LET'S EAT

New Recipe Gives Lamb A Delectable Flavor

By Ida Bailey Allen

"Why is it," asked the Chef, "that lamb is not popular in many parts of the country?

"Acording to a survey by the United States Department of Agriculture," he continued, "more than half of all the lamb and mutton domestically produced last year was shipped to the North, the Middle Atlantic and the Pacific States. The Southern States, the Prairie States and the Mountain States consumed only 1 percent.

FLAVOR TOO STRONG

"Probably because many homemakers do not know how to cook it, Chef," I told him. "And if it is not properly cooked the flavor is too strong."

"That is true," he agreed. "However, Madame, lamb is very popular in some restaurants where lamb cookery is understood.

"For example, one famous Chop House in New York City features English kidney mutton chops; and another is famous for its Irish lamb stew and lamb pot pie.

THREE KEYS

"May I offer three keys to lamb and mutton cookery, Madame?"

"One: Cut off as much of the fat as possible before cooking to avoid undesirable flavor and odor.

"Two: Add plenty of suitable interesting seasonings and include ½ tsp. monosodium glutamate for each pound of meat.

"Three: Use tomato juice and lemon juice which have an affinity for lamb.

"Using these keys, Madame, I have worked out a new lamb recipe that is delectable."

Lamb Shanks Orientale: Remove the bones from 3 large or 4 small lamb shanks; use in making barley soup. Cut the lamb meat in quarters. Dust with one tbsp. enriched flour.

Melt 2 tbsp. butter. Add 1 chopped peeled onion; saute until the color turns.

Add the lamb. Saute 10 min., or canned tomato, 1 tsp. each salt and until lightly browned. Add 1 c. and monosodium glutamate, 1-8 tsp. pepper and ¼ tsp. powdered mint. Cover and simmer 1 hr.

Then, add 1 lb. tender okra, stems removed and halved if large; 6 quartered peeled white potatoes and 1 c. water containing 1 beef bouillon cube.

Simmer 35 min. longer, or until both vegetables and lamb are fork-tender.

TOMORROW'S DINNER

Tomato Lettuce Salads
Lamb Shanks Orientale
Rice Pilaff Simmered Carrots
Lemon Snow Custard Sauce
Coffee Tea Milk

Simmered Carrots: Wash, scrape and thin-slice 8 small carrots.

In a saucepan, heat 1 tbsp. butter. Add the carrots; turn until coated.

Sprinkle in 1¼ tbsp. flour. Turn again; slow-cook until beginning to brown.

Add 1 tsp. salt, ½ tsp. monosodium glutamate and 1-3 tsp. pepper. Stir in 1 c. boiling water. Cover; simmer 25-30 min., or until the carrots are tender.

TRICK OF THE CHEF

Season carrots vichy with a few grains powdered clove.

HOUSEHOLD HINT

with buttons place the dampened button side down over a terry cloth towel. The buttons will sink into the towel while the iron slips smoothly over the fabric without catching in or loosening the buttons.

CITY OF LIBRARIES

Munich has most libraries of any city in West Germany, with 31 in all.

MARY HAWORTH

Wife Wonders If She Can Save Alcoholic Husband

DEAR MARY HAWORTH: I love my husband very dearly, even though I deserted him, and am now living alone, very unhappily. I have a young daughter, and am in my early forties and Zeke is approaching this age.

I had been a widow for two years before we met, and I fell madly in love with and married him. I had no illusions about him. I knew his past and knew that he drank, and all I expected of marriage was mutual love. I wanted companionship, and the feeling of belonging, and having someone who belonged to me. My greatest happiness was in making him happy ..... I am lost without him.

Why did I leave him? Because twice, when in a drunken rage, he beat me unmercifully, for no reason at all, I feared for my life — not for myself, but because of my responsibility to my daughter.

ALCOHOL IS WEAKNESS

When over his binges, he is sorry for what he did, I know; and I also know that he would like to make up with me, but his pride won't let him admit it. Right now he has a chip on his shoulder (as all alcholics do), and it gives him renewed excuse for drinking. Because I walked out on him, he won't see me or listen to me.

How can I appeal to him, so that he might change? He has the makings of a wonderful person, but alcohol is his weakness and he denies that he needs help. I live in fear of what may happen to him in the future if he persists in living without me and continues his abnormal drinking.

He is locked within himself. Trying to talk to him is like beating against a stone wall. But he reads your column when on the wagon, and maybe your comments will do some good. T. F.

SELF-DESTRUCTIVE TOO

DEAR T.F.: The gist of your letter, here condensed, is that you yearn to restore communication with Zeke, and you hope this column will open the door. But I think it would be a self-destructive course, potentially, were you to force your way back to him at this point — with nothing changed for the better, in your character or his.

Obviously you are obsessively attracted to Zeke, in a sexually hypnotized, morbidly neurotic kind of enslavement. And it seems he resents your dependency bias and fights your possessive smother-love, in a cruelly demoralized way. He is a bad influence over you, just as you are a bad influence on him — each aggravating pre-existing emotional disorders in the other, apparently.

Your wild infatuation for Zeke, and compulsion to bellycrawl back to him now, after having fled for your life, suggests that you've been involved in a sadist-masochist type of exchange. In scornfully leaving you out in the cold, when at heart he might relish reconciliation, Zeke is running true to form being a sadist. He is adding insult to injury, intensifying and prolonging

(Continued on page 9)

LATE OCTOMER VOWS

A profusion of 'mums, ferns and mixed flowers decorated North Bedeque United Church on Saturday, October 29 at 2:30 p.m. for the marriage of Miss Carolyn Rosara Clark, daughter of Mr. and Mrs. Heath Clark, North Bedeque, and Mr. James Warburton MacGregor , son of Mr. and Mrs. Jack MacGregor, Charlottetown.

Rev. J. K. Campbell officiated. The guest pews were marked with baby 'mums tied with bows of white ribbon. Miss Nancy MacNevin, Charlottetown, sang "I love You Truly" during the signing of the register, and Mrs. Kaye Hanson was organist.

Given in marriage by her father, the bride chose a floor-length gown of white net over satin with a short Chantilly lace jacket styled with stand-up collar and long sleeves tapering to points over the hands. The full skirt was decorated with appliqued roses and irridescent sequins. A headdress of net with sequins and orange blossoms held her circular veil of tulle illusion and she carried a cascade bouquet of red roses.

Attending the bride was Miss Marjorie Huestis as maid of honor and Miss Doris Hillion, bridesmaid. Their floor-length gowns of copper and jade-green taffeta were fashioned with low wide necklines, long fitted bodices and bouffant skirts. They wore matching headdresses and carried cascade bouquets of yellow and pink roses.

Mr. A. MacGregor, brother of the groom, was groomsman. The ushers were Mr. Garth Clark, brother of the bride, and Mr. Bill MacGregor, borther of the groom.

For her daughter's wedding, Mrs. Clark chose a blue crepe dress with trimming of lace and seed pearls. A white irridescent hat with matching feathers and a corsage of American Beauty roses completed her costume. The mother of the groom wore a Milady blue ille dress with pink accessories. grey squirrel neckpiece and a corsage of pink roses.

A reception followed at Mulberry Lodge where the bride's table was decorated with 'mums and candles centred with a three-tiered wedding cake and topped by a miniature bride and groom. Rev. J. K. Campbell proposed the toast to the bride.

For their honeymoon trip to New York and Harrisburg, Penna., the bride donned a cocoa brown flecked dress, brown accessories and gold coat. On their return the couple will reside in Charlottetown

ELLEN'S DIARY

By An Island Farmer's Wife

After November's recent spell of dull weather, we much enjoyed the sunlight which today spilled in mellow gold of the fall to our valley. It brought a summery sheen to the settled waters of the millpond, and changed to a shining bronze the rust of the oak leaves, last of the company about to lay its chaplet at the feet of the faded year. The sheep on the hillside, the cattle-kind and the horses at the grazing, it pictured as in warmer seasons.

The sunset — how beautiful! Or perhaps you did not notice the array of colors the sunset-hour marshalled? Maybe you were busy spreading the suppertable at the time, and all you saw was a glow on the wall, a reminder to make haste at the rite?

We had spread ours before time, because when James' husband of ours is at interests about the buildings instead of in the fields, he is pleased sometimes to tkae the supper-break earlier than usual. And today with the last crop gathered, his year's field-work was over. He takes no share in the plowing, other than to advise or concur with his sons as to whether or not "we should break up" this or that patch or piece of the farms. He takes care too to know of its progress, and how "that corner there" and "that place we stumped, there between those fields, levelled off."

He himself was at a chore for which he confesses he has not the least liking, the winter-banking of the house. But it is not the work of it which bothers him, for that would be foreign to his industrious nature. We fancy it is because the endeavour definitely proposes that season he suffers only because the springtime follows close at its heels.

This sentiment surely stems from memories of the toils of his chorings as a teen-age farmer back in certain winters of the "the good old years". Then as we recall it, one snowstorm ended only to allow another to commence and the resultant drifts, heaped yards and climbed roofs until it was a concern to get the stock fed and watered and maintain the wood supply to maintain the hearthfires of a home. In any event, James puts away his winters without any regret, and happily, when first crow-call promises a present sundering of the frosty white ties. So with the table laid in readiness for his sudden-or belated appearance we came to sit in his old armchair by a window which allows some sight of the west.

Still and breathless, our world about awaited the eventide. Not a twig stirred; not a branch of dark evergreen along the farmlands moved. The fields held last sunlight in little bright pools between the long shadows. On the hilltops the spires and rounds of firs and spruce were fetchingly outlined against the now flooding sunset colors: crimson, rose and amber, orange and mauve and blue, which flowed and blended shades fetchingly along the horizon to the west.

Presently the millpond below the front meadow, up to this barred by golden fingers of sunlight became subtly shadowed. Before long the first purpling veil of it darkened, and climbed to meet that which, dimming the afterlight was descending from the hilltops. Behind the trees a band of afterglow still lingered. Soon it would be dissolved in the silver-blue of night. The day covering its shoulders with a scarf of twilight had passed to be with days gone beyond. A A beautiful day it was, clean and mellowly sunlit-one of November's best.

Until tomorrow----Diary----Goodnight...

Wife Preservers

Don't be annoyed by windows that stick. A thin coating of beeswax on the sash cords will make them slide easily.

COOK'S CORNER

PLAIN COOKIES

1 cup shortening
½ cup white sugar
½ cup brown sugar
1 egg
2½ cups flour
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon salt

Form in balls and press down with a fork.

Make Both Hands Work

ELEANOR ROSS

You'd give a lot for an extra hand to help with the housework, but maybe you can't manage it just now. So that's that. But is it? Here's a theory you'll believe only if you give it a try.

Whether you are right-handed or left-handed, try giving your other hand the training necessary to make it a full-fledged helper in keeping your home clean.

DOUBLES EFFICIENCY

Expeerts have proved that ambi-dexterity in housework can nearly double efficiency in many tasks. It takes practice, but most adults who have any manual dexterity at all are capable of teaching their "second" hand to help.

Efficiency is gained in two separate ways: in jobs where it is possible for two hands to work at the same thing at the same time, and in jobs that require the use of only one hand so that the dominant hand is able to rest while the other takes over.

The former jobs generally require rhythmical motion, the latter require more strength.

The first category takes in such tasks as cleaning large areas of glass or wood surfaces.

For example, to clean windows or mirrors, take a sponge or cloth in each hand. After dipping them in a "paste" made of fine scouring powder, apply them in rhythmical swirls until the glass is coated. Then, with damp cloths—and using both hands—remove the paste until the glass sparkles. By using both hands, you not only handle a wider area but save yourself steps, turns and time.

The same thing holds true for polishing and waxing furniture.

Give the wood a good sudsing, for it needs its "complexion" cleaned before applying heavy make-up, just as one's face does, and apply wax evenly over the surface. Use both hands alternately to give the work hand a rest.

Acording to this theory, the hand which did less than its share can learn through training to carry its full half of the load. Anyway, it's a new appoach—and it might help to take the drudgery out of some tasks.

MORNING SMILE

"Why are pies round?" asks an Ontario newspaper. That's easy: slices have to be wedge-shaped so people can start eating at the apex.

Mother—When His Night Coughs Keep You Both Awake

Here's Relief From Coughs of Colds, so Different it will change all your ideas about cough syrup!

Cetamium is one reason why new Vicks Medi-trating Cough Syrup is different—why it gives so much relief. This new penetrating ingredient carries soothing medication to cough-irritated membranes of the throat. That's why Vicks Cough Syrup is named Medi-trating. It medicates as it penetrates.

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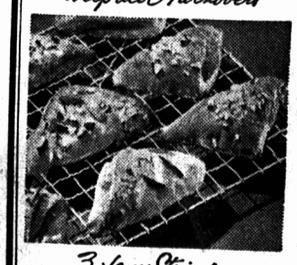
4 Danish Bun Treats from One Basic Dough!

1. Apricot Turnovers



2. Raisin Rounds

3. Jam Strips

4. Cinnamon Braid

For Luscious Variety use
New Active Dry Yeast

This rich Danish Bun Dough rewards you with 4 gorgeous treats out of the same oven! Successful risings with Fleischmann's Active Dry Yeast are the secret! So whenever you bake at home, be sure you have Fleischmann's on hand.

Needs No Refrigeration

BASIC DANISH BUN DOUGH

Measure into a small bowl
1 cup lukewarm water
3 teaspoons granulated sugar
and stir until sugar is dissolved.
Sprinkle with contents of
3 envelopes Fleischmann's Active Dry Yeast
Let stand 10 minutes, THEN stir well. Sift together twice, then sift into mixing bowl
6 cups once-sifted bread flour
½ cup fine granulated sugar
1 teaspoon salt
Cut in finely
1 pound chilled butter or margarine
Beat together until light and thick
2 eggs
1 egg yolk
and stir into yeast mixture.
Make a well in the flour mixture and pour in yeast mixture; combine thoroughly. Knead dough in the bowl until smooth. Cover dough closely with waxed paper and chill.
Beat together slightly with a fork and hold to finish fancy doughs,
1 egg white
1 tablespoon cold water
Turn out dough on lightly-floured board. Divide into 4 equal portions and finish as follows:

1. Apricot Turnovers. Roll out dough to 9 12 inches. Cut into 12 squares; moist edges. Put spoonful of apricot jam on ea square; fold into turnovers; seal; snip top Place on greased cookie sheet. Cover. L rise in warm place 15 mins. Brush with egg white mixture; sprinkle with chopped al monds and sugar. Bake in moderately hot oven, 375°, 20 mins.

2. Raisin Rounds. Cream 2 tbsps. butter; mix in ¼ cup brown sugar, 1 tbsp. flour, 1 tsp. grated lemon rind and ⅔ cup raisins. Roll out dough to ¼-inch thickness; cut into 2½-inch rounds. Moisten edges of half the rounds with water; place spoonful of raisin mixture on each one; cover with remaining rounds; seal; cut an X in top of each round. Place on greased cookie sheet. Cover. Let rise in warm place 15 minutes. Brush with egg-white mixture; sprinkle with sugar. Bake in moderately hot oven, 375° 18 to 20 mins. Frost while hot, if desired.

3. Jam Strips. Roll out dough to 8 x 1 inches. Run strip of 2 tbsps. thick jam down each side, 1 inch in from edge. Moisten edges and fold over jam to meet in centre; seal. Place on greased cookie sheet. Cover. Let rise in warm place 15 mins. Brush with egg-white mixture; sprinkle with slivered nuts and sugar. Bake in moderately hot oven, 375°, 25 to 30 mins. While hot, spoon thick lemon filling down centre. Drizzle with frosting.

4. Cinnamon Braid. Combine ¼ cup sugar and ½ tsp. cinnamon; sprinkle all but 2 teaspoonfuls on baking board; place dough on board; roll out to 9 x 14 inches; fold dough over twice. Repeat rolling and folding twice. Roll out dough to 4 x 16 inches; cut into 3 long strips, joined at one end; braid. Place on greased cookie sheet. Cover. Let rise in warm place 15-mins. Brush with egg-white mixture; sprinkle with 2 tbsps. chopped almonds and 2 tsps. sugar mixture. Bake in moderately hot oven, 375°, 30 mins. Spread hot braid with frosting.

CONFECTIONER'S FROSTING: Combine 1½ cups sifted icing sugar, 2½ tbsps. milk and ½ tsp. vanilla.

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