano) 1-1 *Ice hockey:* 27.11 Lugano-Ambri-Piotta

3-7 Questa vittoria ha portato i leventinesi alla vetta della LNB. *Basketball:* LNA Presgassona-MoMo 77-88, Federale-Byon 98-103, Ol. Friburgo-Viganello 97-105 Dopo 10 gare il Viganello è in testa alla classifica con 18 punti. LNB Muraltese-ST. Paul 92-70, Bellinzona-City Friburgo 85-96, *Lega A femminile* Muraltese-Romanel 64-55.

Poncione di Vespero.

GRANDMAMA'S HOUSE REVISITED – SOME MORE RECIPES DISCOVERED

During my last holiday in Switzerland this summer, I made a special trip to have a nostalgic look at the house where we spent so many happy holidays as children. It is still as lovely as ever, with its typical Bernese farm-house architecture, balconies adorned with geraniums as I remember them. Unfortunately the surroundings have completely changed. A cousin of mine lives there now, and where the Summerhouse, with the harmonium, was, there is a huge greenhouse full of carnations. The garden and orchard have also disappeared to make room for more greenhouses with cyclamens and gerberas, all very efficient and business like, but alas the old spirit and the soul of the place have gone. In the orchard, there used to be wonderful apple and pear trees and a superb quince. I still remember some of the mouthwatering sweets grandmama used to

prepare with fruit and as this is a bumper year for apples, I could think of nothing better than a couple of recipes from her culinary repertoire.

For breakfast we had apple Muesli loogr quick cooking oats (3 oz approx. — uncooked), the juice and grated rind of 1 lemon, 2 cupsfull stewed apples, 1 grated apple, some chopped hazel nuts, $\frac{1}{4}$ pt single cream (top of milk) or condensed milk. Mix all thoroughly (it can be left in the fridge for a while, if it seems too dry add a little fruit juice).

My favourite recipe by far was the apple spice cake.

Ingredients

8 oz cooking apples
4 oz butter
5 oz sugar
2 eggs
5 oz flour

4 oz raisins
1 tb sp cocoa (1 oz)
 $\frac{1}{4}$ tsp cinnamon
 $\frac{1}{2}$ tsp mixed spices
 $\frac{1}{4}$ tsp nutmeg
1 tsp.

Method Cut and core the apples without peeling. Cook in covered saucepan with hardly any water until soft. Put the apples in the liquidiser and blend until smooth on speed 3. Sift the flour, cocoa, spices and salt. Warm bowl and beaters and mix butter and sugar on speed 2 increasing to speed 3 until soft and fluffy. Add the eggs one at a time and beat thoroughly. Turn to speed 1 and add the sifted dry ingredients, the apple purée and raisins. Turn into a greased tin 8" x 8" x 1 $\frac{1}{2}$ ". Bake for one hour 15 minutes in moderate oven 360°F. This cake keeps moist and fresh for several days.

Mrs. E. Grout

CITY SWISS CLUB

Honoured by the presence of His Excellency Monsieur E. Thalman and Madame Thalman, together with the Rt. Hon. Lord Crawford P. C. and Lady Crawford, the Club celebrated its 114th Annual Banquet and Ball on the 16th November last.

Forthcoming Event

The Club will meet on 19th February at the Portman Hotel, London. 7 p.m. for 7.30 p.m. Dinner followed by speaker, Sir Freddie Warren, C.B.E., "Inside No. 12".

R. L. P.

Four young lads from Switzerland started the New Year in London, blowing their Alphorns at the Swiss Centre

