

# WOMEN

Page 8 The Guardian Thursday, Oct. 14, 1954

## ELLEN'S DIARY

by an Island Farmer's Wife

We experienced with some dismay, in the light of the harvestings which remain to be gathered, a foretaste of winter today. Over the fields we watched the white of snow flurries come, wind-blown into our valley. Whipped somewhere beyond the pretty hills of autumn, they moved in to close out all of a sudden, the bright sun of morning.

They came as though much as to those movements which depend without warning to leave loved ones, kin and friends desolate.

Herman N. Bundezen, M. D.

## Coronary Cases And Heart Surgery

AS a rule the simplest way of handling any situation is usually the best way. However, simple measures may not always suffice, and then more radical steps are required.

This is as true in medicine as in many industrial situations.

### Coronary Disease

For example, disease affecting the coronary arteries may often be successfully handled by rest in bed for a period, followed by some restrictions in activities, and the use of certain drugs. Recently, however, it is believed that, in many of these cases, life may be prolonged by the performance of heart surgery.

### Damage to Arteries

The cases selected for surgery are those which show definite evidence of damage to the coronary arteries, which are the arteries that supply the heart muscle with blood. The operation is done, too, for patients who have had an attack of coronary artery disease with some destruction of heart tissue.

Operation, however, is deferred for from three to six months. Then, if a person has a long continued disturbance of the coronary arteries, and does not improve following medical management, the advisability of surgery is again given some thought.

### Failing Heart

The operation is not done if the heart is failing; that is, cannot keep up the circulation, or if there is severe damage to the liver or kidneys.

In the operation, the patient is put to sleep, and the sac which surround the heart, known as the pericardium, is opened. Any fluid present is aspirated or sucked down.

### Talc Blown In

Then, about two teaspoonfuls of talc powder are spread over the heart and blown with an atomizer until the heart muscle is covered with a thin layer. Next, the sac

(Continued on Page 13)

## MARY HAWORTH'S MAIL Girls Love For Asiatic Student Poses Problem

DEAR MARY HAWORTH: I am 28, a fairly successful publicity writer, divorced from a Navy man. Six months ago I met a man—a college student, age 20—who is everything in the world I want. Emotionally and spiritually he gives me everything I need; and he is very much in love with me, but there are major hindrances to marriage between us.

He is a native of India, of a wealthy family, staunch in the traditional faith; and his parents have warned him on previous occasions that he will be disinherited if he marries outside their religion. I would accept his religion for myself, though my family would disapprove, especially if we were married by the rites of his church, but I would want my children to be brought up as Episcopalians. The difference in ages is also a hurdle—although it isn't outwardly apparent at first. I am a college graduate, intellectually and socially more knowledgeable than he, perhaps. Until now, I've enjoyed a vague sort of pantheism, although nominally Episcopalian.

### TRY TO PART BUT CANNOT

When Claude (I'll call him) finishes school, he will have to go into military service, which means separation between us sooner or later, and we have considered a part-time marriage which I don't really want. That way I could be near him to try to work out some better solution, but I would have to give up my work, which seems inadvisable, because a few years away from it now would mean a severe setback.

In view of these painful considerations we have tried to just forget the whole thing, but that seems impossible too. At present we are just seeing each other week-ends, which involves a lot of travel; and neither of us is able to concentrate on much else—which means we are neglecting our tasks, of course. Frankly, I am willing to accept Claude on any terms, but I recognize the impracticality of this, and fear it might lead to bitterness and frustration later on. Please give me the benefit of your views. C. B.

### BASIC PROBLEM IS LONELINESS

DEAR C. B.: Evidently Claude's actions aren't too closely supervised by his family, if he is a college student on the loose, halfway across the world from them. But apparently also he is the type of person known as "a handful"—an unpredictable self-willed character. If his family has, in the past, seen fit to threaten him several times with disinheritance, if he departs too far from family tradition.

In all probability, the great attraction between you and Claude is loneliness—a by-product of every day social maladjustment—problem loneliness, we might call it. Thus you two met with a mutually strong sense of needing exclusive acceptance by a greatly understanding somebody, preferably of opposite sex, I think; and, in addition, there is physical infatuation at present.

In short, the tides that brought you together are pretty erratic, it seems to me; and the overall picture suggests that satisfactory, enduring, fruitful marriage isn't in the cards. There is just too much to overcome, or struggle against taking into account the kind of selves you are. It is my inference

## Household Hint

To have space in the refrigerator, remove foods such as pickles and jellies that do not need refrigerating. Then eliminate any bulky store wrappings and packaging, as well as any inedible vegetable tops.

Space can also be saved with proper refrigerator containers. Four-sided containers occupy less room than round ones, and flat tops and bottoms permit stacking. An ample supply of various-sized containers will help avoid waste of space when small amounts of food are to be stored.

That neither of you has the loyalty, tenacity and depth of purpose that transmutes obstacles into mountain-top experiences—in the forward march of the soul.

### INNER DYNAMICS OF FRUSTRATION

In our long letter, here condensed, you say your divorced husband is "of domineering family too." And that he finally decided to make a career of the Navy, as the only security he could know away from his family. You gave up everything to follow him, but the marriage came to grief because you found no opportunity to establish your life, a condition you resented—"naturally," you say.

The woman with obscurely damaged self-esteem tends to affiliate, for love-interest, with immature dependent males who further cripple—as seems to be your history. You were hamstrung by your husband's inability to share marriage on adult terms; and in Claude you are confronting the same old problem, packaged in a different form. To get your bearings, in the field of man-woman relations, study Dr. Edmund Bergler's book "Divorce Won't Help" (Harpers)—which acquaints neurotics with the inner dynamics of their frustrations.

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

## LET'S EAT

# The Versatile Shrimp Is Served Many Ways

By IDA BAILEY ALLEN

"SWAMP fresh swimp!" vocalized the Chef. "Don't be alarmed, Madame. I am just experimenting with the old shrimp call used by the fishermen years ago in the deep south as they went through the streets selling shrimp."

"Well, Chef, they little dreamed that shrimp would be available someday, nationwide, in so many different forms—fresh; canned in 4½ oz., 5 oz., and 7 oz. cans; frozen green (raw) shrimp, whole or deveined and easier to shell when cooked; frozen, deveined cooked shrimp; and frozen breaded cooked or uncooked shrimp.

"Remember all the stores in the Middle West that sell cooked breaded shrimp?"

With All the Trimmings

"Ah, oui, and the double-joy homemakers stop on the way home to buy fried shrimp for dinner along with the trimmings—the sauce tartare, the French fries and cole slaw. Almost everyone likes shrimp, Madame."

"It is the most popular of all kinds of shellfish, Chef, a high-protein food, rich in calcium, phosphorus and food iron, and some vitamins.

"I think the reason most people enjoy shrimp is because they are tender, yet firm to the bite. And, of course, they combine well with other foods."

"Shrimp cocktails come first in popularity; next, shrimp creole with rice."

"Are the ladies careful to buy shrimp in the shell of the right grade or size for special uses, Madame? The very large jumbo shrimp, heads removed, run 16 to 20 shrimp per pound and are best

for broiling or for frying butter-fry style. The next size for general use runs 21 to 25 shrimp per pound."

"That means 5 or 6 shrimp per person per pound, Chef, in a family of four. To be sure to have enough, it is safer to buy 2 pounds of fresh shrimp for six persons. If frozen cooked shrimp are purchased, two (12 oz.) packages are needed to serve six."

Fortunately, Madame, cooked shrimp can be combined to go further in many ways. For example, there is the 'jambalaya' we enjoy in New Orleans.

"This first started as a dish of rice and ham ('jambon' in French) made like an Italian risotto. But the cooks of New Orleans were inventive. One day they used less ham, put in plenty of shrimp instead, and created a dish that has been famous in the deep south for years."

Shrimp Jambalaya: Cut 2 slices fat ham in 1-in. squares. Cook in a heavy 2-qt. saucepan until the fat flows freely. Add 2 tbsp. minced onion. Cook until beginning to turn color; add 1½ tsp. flour; stir until slightly browned. Then stir in 2 c. canned tomato and 3 c. water. Bring to boiling point. Add 1½ c. raw white rice; slow-boil 15 min. Then add 1 tsp. salt, ¼ tsp. pepper, ¼ tsp. monosodium glutamate, and 1½ c. (1½ lbs.) diced cooked fresh or frozen shrimp. Simmer 35 min.

TOMORROW'S DINNER  
Boston Style Clam Chowder  
Shrimp Jambalaya  
Green Beans  
Cucumber Salad  
Ready-to-Serve Rolls  
Lemon Sherbet  
Refrigerator Ginger Snaps

## Morning Smile

"What did your wife say when you got home from the club last night?"  
"Not a word. I was going to have my two front teeth extracted anyway."

Coffee Tea Milk  
Refrigerator Ginger Snaps: Blend 1 c. shortening with 1 c. sugar until light. Stir in ½ c. molasses and 2 beaten eggs. Sift together 4½ c. already-sifted enriched flour, 1 tsp. salt, 1 tsp. and 1 tsp. ginger, and 1 tsp. baking soda. Add gradually to the creamed mixture; mix thoroughly.

Form into a roll 2½" in diameter. Wrap in waxed paper. Chill several hours until firm.

To bake, cut in thin slices with a very sharp knife. Place on an ungreased baking sheet; bake about 12 min. in a moderate oven 375 degrees F., or until slightly browned. Approximately 5 doz.

## Wife Preservers

For easier stitching of sleeves when you are making a garment, overcast the seams before stitching instead of basting them.

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Perfection ICE CREAM  
FRUIT ROLL  
NUT ROLL  
You'll love it!



## ICE BOX COOKIES

½ cup brown sugar  
½ cup shortening  
1 egg (well beaten)  
½ tsp. baking soda  
1 tsp. cream tartar  
Salt  
1 teaspoon vanilla  
1½ cups sifted flour  
Cherries or walnuts can be added if desired.  
—Mrs. James L. LePage, Hunter River, W. I.

## Auto Fire? throw on SODA

Quickly smothers flames. Stops fire spreading. Better than sand or water. Can't harm motor. Always keep a package of baking soda in glove compartment for emergency use.

COW BRAND BAKING SODA  
PURE BICARBONATE OF SODA



Whee! SURF'S BLUE!

An entirely different kind of blue detergent

# New Blue Surf

saves bluing...soaking, bleaching, too

Yes, new Blue SURF is excitingly different...like no other detergent—blue or white—you've ever used! Those "Sky-Blue" granules burst instantly into oceans of shining white suds that lick the toughest washing jobs in one easy step.

You need never soak, bleach or blue again! New Blue SURF'S anti-graying, anti-yellowing ingredients save these time-wasting steps. No matter how soiled the clothes or how yellow or gray the linens, new Blue Surf gets them dazzling white.

Blue Surf washes are whitest of all! And you save! Now there's no need for you to buy bleaches or bluing. Your clothes last longer, too, with no harsh bleach to weaken fibers. Get new Blue Surf and see how efficient an up-to-the-minute detergent can be.

JUST WASH AND HANG UP WHITE

**FALL festival**

STOCK UP SAVE! SAVE!

BACON, lb. .... 49c	Robin Hood ROLLED OATS, 3 lbs. .... 49c
RINSO, large .... 33c	CHEEZ WHIZ, 1-2's ..... 37c
SHINOLA WAX ..... 35c	RITZ CRACKERS ..... 21c
AJAX ..... 15c	White SUGAR, 10 lbs. .... 89c
VELVEETA 31c	Perfection MILK, 6 tins ..... 89c
KRAFT ROLL 8 oz. 29c	24 LB. BAG 1.49
PALMOLIVE SOAP, 4 bars . 33c	<b>MEATS</b>
MURESCO WHITE, 2 lbs. . 29c	PORK LIVER, lb. .... 19c
Velvet CAKE FLOUR, 5 lbs. .... 29c	PORK HOCKS, lb. .... 19c
19c	(Fresh or Corned) SPARE RIBS, lb. .... 15c
29c	
53c	
99c	
PARD DOG FOOD, 2 for .. 25c	
JUST ARRIVED! BULK MOLASSES	
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<b>AJZAKEM'S</b>	
THE BEST SHOP TO SHOP BEST!	