

WOMEN

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LET'S EAT

Puff Pastry Is Basis For Glamour Desserts

By IDA BAILEY ALLEN

THE comparatively new canned minced clams are tangy, tender, and good creamed or toasted; in a milk stew; combined with cream cheese and minced pimiento as a canape spread; or used as a quick Manhattan-type clam chowder.

TOMORROW'S DINNER

- Quick Manhattan Clam Chowder
- Baked Fried-Fish Fillets
- Flaky Potatoes
- Pimiento Cream Sauce
- Celeried Stewed Tomatoes
- Apple Betty
- Lemon Sauce
- Coffee
- Tea
- Milk

Quick Manhattan Clam Chowder: To 1 10½-oz. can condensed vegetable soup, add ¼ tsp. thyme, 1 can measure water and 1 (7½-oz.) can minced clams. Simmer slowly for 10 min.

SUNDAY DINNER

- Chicken Liver Pate
- Crackers
- Roast Chicken
- Tomato Juice
- Stuffing
- Gravy
- Broccoli
- Cranberry Relish
- Napoleons or Brownies
- a la Mode
- Coffee
- Tea
- Milk

Occasionally, all of us like to surprise our families and friends with fancy cookery. Learn how to make puff pastry, and you've mastered the basis of many glamorous desserts.

The following recipes are for the 3 component parts of the Napoleons, as made at the United Nations, that I promised to give you.

United Nations Napoleons: Roll puff pastry ¼-in. thick, and bake in a 7 x 11-in. pan. Cool. Spread with cooled cream filling.

Chou Paste or Cream Puff Pastry: In a qt. saucepan, combine 1 c. boiling water, ½ c. butter or margarine and ¼ tsp. salt. Bring to a rapid boil. All at once, add 1 c. already-sifted enriched flour. Cook, beat and stir until the mixture forms a ball and leaves the sides of the saucepan clean. Cool. Then, thoroughly beat in 4 unbeaten eggs, one at a time.

Uses of Chou Paste
In every case, bake in a moderate oven, 350-375 degrees F., about 30 min., or until puffy and a light golden brown.

Cross-Cross Topping for Napoleons: Put the chou paste through a large plain pastry tube directly onto an oiled baking sheet, making a diagonal design.

Cream Puffs: Drop the chou paste by small tablespoons, at least 2-in. apart, on an oiled flat baking sheet.

Reclairs: Shape chou paste on an oiled baking pan in strips 3-in. long and 1-in. wide, using a teaspoon or pressing through a plain large pastry tube.

Cooked Cream Filling: In a double boiler, combine 1½ c. whole milk, 4 tbsp. sugar and ¼ tsp. salt. Scald over hot water. Next, blend 2 tsp. cornstarch with 3 tsp. milk. Stir into the hot milk; cook about 10 min., stirring occasionally until thick.

Then beat 2 eggs until well mixed. Spoon in 2 tsp. of the thickened milk. Return to the double boiler, and cook and stir 2 min. longer. Cook covered. Then add ¼ tsp. vanilla, or any desired flavoring.

Use as a filling for Napoleons, cake, or as a filling for French cream tarts with a topping of fruit.

THE CHEF'S NAPOLEONS

Make puff paste as described. Roll to ¼-in. thickness. Cut into strips 4 x 2-in. Brush one strip with a slightly beaten egg yolk. Lay a second strip on top and bake.

When cool, split lengthwise into thirds. Spread the first layer with raspberry jam; the second with cooked cream filling; frost and decorate the top with plain white icing and chopped almonds.

Medical Diagnosis
A doctor can usually diagnose this disorder by examining the rectum with an instrument known as a proctoscope. The little fissures will usually heal without treatment, provided rough and highly seasoned food are eliminated from the diet for a week. The use of a bland anesthetic ointment is also of some help.

When this disorder occurs in adults, however, it may require surgery to bring about a cure.

QUESTION AND ANSWER
Mrs. J.: My child's navel swells out. He is five years old. What could be done for this?

Answer: This condition is what is known as a navel rupture, or hernia. Usually this is best remedied by surgery in a child this age.

MARY HAWORTH'S MAIL

Lambastes Articles On How To Hold Man

DEAR MARY HAWORTH: On every hand I see articles telling women how to hold their man. They advise the wife to boost her husband's ego—to say how smart he is, how handsome, how wonderful. And one writer says if the husband doesn't respond in kind, that's all right too. Why is it all right? Does marriage entitle him to take her for granted? Such suggestions enrage me.

The latest article I've encountered along this line says if the man wants to talk listen to him. What are we supposed to do? What if we have something else to do? This adviser also says a wife should light her own cigarette—that a man only lights her cigarettes during the courtship. Why? Is she supposed to be helpless, prior to marriage?

I know one young husband who travelled 500 miles every week-end to woo his wife; and now after less than two years' marriage he never compliments her looks (though he must see she is attractive). I know another bride who accompanies her husband to stock car races every night, though she hates them and I know a third. A fourth wife, married some years long for a child; and her doctors want to treat her husband—(who refuses to see doctors.—False pride).

WHY PRAISE SELFISHNESS

Why tell such men they are wonderful? Why are they wonderful—for doing as they darn please? If and when I marry, I want a man who will try to please me, just as I expect to try to please him. If he wants me to shut up while he watches a ball game on TV, I shall expect him to keep quiet for me, when my favorite program is on.

We hear a lot about henpecked husbands, but I have yet to meet one. Why don't we have articles telling men how to hold their wives? Is it because, with their inflated egos, they wouldn't read them anyway? Please print this letter uncondemned. I want to have the article handy if I ever get a marriage proposal, to let my prospective husband read it and know that I want long-term special consideration too.

MEN AND WOMEN FEEL DIFFERENT

DEAR C. Y.: I do a good deal of random reading too; but I've never encountered articles as selfish or one-sided as those you are talking about. Are you sure your report isn't colored by personal bitterness?

Of course there is a lot of hack writing done, purely to pick up income, on the subject of "How to get and hold your man"—simply because the subject is a sure-fire attention getter amongst women. As to why our social critics and commentators don't break into print with advice to men, on how to be more engaging to their wives, I suppose it's because men don't feel the need of monogamy, to the extent that women do. (The average man (i.e., most men) accustomed to the company of women, feels pretty strongly (even if unconsciously) that women are inescapable, rather than elusive. Hence the average man isn't so concerned with "holding" his woman, as he is with safeguarding some shreds of individual freedom or autonomy, if possible, in relation to her.)

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DON'T BECOME COMIC CHARACTER

Your letter was much too long to be printed in full, but I've included enough of your original text to give a fair picture of your quarrel with men, I think. If you've never seen any henpecked husbands, your circle of kinfolk and friends must be limited. Such husbands are all around us in the American scene, although the picture may change in the next hundred years, as men become proportionately scarcer, in comparison to the mounting female population—a disparate trend already evident.

Take a tip from me: Should you ever get a marriage proposal from a chap you'd consider, don't bring this article to his attention. Never let him know you contributed to it. Your literary tone is too sharp, too belligerent, too biased to be of help in promoting long-term romance with a worthwhile fellow. Meantime, watch yourself, that you don't become a comic character, a militant spinster type, whom men will bypass sardonically—giving you no chance to uplift them.

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

Household Hint

If you find that you have more ironing on hand than you have time to do, put any dampened clothes bundles that are left into a plastic bag and store in the freezer or refrigerator until the next ironing session. They'll be safe from mildew for at least a week.



MUSTARD PICKLES

- 2 qts. cucumbers
- 1 qt. onions
- 1 cauliflower
- Put to soak the night before. Add ½ cup salt. Let come to a boil.

SAUCE

- 6 cups white wine vinegar, put on to heat.
- 6 cups white sugar
- 3 tbs. mustard seed
- 1 large cup flour

Put vinegar, add to vinegar. Let come to a boil. Add pickling spice if desired.

—Mrs. R. A. Bureleigh, Ellerslie W. I.

Wife Preservers



For wrapping up a picnic lunch, explore the many new moisture-vapor proof films, foils and papers. They facilitate packaging individual portions which often make for safer handling and surely for easier out-of-hand eating.

ELLEN'S DIARY

by an Island Farmer's Wife

Now in October, the trees bare, Once more along the farmlands the old wide-spreading maples and white birches commence their seasonal disrobing to stand in more and less naked silhouette—but engaging—against a background of field or sky. . . . On woody trails, footsteps scuff through a carpet of fallen leaves.

"It's a little mournful don't you think?" we said to James on a recent excursion on foot which led us along a path of a woodland we know well by heart. . . . Before, twinkled first stars; left, the trees marched and with us; to our right lay a clearing, beyond which over the treetops were barred the night-gates of the sun. And behind followed shadows. No moon shone; we walked in the dark of it.

"Mournful, Ellen?" James said reflectively. Not always do our words catch his immediate attention, his mind being taken up, we fancy, with the various particulars of his trade and undertakings—of the fields and the crops, of the buildings and Family. Not that we should list the household last, for no man is more solicitous over the welfare of his loved ones than is James even to the point of over-concern.

Does a lad of this place suddenly develop a misery at mention of a chore, though minutes before in high spirits and with much agility he had scaled to the heights of a building or tree? "Dear little fellow," James will say, "I know just how he feels! Ellen, see if he has a temperature. I wouldn't doubt but he's coming down with something. Run in' dear and let your Grandmother bathe your feet, and give you something hot to

drink. . . . there's a good boy." "Mournful, Ellen?" he repeated. "You mean on account of the leaves falling? Oh I wouldn't say that—not that I wouldn't rather be coming now to the Spring. But it's a nice time of year this. I always did like it, especially the plowing-time. That was good. With the tractor, to me, it's not just the same as using horses; there's something missing from it, it seems. But still it puts the fields to rest. Not mournfully, Ellen, but with hope. What is back of the leaf that falls? Aye, always the buds of Spring!"

So, these days leaves fall and trees bare. But in truth deep down we know it is not the end. Only a new sense of time—and of drama lies over the farmlands. It is not a closing of the year so much as a time of expectancy and promise. There is less of age and finality in Autumn than of a call to fresh beginnings and new hopes. Beyond the resting-spell of field and tree, past wintry-white storms will appear in token of these, a first snow-drop.

Then we shall remember the serene leaves of Autumn as something we had "dreamed in a dream."

—Diary

—Good-night

Morning Smile

A farmer was making his nightly rounds, when he saw a furtive figure beside the barn, holding a lantern. "Who are you?" he yelled.

"It's only me—Jim," the intruder answered, with a giggle.

"What are you doing here so late?"

"Er—I'm courting Sarah."

Island Girl Wed In Nfld.

The wedding of A/C Claude Mathews of St. Louis, Missouri, and Hope Hudson of Charlottetown, P.E.I., Canada, was solemnized on Sept. 15, at 8:30 p.m., at the Base Chapel, Ernest Harmon AFB. Major G. C. Curty officiated.

The bride was attired in a full-length gown of white lace and net; her veil was fingertip and held in place with a tier of white net. She carried a bouquet of white and pink carnations.

Attending the bride was Miss Louise Pike, wearing pink net with matching accessories. Best man for the occasion was M. Sgt. Samuel Carter.

Following the ceremony a reception was held for the newlyweds at the home of Mr. and Mrs. John U. Martin.

Airman Mathews is with the Weather Detachment at Ernest Harmon AFB. Mrs. Mathews is a daughter of Mr. and Mrs. Victor Hudson, Charlottetown, P.E.I., and is an employee of the Base Library, Ernest Harmon AFB.

After the reception the newlyweds travelled by T.C.A. for a honeymoon to Prince Edward Island, and on their return will reside in Stephenville.

"But why the lantern?" the farmer inquired. "When I was courting my missus, I didn't take a lantern."

"Yes, sir," Jim answered, solemnly. "Anybody can see that."



Indigestion Due To Roast Corn

"POPCORN proctitis" is medical terminology for the havoc caused in the intestine by the undigested morsels of roasted corn. The disturbance of the bowel leads to the distressing sight of blood either mixed in the bowel movement or in the toilet bowl following a child's visit to the toilet.

Rectal Bleeding

Of course there are other causes for rectal bleeding in a child. A polyp, which is a small tumor, may be the reason, or the bowel may telescope within itself. However, the most common cause is an inflammation of the lining membrane of the rectum, caused by small fissures or cuts in this area.

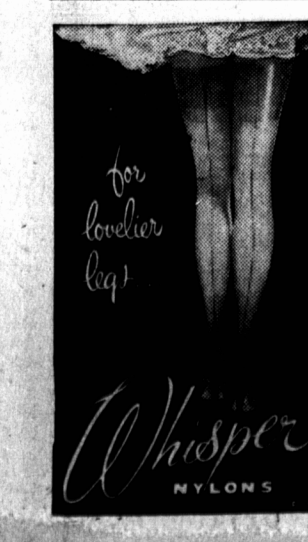
In many instances, questioning reveals that popcorn was an item of diet. Roasted corn, unless well chewed, will leave an undigested portion of the kernel that is sufficiently large and pointed to cut the bowel wall when it is embedded in an otherwise firm stool.

Medical Diagnosis
A doctor can usually diagnose this disorder by examining the rectum with an instrument known as a proctoscope. The little fissures will usually heal without treatment, provided rough and highly seasoned food are eliminated from the diet for a week. The use of a bland anesthetic ointment is also of some help.

When this disorder occurs in adults, however, it may require surgery to bring about a cure.

QUESTION AND ANSWER
Mrs. J.: My child's navel swells out. He is five years old. What could be done for this?

Answer: This condition is what is known as a navel rupture, or hernia. Usually this is best remedied by surgery in a child this age.



Queen Elizabeth II Spoon!

Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium inside each giant package of NEW BLUE Super Suds.

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Whee!

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New BLUE SURF

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An entirely new scientific blue detergent. Contains special anti-graying and anti-yellowing ingredients that absolutely guarantee you a bright-white wash, without bluing. You can skip bleaching and soaking too. All you need is New Blue Surf.

Sky-blue SURF makes oceans of white suds that hustle the dirt out of blue-jeans and workclothes without time-wasting soaking. Watch your kids' grimy towels come white—your sheets lose that yellowed-look without a drop of bleach or bluing.

Save cash on bluing and bleaches you don't need any more. Save harsh-bleach wear and tear on your linens. Save all the time-waste of bluing, bleaching and soaking. Get New Blue-Surf today and whiz through every washday from now on!