

Chorus Chatter

News and Musings for Young at Heart Chorus Members

<https://www.youngatheartlascruces.website/>

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Editor: Ray Scroggins

The Origins of French Toast



The French toast we're familiar with includes egg and milk-soaked bread, griddled and served

with butter and syrup. It's widely believed that this dish was inspired by the French dish *pain perdu* (which means "lost bread" in French, because it was made with made with stale or day-old bread). But it wasn't the French who first created it.

The earliest historical record of a similar dish was discovered in a 4th-century Roman cookbook and describes pieces of crustless white bread that are soaked in milk and beaten egg, then fried in oil and doused with honey.

We know the dish spread throughout Europe because a 14th century English cookbook describes "payn fondue" as bread that has been soaked in wine, fried in grease and sweetened with dry fruit, spices, and sugar.

As far as the term "French toast" goes, it seems that the name was an accident. An Albany, New York

innkeeper, Joseph French, introduced the dish in 1724, meaning to call it "French's toast" but an error deleted the apostrophe and the "s" at the end. By 1871, the term "French toast" appeared in the "Encyclopedia of American Food and Drink" in North America.

foodrepublic.com

"By The Light of the Silvery Moon"

is a popular love song we'll sing in February. The music was written by Gus Edwards, and the lyrics by Edward Madden. The song was published in 1909 and first performed on stage by Lillian Lorraine in the *Ziegfeld Follies of 1909*. It was one of a series of moon-related Tin Pan Alley songs of the era.

Popular recordings in 1910 were made by Billy Murray and The Haydn Quartet; Ada Jones; and The Peerless Quartet. The song has been used in a great many television shows and motion pictures. In 1935, the song was used in the Charles Laughton film *Ruggles of Red Gap*. Later, the movie of the same title was released in 1953, starring Doris Day. It served as a sequel to *On Moonlight Bay*, which also starred Doris Day.

Wikipedia

Chorus Chatter

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Clothes Dryer Safety

The U.S. Fire Administration says that the number of clothes dryer fires increases in the winter months. Stay safe and follow these tips:

- Empty the lint screen after every load. Thick fabrics such as towels and newer fabrics create more lint, which can get trapped in the vent.
- Don't overload. Dry heavy sweaters, coats and blankets in smaller loads.
- Keep the area around the dryer clean. Clear away clutter, especially flammables like gift wrap, boxes, guests' coats, combustible cleaning supplies, and rags. Keep the area free of pet hair and pet-related clutter.
- Never run the dryer when you're asleep or away from home.

Zia Natural Gas News



Skip the Salt for Gut Health

A study published in the *Journal of Nutrition* suggests that using herbs and spices on your foods instead of salt is good for your gut health while they also add more flavor. Study participants added 24 herbs and spices to their diets, including ginger, rosemary, basil and cinnamon. After four weeks, those who sprinkled as little as a teaspoon a day on their meals increased the variety of microbes living in their digestive tracts. A diverse gut microbiome is important for overall health and well-being, including immunity.

Readers Digest

Save a Dime



When I worked at a small advertising agency many years ago, a colleague told me he had Johnson Wax as a client in the early 1950s. At the time, a ten-cent coupon was still significant, and he came up with a catchy title for a campaign, "Get a shine and save a dime." When he presented it, the client said, "I like it! I like it so much; I'm going to make it fifteen cents."

Idioms Explained-Part 2

SHOWBOAT - These were floating theaters built on a barge that was pushed by a steamboat. Unlike the boat shown in the movie "Showboat", they did not have an engine. They played small towns along the

Chorus Chatter

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Mississippi River and were gaudy and attention grabbing. That is why we say someone who is being the life of the party is "showboating".

OVER A BARREL - In the days before CPR, a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective. If you are over a barrel, you are in deep trouble.

BARGE IN - Heavy freight was moved along the Mississippi in large barges pushed by steamboats. These were hard to control and would sometimes swing into piers or other boats. People would say they "barged in".

HOGWASH - Steamboats carried both people and animals. Since pigs smelled so bad, they would be washed before being put on board. The mud and other filth that was washed off was considered useless "hog wash".

CURFEW - The word "curfew" comes from the French phrase "couvre-feu", which means "cover the fire". It was used to describe the time of

blowing out all lamps and candles. It was later adopted into Middle English as "curfeu" which later became the modern "curfew".

BARRELS OF OIL - When the first oil wells were drilled, there was no provision for storing the liquid, so they used water barrels. That is why, to this day, we speak of barrels of oil rather than gallons.

HOT OFF THE PRESS - As the paper goes through a rotary printing press, friction causes it to heat up. Therefore, if you grab the paper right off the press, it's hot, so the expression means to get immediate information. Contributed by Phil Strunz



The sun shining through the blinds turned my dog into a Zebra.