

WOMEN

Page 8 The Guardian Thursday, Feb. 17, 1955

LET'S EAT

Sesame Seed Crust Wins Prize For Pie

By IDA BAILEY ALLEN

"The annual prize-winning 'Bake-Off' held each year in the Waldorf-Astoria in New York City is really inspiring," observed the Chef. "It is proof that the spirit of fine baking is still alive in the United States, and that home-makers, young girls and even prize winners realize that cooking is a creative art, with plenty of scope to use the imagination."

I talked with many of the hundred contestants while they were here in New York City. They came from nearly forty states, Alaska and Hawaii.

Regional Dishes

Some submitted recipes for regional dishes adapted to their own ideas, others their own versions of heirloom family recipes. The majority submitted recipes they themselves made up and that were favorites with their families and friends.

Winner of the \$25,000 Grand Prize, Mrs. Bernard A. Kotzen of Washington, D. C., will use her prize money toward buying a home. Her winning recipe was an original "Open Sesame Pie," with a sesame seed crust.

SUNDAY DINNER

Vegetable Cocktail
Roast Beef Gravy
Pan-Roast Potatoes and Winter Squash
Cole Slaw
Chocolate Chiffon Pie
Coffee Tea Milk

Prize-Winning Sesame Pie Crust
Shell: Spread 4 tbs. sesame seed in 9" pie plate; toast from 8 to 10 min. in 325 degrees F. oven, or until light brown.

Mix together 1 c. already-sifted enriched flour and 1/2 tsp. salt. Add sesame seeds and 1/3 c. shortening at room temperature. Cut in with pastry blender until particles are size of small peas. Then, with a fork, mix in 3/4 tbs. cold water, a little at a time. If necessary, add an extra 1/4 tbs. water. Form dough into a ball; flatten to 1/2" thickness. Roll a scant 1/4" thick into a circle; line pie plate; flute edges; prick bottom 6 times to release air pockets. Bake 12 min. at 425 degrees F., or until lightly browned.

Chocolate Chiffon Pie: Bake a sesame pie crust shell. Meantime, prepare filling as follows:
Add 1 env. unflavored gelatin to 1/2 c. cold water. Combine 2 sq. unsweetened chocolate, 2 1/2 c. sugar and 1 c. milk in top of double boiler; heat over boiling

water until chocolate melts. Beat until smooth.

Separate 2 eggs; beat yolks until creamy. Add 1 tbs. milk. Stir into chocolate mixture; cook and stir constantly over hot water 3 min. Stir in gelatin. Refrigerate until mixture is syrupy.

Add 1/4 tsp. salt and 1/2 tsp. vanilla to egg whites and beat until stiff but not dry. Then beat in 1/3 c. additional sugar. Beat 1/2 c. heavy cream stiff; add egg whites. Fold into chocolate mixture. Pour into pie shell. Refrigerate 3 hrs. or until firm.

Decorate with 1/2" border of toasted sesame seeds and rosettes of whipped cream.

TOMORROW'S DINNER

Antipasto Plates Green Beans
Clam-Spaghetti Cheese Cake

Coffee Tea Milk
Clam-Spaghetti: Heat 4 tbs. olive oil. Stir in 2 tbs. minced onion and 1 crushed, peeled, section garlick. Sauté 1 min.

Add 2 (16 oz.) cans tomato puree, 2 1/2 c. hot water, 1/2 tsp. oregano, and 2 (8 oz.) cans minced clams. Simmer 20 min.

Plain-cook 1 lb. high protein spaghetti. Add clam sauce and 1/2 c. grated Parmesan cheese. Pass additional cheese.

Cheese Cake: Rub a 9" spring form with butter. Line with zwickback crust mixture, packing it in. Then prepare the filling:

With a fork, mash fine 1 lb. plain cottage cheese. Stir in 1/2 c. heavy cream or undiluted evaporated milk.

Separate 3 eggs. Stir in yolks, one at a time, and mix thoroughly. Add 1/4 c. sugar, 1/3 tsp. salt, grated rind 1 lemon, juice 1/4 lemon, and 3 grated zwickback. Last, beat egg whites stiff with 1/4 tsp. cream of tartar; fold in.

Spoon into spring form. Bake 50 min. in a moderate oven, 350 degrees F., or until cheese filling shrinks from sides of pan, is firm in center and light brown on top. Cool in pan. Unmold when thoroughly cold.

Zwickback Crust Mixture: In a qt. bowl combine 1 1/2 c. fine-rolled zwickback crumbs, 1/2 c. sugar, 1 tsp. cinnamon, 1/4 tsp. nutmeg, 1/4 tsp. salt, 2 1/2 tbs. butter and 1/2 tsp. egg white. Stir with fork until well mixed. When finished, mixture should resemble moist fine sand.

TRICK OF THE CHEF

Try combining cooked green beans, green limas and dried green beans as the French do.

Make Use Of Heirlooms

By ELEANOR ROSS

The really lived-in living room is likely to be furnished in casual, smart but long-wearing pieces. Which explains the present popularity of the leather chair, the leather-topped table, the cabinet with wood-framed leather panels.

Leather Easy Chair

The nice, comfortable, easy chair of fine leather has moved out of den, library and office into the living room where it is very much at home these days. Leather is easy to maintain, despite what some folk say. It does darken, of course, and there are some who enjoy the appearance of the darkened leather, maintaining that it has a distinguished look, a mellow beauty.

Easy to Clean
But, just the same, we think that a leather chair is all the better for a cleaning ever so often. Easy to do when one wets

a cloth and then wrings it out until it is barely damp. Next step is running the cloth over a bar of mild soap, then rubbing the soapy cloth over the surface of the leather in brisk fashion until the entire leather surface has been treated.

Rinse out the cloth thoroughly and wring it out in clean water again. Go over the chair once more with the barely damp cloth. If the leather looks dull after this, and it is likely to do so, just rub it lightly, yet firmly, and quite briskly. This should restore the gloss in fine style.

Using Saddle Soap

To restore a really dirty chair, we find it best to use saddle soap instead of the regular variety. Just scoop some of the yellowish paste out of the container onto a damp cloth, a nice soft one. Be sure that you aren't using too much, otherwise it won't be easy to get off the excess.

ANNE ADAMS PATTERNS

SEW IT IN A DAY!

Look at the diagram — even a beginner can whip up this honey of a dress in a day! FEW pattern parts, minimum details — a world of style! Curvy neckline, fitted bodice and flared skirt are so smart, so-o-o flattering! Choose rayon print, faille, cotton.

Pattern 4533: Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 3 3/4 yards 39-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS c/o The Guardian, 60 Front Street West, Toronto.

Wife Preservers

If you like your lemon pie tart, add more grated lemon rind instead of more juice to the filling.



Festive Favorite

Here is a dress that will make a popular girl even more the favored of the masculine contingent so it's a real glamor for the winter season parties.

Made of silk parchment taffeta this short evening frock is in beige. The strapless bodice is encrusted with embroideries of ribbon and crystal extending, tendrill-like into the wide ready-to-dance skirt. It has an attached crinoline petticoat and a long taffy colored silk net stole for contrast.

ELLEN'S DIARY

by an Island Farmer's Wife

Were there anywhere world-over more engaging new trousers than the mannish ones, pocketed and held up, as he pointed out by "real braces" which the little fellow in the House across the Lane wore today? He came proudly along to display them.

"These side-pockets are both wide and deep" he smiled happily, hands in their depths. "And besides" he looked back over an arm "here's one on the hip."

"That's for your pipe" James teased with a chuckle. Then sobered. "That settles it" he said "we have no little boy now—he's grown to be a man." "I'm learning to read" the youngster nodded brightly. The night is dark against the windows.

"Come woman" he smiles, "on with your saccue and bonnet—there'll be no good sleighing next summer!"

Until tomorrow ——— Diary
——— Good-night ———

Cook's Corner

It was only a short step with the Nell-mare and sleigh this afternoon for the farmers to take their axes and go in the road to lend a hand to another farmer busy now at his woods' work. He himself is one who is a good neighbour to all in the countryside about. The twilight returned them Blackie leading the way up the winter-lane to this spot that is home.

"Home" a man who never seemed to grow up, laughed to us one day of last summer, "there's not much entertainment to be had around there—just work as I see it, with" he smiled ruefully "a bit of scolding thrown in! I like better to be leaving it for an outing than to be coming back to it. . . . One can always come home" he added.

"Of all modern notions the worst is this" a wise writer of old recorded "that domesticity is dull inside the home they say is dead decorum and routine, outside is adventure and variety. But the truth is, the home is the only place of liberty, the only spot on earth, where a man can alter arrangements suddenly, make an experiment or indulge in a whim. The home is not the

ALICE BROOKS DESIGNS

MOM-TO-BE! LOOK!

Easy to make! Just two main pattern parts to this gay, cool maternity top! Make two — trim one with embroidery; other with colorful square-style rickrack. Pattern 7301: Maternity Misses' Sizes 12, 14, 16, 18, 20. Tissue pattern; transfer. State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER AND SIZE.

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MARY HAWORTH'S MAIL

Matron Broods Over Past Indiscretion

DEAR MARY HAWORTH: I have committed a horrible sin and there are times when I wish I were dead. In college I dated a handsome Lothario for several months. We were in love and had an affair. I don't know why.

Over a period of three years, including the time of this episode, I was coming home regularly to date John, an old friend—whom, everyone said, I would marry eventually. And I did—only because he insisted, knowing I was expecting the other man's child I was at my wits' end.

Our parents gave us their blessings. They are fine, lovely, well-to-do people, well known and respected. They have given us everything. Now we've been married four years and have two children—loved by all our relatives. The second child is the image of my husband—unlike the firstborn. And I feel sickening pain when people remark the difference . . .

Truth Would Kill Parents, She Says

It would kill my parents to hear the truth, and John won't let me speak of it. He says the children are his, that's all that matters; he loves them and means he has proven. But what if the older child's real father should come to town? He lives nearby and I saw some of his friends at a wedding. They say he will never marry. And is still terribly heartbroken.

If my parents or John's were ever to see him they'd recognize the resemblance—and I'd rather have any thing happen than that. I'd be the happiest person in the world if this awful truth weren't hanging over my head. Please help me if you can—and don't say I need a psychologist. I realize that, but my dad is a well known specialist who knows the only psychologist here. So what should I do? P. F.

Loss of Integrity Is Bothering Her

DEAR P. F.: To err is human; to forgive, divine. And the conditions of forgiveness, are confession and repentance, with intent to avoid the occasion of sin. All Christian creeds attest to this. In a secular way, if not sacramentally, you have met the conditions of God's forgiveness, in your confidential honesty with your husband. So why haven't you peace of heart as regards the past?

It seems you have tried to restore your life to an orderly pattern, i.e., when we are living or acting contrary to our real feelings or convictions. Therefore I wonder what's currently wrong in your marriage, or the state of your feelings, that keeps you wrought up with a sense of guilt?

Obviously you are depressed and mixed-up, to a degree that verges on emotional illness. And it is a psychiatric axiom that we become emotionally ill only when we have lost emotional integrity—i.e., when we are living or acting contrary to our real feelings or convictions. Therefore I wonder what's currently wrong in your marriage, or the state of your feelings, that keeps you wrought up with a sense of guilt?

Anxiety Complex Has Many Roots

Possibly in the wake of the affair you are afraid, unable to have a real relationship with your husband. Or maybe you feel you've committed two wrongs: one, the affair and its fruits; the other, marrying John, whom you may not love. Why didn't you marry Bob? You say you were in love at the time of the affair; and that Bob is reported "still terribly heartbroken . . ." Evidently he doesn't know you bore his child, so I gather you just faded out of his path. Were you afraid to tell him the truth, afraid of cynical reaction, perhaps?

As a further complication, are you even now more inclined towards your parents than to anyone else—in terms of uncertain childish yearning for their approval? Therefore inordinately scared of being "found out" by them?

Roughly, the case may be that you married John to avert a storm with your parents, because he was the only person whose allegiance you could bank on, when "your wits' end"—and that you feel you don't love



Lady Of Leisure

Whether you are a real lady of leisure, a busy career girl, or a hard working housewife there are moments when you'd love to relax. It's fun to have breakfast in bed one day a week, or for that matter to tuck yourself in with a good book for an hour's reading. And there is nothing like a feminine, frilly bed jacket to add a fillip to these rare occasions.

This dainty little jacket is perfect for such times and is made of nylon tricot with ruffled trimmed sleeves. Dainty roses grace the nylon tracery of the Alencon lace shoulder yoke which has a one button closing at the neck.

HOUSEHOLD HINT MORNING SMILE

Hair ribbons may be wrapped around a wet round jar after being washed. This prevents wrinkling, and eliminates the need for ironing.

Film—I've told thousands of women where to get off.

Film—You must be a lady killer.

Film—No, I run an elevator in a department store.

TIME SAVER
Before preparing the baby's bath, gathering all needed materials on a tray will save extra trips.

him now and never can. This might be the dynamic back of your cloudy preoccupation with thoughts of Bob, your public fear of being exposed, etc.

If so, you need specialist help to pull yourself together, into an adult, honest, sensibly organized personality — that you may become true to your real self, in living down mistakes. Try the next town, if you don't trust your local psychologist. And try your local church, for spiritual healing, if you haven't already.

M. H.
Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.



here's a celery stick that's a pastry trick

PASTRY
Put 1 teaspoon celery seed — one cup grated cheddar cheese into one portion of a Shirriff's Pie Crust Mix. Mix according to package directions. Roll and cut into strips, two inches long. Bake in a hot oven. Serve warm with soup, salads, tomato juice.

golden-flaky! easy-sure! try it!

SHIRRIFF'S Pie Crust Mix

CREAMY CHOCOLATE FUDGE

MIX TOGETHER
4 tablespoons FRY'S COCOA
1 cup white sugar
1 cup brown sugar, firmly packed
1/2 teaspoon salt

ADD
1 cup table cream
1 tablespoon corn syrup (optional)
1 tablespoon butter

BRING to boiling point while stirring and boil gently, until a few drops in cold water will form a soft ball (234°F). Remove from heat and

ADD . . . 1/2 teaspoon vanilla

PLACE saucepan in cold water. Let stand 4 minutes without stirring. Remove from cold water and beat until mixture thickens and loses its glossy appearance (about 5 minutes). Spread in buttered pan.

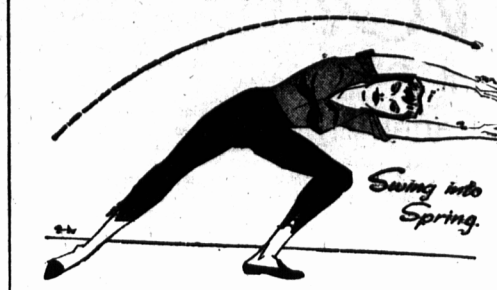
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Spring Fashions And You

By Ida Jean Kain



Fashion writers are giving fair warning . . . this spring the middle measurement will have a "taffy-pulled" look. So if you're to swing into spring fashion, better take action . . . now.

That wonderful feeling of suppleness can be yours with a stretch, a swing and a side-bend. Make it a rhythm slimming routine, for that takes the resistance out of slimmastics. When one movement flows into another with no jerkiness, it's like dancing. It is always a help to exercise to music . . . and feel the rhythm in the willowy bend of the body and the swings.

Warm up with a stretching routine that reaches the lateral muscles bounding sides of silhouette. Make it a long, smooth stretch through the middle measurement, and let the movement flow into a backward arm circle. Circle right arm upward, pointing right toes slightly sideways, and pull along the right side, extending the stretch to the limit and holding for a few seconds. Relax as the arm curves around backwards and swings down. Pull again, this time along the left side. Repeat slowly, four to six times, alternating sides.

Now pivot at the waist. With arms arched overhead, pull slim through the middle measurement, bend sideways, and circle around in front and to the other side up. Make this a slow, flowing movement, always pulling slim through the middle measurement. Repeat the movement, circling three times in one direction, then three in the other.

To achieve that "taffy-pulled" look, finish with this limbering movement . . . Standing with feet wide apart,

arc arms overhead, pull snug through the midsection. The movement is to sway, loose and limber, over to the right, and as you sway, let the right knee bend, sway away over . . . hold that long stretch. Then swing the trunk up and over to the other side — this time bending the left knee. Sway . . . and again hold the stretch. It's the most suppling exercise ever.

Of course, if your weight is more than six pounds above desirable, you'll need to skip all second helpings and leave off these fattening desserts. Just those two change in your menus will bring slimming returns.

Then by putting tone back in the middle muscles, you'll be all set for spring fashions.

LONDON (CP) — A bakery was fined £9 for employing women to wrap cakes on three consecutive Sundays. "It seems rather extraordinary that although women can work on scores of other jobs on Sundays they are not allowed to wrap cakes," said defence counsel.

For BABY'S TUMMY UPSETS

Give Baby's Own Tablets . . . sweet, mild little tablets, in use over 20 years to give prompt relief from minor digestive upsets, gas, constipation and irritable bowels resulting from irregularity at feeding times. Easy to take. Tastes good. No "sluggish" stuff . . . no dulling effect. Get packets today at your druggist.

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our Favorite words are QUALITY VALUE

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