

# Women

Lena Caroline McLure, Women's Editor, Phone 8508

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## IDA BAILEY ALLEN

### Grated Fresh Coconut Adds A Gourmet Touch

"In large markets south of the Chef. "It is a gourmet addition to exotic seafood and chicken entrees. Used in desserts, pas-

tries, cakes and fruit melanges. It is exquisite!

"If grated fresh coconut is not available, fresh whole coconuts often may be obtained."

To prepare fresh whole coconuts: With ice pick, pierce 2 holes in soft area or "eyes" at top of shell. Pour out and save liquid (coconut milk).

Tap coconut gently all over with hammer, turning it slowly until hard shell cracks, leaving nut meat.

Remove any adhering shell. Trim brown skin from nut meat; grate meat with coarse grater or shredder.

#### TOMORROW'S DINNER

Cucumber - Lettuce Saladettes  
Broiled Peppered Steak  
Potato Whipped with Green Onion  
Zucchini  
Coconut-Strawberry-Banana Cup  
Hot or Iced Coffee Tea Milk

Measurements are level; recipe for 6

**Potato Whipped with Green Onions:** Prepare 1 qt. fluffy mashed potato, using fresh potatoes or mashed potato powder.

Just before serving, beat in 1/2 c. fine-chopped green onions with 2 of stalk.

Dust a little chopped onion over potato.

**Whipped Potato with Canned Fried Onions:** Follow preceding directions, using 1/2 c. canned fried onions.

**Whipped Potato with Sage:** To serve with fresh pork in any form, add 1/4 c. fine-minced fresh sage leaves or 1/2 tsp. dried sage to whipped potato.

**Broiled Peppered Steak:** Use any cut of good quality steak. If chuck, round or flank steak is used, tenderize with powdered meat tenderizer according to pkg. directions. If steak has outer rim of fat,

slash this in several places to lie flat while cooking.

Dust steak generously on both sides with coarse ground black pepper; rub it in. Steak absorbs pepper flavor so it does not taste "hot," merely delightfully different.

Saute steak on both sides, preferably in butter, allowing 8 to 10 min., altogether for steak 1" thick, if preferred medium-rare. Then dust with salt.

It is not necessary to top steak with plain or maitre d'butter, because steak was cooked in butter.

**Coconut - Strawberry - Banana Cup:** Combine 1 1/2 c. halved fresh strawberries, 3 sliced bananas (not over-ripe), 1/2 c. grated fresh or canned coconut, 2 tbsp. sugar or honey and 1/2 tsp. lemon juice.

Mix gently with 2 forks. Chill. Serve in sherbet glasses. Garnish with topping of coconut.

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**TRICK OF THE CHEF**  
Cover canned coconut with boiling water, let stand a minute drain and rinse before adding to any fish, seafood, poultry or meat entree.

This removes sweetening used in processing coconut, which has no place in any savory meat dish.

**SCOTTISH PEAK**  
Ben Nevis in Scotland, highest peak in the British Isles, reaches 4,406 feet.

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## HEARTY MAIN COURSE

Canned Wieners and Beans with Tomato Sauce heat piping hot in six minutes to make a hearty meal-filled main course that satisfies the most robust appetite. Freshly cooked rice, buttered toast and crisp green side-salad are ideal accompaniments.

## MARY HAWORTH

### Hyper-Insulinism Has Been Neglected

Dear Mary Haworth: Why would a supposedly normal woman undergo a complete change of personality? Since a long illness about two years ago, this has happened to me. My outlook on life and friends and family has changed so much that it frightens me.

I used to be easy going; prided myself on nerves of steel. Everyone leaned on me. I was never sick and disapproved of complainers. But now I fly into rages without provocation and have no tolerance or patience or even compassion. I am picky and critical; and my thinking is small and mean.

I resolve to be the calm, mature, generous person I once was; then some trifle goes wrong and I lose my temper and say things I am sorry for; or my throat tightens until I can scarcely swallow; or I cry like a baby.

Another symptom: I have a brother of whom I have always been very fond; and suddenly I can hardly stand him. We were always so close; and he has always been so good to me; but now I resent any advice he gives me or anything he says; and this scares me. When he comes to the house or I even know he is coming I get so jumpy and edgy that my family really suffers.

**SIDESTEP QUERIES**  
I have sought help from my doctor, who merely gave me some tranquilizers and told me to get hold of myself. Also I tried to discuss the problem with my pastor, who just seemed embarrassed and changed the subject. My husband tries to be understanding but I know I am making his life miserable.

I am in my late twenties and have two lovely children and a nice husband. We have nice friends, a nice home and a comfortable living. But on our income psychiatry is out of the question. Perhaps this all sounds very childish; but I am making a clean breast of my feelings, so that you may get better insight into the trouble.

Scold me, or give me suggestions; but in any case, please answer—for I need advice desperately.  
K.Y.

Dear K.Y.: Inasmuch as your acute emotional distress follows in the wake of a lengthy physical illness, I think you ought to explore the possibility that you are suffering from hyper-insulinism, another term for which is "blood sugar starvation."

Hyper-insulinism is an ailment that has been called the stepchild of modern medicine because its existence, its cause and the remedy for it, all have been so extensively ignored by the medical fraternity to date.

In 1951, Dr. E. M. Abrahamson, in collaboration with professional writer A. W. Pezet brought out a book on the subject: Body, Mind and Sugar (Henry Holt publishers), that, for the first time, acquaints the public in popular language, with the why-and-wherefores of hyper-insulinism, and how to cope with it.

On page 62, this book points out: "Sometimes (hyper-insulinism) will occur after an illness which subjects the body to unusually great wear. . . . That's where you come into the picture, possibly. So you owe it to yourself to study the book, for such light as it may have to give you."

**PSYCHIATRIST ADDS**  
In an article published in the February 1959 issue of the Ohio Society of Medical Technologists' Bulletin, a Cincinnati psychiatrist presents new information gleaned in work with 200 cases of hyper-insulinism. This is an amplification of a report he made two years earlier at the American Medical Association's annual meeting.

In summarizing his findings, he testifies: "The diagnosis of hyper-insulinism may be missed if we think of it only when a patient has one or more attacks of weakness, trembling, tachycardia, sweating and a feeling that he is going to faint. . . . These being the stress signs originally identified with the disorder."

Other telltale symptoms will be "those of depression, insomnia, anxiety, irritability, poor concentration, crying spells and pho-

## PISQUID EAST

Miss Audrey Jay spent a couple of days during the week in Charlottetown.

Mr. Gerald Birt, Marathon, Ontario, is spending his holidays with his parents, Mr. and Mrs. Wallace Birt.

Mr. and Mrs. Earle MacDonald, Lorne Valley, spent Sunday in Pisquid East. They were the guests of Mr. and Mrs. Harold Jay.

Mr. and Mrs. Johnny MacDonald and little son Blair, Charlottetown, were visitors at the home of Mrs. MacDonald's parents, Mr. and Mrs. Edward Jay, Wednesday.

Mr. and Mrs. Floyd Jay with sons Merlin and Irwin, motored to Covehead Road, Sunday where they were the guests of Mrs. Jay's parents, Mr. and Mrs. Walter MacDonald.

Mr. and Mrs. Levl Jay were in Morell Thursday evening, June 11 attending the graduation exercises in Morell High School.

Mrs. Wallace Birt and Mrs. Robert Leard were visitors in Charlottetown Friday.

## NEW LONDON W.I.

The New London W.I. met at the home of Mrs. Dan Morrison, June 9, for their regular monthly meeting. The president presided and roll call was answered by each member telling where they would like to spend their vacation.

A donation is being made to the Salvation Army. A letter asking for representation from this Institute to Annual Orphanage meeting, and delegates to the Provincial Convention. Mrs. George Cole and Mrs. Oscar MacKay were appointed.

A meeting on the Hospitalization plan is to be held in the district June 18th. Miss Edith MacKay gave a very interesting demonstration on hair dressing. Several rounds of bingo and a contest was enjoyed.

July meeting will be held at the home of Mrs. Oscar MacKay. Meeting adjourned and lunch was served by the committee.

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