

# WOMEN

Page 8 The Guardian Thursday, January 20, 1955

## LET'S EAT

### Berry-Topped Blintzes, Cottage-Cheese Filled

By IDA BAILEY ALLEN

"See, Chef! A beautiful drinking fountain built into the outside wall of this new restaurant."  
"A most hospitable gesture, Madame. What is called, here in America, good public relations, isn't it?"

#### Quick Service Counter

On entering we saw a luxurious quick service counter with fascinating wrought iron grill work, and wrought iron chairs upholstered in tapestry. Groups of dancing ballerinas in white and blue decorated the wall. Beyond, a short flight of stairs to an upper level, with tables for leisurely dining. The entire wall on one side was mirrored. The other side, and the end wall, were painted a soft gray-blue.

As we stood admiring the decorations, a pleasant voice chuckled: "I hope you like them." And there stood my old friend, Chester Gash, famous for stage settings.  
"What are you doing with this restaurant?" I asked. "Running it," he grinned. "My family has been connected with the food business for years so I decided to try it."

#### First Course

In a few minutes we were enjoying our first course—ambrosia fruit cup, composed of unsweetened fresh fruits topped with grated fresh coconut and served in tulip-shaped glasses.

The Chef ordered pot roast of prime beef with gravy, potato pancakes and a green salad. I had the "special" for the day—juicy tender slices of steak on toast, with salad and baked Idaho potato.

The creamy French salad dressing was as it should be, not sweet, and was served in a small jug.

#### Dessert Sweets

Came time to order dessert. What an enticing array! The usual pies of course, plus strawberry tart, rice pudding, strawberry shortcake. But most unusual and very special, were "sweet and low chiffon pies," high, fluffy, but low in calories because of the artichoke rusk-crumb crust and the sugar-sparing fillings whipped to double lightness.

"And what are these blueberry whistles?"

"Just our old friend 'blintzes' in new dress," explained Mr. Gash.

#### SUNDAY DINNER

Fruit Cup Ambrosia  
Steak Slices on Toast  
Cottage Fried Potatoes  
Green Salad  
Blueberry Blintzes with Sour Cream

Coffee Tea Milk

Blueberry Blintzes (Courtesy "Pimm's", New York City): This recipe consists of 3 parts: Blintz pancakes, cheese filling and blueberry topping.

**Blintz Pancakes:** Beat 2 eggs lightly, add 1 1/2 c. milk and 1/4 tsp. vanilla. Beat in 1 c. already-sifted enriched flour, 1/4 tsp. salt and 1 tbs. sugar.

Cook blintzes one at a time as follows:

Heat a 6" frying pan. Oil sparingly with butter. Pour in a generous tablespoon of blintz mixture. It will spread and almost fill the pan. Fry light brown on one side; turn and cook pale brown. Remove and cook a second one. Continue until all batter is utilized. Keep hot in the oven.

## BABY'S COLDS

Help Nature To Fight Them Off  
Medical Science denies there is any such thing as a cure for colds—only Nature herself can do it. So when baby's sniffles, or stuffy breathing warn you of a cold's presence—cooperate at once with Nature. See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating materials that make baby restless and feverish.  
One Nova Scotia Mother says: "My baby of 20 months caught a nasty cold as I read off quicker than me before. I certainly am 'Baby's Own Tablets' and she there this cold off. Baby's Own Tablets from now on." Equally good for restlessness and peevishness resulting from irregularity at feeding time, for constipation, digestive upsets and other minor infant troubles. Taste good and are easy to take! Get a package today.

**Cheese Filling:** Combine 8 oz. cottage cheese with 2 tbs. sugar, 1 tsp. lemon juice and grated rind 1/4 lemon.

**Blueberry Topping:** Heat 1 (No. 2) can blueberries until boiling. Add 1/4 c. sugar, 1/4 tsp. cinnamon and 1/4 tbs. cornstarch blended with 1 tbs. water. Cook and stir until boiling.

**To Assemble:** Turn each blintz pancake brown-side up. Top with 1 tbs. cheese mixture; fold over in thirds. Brush with melted butter. Place in well-buttered pan. Heat in hot oven, 425 degrees F., until golden brown all over. Serve topped with warm blueberry sauce and a generous topping of soured cream.

**Cook Blintzes Ahead of Time:** In this case, pack prepared blintzes in a utensil, waxed paper between layers; cover and refrigerate up to 4 days. To freeze, pack in same way, using a box if desired. Wrap seal securely and freeze. Use within a month.

#### TOMORROW'S DINNER

Grapefruit  
Fish Fillets with Onion Sauce  
Whipped Potatoes  
Carrots with Herbs  
Spiced Meringue Cake  
Coffee Tea Milk

**Carrots with Herbs:** Cook and turn small raw carrots 10 min. in just enough butter to keep from sticking. Add 1/4 in. boiling water, a little salt and tbs. minced fresh herbs (parsley, thyme and a little rosemary); if dried herbs, use 1/2 tbs. Simmer-cook 20 min. more, till water evaporates.

**Spiced Meringue Cake:** Sift together 1 1/2 c. already-sifted enriched flour, 2 tsp. baking powder, 1/2 tsp. salt and 1/4 tsp. each nutmeg, allspice and clove. Stir in 1/2 c. brown sugar and 1/4 c. raisins.

Beat 1 egg and 1 egg yolk light. Add 1/2 c. milk and 4 tbs. melted shortening.

Spoon into an oiled 8" square pan. Bake 25-30 min. in moderately hot oven, 375-400 degrees F.

Remove from oven. Spread with meringue topping. Broil 3 min., or until lightly browned.

**Meringue Topping:** Beat 1 egg white stiff. Gradually beat in 2 tbs. honey and fold in 1 c. chopped nuts or shredded coconut. Spread on cake; finish as directed above.

#### TRICK OF THE CHEF

Sweetened grapefruit halves with a teaspoon maple each, for suave, smooth flavor.

#### MORNING SMILE

Two debt collectors met on the doorstep of the quarry.  
"Hello!" greeted No. 1, "what are you chasing him for?"

"Ten dollars," replied No. 2, "for a golfing suit made two years ago!"  
"You're lucky!" groused No. 1. "My bill's for a sailor suit with brass buttons made in 1915!"

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## MARY HAWORTH'S MAIL

### Stepmother's Early Life Effects Her Own Stepdaughter

DEAR MARY HAWORTH: I was an only child and my father loved me very much, but he remarried and my stepmother was the most cruel person who ever lived. I took all the heartache I could, but at 15 I had to leave home and live with strangers in limited circumstances; and the irony is, my father was a rich man.

I married young and most unhappily; and it could avail me nothing now to speak with hatred of a man long dead, so I will skip to my second husband, whom I married 14 years ago. He had just been divorced and his daughter, Kay, the 6, was being raised by her mother.

As the child grew older, she often visited us and I treated her with much kindness. Also I often stressed the fact that I was never the cause of her parents' divorce, so that she was not to bear me any ill will. Unfortunately, in the last few years she has become a most disrespectful girl, to her father especially—and she is spoiled, brazen and selfish. Credit for this goes to her mother's training, of course.

**Love Triangle Caused Discord**  
Now for the problem: My husband always has been the loyal type who loved me. We live in a resort town and last year a God-forsaken refugee, newly arrived, actually threw herself at my husband, with seeming unconcern about her own husband. In the months that followed, I won out—after plenty of heartache.

In the interim my stepdaughter Kay became close friends with this woman; and knowing the social nonchalance and malicious woman to her mother's home, who gave parties in her honor, I never wanted to be a stepmother, but this girl's spite has made me hate her. When I ask her why she was out to hurt me, she couldn't give me any answer. I never want to see her again. Am I wrong? K. F.

**Trouble Stems From Unconscious**  
DEAR K. F.: You say your stepdaughter's spite has made you hate her. That's how it seems, but it isn't the whole story by any means. You hate her primarily because there is a lot of backed-up hate in your system, accumulated over the years—a by-product of considerable misfortune in your special relationships. And Kay was drawn into unfriendly maneuvers for much the same reason—namely, because she too hates, in a blind sort of way.

It is a demonstrable fact of life that hate, on the unconscious level, attracts or incites enmity just as readily as does actively felt hostility. And it makes one sickeningly vulnerable to malicious forces. Whereas peace of heart, a quiet conscience, profound good will towards all—attributes of the splendidly cherished or the consciously God-centered human being—tend to throw a magic circle of protection around one's social existence.

It is probably unfair to Kay to hold her purposely responsible for the cozy exchange that developed, for a time, between Kay's mother and your refugee-rival. No doubt the refugee did her best to win Kay's favor, as an approach to the father's heart. And possibly Kay's mother was curious about the schemer, and interested in getting next to her, mostly because of her own past ties with your husband. Until a divorced woman discovers real happiness in a new investment, as seldom happens, she usually continues to rake the ruins

## HOUSEHOLD HINT

Light scorch spots on white materials may be removed by rubbing them with white cloth moistened with peroxide. Do not use this on colored materials, as the peroxide will remove the color.

of the broken relationship, nostalgically.

**Cold Shoulder Solves Nothing**  
If Kay is a badly mixed-up girl, this isn't so much her sin, as it is her legacy from elders who made a failure of their relationships affecting her development. And even you didn't do too well in respect to her, in stressing the topic of her parents' divorce, to point out insistently that they (and not you) were to blame. That's pretty hurtful talk from a child's viewpoint—since the child helplessly identifies himself (and his worth) with his parents' rating in the public mind.

Your aim was to shield yourself, of course; you didn't want to be a suspect character in Kay's mind. Which suggests that you always felt your cruel stepmother had taken your father from you—and you didn't want Kay to have any such notion of you. Thus has the long arm of the past continued to trouble your present living, up to now. Boycotting Kay won't solve anything, or eliminate future hazards. You've got to get your own soul in order, via psychiatric and/or spiritual therapy. To dissolve hate, read "God's Reach" by Glenn Clark (Macalaster Park Publishers).

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

## NURSING POST

**PARK ROYAL, Eng. (CP)**—Nursing sister E. E. Padfield, who formerly worked at the Guelph, Ont., hospital, has been appointed assistant matron of the central Middlesex hospital.

## ELLEN'S DIARY

by an Island Farmer's Wife

Winter's days these? Yes, but already Spring is beginning to cast her warm anadowny before: in the sight of a housewife poring over the pages of a fashion-magazine to find out for herself "what the well dressed woman will be wearing" then, in lengths of summy material bought and patterns selected . . .

And in the arrival of seed catalogues, such as the farmwives at Alderley received with smiles today. What fascinating books these are! So beguiling that despite every demanding work of our hands we never can resist the temptation to sit and allow our garden-fancies to soar as we "devour" page after page to the end. In mind we make our selections: this we must buy to plant in the old flowerbed on the lawn . . . and at least one of these . . . and perhaps . . . And so we plan, knowing well that this is only the first of the number of times we shall read and admire it all again before the season of planting is borne in to us over a hill-top of Spring. We shall look eagerly about then for signs of growth in the perennials in the pieces of border to revive many a nice memory of our plantings down the years.

An Almanac we received too to make interesting reading in surprising places. "I wonder if we can plan on going next week?" Gage would consider the matter of some proposed excursion when we lived at the House in the Road. Then puckered brows would smooth and a twinkle appear at a thought. "Just you wait a minute until I get the Almanac . . . and we'll soon see! Fair and warm" he would read to smile. "I guess that will make it all right." Jeanie pointed out a paragraph of chuckles in Edna Jacques' inspir-

ing life story "Uphill All The Way" which as the title indicates was often a pretty grim march for her. "I have often wondered" she said, "where we all got our love for literature. As far as I know, my father read one book in his life, the Brazen Hussy by Bertha M. Clay. But he loved the Almanac and when things would get extra dull in the winter, he'd read it from cover to cover. By the time he was through he had every disease known to man or woman. Then he'd go to the pantry and take a dose of every kind of medicine there, a couple of Lydia Pinkham's pink pills, a dose of nitre, a pinch of saltpetre, a headache pill the size of a quarter and like as not a dose of salts, which is probably the only thing that saved his life."

This afternoon before the dusk opened the flood-gates of night to let the night-shadows flow into the valley, a pair of wild ducks flew down from "up the creek" to settle on its placid bosom as cozily as if it had been a day of spring and they should presently make in some woody nook within the ducklings' walking distance of the stream. And not a sign of ice was about though these are Winter's days.

Winter's days these? Yes, but already Spring is beginning to cast her warm shadows before.

Until Tomorrow . . . Diary

Goodnight . . .

## BLACKPOOL, England (CP)

Municipal authorities have presented Sir Winston and Lady Churchill with a 185-piece dinner service. The plates made of china containing ox bone are said to be strong enough to stand a man's weight.

## Insulin Offers Hope To Diabetes Patients

By HERMAN N. BUNDESEN, M.D.

More than 30 years ago, the discovery of insulin provided new hope for diabetics. Since then, science has carried on ceaseless research to develop insulin that will be effective for longer periods of time. And science has finally succeeded.

**Three Types Available**  
Three types of insulin are now available for diabetics. The type, or mixture of types your doctor prescribes for you, depends upon the severity of your condition.

Regular insulin, which was the only type available for many years, acts rapidly, and has its maximum action in one to three hours. Within another few hours it loses its usefulness. Injections may have to be administered as frequently as four times a day.

**For Emergencies**  
In emergencies, quick-acting regular insulin is usually called for. It is useful, too, as supplementary injections.

Slower but longer action insulins are globin zinc insulin and protamine zinc insulin. Their maximum effect is produced within about 18 hours and they retain much of their power for about another 24 hours.

Globin zinc insulin is made by combining regular insulin with protein (globin) and small amounts of zinc. In protamine zinc insulin, protamine, derived from fresh eggs, is combined with insulin and small amounts of zinc.

**Only One a Day**  
By using a mixture of these various insulins, it is possible to produce an immediate effect as well as a lasting one. Thus, only one injection a day may be required.

Recently, the American Diabetes Association reported new progress. A Danish investigator has discovered that by combining various



## COOK'S CORNER

**SHEPHERD'S PIE**  
Cook some potatoes and mash them smooth with milk or white sauce. Put a thin layer of them in the bottom of a baking dish, and over this put some meat which has been minced fine, and mixed with onion sauce or gravy as preferred. Cover the meat with the rest of the potatoes and put into the oven to brown. Serve hot.

amounts of zinc with insulin, without adding globin or protamine, the action of regular insulin can be prolonged to between eight and 26 hours. While clinical study of this new method is still in progress, the Association reports tests thus far are encouraging.

One advantage of this new insulin combination, called lente insulin, is that no foreign protein is (Continued on page 9)

## Zest for ALL palates!

**Barbour's PREPARED MUSTARD**

# New STAR Among Coffees

Not a powder!  
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But millions of tiny "FLAVOR BUDS" of real coffee...ready to burst instantly into that famous MAXWELL HOUSE FLAVOR!



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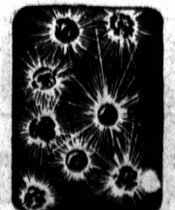
★ It's the only coffee of its kind in the world . . . as quick to fix as old-style "instants" but tastes so different . . . instantly soluble but marvellously rich and full-flavored.

### 100% PURE COFFEE—NO FILLERS ADDED

This superb, roaster-fresh coffee is actually brewed for you in the spotless Maxwell House kitchens. When it reaches peak perfection the water is removed—leaving behind the miracle "Flavor Buds". You JUST ADD HOT WATER. They burst instantly into rich delicious coffee.

See how the "Flavor Buds" "Come to Life" in your cup!

MAGNIFIED VIEW of miracle "Flavor Buds" at the instant hot water is added. See how "buds" release famous Maxwell House flavor.



**SAVES YOU MONEY, TOO**  
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