

WOMEN

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LET'S EAT

Apple Recipes Starred At Annual Smorgasbord

By IDA BAILEY ALLEN

From Michigan last fall, came news of an apple smorgasbord, a big colorful neighborhood event held annually in the Peach Ridge area. This season it was held on the farm of Mr. and Mrs. Robert Umior, near Coopersville. More than 500 guests were present. Dishes showing 200 different ways to use apples were displayed, all prepared by farm wives who drew heavily on old family favorites and also their imaginations.

Recipes and Details

I had no other address than Apple Smorgasbord, Peach Ridge, Michigan. Nevertheless I hopefully wrote for the details and some of the recipes. An ounce came an answer from the secretary, Mrs. Janet M. Kline.

The smorgasbord is so unique and fascinating I have decided that next fall nothing—but nothing—will keep me away from Peach Ridge at apple smorgasbord time.

APPLE SMORGASBORD

Apple Juice Refresher

Choice of

Roast Veal with Glazed Apple Garnish

Roast Lamb with

Baked Ham with Applesauce

Apple Onion Casserole

Red Cabbage with Apples

Layered Cheese-Apple Salad

Apple Brown Bread

Apple Crunch Muffins

Choice of

Chocolate Applesauce Cake

Applesauce Cookies

Apple Pecan Pie

Danish Apple Cake

or

Apple Candy

Coffee, Tea or Milk

SUNDAY DINNER

Include a selection of the preceding dishes, such as:

Apple Juice Refresher

Roast Shoulder of Veal with Glazed Apples

or Apple Stuffing

Baked Sweet Potatoes

Green Beans

Pickles

Apple Pecan Pie

Coffee, tea or Milk

Apple-Onion Casserole: Sauté 2 slices bacon until almost crisp, and dice. Pour off half the fat. To the remainder, add 1/2 c. soft enriched bread crumbs.

Rub a 2 qt. baking dish with the bacon fat. In it arrange alternating layers of 6 sliced peeled tart apples and 6 sliced peeled medium-sized onions. Strew diced bacon between each layer. Moisten with 1/2 c. hot stock or 1/2 c. hot water containing 1 beef bouillon cube. Top with the bread crumbs.

Apple-Pecan Pie: Line a 9" plate with American pastry. Fill with the apple-pecan mixture. Bake in a moderate oven, 350 degrees F., about 45 min., or until firm.

Apple-Pecan Filling: Combine 1/2 c. dark corn syrup, 1 c. brown sugar, 3 well-beaten eggs, 1 c. broken pecan meats, 1 tsp. vanilla, 2 lbs. melted butter or margarine, 1/2 c. unsweetened applesauce and 1/2 tsp. cinnamon.

Cover and bake 30 min. in a moderate oven, 375 degrees F. Then uncover and bake until browned.

Layered Cheese-Apple Salad: Dissolve 1 pkg. lemon-flavored gelatin in 2 c. warm water; add 1/2 tsp. salt. Refrigerate 30 min., or until slightly thickened.

Combine 1 diced large apple and 1 tsp. sugar. Fold into half the gelatin. Turn into a qt. mold and refrigerate until almost firm.

Meanwhile beat the remaining gelatin until fluffy and thick. Mash and blend a (3 to 4 oz.) pkg. cream cheese with 1/2 c. broken walnut meats. Add to the whipped gelatin. Pour this over the gelatin in the mold.

Continue to refrigerate until firm, about 3 hrs. Unmold. Garnish with cranberry jelly.

Apple Crunch Muffins: Make up 1 recipe plain or cornmeal muffins; add 1/2 c. fine-chopped peeled apple. Fill oiled muffin pans half full. Top with a mixture of 1/2 c. brown sugar, 1/2 tsp. cinnamon and 1/2 c. brown sugar, 1/2 tsp. cinnamon and 1/2 c. fine-chopped walnut meats. Bake 25 min. in a hot oven, 400 degrees F.

Danish Apple Cake: Crush 1 pkg. rusks to fine crumbs. Next, thoroughly butter a 3 pt. baking dish. Pack in a layer of 1/2 the rusk crumbs. Then mix 1/2 c. melted butter or margarine with 3 c. thick sweetened applesauce. Spoon 1/2 over the rusk crumb layer. Continue until the ingredients are all used; make the top layer crumbs. Bake 1 hr. in a slow-oven, 325-350 degrees F. Then cool. Unmold and swirl all over with whipped cream. Garnish with red cherries.

Chocolate Apple Cake: Make according to any standard recipe for applesauce cake with this exception: add 2 1/2 lbs. dry cocoa with the flour.

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MARY HAWORTH'S MAIL

Loves Man But Feels He Thinks of Her As Young Sister

DEAR MARY HAWORTH: I have known a boy (call him Bob) for many years; in fact since we were in high school, and we are now in our middle twenties. After high school Bob went into the Army and we wrote each other frequently—just friendly casual letters.

We have been out together several times and always enjoy ourselves. He has mentioned more than once that I am very sweet and considerate and, although we have known each other only casually, I find myself thinking of him all the time.

I don't seem to care for any other boys at all, yet it seems to me that Bob thinks of me only as a kid sister. Maybe I am mistaken; but if he liked me the way I like him, wouldn't he have shown it in some way after all this time?

It is probable that Bob will be home again for the Christmas holidays, and he will probably call me or come to see me. Should I show him how glad I am to see him? We are both a little on the shy side, so I know that for me expressing it is a little hard to express myself.

In the event he does think of me as a kid sister, is this usually a hopeless case? Or is there a chance at all. I would very much appreciate your suggestions, and please, if possible, answer soon.

T. R.

Expectancy Shapes Events

DEAR T. R.: Man's unconscious inclination is towards liberty—of freedom of life, in the sense of preferring unrestricted choice of activity and associations. Woman's is towards belonging to her own persons and place—a specific sanctity.

Hence it follows that marriages usually are conceived in the woman's mind; and, as I get the drift of your story, you are "imagining" a permanent relationship of total sharing with Bob, when you are thinking of him all the time.

This is an essential first step in bringing serious romance into being; and I think it is important to be unafraid of the future, whatever the outcome.

In his interesting book "The Magic of Believing" (Prentice-Hall), Claude B. Bristol cites many instances to show that expectancy of a desired good helps bring it to pass. Which suggests the advisability in your case of skipping the idea that Bob may regard you as "a kid sister." Don't dwell on that speculation, if you want him to think of you as a sweetheart or wife.

Instinctively eager in protecting their ego from rebuff, such as might undermine their courage, most decent men are apt to take their cue from the woman's attitude in a dating routine. Perceptive fellows usually admit (or realize) that the lady sets the pace, by indicating the quality of her interest—and they fall in line, or bow out. Thus if you were being consistently casual with Bob, in a shy friendly way, and he is shy too, he probably feels "typed" in the big brother role—just knowing how else to act in your company.

Devotion Leads to Happy Life
Let's hope Bob comes to see you during the holidays, and if he does, be frank about the joy you feel. You don't have to expound your delight in so many words, but let it irradiate your eyes, voice and manner—as a forthright gift of appreciation of his endearing personality and continuing friendship.

To get on the beam of a full happy life, form a habit of cordial devotion to others. That is, give approbation and affection freely. Don't hoard secret likings, in a coy or calculating way, as if outgoing interest were a somehow embarrassing thing, unless fully reciprocated by the object thereof. The radiant energy of the universe seems to rise like a fountain in the spirit of persons who readily forget self in their love for fellow beings.

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

Wife Preservers
A well-known Royal Academician who noticed a drawing of a fish by a pavement-artist asked him what sort of fish it was supposed to be.

Painter—A shark, sir!
Royal Academician—But you've never seen a shark.
Painter—That's true, sir, but they don't come of those Academy chaps paint angels?

BEAUTY SPOTS
There are more than 200,000 fruit trees within the city limits of Oslo, capital of Norway.

Morning Smile
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Winning Colors

BY TRACY ADRIAN

Ladies' day at Belmont Race track was a big occasion with a lot of thoroughbred horses, fast photo-finishes and fashionable fans to view and cheer the different events.

Aside from the parade to the post there was a veritable parade of new fur styles and the one pictured certainly was an eye-catcher. It was in flared dyed American broadtail, processed lamb. The little coat featured a cut-away front with bloused sleeves. Worn with a tiny beret, three-quarter gloves, and a wool skirt.

ELLEN'S DIARY

by an Island Farmer's Wife

Fog-wraiths have taken possession of our valley tonight, holding its reaches dimly, yet not without a certain charm. And seeing of it that though the heights above were clear, often lingered at night along the winding millstream; remembered too with some wistfulness, those dewy evenings at Alderlea sweet with the fragrance of a million flowers, when the dimming twilight was lighted by the magic lamps of the fireflies and the mysterious "little folk" of that millpond and stream.

Last night there was continuing light snowfall to whiten the yards and rest prettily the farmyards; now eaves drip from a spell of thawing. And we hear a concern voiced that maybe even after the promise of December's earlier days for a winsome white Christmas, one green we shall have.

"It's all Christmas now" a visitor to the place this evening commented. "I was telling the wife today, it would be just as well if it was over. It's an upsetting time. Everything even the meals tend to get off-schedule. And the children are so excited for days before the Day, there's nothing else on their minds. . . . And before it's really here, we're all half-sick from sampling too many good things! And afterward what is there?" he twinkled. "There's that let-down feeling, nut shells and a mess of strings and wrapping paper about . . . turkey or goose bones to pick, and warmed-over plum pudding to eat. And you're glad there's only one Christmas to a year, and it was never farther away!"

"Did you hear what he said?" Gage asked later. "You don't think that, do you? Neither do I!" he smiled. "It's a great time of year, isn't it? It would be a queer year if there was no Christmas Day in it, wouldn't it?" "And a queerer world" we nodded.

"Any pullets' eggs yet, Ellen?" James questioned as we swapped news when the night brought him.

Chocolate Tea Bread
Yield: 1 loaf
3 cups sifted cake flour
1 1/2 tsp. baking soda
1 tsp. salt
1 cup sugar
1/2 cup cocoa
1 egg
6 tablespoons vinegar plus milk to make 1 1/4 cups liquid
1/3 cup melted shortening
Sift flour, soda, salt, sugar, and cocoa together. Beat egg, add liquids and shortening, and stir all at once into flour mixture until batter is smooth. Turn into greased 8 3/4 x 4 1/2 x 2 1/2-inch loaf pan and bake 1 hour or until done at 350 degrees F. (moderate oven). Remove from pan and cool several hours or overnight before slicing. Make into dainty tea sandwiches with cream cheese, cream cheese and orange marmalade, or cream cheese and chopped nuts as filling.

Raisin and Nut Cookies
2 cups lard
2 cups sugar
1 cup sour cream or milk
2 tps. baking powder
1 tsp. soda
1 tsp. salt
1 cup raisins
1 cup nuts
1 egg
Flour to form soft dough
Cream together lard and sugar. Add well-beaten egg. Add flour in small quantities at a time. Bake in hot oven.

Sweden now has about 360,000 horses on farms, compared with 600,000 in 1945.

Household Hint
Never use anything sharp to chip frost from the evaporator of your electric refrigerator or to loosen the ice-cube trays; you may damage the coils that hold the freezing fluid.

Enjoy a POMPONS Lemon Pie made with Jell-O Lemon Pie Filling!



Jell-O is a registered trademark owned in Canada by General Foods, Limited

Norman N. Sundesen, M. D.

Diagnosing an Ulcer

DIAGNOSING a peptic ulcer is a simple matter for a physician. Moreover, most people can usually tell themselves when they have developed an ulcer. The symptoms are typical.

Let me caution you, however, never to diagnose your own illness, no matter what it may be. Always consult your doctor.

Pain Major Symptom

I don't have to tell any of you who have had an ulcer that the outstanding symptom is pain, usually located over the pit of the stomach. It may be only mild discomfort, or it may be sharp and severe. Patients usually say that it feels like a steady hunger pain.

Seldom is the pain felt before breakfast. Instead, it develops during the day, from one to four hours after eating. Sometimes it is so severe at night that it wakes you.

Operates on Cycle

This painful attack seems to work in cycles. The symptoms may last for several days or even several months. Then there may be a period of complete relief ranging up to several months.

Don't let this absence of pain fool you into believing that you have conquered your ulcer. You can't do it without a proper diet and proper medical advice.

Constipation, heart burn, belching and bloating are also symptoms of peptic ulcers. Occasionally, you may be sick to your stomach, vomit, or have excessive salivary loss of appetite, loss of weight and anemia can also mean you have a peptic ulcer.

Seek Professional Advice

Unfortunately, an ulcer can stick with you for a long time. Symptoms may be present for six or seven years, or even longer, before the ulcer is discovered. You needn't suffer pain that long, however, if you eat and rest properly and get competent medical advice.

If you have an ulcer, chances are that I could find nothing wrong with you in a physical examination except a localized area of pain when I pressed on the sore spot. This pain usually is so sharply circumscribed that the sensitive spot can be located with a single finger tip.

Use of X-Ray

In 95 per cent of the cases, an ulcer can be detected by an X-ray examination. If the ulcer cannot be seen by the X-ray equipment, other indications such as spasm of the first part of the intestine, or duodenum, are usually disclosed.

When the acute symptoms of the ulcer have subsided, a second X-ray examination will usually show the ulcer itself. After the patient drinks a mixture containing barium, the X-rays show the ulcer as a little niche in the stomach or bowel.

Given proper treatment and care, that little niche won't bother you much.

QUESTION AND ANSWER

Q. E. D., My son, five and one-half years old, yawns all day long. Could it be due to his enlarged tonsils, or is it just a habit?

A. Answer: Continued yawning in a child is a condition which requires thorough investigation. It may be due to some disorder of the nervous system. It is also possible that it may be due to habit. It is not caused by large tonsils.

Thorough careful study is needed to find the cause before proper treatment could be advised by the physician.

Flour to form soft dough
Cream together lard and sugar. Add well-beaten egg. Add flour in small quantities at a time. Bake in hot oven.

Sweden now has about 360,000 horses on farms, compared with 600,000 in 1945.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

With hands upraised, as with one voice, They join their notes in grand accord;

Hail to December! say they all, Hail to Earth our Christ the Lord!

December is a happy month because of the Christmas Season! It is also a busy month of very short days when we try to decorate our homes and churches with the lovely evergreen trees. It is easy to find these lovely trees in our country and few people today remember when the balsam fir was the most friendless tree of the woods. Yet, that was actually the situation sixty or more years ago.

When farmers found it invading their pastures and woodlots, they were disappointed as the tree had very little value as timber and not much as fuel.

Then a strange thing happened. More than fifty years ago a group of men were returning on a steam yacht from a caribou hunt in Newfoundland. On the coast of Maine they saw a sight that left them breathless with wonder and delight. Stretching back from the seaside and sweeping over hills and valleys were tens of thousands of young balsam trees. The more they looked the more certain they were that these firms would make ideal Christmas trees. Placing five hundred of these trees on the yacht and sailing back to Boston where the market men soon bought them and the next year fifty thousand were brought in.

Now there are many thousands of them sent from our own Province to the large markets of America.

The story of the Christmas Tree makes interesting reading and many legends and fairy tales have been written about the first Christmas Tree. In Germany the "Paradise" tree was the custom in the eleventh century and at the beginning of the sixteenth century the Christmas Tree as we know it has been described in a German manuscript from Strassburg.

For two hundred years, the Christmas tree remained mostly a local custom even in Germany, spreading very little. It was only at the beginning of the last century that it quickly attained immense popularity, first in Germany, then in other European countries. It was brought into France in 1837, when Princess Helen of Mecklenburg married the Duke of Orleans and introduced the custom to Paris. Prince Al-

bert of Saxony, the husband of Queen Victoria, had a tree set up in Windsor Castle in 1841. From the middle of the nobility, then among the people in general, until by the end of the century it was very much a part of the English Christmas celebration.

In America many places claim the honor of putting up the first Christmas tree, but it is probable that some German immigrants had Christmas trees in their homes as early as 1700, when the general public did not know about the tree and was not aware of this custom. Actually, it was not until the middle of the 19th century that the Christmas tree became well known in this country. It soon caught everybody's fancy and spread like wildfire, and of course, now it has become the most beloved and popular feature of the Christmas season.

When we go to the woods for our Christmas tree in this lovely country, it is a good plan to gather the middle of the tree, and small trees for veranda trees. One tree here in the garden scab branches of Barbary and red Rose haws were placed in the window boxes with the evergreens and they made a festive showing.

Cones of every size and variety can be used in wreaths with different seed pods and only ingenuity, imagination and a feeling for good taste is necessary to make lovely decorations for the Christmas season. The larger cones, when cut in sections, make attractive rosettes. Some can be used in their natural state and others silvered, or gilded, or swathed with white paint.

A wreath made of club mosses and partridge berries is colorful and attractive. These can be gathered in our Island woods, and cedar with acorns and cones makes another native wreath when we try to use our own beautiful material.

All of these materials make lovely decorations for the home, and when cut in sections, and Christmas and they can be made by the family bringing the spirit of Christmas very near.

Gifts from the country to some one in a city might well contain some of these evergreens and come for their decorating and enjoyment