

WOMEN

Page 8 The Guardian Friday, October 29, 1954

LET'S EAT

Freeze Black And Yellow Puddings For Halloween

By IDA BAILEY ALLEN

THE Chef interrupted the little ditty he was singing as he whirred the egg beater. He tapped the bowl smartly with the beater and announced:

"Something new for Halloween debut! Frozen Halloween Puddings! All our homemakers can enjoy them. They are so-o-o-o easy to make!"

A Special Suggestion

"And here is a special suggestion from the Chef. Homemakers can freeze these little Halloween puddings in paper cups and they will look just like yellow and black biscuit tortons. Then, arrange them in a row on a big tray edged with autumn leaves and yellow button chrysanthemums and you have a gastronomic picture artistique."

Frozen Halloween Puddings:
Orange Cream: Pour 1 c. fresh or reconstituted orange juice and 1 c. cold milk into a deep qt. mixing bowl. Add 1/2 c. heavy cream and 1 pkg. homogenized instant coconut pudding. Beat with a rotary egg beater about 1 min. or until well mixed. Spoon into 4-oz. paper cups.

Spread with fine-minced candied orange peel. Place in the freezing compartment of a refrigerator with the control set for fast freezing, or in the food freezer. Freeze 1 1/2 hrs. or until firm. Makes 8 servings.

Chocolate Cream: Pour 1 c. cold milk and 1/2 c. cold water into a deep mixing bowl. Add 1/2 c. heavy cream and 1 pkg. homogenized instant chocolate pudding. Beat until well mixed about 1 min.

Spoon into 4-oz. paper cups. Top with chocolate sprinkles. Freeze according to preceding directions. Makes 8 servings.

"Now the ladies have my Halloween dessert recipe, Madame. How about giving them your molasses doughnuts? They make such a beautiful 'dunk' in coffee."

Molasses Doughnuts: Sift together 1/2 c. already-sifted enriched flour, 1/2 c. soy bean flour, 3 c. powdered dry skim milk, 4 tsp. baking powder, 1/2 tsp. salt and 1/2 tsp. each nutmeg and cinnamon. Add 2 tbs. wheat germ.

Beat 2 eggs; add 1 c. molasses and 1 tsp. vanilla. Stir into the flour mixture alternately with 1 c. water; mix thoroughly. The dough will be very thick. Let it rest 10 min.

Then turn onto a well-floured board or pastry cloth. Dust with flour; roll to 1/2-in. thickness. Shape with a floured 3-in. doughnut cutter. Again let stand 10 min.

Fry until golden brown in deep fat hot enough to brown a 1/2-in. cube of bread in 1 1/2 min. or 325-350 degrees F. Drain on absorbent paper towels. Sift over 1 c. confectioner's sugar with 1 tsp. powdered cinnamon. Makes 3 doz.

BUFFET DINNER FOR TOMORROW OR HALLOWEEN

- Apple-Celery-Nut Salad
- Cider
- Ham and Cheese
- Macaroni Casserole
- Baked Corn-Stuffed Tomatoes
- Frozen Yellow and Black Halloween Puddings
- Gingersnaps
- Popcorn Balls
- Coffee

TRICK OF THE CHEF

Serve Apple-Celery-Nut Salad in big, hollowed out red apples, with a Jack O'Lantern face carved on a side of each one with a sharp knife.

ELLEN'S DIARY

by an Island Farmer's Wife

October's sun commences now to edge down in the west, her quiet reign nearly ended, her day about spent. Winged time she gave us, in which to journey how far? For the farmers it was to take them daily nearer the close of all harvesting; for us, taken up for the most part with the hours the enchantments, we should ever keep. We must pick, of course, from scenes so familiar as to be regarded by some as only commonplace, worthy of scarcely a passing glance. Yet how altogether good and beautiful, when separated from them, we can hardly suspect.

"Loneliness?" we asked a hired-boy of the old years, one evening when work of his day over, we saw him turn to look wistfully in the direction of the place he best knew.

"I wouldn't say that," he smiled. "But... I wouldn't mind, right now, watching the lights come on in the windows of the village below us back home. It's a pretty sight to see. And it meant... well, you know, how the fellows like to be going somewhere when the work's done—in the corner store to have a chat. The funny thing is that you don't quite appreciate it or the place about at the time, but just get away somewhere" he nodded, "and how the memories plague you!"

So we picked and chose, often puzzled in making our selections: a woodland autumn-lighted, or a winsome flock against a hillside? That old haze of season, pretty as a bride's veil about the rim of the valley or wagon-loads of sheaves in the lane, a part of the harvest—

How to KEEP FIT after 50

In the old days fifty seemed the signal to slow down—take things easy—watch your diet—get more rest. It's still good advice. But these days you can face fifty with many interesting and active years ahead... active, that is, if you can avoid backache and the "fired-out" feeling, due to kidney and bladder disorders, that often develop around that age. For more than 60 years Dadd's Kidney Pills have been helping men and women of all ages to keep kidneys and bladder in good order... helping them to feel better, to work better, and get more fun out of life. If you are approaching fifty, or past it, Dadd's Kidney Pills may help you, too. You can depend on Dadd's.

for lovelier legs

Whisper NYLONS

home? And which scent should we choose? The "piny" fragrance of woodland-ways, the sweet ripe aroma of the fields or that of the smouldering leaves?

Tears, did October bring? Odd ones it is true, for it is difficult to be callous in a world of disaster and trouble—and sometimes the hurt was in young eyes, as tonight.

"And so you couldn't give away a pair—or even a lone cat, out of seven?" Rob said, holding council with his sons, one unusually quiet, the other bewailing his circumstance.

"I could," Gage nodded, "but not one we have to depend on to catch rats and mice... and have kittens; or a kit-ten," he faltered, "because I always like to see the sort of cat a kit-ten grows into!"

"You shouldn't have done it, Daddy," James' voice had a low level ring "they weren't your cats to give away."

"And whose were they when they happened to upset a pail of milk?" Rob reasoned "nobody seemed anxious to claim them then." Our sympathy was torn between liking and logic.

"Poor little lads!" James offered. "I know just how you feel. I accidentally killed a kitten of mine when I was a wee fellow and I remember I mourned over it for days... But I've noticed it made quite a hole in one cow's milk, twice a day to feed them. Better he smiled "to be feeding an extra calf!" He drew Gage to his knee.

"Besides there'll be plenty more. That's one crop we can count on." "How can there be plenty?" Gage queried, "and only three mother-cats left now!"

The night now which "giveth" little and big "chillens" their sleep Until tomorrow — Diary Good-night

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Girl Dropped By Boyfriend Feels Hurt And Puzzled

DEAR MARY HAWORTH: Just to bolster my fallen ego, first let me explain that I graduated from high school with honors, last June. The boy whom I am about to discuss is a year older than I, and now enrolled in college.

Six months ago I started going with Bruce (I'll call him), after having dated lots of boys, without really liking any of them. But Bruce I did care for. He wasn't exactly the type that the average girl dreams about, but he was perfect for me.

Now I am known to be quite a sensible girl. I think; but Bruce gave me quite a rush and I fell for him, hard. Our interests and ideals in life were similar, so we got along very well. We were steady dates for several months, and as time passed, he began talking more and more seriously. Then about three weeks ago, with no warning whatsoever, he broke off.

CHURCH YIELDS SOME COMFORT

It's true he offered an excellent excuse, and circumstances did make a dating impractical. He said he was still "oazy" about me, and still wanted to date me, but just couldn't go steady. And I was inclined to believe him. At least, it was earlier on my ego.

But as it turns out, he must have been just letting me down easy; for he has completely ignored me since then—until finally I am convinced that we are "through". It has been quite a shock to me. I am usually high-spirited and of a happy disposition. Now, nothing pleases me. I can't get along with my family or my friends. I am about to lose my job because I "dope off". Other boys don't interest me at all. I just can't snap out of it. My church gives me temporary comfort, but still I am depressed. How can I rise above this hopeless feeling? K. Y.

MUTED PROTEST WEIGHS ON HER

DEAR K. Y.: Much of your depression is caused by a shocked and dazed feeling that you were rejected by Bruce unjustifiably. This leaves you not only bereaved by the loss of the beloved's companionship; but also angry and hurt, full of protest—yet with nobody to protest to. Nobody to whom your need-to-protest would make sense, I mean.

So you keep arguing the mystery and the injustice in your own mind. That's why you "dope off" when you should be alert to the job. It also explains why other boys don't interest you at present. You are too bewildered (as if hit on the head) to take real notice of associates. Figuratively speaking, you've retired into yourself to piece things together and try to figure what happened—a preoccupation that keeps your attention turned inward.

You feel intuitively that Bruce was sidestepping instead of squarely facing the issue—whatever it was—that caused him to break off. So now you don't know what to believe, about him, or about any man who might, in future, profess to love you. It is a pretty sick feeling for a girl to experience—especially if she had always thought well of herself and met no treachery in other folks.

BOYS AFRAID OF ATTRACTION

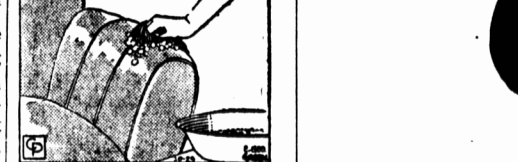
It is my impression that Bruce broke off because he was afraid of your attraction for him; afraid it might seriously interfere with his life-plans, in the years directly ahead, if he didn't take himself in hand. I gather he did care seriously; but he also wants a college education. And he isn't ready for marriage in that case, and feels he won't be for years to come. Aware that he hasn't yet

"found himself", as the saying goes, naturally he isn't sure that he would choose you as his wife, when he is ready to settle down.

Meanwhile, he realizes that an affair is to be avoided, especially if your mutual feeling has been serious—because that kind of alliance can become binding. Or inescapable. And perhaps his parents or a religious adviser urged him that the only safe, or fair, or sensible course, all things considered, was to make a clean break; and stay in the clear. Or maybe he is a weak sort of fellow, who will always slide out of relationships that call for constancy, stability and explicit co-operation.

Let's put it this way—Bruce has his reasons, but they don't reflect discredit to you. Disappointment in love is an aspect of growth, so don't despair; it happens to all who live extensively. Don't let it make you fearful or cynical; go on believing in yourself as before.

Wife Preservers



ANY TIME — it's time for

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Penicillin Now Used To Fight Children's Ills

ONE disease that damages the human heart more often than any other disorder is rheumatic fever. It is well recognized now that rheumatic fever starts from infections in the nose and throat with streptococcal germs.

Such streptococcal infections are common in youngsters and they are as serious as they are common. Not only may those who have these germs in the throat infect others, through contact, but they themselves are in danger of developing rheumatic fever.

Pain and Swelling

In this disease, there is pain and swelling in the joints, anemia or lessening of coloring in the blood, fever, and, most serious of all, damage to the heart.

It has now been found that these infections can be prevented in those who have had an attack of rheumatic fever by taking daily doses of penicillin which can be administered by mouth.

Good Results

For example, 59 youngsters were given this penicillin over periods ranging from three to 10 months. They took one tablet of the preparation supplying 200,000 units every day. Not one of them had a recurrence of rheumatic fever over this period of time. It was also found that the children had a general improvement in their health.

During the year prior to the administration of the penicillin, 21 of the children had been absent from school a total of 983 days. With the penicillin, the total lost time was only 193 days, a decrease of more than 80 per cent.

Of course, the penicillin should be given only under the direction of the physician. This method of pre-



SNOW FROSTING

In small double boiler mix 1 egg white 3/4 cup of sugar Dash of salt 3 lbs. water 1 tsp. light corn syrup

Cook over boiling water beating with egg beater 4 minutes or until frosting will stand in stiff peak. Remove from heat. Beat in 1/2 tsp. vanilla.

—Mrs. George Hardy, Bideford W. I.



Household Hint

Ordinary light turned on in the dark can waken sleepers and dazzle those already awake. Night lights merely glow, and enable a person to move about safely. They use very little electricity, and the simplest types can be plugged directly into convenient outlets.

QUESTION AND ANSWER

A. E. S.: A member of my family is afflicted with shaking palsy. What causes it?

Answer: The exact cause of this disorder is not known, but the most common cause is Parkinson's disease, which is due to some changes in the brain.

There are drugs which may help relieve the symptoms. Your physician can prescribe them.

"You're too late, Daddy!"

Little teases with big bowlfuls don't give a pig-tailed whoop that more families ran out of Corn Flakes this morning than any other cereal. But it *does* happen, because Kellogg's Corn Flakes just naturally taste best to more people. Always have. Still do. No wonder so many women pick up a spare package of Kellogg's Corn Flakes every time they buy any cereal of any kind. It's real good "tomorrow-morning insurance."

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