

# Blend a fragrance to suit your mood

In this column we have often discussed the value of aromatic aphrodisiacs. Years ago, everyone knew how to prepare sachets and pot pourri that emitted sensuous fragrances to turn minds to thoughts of love.

With the advent of commercial air fresheners, the making of pot pourri is almost a forgotten art. Yet a well-prepared mixture displayed in an attractive or unusual container can add much to the romantic atmosphere of a room.

By experimenting you can blend a fragrance all your own to be used in sachets. Tuck these inside drawers to scent your clothing or carry them on your body instead of wearing oils or perfumes.

Here is my favorite pot pourri recipe.

which combines the love-inducing fragrance of the rose with several other ingredients famed for their aphrodisiac effects.

**MATERIALS:**  
2 glass bowls  
a wooden spoon  
a large apothecary jar with a cork or glass stopper

**INGREDIENTS:**  
1 oz. crushed coriander  
1/4 oz. cardamom  
1/4 oz. tonka beans  
2 oz. lavender flowers  
2 oz. powdered orange root  
4 oz. rose buds  
10 drops rose oil

**PROCEDURE:**  
1. In a large glass bowl, mix together the tonka beans, cardamom, coriander, and orange. If you buy the whole tonka beans, crush them by wrapping them in a towel and hitting them several times with a hammer.

## O&E wins 3 national awards

Observer & Eccentric Newspapers has been awarded three national awards in Suburban Newspapers of America's (SNA) 15th annual advertising and promotion contest.

The Observer & Eccentric won a first place and two certificates of excellence in competition with other newspapers of its size (more than 40,000 circulation). Awards for the newspaper group published by Suburban Communications Corp. of Livonia, were accepted by advertising manager Arthur Langer at the Sept. 23 Suburban Newspaper Advertising Conference in Chicago, Ill.

Newspapers are published in Livonia, Plymouth, Canton Township, Redford Township, Garden City and Westland in Wayne County and Birmingham, Troy, West Bloomfield Township, Rochester, Southfield and Farmington in Oakland County.

**THE COMPETITION** is designed to recognize the best efforts by suburban newspapers in advertising and promotion and to improve their quality through an exchange of knowledge and example.

Open to SNA's 700 member newspapers, the contest was organized into eight categories.

Observer & Eccentric placed first in the best classified advertising section and received commendation in the best special advertising section and the general excellence of presentation categories.

In making the award presentations, Edward Temmel, chairman of the contest and advertising manager of the Economist Newspapers in Chicago, quoted the judges as saying: "The high quality of all the entries is a reflection of the professionalism and creativity of advertising suburban newspapers. Competition in each category was keen. Advertising managers and publishers of winning newspapers have every reason to be proud of their accomplishment."

## Polish cultural events featured

The Polish American Congress Bicentennial Committee is sponsoring Sunday afternoon day of cultural-musical and social events at the Raleigh House on Telegraph near Ten Mile in Southfield.

An exhibit of sculptures in steel by Marian Owczarski and other exhibits will be available from 11 a.m. to 6 p.m. in the Hampton Eames room.

A concert of vocal music by the combined choirs of the Lutnia and Filaret singing societies will be at 3 p.m. in the Oxford-Wellington room. Admission is \$5 and \$2 for students.

Tickets for the concert and the evening cocktail-dinner dance culminating festivities are available by calling 873-5800.



mer. Use whole cardamom pods and crush them between your fingers. Use the bits of shell as well as the seeds in the mixture.

2. In the other bowl, combine the lavender and the rose buds. Crush slightly to release the fragrance.

3. Combine the floral and spice ingredients in one bowl, and stir with a wooden spoon (never allow any metal to come in contact with the ingredients, as it spoils the aroma).

4. Add the rose oil to the dry ingredients, and stir well with the wooden spoon.

5. Now place the mixture in a large apothecary jar, and cork it tightly.

6. Put this in a cool, dark place (the refrigerator will do for two weeks). Shake the jar well every other day.

7. When the mixture has been properly aged, place it in an attractive container (not metal), and set it in a room. The difference in the colors of the ingredients, and the beauty of the tiny dried rose buds make this a very attractive conversation piece, as well as an aromatic aphrodisiac that adds the room of stale odors, and makes it a nicer place to be.

Or sew the mixture into little silk bags and place them in your closet drawers to scent clothes and linens. These bags can also be worn around your neck, or suspended on a belt loop to scent your body.

You may write Gemma at: Box 64, Garden City 41125. For a personal reply, please enclose a self-addressed, stamped envelope.

## Area Belgians to congregate

The United Belgian American Societies of Detroit will hold a town meeting for all Americans of Belgian descent and other interested persons from 8 a.m. to 4 p.m. Oct. 2 at St. Angela School, Ten Mile and Kelly in Roseville.

The ethnic town meeting, cosponsored by the Institute of Cultural Affairs, is a first in the Belgian community's celebration of the bicentennial.

Workshop participants will discuss their heritage, identify problems and formulate proposals for the future.

Li Gov. James Dammann, state bicentennial chairman, will attend the event featuring dancing, singing, food, art and poetry.



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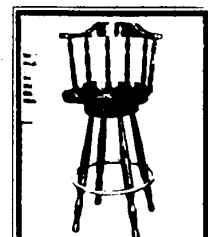
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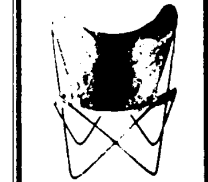
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