

## LET'S EAT

### Party Appetizers Made With Cornmeal Pastry

By Ida Bailey Allen

"The more I experiment with American enriched cornmeal," observed the Chef, "the more possibilities I find for its use."

"When I finally succeeded in perfecting cornmeal popovers was a gala day for me. Then came the day, Madame, when you and I perfected our cornmeal pastry."

"Now comes a third gala day, when we present our newest party appetizers made with the cornmeal pastry base."

**Cornmeal Pastry Base:** Into a bowl, sift together 1 c. enriched cornmeal, 1/2 c. already-sifted enriched flour, 1 tsp. salt and 1/2 tsp. baking powder.

Add 1-3 c. shortening. Chop in with a pastry blender until the mixture resembles coarse crumbs.

Then, a little at a time, add 1-3 c. cold water. Mix with a fork until the pastry just holds together. Then divide in 2 parts.

Gently knead each a few seconds on a lightly floured board. Roll each part to 1/8 in. thickness. Cut in various shapes—circular, diamond or rectangular—with cookie cutters or a knife.

Prick each in 8 places with a kitchen fork so they will be flat while baking.

Place on a cookie sheet or large pan.

Bake 10 min. in a hot oven, 425 degrees F.

Cool, preferably on wire racks. Makes 2 doz.

This pastry may be baked the day before and kept in a covered canister or cookie jar until ready to use. Or it may be wrap-sealed in moisture vapor-proof containers and frozen up to 2 weeks.

**To use:** Spread with chicken, cheese or ham topping. Place on a cookie sheet and broil 4 in. from the heat until the topping is light brown.

**Chicken Topping:** Combine 1 c. minced cooked or canned chicken with 1/2 c. thick white sauce seasoned with 1/4 tsp. Worcestershire sauce, 1 bouillon cube, 1/2 tsp. onion powder, 1/2 tsp. garlic salt and 3 drops Tabasco. Before broiling top with slivered almonds.

**Cheese Topping:** Mix together

1-3 c. grated Parmesan cheese, 3 tsp. fine-chopped pecans, 2 tsp. chopped parsley and 3 tsp. heavy cream. Then broil.

**Ham Topping:** Combine 1 small (2 3/4 oz.) can devilled ham with 2 tsp. sauteed chopped mushrooms. Then broil.

**TUESDAY DINNER**  
Chicken Soup made with Leftovers  
Chopped Beef Steak with Onions  
Baked Potatoes Romaine Salad Fruits-in-Gel  
Coffee Tea Milk

**THE CHEF'S CHOPPED BEEF "STEAKS"**  
Order 2 lbs. chopped beef for a family of 6.

Work it with a spoon until very smooth. Then shape into 6 large round flat cakes 1/2 in. thick. Pan-fry on both sides in a little butter. Add salt and pepper when half done.

Allow 8 min. for rare; 10 min. for well-done.

Serve with pan gravy, made by scraping up the drippings in the pan and adding 1/2 c. boiling water, 1 tsp. butter and 1/2 tsp. Worcestershire sauce (if desired). Boil a few seconds.

## ELLEN'S DIARY

### Living Close To The Earth

We had a diet of good talk about the kitchen-fire this evening, with maple sticks burning and one as if by mischance warming in the oven, but intentionally left there to scater its heated incense sweet and nostalgic about the room. To those who can recall that bygone era of open-hearted stoves and fireplaces, that licked stout sticks in a number and smiled and dreamed in winter-flames and dozed in meaty embers, the fragrance of burning maple returns many an early memory and dear.

Good talk it was, the participants a quartet of farmers, each contributing something of his own individuality as well as his opinions to the subjects discussed. Sensible? Aye, for the farmer's outlook must be practical. He lives, to survive, close to the earth. Sober but not without its mead of chuckles. And a little teasing thrown in for seasoning because when used with discretion in a company of friends as some one has said, "A little teasing is not out of place in a conversation, and draws out people much more effectively than admiration."

"There must be present in good talk both ideas and autobiography," J.B. Priestly says. "Give me a companion" he continues "the man who every now and then launches, with a ghost of a grin, a perfectly monstrous generalization. A pair or trio of talkers that does not set a dozen of these huge, gaily-colored balloons of speculative thought is not making the most of his time. But ideas must not be hunted down, killed, stuffed, labelled. The right attitude may be expressed in a quiet earnestness spiced delicately with irony; and you find it in the best talkers. The autobiography is not making the most of his time. The odd judgement, tastes, whims and prejudices set forth by the talker

and gives it his personal colorings; and with them go instances of personal experience.

Talk may be made up entirely of this autobiographical matter, but never the best talk. There must be some admixture of ideas which give the talk form and shape just the other gives it color."

What a nice admixture of ideas and all, went into the good talk of this evening in the various subjects discussed. James of the farming: "If farmers still farmed with horses instead of buying expensive machinery to say nothing of having to replace it in a few years, they'd be much better off in every way."

"And did their threshing with horse-power," one teased appreciating the fact that despite his avowed yearning for the old ways James is well pleased with modern gear for his threshing.

"But we can't go back," another reasoned. "We must go ahead... on to tomorrow."

We're swept willy-nilly along to it on the tide of today.

"There wouldn't be so much worry over the 'overhead,' that's for sure. I'd say a fellow'd be just as happy," the fourth offered.

"Happier!" James nodded, "and if he was at all ambitious, he could make a nice little living too... with a team, and a few cows—a half dozen sheep and," he added with a chuckle, "a couple of sows."

"And some hens," one smiled whimsically, looking in our direction. "They'd keep the pot boiling for a week or two, if other methods failed!"

"Happiness? Ours was a day along familiar paths, with in its time the sun bedding behind the flame-lit tips of the woodland: the then and night and "good talk" about the kitchen-fire.

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



### COUPLE TO RESIDE IN ONTARIO

The marriage of Miss Mildred Ruth MacLean, daughter of Mrs. George C. MacLean, Winsloe and the late Mr. MacLean, and Mr. John David Clark, son of Mr. and Mrs. John L. Clark, North River Road was solemnized by Reverend Frank MacLean at the home of Mr. and Mrs. William MacLean, Winsloe, on Tuesday March 6.

Given in marriage by her brother, Mr. William MacLean, the bride looked lovely in a ballerina-length gown of white brocade with fingertip veil. She carried a bouquet of red roses.

Miss Norma MacLean, sister of the bride, was maid of honor in a ballerina-length gown of pink nylon and carried a bouquet of white carnations.

Mr. John Simpson was best man. For her daughter's wedding, the mother of the bride chose a dress pin accessory. (Photo by Garn-hum)

The groom's mother chose a pale blue ensemble with white accessories and corsage of white carnations.

A reception followed for fifty guests. Misses Marlene Peters and Gail Prouse served the guests and Mrs. Cora Ling poured tea.

For travelling to Kitchener, Ontario, where they will reside, the bride donned a pale blue suit with pink accessories. (Photo by Garn-hum)

Mr. and Mrs. Fred Hickox motored over to Wolfville last week and brought home for the Easter holiday their sons Roddie and Fred who are students at Acadia University and Horton Academy.

Mr. Ma'olm Joyce, a student at Mt. Allison University, spent Easter with Dr. and Mrs. H. H. Pierce.

Miss Marjorie Hurst and Miss Jean Shatford, students at Mt. Allison University, are spending the Easter holidays with Mr. and Mrs. R. R. Hurst. Miss Shatford is a daughter of Mr. and Mrs. Laurie Shatford of North Bay, Breadalbane.

Miss Janet Tanton, Joyce Canfield, Barbara Stewart, Betsy Houston, and Mary Lea Stewart, of Edgell school, Windsor, Nova Scotia are home for the holidays.

Hampton Young People's Society held a social evening in the Recreation Room of the community hall on Thursday evening, when fifty young people were in attendance. The group was divided into three teams for relay races, games and contests. Refreshments were served, after which another round of games were played. Plans are being made for a crokinole party to be held in the near future.

Rev. T.H.B. Somers and Mrs. Somers have as their guest during the Easter season, Mr. Somers' sister, Mrs. F.R. Ashworth of Halifax, Nova Scotia.

Miss Bethany MacDonald from the studio of Pierre Souvairain in the Arts Diploma Course, second year, Royal Conservatory of Music of Toronto gave a Piano Recital on Friday, March 23, 1956, at 5 p.m. in the Conservatory Concert Hall. The programme was as follows: Partita in G Major-Bach, Sonata op. 109-Beethoven, Ballade, Op. 32-Chopin, and Poissons d'Or-Debussy. Mrs. Leonard MacDonald attended her daughter's recital and also the Toronto Symphony at Massey Hall.

Mr. and Mrs. Hector MacDonald with their children Margaret Isobel, Hector, and Norman, spent Easter with Mrs. MacDonald's parents, Mr. and Mrs. William Ferguson, Church Street, Pictou, Nova Scotia.

Major and Mrs. Stanley Thompson and their sons David and Charles who were visiting in Charlotte-town at Easter have returned to Halifax. Miss Dianne Thompson is remaining until Saturday, when she will return by plane to Halifax.

Mr. and Mrs. H.D. MacLeod have had as their guest for Easter Mrs. MacLeod's sister, Miss Laurene Wood. Mr. and Mrs. MacLeod have recently moved into their beautiful new home, a split-level design, in the residential Don Mills area, Toronto.

## HAPPENINGS

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of your story, here condensed, indicate that Mary's growth as a person is blocked by a predominantly infantile emotional bias-of which she is unaware.

Her overall performance makes clear that she is compulsively dependent upon somebody other than herself to afford her a way of life. She rejects responsibility for herself-as in refusing to consult a marriage counsellor or psychiatrist. When she was counting on you to be her "life" (figuratively speaking), to her satisfaction-as in the first years of marriage-she purported to be, and supposed she was, "utterly" in love with you.

**SO-CALLED LOVE**

But her "love" at that time wasn't love at all, in the mature or moral sense. Rather it was a turgid mixture of many neurotic clinging sentiments, all having to do with self-serving aims and parasitic artfulness. She was acting a part, playing her version of love-in persuading you that you were loved as few men have been.

And your wild pace in the first years of marriage-a pace which she tried to match, expeditiously may have been, largely a blind revolt against an obscurely phoney relationship. Maybe you felt booby-trapped, at war with dishonest forces, scornful of her wiles, doubtful of her purposes, furiously impelled to write your own ticket.

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### MARY HAWORTH

#### Man Trying To Regain Happiness

DEAR MARY HAWORTH: We have been married almost 15 years. Mary is 33 and I am 39. We have three lovely children, the eldest is 10. Our marriage was most happy for eight years; and few men have been loved as Mary loved me and I am sure she was perfect.

My childish stupidity was the cause of our grief. I am sure we drank, danced and ran around too

much. We seemed to cultivate the woman; there never has been. friendship of bitterly unhappy couples, many of whom are now divorced. My drinking became excessive, which led to infidelity on my part.

In the spring of 1952 I stopped drinking completely, aware that my marriage and my health were in danger. But the damage was done: Mary's love was dead. In 1954 she filed for a divorce then let the suit lapse and 10 months later we reconciled, resolved to straighten out our lives and make our marriage secure...

**WIFE IS BITTER**

For nearly four years I have been a model husband. I don't drink and I shower affection and attention on Mary, with absolutely none in return. We have read some very good books—"The Sermon on the Mount," "Power Through Constructive Thinking" and "The Power of Positive Thinking" which have helped me tremendously. And Mary contends she has forgiven me and bitterness are still with her.

Her greatest problem is getting things off her chest. She eats her heart out and never says a word to me. She keeps things in, and only erupts in a moment of anger. This is the only way I have of knowing the many things that upset her. There is no other man or

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### ELEANOR ROSS

#### Tea Stains On Linens? They're Easily Removed

For fresh tea there are two prerequisites.

**HOW TO STORE**

First, the tea should be stored in an air-tight moisture-proof container. Then, all of the utensils used in serving tea must be scrupulously fresh, sweet-smelling and clean.

Tea usually leaves unsightly dark stains on everything it touches. These may be removed simply and speedily if you get at them while they're still fresh and

not allowed to set.

Presoak teapot and cups in hot soap or detergent suds. Then gently rub over the stains with a sponge laden with suds.

One of the simplest ways to rout deposits from the pouring spout of a teapot is by wrapping a pipe cleaner with cotton, dipping it into thick suds and letting it rest in the nozzle for a few moments. Then use the pipe cleaner as a plunger so that the in-and-out motion will loosen any deposit which has formed in the pouring spout. Follow this with a rinse in scalding water and dry to a gleaming radiance.

When you're serving, spread a bit of butter under the spout to prevent tea from dripping onto your lovely tablecloth. However, in spite of this precaution, accidents do happen. This is especially true at a large tea, where guests may

Whether it's "tea for two" or for the whole gang, one of the most delightfully simple and economical ways to entertain is by planning a tea party.

The preparations may be as elaborate as you please. If you own a silver tea service, what better excuse for showing it off! You can stretch your imagination to the limit with various foods and table decorations, but the first thing to remember is that the tea itself must be perfect, fresh and piping hot.

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