

Cook's Corner

MADCAP ICEBOX CAKE

This icebox cake actually goes into the freezing compartment. The creamy chocolate mixture becomes just nicely frozen, the little chunks of marshmallow take on an intriguing chewy firmness and the cake is integrated with the rich-tasting chocolate mixture, the base of which is evaporated milk. Yield—8 to 10 servings.

- 1 package (6 ounces) prepared chocolate chips
- 1/2 cup granulated sugar
- 3 tablespoons water
- 3 eggs, separated
- 1/2 to 1 teaspoon peppermint flavoring
- 1 cup undiluted evaporated milk
- 2 tablespoons lemon juice
- 16 marshmallows (about 4 ounces), diced.
- 12 to 16 lady fingers (or thin cake slices)

Turn chocolate chips, sugar and water into upper pan of double boiler; heat over simmering water until chocolate is melted, stirring until mixture is blended. Remove from heat.

Beat egg yolks slightly; gradually stir in chocolate mixture; stir in peppermint flavoring to taste. Cool completely.

Turn evaporated milk into freezing tray of refrigerator and chill in freezer until ice crystals form around the edges of tray. (20 to 25 minutes). Turn into a chilled bowl and whip until stiff (about 1 minute); add lemon juice and whip very stiff (about 2 minutes longer).

Beat egg whites until stiff but not dry.

Fold together the egg whites, whipped evaporated milk, diced marshmallows and cooled chocolate mixture.

Arrange some lady fingers in the bottom of a loaf pan (about 5 by 9 inches) that has been lined with waxed paper.

Pour in half of the chocolate mixture; arrange lady fingers around the sides of the pan, pressing them down into the chocolate mixture. Cover chocolate layer with lady fingers; pour in remaining chocolate mixture and top with lady fingers.

Place in freezing compartment and freeze until firm (about 6 hours, or leave over night)—the cold control of the refrigerator should be set at its coldest point.

When firm, unmold and slice for serving.

How Can I...

By Anna Ashley

Q. How can I clean embroidery on material that will not wash?

A. Cover with a thick paste of powdered French chalk and alcohol, lay a piece of clean muslin over it, and roll up like a jelly roll. Lay in a dark place for several days, or until the alcohol has entirely evaporated, unroll, and brush off the dry chalk.

Q. How can I prevent burning when baking cookies and honey is used as a sweetener?

A. When baking cakes or cookies, in which honey is used as a sweetener, be sure to use a rather moderate temperature, as they will burn if the oven is too hot.

Q. How can I renew rugs when they have a worn appearance around the edges?

A. Try buttonholing with coarse yarn. This will lengthen the life of the rug, and will give it a neater and fresher appearance.

Morning Smile

What He Wanted

The clerk at the office for registry of births, marriages and deaths was new to his job and not very well acquainted with the procedure. He was also slightly deaf.

"I want a certificate —" began a caller.

"What name?" asked the clerk. "New — Thomas New."

"Pardon me, I didn't quite catch it."

The applicant was irritable. "I'm New," he said loudly. "New to you! New to everybody! New to the world!"

"What you want is a birth certificate," said the clerk.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE augury for a difficult and narrowing state of affairs suggests the wisdom of postponing all plans and commitments until there are more propitious aspects for accomplishment. The general atmosphere is one of subtlety, suspicion, collusion, with undertones of intrigue, treachery, disillusionment. It might be as well to pass up important decisions until the coast is clear for safe action. Keep alert to all sorts of pitfalls, lures.

For the Birthday

Those whose birthday it is may prepare for a slow, complex and defeatist chain of events, in which it may be difficult, if not impossible, to make any headway in putting over plans or achieving constructive growth. There seem to be delay, interference, thwarted hopes and wishes, with undertones of the subtle and sinister. A depressed state of mind and emotions might react on health. Under such instincts and urges, all important matters may gain by awaiting more creative ideas and quickened energies. Take time out to cater to health.

A child born on this day may need careful catering to its physical well-being, as well as a sympathetic understanding of its emotional drives.

That Body Of Yours

By James W. Barton, M.D.

ACTH AND CORTISONE MAY AFFECT THE MOODS OF THE PATIENT

When the "wonder drugs" ACTH and cortisone were first discovered and were accomplishing dramatic "cures" in rheumatism and arthritis, only hospitals were being supplied with these drugs; there was none available for private patients of the practicing physician.

Because of the dramatic cures and the fact that there was no supply for general use, it was only natural for patients suffering with any form of rheumatism or arthritis to feel that if they only had ACTH or cortisone, they would be cured.

It is now known that while these drugs have given the most brilliant results since the salicylates were discovered, nevertheless there are some cases in which patients have received little or no benefit. It can thus be seen how great was the disappointment of these patients after waiting months and even years to obtain this treatment only to receive no relief.

In Iowa State Medical Journal, Des Moines, Drs. G. Tourney and J. S. Gottlieb state that mild mood disturbances in the form of euphoria (feeling of well being) and depression are frequent during treatment with corticotropin (ACTH) and cortisone. These mood disturbances disappear rapidly after the ACTH and cortisone are discontinued. Increased tension, irritability, excitedness, restlessness, nervousness, and sleeplessness are frequently associated with these mild mood disturbances but disappear rapidly when these drugs are discontinued.

It so happens, however, in some of these treated cases that these "moods" may develop into a psychosis (thinking an organic ailment is present when none exists).

Drs. Tourney and Gottlieb describe four illustrative cases in which the medical treatment (ACTH and cortisone) was not the main factor in causing these moods but in two cases particularly it was disappointment in the failure of the drugs to effect a cure. In one of these two cases the disappointment in the effectiveness of the drug led to the return of an illness from which she had previously suffered.

These physicians therefore suggest that in the management of the patient undergoing treatment with these powerful drugs, the physician should be alert to both the toxic (poisonous) effects of the drug and the psychological circumstances under which the drugs are administered.

I believe the patient and family besides the physician, should be aware of the possible effects of these drugs on the emotions of the patient.

White cards only should be used.

ELLEN'S DIARY

By an Island Farmer's Wife

Other visitors we have also had

—those with no regrets, who given lives to relieve would be well content to walk the old paths again. I think I'm a little jealous of her popularity. The boys are friendly to me, but rarely ask for dates, while she is invited out quite a bit. Naturally, this leaves me alone. When she has a date Saturday or Sunday, I stay home. Sometimes she turns dates down just so I won't feel left out of everything.

A letter-visitor we received today: from Judy, one-time engaging helper of ours at Alderlea. By choice, she gave up her schoolwork for that interval and then realizing how essential is an education for girls who must make their own way in the world, she later left to resume her studies and did creditably well in quickly completing the remaining school-grades.

And then, Romance, which for Judy was always just around a bend of the road or over a hilltop, came by. "Will he be dark or fair, do you suppose, Mrs. Ellen?" she would stop her work to ask half in fun.

And James, coming indoors would tease, "It will be some old fellow with long white whiskers. . . you needn't worry; you'll know him all right!"

And Judy would make laughing reply, "well, just so long as he is kind — I sha'n't mind!"

A dark-eyed, dark-haired boy she married, "Fred" by name. They live in a province neighboring the Island, in a pretty little new house, and are parents to two.

There is four-past Lee and six months old "Judith Anne — now tell me, don't you like that for a name, Mrs. Ellen?" Her letter was as always, characteristic of Judy, lively but sensible and bright with hope which in over-flowing measure is given to the young.

"Life is good," she wrote. "And full, with a husband and two children to take care of. . . but he's a good husband, Mrs. Ellen and the little ones — well, naturally there was never such a wonderful pair! You will come and see them, won't you — you and James? And tell everyone over there. I often think of them and remember their kindness. And some day, . . . but there I mustn't make plans, and I so busy a woman!" Nice memories, Judy's letter revived, of an era that is gone.

It is likely that if Judy were with us today she would have been away to the corner-store as of old.

(Continued on Page 3)

DOROTHY DIX'S COLUMN

Teen-Age Popularity

Less, Too Dependent On Pal, Complains Of Loneliness

DEAR MISS DIX: My girl friend and I have been chums for years, and are constantly together. She is 15, so am I. We live in a small town. She is a very cute girl, and is popular with boys, while I am not. I think I'm a little jealous of her popularity. The boys are friendly to me, but rarely ask for dates, while she is invited out quite a bit. Naturally, this leaves me alone. When she has a date Saturday or Sunday, I stay home. Sometimes she turns dates down just so I won't feel left out of everything.

FAY L.

ANSWER: You have become entirely too dependent on one girl friend. The thing for you to do is go with other girls, widen your circle of acquaintances, and don't keep yourself tied up exclusively to one pal. If your chum continues to refuse dates out of consideration for you, she will eventually become tired of you, and your beautiful friendship will be at an end.

JOIN SCHOOL GROUPS

Perhaps you are too shy to get out on your own. You must begin to overcome that fault now. Get into group activity at school. If your friend has a date on Saturday night, don't, for heaven sake, continue your practice of sitting at a drugstore counter feeling sorry for yourself. Find out where the rest of the girls are going. If it's skating, get out your skates! If they happen to be looking for something to do, invite them to your house for an evening of records and fudge. Don't advertise the fact that you feel forlorn.

Don't let your girl friend realize that your feeling for her is tinged with envy. Be happy for her popularity, and you'll be surprised how soon some of it may be reflected on you. Sixteen is no age to feel lonely; you just haven't acquired the experience to deal with a condition so remote from natural teenage existence.

DEAR MISS DIX: My husband and I recently obtained a separation because I was in love with Phil, who also loves me. I have two children, Phil has one. The idea, of course, was that Phil should get a divorce, so should I, and we'd be married. Now, however, he seems to be kidding me along by postponing his decision. I know I'll never love anyone but Phil. Do you think it's worthwhile for me to wait for him?

A. A. C.

ANSWER: Two broken homes per woman is about par for the course, and it seems as if you won't quite make it. You sure are being kidded, but not nearly so much by Phil as by yourself. You apparently are living with illusions of a great love affair between you and Phil, which turns out to be nothing but a sordid mess. Advice to you is useless; you're sold on a dream and will continue in it until you awake to find it's a real nightmare.

DEAR MISS DIX: I have just undergone a heartbreaking experience. After our wedding date had been set, my fiance, under pressure from his mother, asked for a delay. He is 25, I am 23. We have been seeing each other since he made his decision but no further words have been said concerning our wedding. My parents feel I have been rescued from an unhappy future, but I am heartbroken.

SALLY

ANSWER: Heartbreak now is much easier to bear than it would be after marriage. It appears that you have been rescued from a marriage with a son who hasn't a mind of his own, and you should count it a blessing, not a tragedy.

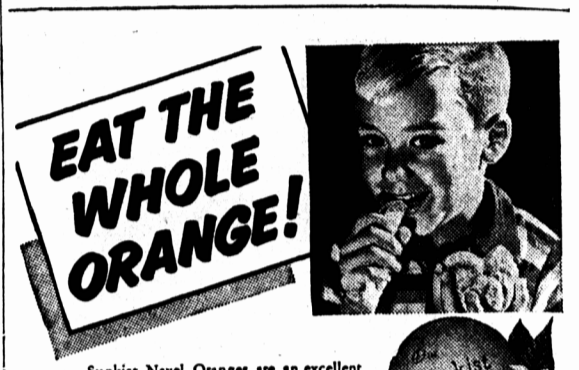
Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Breakfast can COST LESS!

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The GLORIA

Where Smarter Women Shop

Modern Etiquette

By Roberta Lee

Q. When a woman is paying her first call on a new neighbor, how long should she remain?

A. From 15 to 20 minutes should be long enough. Usually a woman who has just moved into a new home has plenty to do, and she might resent too lengthy a visit.

Q. What is the order of recession at the conclusion of a church wedding ceremony?

A. Just the reverse of how the party enters. The bride and bridegroom should lead, followed by the bridesmaids and the ushers.

Q. Is it all right to use cream-colored or tinted personal cards?

A. White cards only should be used.

Better English

By G. C. Williams

1. What is wrong with this sentence? "I value your friendship above any other."

2. What is the correct pronunciation of "archives?"

3. Which one of these words is misspelled? Diligent, tangent, pagent, cognizant.

4. What does the word "propriety" mean?

5. What is a word beginning with ad that means "acquired, accidental, or casual?"

ANSWERS: 1. Say, "I value your friendship more than any other." 2. Pronounce ar-ki-v, a as in are, l as in kite, accent first syllable. 3. Pageant. 4. Quality of being proper; fitness. "We must observe propriety at these state functions." 5. Adventitious.

Household Scrapbook

By Roberta Lee

Blistering Paint

Blistering of paint is usually the result of dampness, although it is sometimes due to excessive painting or sappy or resinous wood and the sun shining on it. If the cause is dampness, it must be thoroughly removed before satisfactory painting can be done. Usually the burning off of all the old paint is the best procedure.

Weak Ankles

Weak ankles will be wonderfully strengthened if a teaspoonful of salt to a pint of warm water is rubbed into them regularly.

Egg Yolks

To keep the yolks of eggs fresh for several days, if they are not to be used immediately, drop them in cold water and keep in a cool, dark place.

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