

YOUNG ARCHER

Chocolate is good for you!

By Diana Cormack

I have given up chocolate for Lent. It's not that I'm particularly religious, though "once a Catholic" is a short phrase with enough truth in it to last a lifetime, so past practice must be of some help.

"Why didn't you just give it up for the New Year?" an old friend said to me. She obviously isn't a chocoholic or she'd realise that some people (not me) still have bars and boxes left over from Christmas, which they actually share with those who scoffed theirs before the last of the turkey leftovers were used up!

Bar none

If it's there, I'll eat it, even if I don't particularly like it. I'm not very keen on After Eights, Chocolate Liqueurs or Rolos but I'll force them down me if I have to. I could eat chocolate for England, but I suppose International Competitions would mean foreign products and, even though ours can now be sold in Europe,

it could put me at a disadvantage. Still, I'm prepared to overcome that. I'd even put up with dark chocolate, though I much prefer the milk variety.

Rosanne Barr once said in her show that chocolate soup would be her idea of heaven. I prefer to dip mine in hot coffee or hold it in front of the fire to get just the right consistency, a habit which horrifies those purists who have to have it straight out of the fridge. I have to make quite an effort to eat frozen Snickers and such like from the freezer.

Nuts

Which reminds me, do you remember when Snickers was called Marathon? I suppose the name was changed to bring it into line with the American market, but it isn't particularly attractive. Much of our chocolate has names from out of this world, showing us how heavenly it is, like Galaxy, Mars, Milky Way and Moonlight. Otherwise they reflect riches, like All Gold and Bounty or good-

ness, such as Milk Tray.

Because chocolate is good for you, according to recent reports, though this was qualified by it having to be dark chocolate eaten sparingly. I don't think that any of our chocolate advertisements even show dark chocolate.

There is something that has always puzzled me about chocolate adverts - why do they always have to have people in them showing pleasure at a particular product? As far as I'm concerned, if it's chocolate it's got to be good, so save money on models and just show a picture of the open bar or box. Millions like me will be more than tempted!

recipe

Chocolate Rum and Raisin Delight

This quick and simple recipe makes a delicious Easter dish!

Ingredients:

50g or 2 oz raisins
2 tbsp. rum
1 packet chocolate Angel Delight
1 tbsp. instant coffee granules
1/4 pint double cream
1/4 pint milk

Method:

1. Pour rum over raisins and leave to soak for 15 minutes.
2. Add coffee to Angel Delight powder and make up with cream and 2 tbsp. less than the 1/4 pint milk.
3. Stir the rum and raisins into the mixture and pour into a serving dish or six small chocolate pots.



Jo Murray last Easter

Easter eggs in the park

There will be organised fun and games for children in Cherry Tree Wood on Easter Monday morning.

Eugenia von Piccardio is again generously providing all the prizes for events like the Golden Egg Hunt and the egg and spoon races. There is also an Easter Bonnet competition, which is well worth seeing. Do take your youngsters along to enjoy this annual event.

It takes place at 10am on Monday 24 April. Meet at the Cherry Tree Wood café, opposite the tennis courts.

SCHOOL NEWS By Diana Cormack

Holy Trinity

Every class from reception up to Year 6 is going on a visit to The National Gallery. Their theme for study is "A Sense of Place," so they will be looking at and learning about buildings and places in selected paintings.

The school is planning to bury a millennium time capsule. Some suggestions for its contents are photos of the school and of the High Road, plus a Unifix cube because 2000 is the Year of Maths!

All parents are being invited to take part in a survey to help the school to plan as well as to give an idea of their views about a changing Holy Trinity and to help the school to play. Mr Giannaros of the Salvation Army has given each child 10p, which they must try to change into £1 by doing odd jobs, etc. The money raised will go to the Mozambique Appeal Fund.

Martin School

Parents provided lots of produce for a cake sale, which raised over £200 for the Mozambique Appeal Fund.

World Book Day was a great success. In the Junior School Jane Oldnall worked hard to organise a series of events, one of which involved her becoming Chris Tarrant! Teachers Mr Jackson and Mr Pickering were put through their paces in a "Who Wants to be a Millionaire?" quiz

about books. Other staff dressed up as book characters. Everyone had to carry a book and read it whenever a whistle was blown during the altered school timetable, bringing instant silence! Other activities included stories read to classes by visitors, including Councillors Anne Jarvis and John Marshall as well as parents. The football team scored an impressive victory by beating Tudor School 8-1

Children and staff in Martin Infant School dressed up for World Book Day. A storyteller came in, and parents read stories, including some in home languages. The children learned a lot about books, especially by making their own.

The nursery theme this term is "People Who Help Us" and the children were taken on a tour of the Post Office in the High Road. The North Finchley post office manager came to show a video called "Lenny the Letter" about the delivery of mail at home and abroad. Great fun was had when a postman came in a mail van which the children could explore.

Martin School's long-term lollipop lady is retiring from her crossing duties in April and will be much missed.

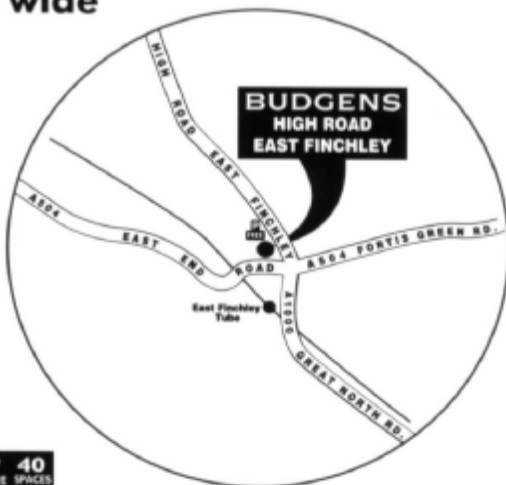


Martin School nursery children in mail van

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