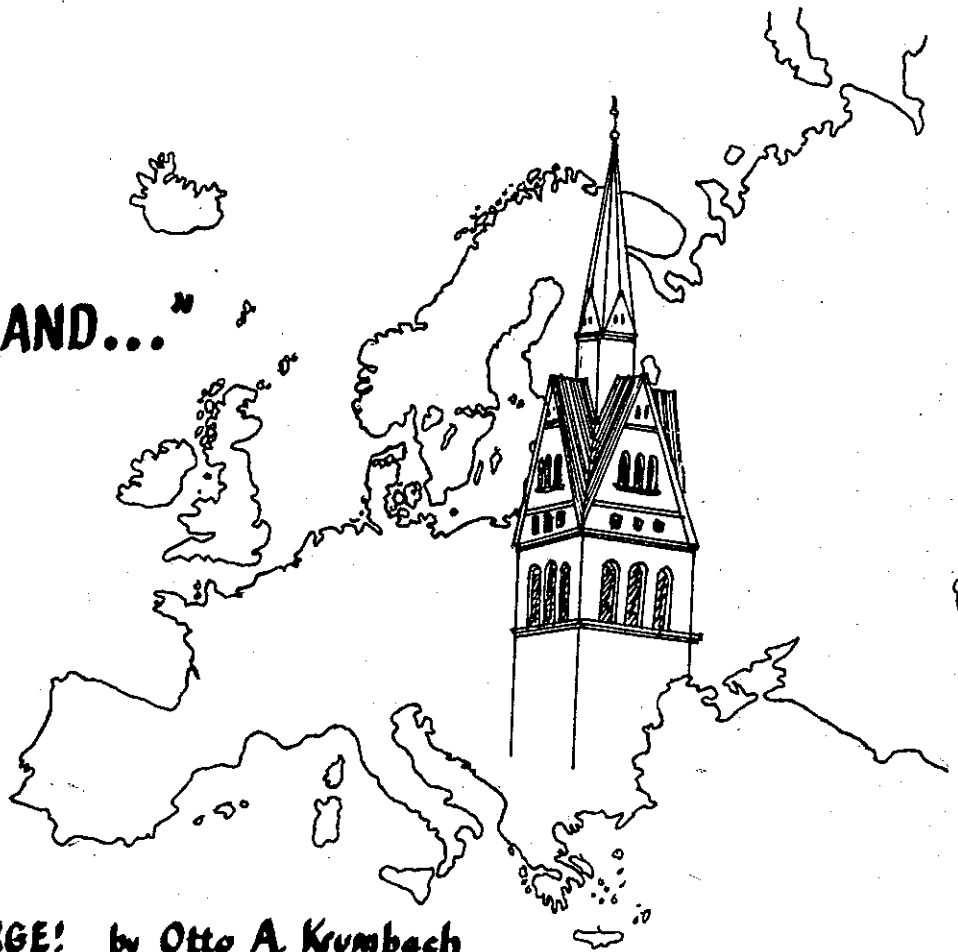


# Heritage Trails

A Journal of the European-American Folk

**"NO MAN IS AN ISLAND..."**

**John Donne**



**EUROPEANS EMERGE!** by Otto A. Krumbach

**PRESERVING A HERITAGE** by Peter A. Vanderhuff

**MASTER MYTHMAKER—J.R.R. TOLKIEN PART 3**

by Robert Blumetti

**A KINSHIP LONG FORGOTTEN** by Harold F. Wahl

**FOLK WISDOM—ENOUGH FOR ALL** by John L. Perraud

And More.....

"A EUROPEAN-AMERICAN ETHNOLOGICAL VOICE"

Editorial Staff

Robert Blumetti, Bronx, N. Y.  
 Otto A. Krumbach, Ridgewood, N. J.  
 Elaine D. Rapp, Nashua, N. H.  
 Ronald Reniewicki, Spring Valley, N. Y.  
 Harold F. Wahl, HoHoKus, N. J.

Art Staff

Mary Lee Gorkun, Ridgewood, N. J.

Circulation Manager

Jean D. Lohman, Ridgewood, N. J.

Heritage Trails, P. O. Box 445, Ridgewood, N. J., 07451, U. S. A., is published four times a year. Subscription: \$6.00 U. S., \$8.00 elsewhere. All material is copyrighted. Manuscripts or graphics donated will be read but not returned unless accompanied by SASE.

# LONELINESS

It is no secret that loneliness is a growing malady afflicting more people than ever before. Estrangement and alienation are symptoms of the syndrome but hypertension and other physical diseases are also known to be among the consequences of loneliness.

This is probably to be expected in a consumer society in which emphasis is placed upon the pleasure and fulfillment of the individual person by whatever means are available. Often these include ever more extravagant material possessions and costly services, with lessened commitments made toward worthwhile activities.

But people are social creatures and may not be able to survive well as individual persons despite their prodigious consumption of consumer services, including endless impersonal television entertainment offerings. Ignoring their communal needs, more people are living alone in the United States than ever before.

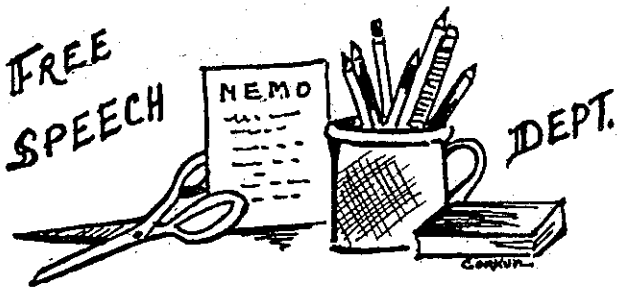
It was John Donne, leading poet of the 17th-century English "Metaphysical School" of poetry, and prominent churchman and scholar, who pointed out that the gregarious urgings of human nature could be ignored but not denied. The full text of his "No man is an island" dissertation is worth rereading.

It may be that the rise of interest in national, ethnic, and folk activities is being brought about, at least in part, by the growing awareness of more people that family, clan, local, regional, and other social groupings have played a much more important part in the pursuit of satisfactory life styles than many modern philosophies acknowledge.

As more people of non-European origin become Americans, that simple designation no longer clearly identifies any of the different people within the society. The need to congregate with fellow citizens who share common interests has long been understood by members of recognized American "minority" groups. It may be that many majority Americans of European origin can also use a more specific group image than "American" alone provides.

There are many ethnic and folk groups of European-American background coming on stream to meet the obvious social need. Participation in their activities may serve as a fine antidote to loneliness.

Editorial Staff

FREE  
SPEECH

HERE'S YOUR CHANCE! READERS ARE INVITED TO SOUND OFF; TO LET THE EDITORS AND OTHER READERS KNOW HOW IT REALLY IS -- OR WHATEVER! LETTERS TO THE EDITOR WILL BE PRINTED IN WHOLE OR IN PART UNLESS OTHERWISE RESTRICTED BY THE WRITERS.

Dear Editors,

I've been coming across information lately about possible European travels to the Americas as early as three thousand years ago. Where can I find information about this?

Mildred Fry  
 Stafford, VA

DEAR MRS. FRY:

MORE EVIDENCE IS TURNING UP ALL OF THE TIME. SEE BARRY FELL'S "AMERICA, B. C.", PUBLISHED BY THE UNIVERSITY OF CHICAGO PRESS. IF YOU TURN UP OTHER GOOD LEADS, LET US KNOW.

EDITORIAL STAFF

Dear Editors:

We find HT to be a welcome change from the usual reading material available. It is especially important in our family to pass on to our children the wonderful heritage that is ours...we especially like the broad cross-section of European folk practices and ethnic backgrounds you have already touched upon. We also enjoy the variety of other articles within each issue.

We look forward to a more definitive statement about where we can go and we hope HT can provide some leadership.

John R. O'Brian  
 Manchester, N. H.

DEAR MR. O'BRIAN:

THANKS FOR THE KIND WORDS. WE ARE ONLY AN ORGAN OF COMMUNICATION. IT WILL BE UP TO YOU AND YOURS TO PROVIDE THE REAL LEADERSHIP.

EDITORIAL STAFF

Dear Editor:

We both enjoy HT very much. Although we are more involved in the present and in securing the future than the past, we take pride in our heritage. The entire concept and development is appealing. Each piece has a well defined topic and is adhered to. We are looking forward to the next one.

Katy Psyche  
 Rex, Georgia

DEAR MS. PSYCHE:

WE HOPE TO BE ABLE TO LIVE UP TO YOUR EXPECTATIONS. WE'LL TRY!

EDITORIAL STAFF

Dear Editors:

...I read the whole thing and think it has fine potential. I really like the mellow straight forwardness of your publication...

Sue-Ryn Hildenbrand  
 Winthrop, N.Y.

DEAR MS. HILDENBRAND:

WE ARE ONLY SAYING IT AS IT IS AND TRYING TO DO OUR WORK SO THAT IT IS ENJOYED. THANKS FOR THE COMMENTS.

EDITORIAL STAFF

# EUROPEANS EMERGE!



Explorers who dare to embark upon the greatest expedition of all, a journey to learn of their true beginnings, can quickly find themselves in wondrous times and places if their spirits are bold and their thoughts roam freely. Are you ready?

Summon up your courage and join in spirit this trip into antiquity which is already taking place. The air is still. The light is dim. The mist hangs heavy. It is only with the aid of inner perceptions that the intrepid travelers can see anything at all. This is understandable because it is five hundred thousand years into the past!

Suddenly, the adventurers are rewarded. Strange, new hominids become visible, the first of their kind to leave their remains for future discovery! They will one day be called Homo erectus, but now they are unnamed humans who live along the Solo River near what will be called in the future, Trinil, Java. The male there will be called Java Man and become world famous.

More and different hominids now begin to appear before the swift-moving travelers through time. One hundred and forty thousand years after their visit with Java Man, the wanderers see other Homo erectus people living in the lower caves outside of Peking, China. One of them will leave his remains for later discovery when he will be called Peking Man.

The hearts of adventurers of European origin beat faster now. They see still other people, ancient occupants of what will be their ancestral homelands, living in Europe at the same time Peking Man lives in China. These are different people who will even be seen by some future physical anthropologists to be proto-Homo sapiens! Heidelberg Man lives near Mauer, Germany, and Vertesszollós Man lives along the Danube in Hungary.

Even at this early period, major differences in the skull shapes of the people are apparent, even seeming to be reminiscent of future skull shapes of people living in those same areas. Unlike the skull of Java Man, the skull of Peking Man shows a brow ridge over his eyes which protrudes like a shelf, and then a forehead which rises steeply for a short way before sloping back to the crown of his head. The high cheek bones of the later Mongoloid people are present in Peking Man, and his face is flattish as will be those of his descendants. In the European area, the early people display still different features.

Informed explorers from the future, seeking their true origins and gazing upon the ancient scenes, know that a "species" is a form of life which can interbreed and that a sub-species is a separate and distinctive group within a species. They also know that all

humans belong to the hominid species of life and are universally seen to be divided into several large, easily discernable groupings. These are the apparent beginnings of some of them.

The travelers also now know why many scholars of the future will believe the reason for the physical differences in humans is the long, separate and parallel evolutionary processes which took place in different areas of the world. It will be thought their separate pathways produced varied people in time because a random and spontaneous variety in the genetic composition of offspring can occur even within a single species.

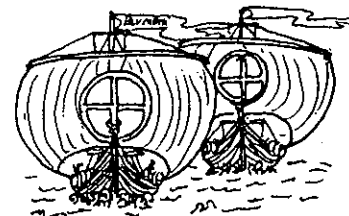
But exciting journeys are not limited to ancient times, the modern world also has clear revelations for sharp-eyed travelers. Most anthropologists find the major sub-species of humans to be the Caucasoid, Mongoloid, Negroid, and Australoid. The basic geographic homelands of the separate groups are also now presumed to be known. The Caucasoid homeland is seen to be in the western portion of the Eurasian land mass, west of the Himalayan Mountains, and in North Africa. The Mongoloid homeland is thought to be in East Asia, the Australoid homeland is understood to be in Southeast Asia, and the Negroid homeland is presumed to be in Central Africa. Modern students also know that Carleton S. Coon, a renowned physical anthropologist, has postulated that the people living in their designated separate homeland areas in modern times are the probable descendants of the early people who lived in those same areas in the distant past.

The Caucasoid biological division of mankind did not stay entirely homogeneous as the millennia passed. The Neolithic Revolution, which changed man's culture from hunting and food gathering to animal breeding and food growing, took place about ten thousand years ago in just about the geographical center of the Caucasian homelands, the highlands of the area now called the Middle-east. Caucasian life styles improved rapidly after these new techniques were employed and the population in the warm, southerly portions of their homelands increased rapidly.

As time passed, the complexion of the people in the southeastern and southern Caucasian homelands grew darker for reasons not really known. Some scholars speculate that environment was a factor. Others believe that an influx of darker members of other biological divisions of people contributed to the darkening process. At any rate, physical anthropologists, noting physical differences in the people, called those in the southerly areas "dark" Caucasians and those in the northern areas "light" Caucasians.

Continued Page 4

# THE BURIAL OF A VIKING KING



The cocktail hour drew to its close. The guests at a recent dinner in Fredericksburg, Virginia, began to assemble around the dining table waiting for the hostess to seat herself.

Clayton, lively as usual, smiled as he prepared to throw in another contribution to the heritage subject which had been under discussion. He cleared his throat. His expression of triumph revealed that he knew he possessed unique knowledge.

"Here's a piece for you all to think about. Try this one," he said, and then waited until he had everyone's attention. He went on, "I don't know if I have the title right, it might be 'The Burial of a Viking King'; I don't remember the author, and I don't remember all of it, but you will appreciate this." He then began to recite:

My strength is failing fast,  
Said the Sea-king to his men,  
And I'll never sail the seas  
As a conqueror again.  
While yet a drop remains  
Of life blood in my veins,  
Raise me. Raise me from my bed.  
Put my crown upon my head,  
Put my good sword in my hand  
And lead me to the strand  
Where my ship at anchor rides steadily.  
If I cannot end my life  
In the crimson battle strife,  
Let me die as I have lived on the sea!

"I can't recall the next part," said Clayton. "It's been a while since I learned the poem, but I remember the ending".

I am coming Great All-father unto thee.  
Unto Odin, Unto Thor,  
And those strong, true hearts of yore.  
I am sailing to Valhalla o'er the sea!

Clayton's eyes were glistening as he finished his recitation. "I really don't know why I've remembered that poem all this time, but I think it may have influenced me all of my life."

The guests stood in wonder at this new revelation of Clayton's character. Now some inkling of the deep motivations which inspired his successful entrepreneurial career became apparent.

"But you're not a Viking", someone said. "You're of Scottish, Irish, and English background."

"That's true," replied Clayton, "But maybe the Vikings got around more than we know about and left their adventurous seed all over Europe! You know, any person of European origin might have some Viking legacy!"

"That may explain the genetics," said another guest. "But you're a life-long practicing Episcopalian. How could you find spiritual guidance in pagan gods?"

Clayton grinned. "Maybe our forebears weren't all that 'heathen.' Maybe they even knew something about creation and the meaning of life."

"You suggested you first learned the poem some time ago," said another guest. "Where and when did you learn it?"

"I first came across the poem in a Canadian reader I learned from in the public school of Wallaceburg, a small Canadian town of about five thousand souls, in the Province of Ontario. We had about thirty-five pupils of all ages in the class and one teacher, but we learned things well!"

"Just when was that?" persisted the questioner, beginning to be aware that Clayton might himself be a part of our living heritage.

Clayton smiled, again seeming to reflect upon some inner knowledge. He nodded slowly before answering. He knew his appearance belied the passage of time. "I first committed that poem to memory long, long ago. I still remember the occasion. It was when I was a boy of ten and it was in the Year of our Lord, 1910!"

Otto A. Krumbach



Con'd from Page 3 EUROPEANS EMERGE!

Here they stand, revealed at last! It is these "light" Caucasians who emerge out of the world's early people to become the progenitors of today's European folk! They continue to be the only group of people in the world with a high incidence of "light" physical features of skin, hair and eyes, although these occasionally appear in other peoples for reasons unknown.

Historians, also noting the distinctive physical appearances of the different people, as well as their varied cultural practices, called those in the eastern and southeastern Caucasian homelands "Asian", those in North Africa, "Afro-Asiatics", and those in the northwestern Caucasian homelands, "Europeans". Geographers, also apparently influenced by the physical appearances of the people occupying the different areas, designated the portion of the Caucasian homelands east of the Ural Mountains as "Central Asia", the southeastern area, south of the Caucasus Mountains, as "West Asia" or the "Middle-east", and the western portion as "Europe".

The significance of the varied biological composition of the world's peoples has yet to be determined. But distinctive features of the cultural practices of prior people similar to themselves may be of interest to those who are aware they are not alone but are a part of a unique, human continuum.

Otto A. Krumbach

# master myth maker--

## J.R.R. Tolkien



### Part Three

The unique creatures which Tolkien envisioned inhabiting his Middle-earth range over a wide spectrum. There are thirty-five types of mortals, immortals, monsters, and demons mentioned in his works. This does not include the variety of animal life which plays a minor role in the story. His characters are too numerous to mention, but the primary beings are the races of men and elves, dwarves, orcs, wizards, and giants.

Some of Tolkien's creatures are derived directly from mythology while most of the others are primarily products of Tolkien's imagination. But even these are partly the product of history and legend like the Variagas of Khand, who derive their name from the ancient Scandinavian warriors known as the Varyags.

The elves are broken down into several tribes, each with its own history and language. They possess great spiritual powers which permit them to live in harmony with nature and, like nature, they are immortal. Tolkien's elves are tall and more beautiful than the races of man. They are fair of face and have grey eyes which sparkle with the love of life. Their hair is usually black--although some have blond hair--and they stand proud and straight. They move like a spring breeze through the Blossoming Forest and have set themselves aloof from men and other mortals. This is because they stand closer to the angelic-gods which Tolkien created and named the Valar.

The languages the elves speak were carefully constructed by Tolkien. They are more than just a literary ploy but are workable languages. Two of the languages are QUENYA and SINDARIN. The former is derived from Finnish while the latter is built on old Welsh.

Tolkien's dwarves are not unlike the traditional European conception of mythological dwarves; short and stocky, with long beards and they are long-lived. Their habituate is underground where they dig for treasures and minerals, as well as construct marvelous weapons and devices with magical qualities. They build enchanting realms and are secretive and quarrelsome.

The dwarves speak a secret tongue, known only to their own kind. They are a wandering folk driven from their cavern domains by evil Bahog demons and dragons, dreaming of a time when they can return to their subterranean homelands and reclaim their riches and treasures.

Tolkien's world is inhabited by still more creatures such as Trolls, Ents, Wolves, and Eagles. There are also many races of men such as the Viking-like horse warriors of Rohan, the men of Gondor, great knights descended from the Island of Numenor. They settled Middle-earth after their island civilization sank beneath the ocean. There is great similarity between the history of Numenor and the legend of Atlantis. The settlement of Middle-earth by the men of Numenor, created a vast empire that split into

two kingdoms which slowly disintegrated. Gondor, like the East Roman Empire, lived on and remained a bulwark against the men of the East (Easterlings who bear a remarkable resemblance to the Huns and Mongols), and the Southrons who are similar to the Moors and Turks.

Another race created by Tolkien is that of the Goblins, or Orcs. They were created by the Evil Dark Lord Morgoth (who's origin is similar to that of Lucifer) who captured elves and twisted them with his evil, thus creating a race of half-Ape, black Goblins. Just as the dark or black elves are the opposite of the light elves in the Germanic legends of the Elder Edda, so too are the Orcs the nemesis of Tolkien's elves.

Tolkien, as a devout Catholic, borrowed from Christianity its concept of good and evil as he evolved his cosmology. It has some gnostic qualities and may resemble Milton's Paradise Lost. It has a Supreme Being who is called by man, ERU, and by the elves, Illuvater, which means All-Father. He created the race of Valar or lesser gods, and showed them his Creation which is Middle-earth, then commanded them to help fulfill his plans for it. But one who is called Melkor, later called Morgoth by the elves, grew jealous, rebelled against Illuvater, and crowned himself Lord of the World. But most of the Valar remained loyal to Illuvater and, in Tolkien's Silmarillion they, with the help of the elves who are known as Illuvater's children, do battle with the evil Morgoth and chase him into the void. But evil is not totally defeated as Morgoth's servant, Sauron, later picks up the Black Torch dropped by his master and declares himself the Dark Lord of Middle-Earth.

Morgoth and Sauron are the personifications of evil. They rule over their domain with uncompromising brutality. In their service are the evil races of Orcs and Trolls, demonic creatures called Balrogs, already noted, who are the herdmasters of the race of Dragons as well as of the nine riders, once great leaders of men, seduced by the evil of the Dark Lord and transformed into Black Wraiths.

Tolkien injects a struggle between good and evil which is mingled with his view of the interaction between free will and predestination, throughout his works. Illuvater is constantly choosing individuals from the races of elves, men, and hobbits to fulfill some small piece of his grand plan, forcing them into competition with evil and thus proving themselves worthy of playing a part in his scheme of things. In the end, good always triumphs over evil although, at times, at great cost. Here one sees European man's eternal hope for a better world, his will-to-power, and need to be victorious over the forces of darkness. Over and over, coalitions are formed to combat the rising tide of alien domination, chaos and darkness.

To be concluded next issue.

Robert Blumetti



There it stands in its serene setting, a timeless symbol of continuity. The Old Paramus Reformed Church, built in 1800 using stones from the first church erected on the same site by Dutch settlers in the year 1735. This beautiful church, located on Route 17 and East Glen Avenue, Ridgewood, New Jersey, on land originally donated by Peter Fauconier, a French Huguenot, still serves the religious needs of a congregation drawn from the surrounding area and is in immaculate condition, reflecting the loving care devoted to its preservation.

The church has an authentic history. It was used during revolutionary times, when people fought to relieve themselves of excessive government. General George Washington used it as headquarters in 1778 and in 1780. During the war it was also used as a barracks, hospital and prison.

Hard upon the church to the west and to the north, as well as across the street, is an old cemetery related to the church. Its stones are time-worn and the names are becoming obscured by excessive weathering, but many can yet be discerned. There are Naugel, Cooper, Zabriskie, and many other stout citizens of days long gone who now rest close to the focal point of their spiritual inspiration.

Behind the church stand two buildings, one a church education building, another one an original one room school house, which is now operated by the Paramus Historical and Preservation Society as the School House Museum, exhibiting artifacts and memorabilia of local interest.

But it is today's event which draws attention. It is February 20, 1984, and the Society is promoting a happening. The occasion is the 34th HISTORICAL HERITAGE SHOW. Many exhibits, each on a modest scale but quite authentic, are in place, and Outwater's Militia from the Garretson Forge and Farm, Fair Lawn, a neighboring town, is demonstrating an encampment outside which depicts soldiering during the Revolutionary War.

There is a special art exhibit. Martha and George Washington are portrayed by persons wearing appropriate colonial attire. Demonstrations include quilting, smocking and count thread embroidery, spinning, lace making, canning, calligraphy, and candlewicking. Many group exhibitors from the surrounding area have displays. These include the Pascack Historical Society of Park Ridge, Genealogy Society of Bergen County, Suffern Museum of New York, Ackerman Exhibit, Park Ridge Railroad Station and Restoration Association, and many more. There are many other individual exhibitions covering a wide variety of materials and themes.

It is a bright day, the exhibits are excellent and all is right with the world. But hold on a moment! Something else is present as well -- concern about declining interest in heritage exhibits. Why is this the case when interest is rising elsewhere, a reporter wonders?

It is not evident at first, but an observer will notice many of the exhibitors are elderly. With conversation, it will be learned that most of the members of the Historical Society are also elderly, a fact which causes concern among its leadership as they wonder about the future of their organization with fewer younger people volunteering their services.

Something else is also apparent. There are all too few visitors, far below the number which should attend to make the Show a financial success to assure that ample funds will be available to continue the heritage work. Other interests may now occupy the local folk and other distractions may divert attention from historical experiences of people in the area.

Other things which may have a bearing upon the decreased participation are happening in the local area as well. The birth rate of Americans of European origin, as with their kin in the rest of the world, has plummeted and now lies far below the replacement level. The decreasing numbers of school children reveal the trend. Modern women are concerned about careers and are having fewer children. They may have less interest in the preservation of their cultural heritage because it has no immediate or future significance.

Something else is happening locally, as well. New Americans from different parts of the world are replacing the original Americans of European origin in local homes and schools! The new replacements, having no connection whatsoever with by-gone events in the area, may have less interest in prior cultural practices than would be natural for descendants of the original inhabitants to display.

Americans of European origin who are still having children and have an interest in the preservation of their heritage, might do well to look around their local areas to see how efforts to preserve the past are faring. The Paramus Historical and Preservation Society may be contacted at 650 East Glen Avenue, Ridgewood, N. J. 07450. Similar organizations around the country might also appreciate helpful thoughts and actions in support of their programs.

Peter A. Vanderhuff



Old Paramus Church, Ridgewood N.J.

# a kinship Long forgotten

It is a massive book. About as large as a book can be and still be opened easily. The "Webster's New Twentieth Century Dictionary Unabridged", published by William Collins - World Publishing Company, is a superb reference source. But what's this? Inside both front and rear covers is depicted a tree symbolizing the growth of modern languages. The illustration has a title, "The Indo-European Family of Languages"!

Only in recent years has more detailed, authoritative information become available about the previously little-known Indo-European people. Following the retreating ice cap closely, early Europeans brought their hunting and food gathering societies to the very edge of the melting glacial sheet whose dissipation was gradually raising the oceanic levels of the world. The vast amount of water released, combined with increasing temperatures, favored the growth of great forests which attracted rodents and then deer, creating an ideal environment for hunting and food gathering.

But more than this was happening. New, large kinship groups were forming, one of which is now called the "Indo-European" people. These vigorous people who populated Europe even at this early time were not just roving hunters. Recent excavations show that by six thousand years before Christ, sophisticated villages were established in southeastern Europe and even further north along the Danube River.

One of the first great clues about the more advanced level of civilization which was being established in Europe, long before the Sumerian and Egyptian societies began their rapid growth patterns, lies in the language the Indo-European people evolved. It was a complex language apparently capable of expressing more precise thoughts than earlier forms of speech. It was not until the twentieth century that commonalities in languages all across the Caucasian homelands, from the Himalayan Mountains in India to the Atlantic Ocean, were proved to be directly related to the language of the early Indo-European people, attesting to their widespread wanderings and decisive influence wherever they went.

Here are some of the languages derived in part from the original Indo-European forms of speech: Armenian; Hellenic Greek; Celtic Welsh, Gaelic, Breton and Irish; Indian Bengali, Hindustani, Middle Indian, and Sanskrit; Iranian Persian, Old Persian, and Avestan; Italic Latin Italian, French Provencal, Spanish, Catalan, Portuguese, and Romanian; Balto-Slavic Czech, Polish, Bulgarian, Lettish and Lithuanian; Germanic East Norse, Swedish, Danish, Gothlandic, Norwegian, Icelandic, Faroese, East Germanic, Gothic, High German Yiddish and German, Old Frisian, Frisian, Middle Dutch Flemish and Dutch, Old Saxon Middle Low German, Plat Deutsch; Anglo Saxon Middle English and modern English; Albanian.

In view of the ancient linguistic stock from which later European languages were derived, it should surprise no one to find a phonetic kinship still runs through the ethnic languages of the area.

Continued Page 8

## Folk Wisdom...

## Enough for All



started to rain at a picnic you could stop it by making a cross out of two sticks and placing some salt on it! They were also aware of the need to keep mirrors away from small infants, lest they become too vain. Even science has not been able to beat that kind of knowledge.

The Pennsylvania Dutch were also way ahead in folk wisdom. They knew that to win at cards you had to tie a bat's heart to your right arm with a red silk string! They also understood a girl could wash her freckles away with dew collected on May Day, the 1st of May! Also, well within their secure knowledge was the fact that it was important to say "Gesundheit" when someone sneezed, to prevent that person from sneezing his soul out and to drive away evil spirits that may have come out of him with his breath! And everyone knew that if you put a scalded hand in hot water it would ease the pain and prevent blistering!

This is only the beginning. There is an abundance of folk wisdom out there which should be collected and propagated so everyone can finally have all the answers! The Editors asked me to say, "If you have any, send it in!"

John L. Perraud

# Ethnic Culinary Corner

As promised, superior ethnic dishes are on the way. Here's a well-kitchen-tested, European-American recipe for a dish no one can resist!

## PENNSYLVANIA DUTCH SWEET AND SOUR CARROTS

2 lbs. carrots  
 1 medium onion sliced thin  
 1 medium green pepper diced  
 1 can tomato soup (Campbell's)  
 3/4 cup sugar  
 1/2 cup vinegar  
 1/3 cup salad oil  
 2 teaspoons Worcestershire sauce  
 1 teaspoon dry mustard  
 As desired: salt & pepper

Cut carrots coin size. Cook until tender. Boil sugar, soup, vinegar, oil and seasoning until it thickens a little. Combine onions, carrots and peppers with sugar mixture, making sure carrots are covered with liquid. Cover, refrigerate, and marinate for at least overnight.

This dish can be served hot or cold. It freezes very well. It can easily be doubled or tripled for a large crowd. Everyone will ask for the recipe!

Harold F. Wahl



## NOTICE I NOTICE I

### 1984 HUNTER MOUNTAIN, N. Y. SUMMER FESTIVALS

ITALIAN: JULY 6 - 8. GERMAN ALPS: JULY 12 - 29. COUNTRY MUSIC: AUG. 2 - 5. NATIONAL POLKA: AUG. 9 - 12. INT. CELTIC: AUG 17 - 19. ANTIQUE: AUG. 25 - 26

COMMODIOUS ACCOMMODATIONS, REASONABLE COSTS, AND SUPERIOR PROGRAMS MARK THESE FOLK FESTIVALS. FINE FOR ETHNIC ENTHUSIASTS.

Continued from Page 7

## A KINSHIP LONG FORGOTTEN

Take given names, for instance. Here are modern, European-American names compared with their counterparts from different areas of Europe:

Alexander	Alessandro, Aleksandr, Alexis, Aleksei
Alice	Alyce, Alicia, Allison
Andrew	Andre, Andrei, Andres, Anders
Ann	Anne, Anna, Nan, Nancy, Nanette
Anthony	Antony, Antonio, Antoine, Antonino, Anton, Antionette, Antonia, Toni
Catherine	Katerina, Kathleen, Katherine, Kay, Kathryn, Katrinka, Katina, Ekaterina,
Charles	Karl, Carl, Carlos, Carlo, Carla
Christine	Christiana, Kristina, Kristen, Kirsten, Tina, Tanya
Edward	Edouard, Eduardo, Edwardo, Eduard, Edwin, Ned
Eleanor	Eleanore, Eleanora, Lenore, Leonora, Nola, Lola
Elizabeth	Lisbeth, Eliza, Beth, Bethel, Liza, Lisa, Bette, Bettina, Bess, Besebel, Elspeth, Elaine, Lanie, Lana
Ernest	Ernst, Ernesto, Earnest
Eugene	Eugenio, Eugen
Ferdinand	Fernand, Ferde, Fernando
Frank	Francis, Francois, Franz, Franko, Pancho
Frances	Francoise, Francesca, France, Francine
Frederick	Frederico, Federico, Fritz, Frederic, Friedrich, Frederika
George	Georges, Georgiu, Georgi, Giorgio, Jorge, Georg, Giorgios
Helen	Helene, Helena, Elena, Elaine, Nell, Ellen, Eleanor, Helaine
Henry	Henri, Enric, Heinz, Heinrich, Hendrick, Henryk, Enrique

Jacob	Jakob, Jacopo, Jacobus, Yakob
James	Jaime, Haime
John	Ian, Jon, Jan, Johann, Yohann, Jean, Evan, Hans, Giovanni, Sean, Shawn, Juan, Ivan, Johannes, Honus, Jonas, Jonathan
Joseph	Jose, Giuseppe, Josephe, Josef
Julius	Giulio, Julio, Jules
Lawrence	Laurence, Lavrenti, Laurens, Lorenzo, Laurent, Lorenz, Loren, Lauritz
Leonard	Leonardo, Leonid, Leon, Leo, Leonidas, Leone
Louis	Luis, Luigi
Madeline	Madeleine, Magdalena, Magda
Margaret	Marguerite, Marguerita, Margot, Gita, Gretchen, Margaretta, Marjorie, Peggy, Rita
Mary	Marie, Maria, Marion, Marianne, Mariette, Marietta, Maureen, May, Mae, Maeve, Marina
Michael	Michel, Michele, Mikhail, Mischa, Michaelo, Miguel
Paul	Paolo, Paulo, Pauli, Pablo, Pavel
Peter	Piet, Pietro, Pyotr, Pedro
Philip	Phillippe, Felipe, Filippo
Stephen	Stefan, Stefano, Steven, Stefanos, Esteban, Starvos
Theodore	Teodo, Teodor, Theodor, Taddeuz, Thaddeus, Feodor
Theresa	Teresa, Terese, Tessa, Tessie, Tess, Terry
Thomas	Tomas, Tomaso, Thom
Wilma	Wilhelmina, Vilma

The high individualism of typical European-Americans makes each one of them unique until their similarities, as indicated even by their ethnic names, reveal ancient bonds.

Harold F. Wahl