

WOMEN

Page 12, The Guardian Wed., Nov 23, 1955
LET'S EAT

Eat Lots Of Raw Apples

By Ida Bailey Allen

"It is very nice to watch TV in the evening, Madame," the Chef was saying, "and to munch an apple at the same time. Apples are good for eating before retiring, are they not?"

"Right, Chef," I agreed. "Apples are not only good bulky food, but also a natural intestinal lubricant because of the pectin they contain. Anyone who cannot digest an apple eaten out of hand can usually enjoy it if peeled and the pulp grated. This does not affect the pectin content. In fact, grated raw apple is good combined with cereal for breakfast."

Grated Raw Apple and Cereal: Prepare just before serving. Wash and dry 5 large eating apples. Cut out the stems, blossom ends and cores. Leave on the skin if you wish.

Grate the apples; combine with 1-3 c. honey, 6 tbsp. rich milk or light cream, the juice of 1/2 lemon and 2 c. crisp cornflakes.

As for a luncheon, supper, or dinner calling for a colorful fruit salad, here is one that was a favorite early in the century and is still popular today.

Waldorf Salad: Wash, dry, core and dice enough bright red-skinned apples to make 2 c. Stir in 1-3 c. orange juice to prevent discoloration.

Add 3/4 c. thin-sliced crisp celery, 1/2 c. broken walnut or pecan meats and 1-3 c. not-sweet plain French dressing. Chill. Serve in lettuce nests.

Top with 1/2 tsp. mayonnaise or cooked salad dressing. Use whole nutmeats for the garnish.

"Here is a new raw apple idea, Madame, for an hors d'oeuvre that even dieters can enjoy."

Apple Hors D'Oeuvre: Wash, core, quarter and slice apple sections very thin. Dip in canned pineapple juice to prevent discoloration.

Put together like little sandwiches with thin small slices of chicken.

TOMORROW'S DINNER

Pineapple Juice
Roast Pork with Sweet Potatoes
Broccoli Rabe Pickles
Baked-Apple-Gel
Whipped Topping
Coffee Tea Milk

Baked-Apple-Gel: Dissolve 1 c. sugar in 1 c. boiling water in a baking dish. Add 6 peeled, quartered, cored tart apples and 3 whole cloves. Cover and bake 1 hr. in a slow to moderate oven, 325 degrees - 350 degrees F., or until the apples are pink. Arrange in an 8" x 8" pan.

Measure the apple juice in the baking dish; remove the cloves and add enough hot water to make 1 1/2 c.; heat to boiling.

Add 1 envelope unflavored gelatin previously softened in 1/4 c. cold water for 5 min. Stir in 1/2 c. orange juice and the juice of 1/2 lemon. Pour over the apples in the pan. Cool. Refrigerate 4 hrs., or until firm.

To serve, cut in squares, top with any sweetened whipped topping or custard sauce.

TRICK OF THE CHEF

Add a little grated raw tart apple to hot chicken consommé.

ELLEN'S DIARY

By An Island Farmer's Wife

"I count only the hours that are bright," the inscription on an old sun-dial reads. And we too endeavour to record only the delights of our life on this Island farm. However, least others should entertain the notion that it is only into their lives "some rain must fall and days be dark and dreary" we may say that we too at Alderlea have our own anxieties and concerns. Indeed, as we have seen and noted the like all down the years, we doubt if there be anyone rich or poor or in between, youngish or older, who on occasion does not have some worry or other or has not sometime experienced the distressing hours of "one of those days." It is a verity that no one knows another heart's bitterness or trial. It is true also that in time "even this shall pass."

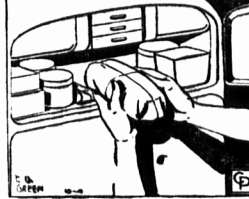
Yesterday at Alderlea, as it happened was "one of those days." Our anxiety had nothing at all to do with the cares of the fields or stables. The plowing continued at times, the cattle-kind were enjoying last gleanings along the hillsides, the flock of sheep, suggestively endearing we think at this season, roamed and nibbled along meadowland and field. It was of more moment to us than any affair of the farm, important as these may be now with winter bearing down upon us.

Since weekend, nine year old Granddaughter, who after all is the best girl of these farms, had been miserable. Seemingly not really ill, but obviously ailing. At times better, then listless, a temperature and then back almost to normal. And this old house that knows her well, and naturally esteems her much, listened for young footfalls that never came, and hoped for the present return of the blithe voice which ordinarily hails so many times a day, and now was noted by its absence.

"And as though we didn't have enough to worry us," James reckoned up the day, last night to Mr. C. from the house on the hill when they lunched together on cinnamon rolls and tea, "Ellen must go making kindling this afternoon and managing to nick a knee, with a rusty axe."

"Oh dear!" We were sorry for ourself in a chair by the fire. "It's only a scratch," he hastened to explain. "It sounds," he smiled indulgently "much worse than it is."

Wife Preservers



Cut up poultry should only be kept uncooked two days in the refrigerator, or one or two weeks in the ice cube section. This is especially true in hot weather.

COOK'S CORNER



LIVER LOAF

1/2 lb. hamburger 1 lb. liver
1 c. bread crumbs
1 onion chopped fine
Juice of 1/2 lemon
legg, well-beaten
2 tsp. tomato catsup
1 tsp. salt
1/4 tsp pepper
tomato juice or milk to moisten
Skin liver, parboil in salted water 10-15 minutes. Drain, chop and mix with other ingredients. Pack mixture into a greased baking pan. Bacon may be used to line pan or may be placed on top. Bake at 350 deg. F. for 1 hour.

MORNING SMILE

A woman came rushing up to the zoo keeper. "The monkeys are gambling at cards," she said indignantly. "You'd better hurry and break up the game." "There's nothing wrong with that," soothed the keeper. "They're only playing for peanuts." He was reading to his girl an account of a famous naturalist's accident.

RUHAMAH SCHEINFELD FRANK

WE AND OUR NEIGHBORS

THE FAMILY DOCTOR KNOWS YOU

We are becoming accustomed to the emotional element in many of our aches and pains. We know that when Johnny complains of a bad stomach-ache on a school morning, it may be his fear or dislike of the teacher or conditions in the school rather than any organic trouble. Yet the pain may be very real and if it persists may become organic. Johnnie's school life should be investigated.

But it is harder to realize that symptoms requiring major surgery can be so authentic that the ordinary specialist can be deceived and perform an unnecessary operation. Often he does it at the insistence of the patient.

There is food for thought in this direction in an article in the Nov. issue of the Cosmopolitan: "How Emotions Cause Unnecessary Surgery." Such eminent authorities as Karl Menninger (recent Nobel Prize Winner in the field of psychiatry) and Dr. Walter C. Alvarez of the Mayo Clinic give facts and figures regarding this unhappy situation.

For example, Dr. Menninger cites the case of Louise who "developed a terrific abdominal pain and had to be rushed to the hospital" on the eve of her wedding. There were strong indications of appendicitis but the doctors decided to wait. A wedding date

was postponed because the same pain and symptoms appeared on the eve of the wedding. When the doctors again hesitated "Louise angrily demanded that her surgeon operate." He did and "removed a perfectly normal appendix." But just before the wedding a month later, "she was stricken by violent pains in her abdomen exactly like those caused by the absent appendix."

This time psychiatric treatment was given Louise and it was discovered that she disliked her bridegroom but unable to face her problem "repressed it into her unconscious." Nor was she faking the pain was real.

Dr. Walter C. Alvarez "studied the histories of 385 patients who had undergone appendectomies. Dr. Alvarez found that in 225 of the cases either there had been no acute attack of appendicitis or there had been a mistaken diagnosis as revealed by the psychology report—moreover, Dr. Alvarez found in his study that only two of the 225 causes were cured of their abdominal pain by the operation and 24 per cent were made worse."

"Are surgeons maliciously performing such unnecessary operations?" asks the author (Alice Mulcahey) and answers, "Certainly not.—No operation is performed

without a study of the patient's symptoms and proper laboratory tests. The difficulty is that far too many surgeons are simply unaware that physical symptoms which seem to demand an operation—can be produced by emotional problems."

On the other hand, where a patient has had a history of emotional instability, his complaints should not be brushed aside. Too often his trouble is organic.

Among many suggestions for avoiding operations that are emotional in origin, the article concludes with a strong recommendation to have a family doctor. He knows the whole man—his bodily make-up and the circumstances of his life. "It is believed," states the author, "that the family doctor can take care of 90 per cent of the illnesses of the average person.—(the family doctor) has a far better chance of discerning, say, the emotional relations between your abdominal pains and your husband's loss of a job" than the specialist who concentrates on one area of your total make-up.

Words Of The Wise

Nothing is easier than fault finding; no talent, no self-denial, no brains, no character are required.



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



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