Icebox Recipe Keeps Kitchen Cool

Dessert Delight Needs No Cooking

BY BETTY LYNN CURTICE

Whether it's a card party on the porch or just a friendly gabfest, something to eat is in order. On hot summer days or evenings, you want something that can be made far in advance, so there's no last-minute fussing in the kitchen. Why not serve a refrigerator dessert such as this Icebox Pudding.

Made with layers of crunchy corn flakes and a pineapple-nut mixture, it's good eating for warm weather. There's no cooking involved, therefore the kitchen will be cool. This dessert is attractive when cut in squares and served with a topping of whipped cream and a mint-flavored cherry.

Corn Flakes Icebox Pudding (6-8 servings)

One-half cup butter or margarine, 1 cup sugar, 3 egg yolks, 1 cup crushed pineapple well drained; ½ cup chopped walnuts, 1½ cups corn flakes, crushed; ½ cup whipping cream, 6 to 8 mint-flavored cherries.

Cream butter and sugar, add egg yolks and continue creaming until well blended. Add pineapple and nut meats. Arrange alternate layers of corn flakes and pineapple mixture in shallow pan, 6 x 10 x 2 inches, using cereal for bottom and top layers. Place in refrigerator for at least 4 hours for flavors to blend; serve immediately. Cut in squares and top each serving with whipped cream garnished with mint cherry, if desired.

CEREAL, PINEAPPLE and nut icebox pudding for the porch party.

TABLE TALKS

by Jane Andrews.

The large, cultivated blueberries are already appearing in some places and it won't be long—the way the weeks seem to slip around—before the native ones appear. And there are few fruits so versatile, and which may be used in so many different and delightful ways.

So here's a small flock of blueberry recipes. You'll note that they call for the cultivated kind. If you use the native ones, it might be well to add just a little more sugar, especially if you have a very "sweet tooth."

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SPICED BLUEBERRY MUFFINS

¾ cup cultivated blueberries
2 tablespoons sugar
¾ teaspoons cinnamon
1 box prepared muffin mix.

Method

Sprinkle sugar over washed and drained blueberries. Set aside until needed. Combine cinnamon and prepared muffin mix. Prepare mix following manufacturer's directions, stirring as little as possible.

Lightly stir in sugared blueberries. Fill greased muffin tins ½ to ⅔ full. Bake in a moderate oven (375° F.) 25 to 30 minutes, or until muffins are evenly browned. Should make 12 large or 20 small spiced muffins.

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BLUEBERRY DUMPLINGS

1 box cultivated blueberries
½ cup sugar
1 cup water
¼ teaspoon allspice
1 cup enriched flour
2 teaspoons baking powder
¼ teaspoon salt
1 egg
½ cup milk.

Method

Wash berries. Bring sugar, water, and allspice to boil. Drop in berries and simmer together 3 minutes. Sift flour, salt and baking powder together. Beat egg, add milk, stir into the dry ingredients. Drop by spoonfuls into the simmering sauce. Cover tightly. Cook slowly 10 minutes (without lifting cover). Serve hot, with or without cream.

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COCONUT BLUEBERRIES

1 pint box chilled cultivated blueberries
½ cup sugar or 2 cups orange juice
1 cup shredded coconut.

Method

Wash and drain blueberries. Sprinkle with sugar, or add orange juice. Mix with coconut. Serve in bowls or chilled stemmed glasses. Makes 8 servings.

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BLUEBERRY CHIFFON PIE

1 package lemon flavored gelatin
1 cup boiling water
2 eggs, separated
½ cup cold water
¼ cup sugar
½ pint heavy cream, whipped
1 box cultivated blueberries
1 baked pie shell

Method

Dissolve gelatin in boiling water. Beat egg yolks in top of double boiler. Add sugar and cold water; stir over hot water until thick. Add gelatin. Fold in the egg whites, stiffly beaten. Cool until mixture begins to thicken. Fold in whipped cream and the washed and drained berries. Pour into baked pie shell. Chill and serve.

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BLUEBERRY TOPPER
(A dessert or coffee cake)

2 cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla
¾ cup milk
¼ cup shortening
½ cup sugar
½ cup honey
1 egg
1 box cultivated blueberries
2 tablespoons sugar
2 tablespoons flour
2 tablespoons butter.

Method

Sift together flour, baking powder, and salt. Measure vanilla into milk. Set these aside until needed. Cream shortening, add sugar gradually, and mix well. Add honey slowly, beating thoroughly. Add egg and beat until mixture is light and fluffy. Add sifted dry ingredients alternately with liquid, about ⅓ of each at a time. Pour batter into greased and paper-lined oblong baking pan (about 8 x 12 inches). Cover top of batter with blueberries Mix sugar and flour and sprinkle over berries. Dot top with butter. Grease a piece of brown paper and place over pan to prevent drying out of berries during baking. Bake in a moderate oven (350° F.) 50 to 60 minutes. Delicious served hot or cold, with or without cream or sauce as a dessert. Cold, it can be sliced and served as coffee bread.

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BLUEBERRY CHEESE RING

1 box cultivated blueberries
½ cup sugar
1 envelope plain gelatin
¾ cup cold water
1 tablespoon sugar
⅛ teaspoon paprika
⅛ teaspoon salt
2 3-oz. packages cream cheese
½ pint heavy cream.

Method

Wash and drain berries. Cover with sugar and set aside until needed. Dissolve gelatin in cold water. Stir over hot water until gelatin is melted. Add sugar, salt, and paprika. Cool. Stir in the cream cheese. Beat smooth. Add the cream. Cover bottom of ring mold lightly with berries. Pour gelatin-cheese mixture over the top. Chill until set. Turn out on platter. Fill center with sugared berries. 6 servings.

Motor salesman: "This car is absolutely the last word."

Girl Of 19 Wrote Great Horror Tale

Many horror novels have been written but, in my opinion, only two have achieved immortality—"Dracula" and "Frankenstein." The former was written by a man of the theatre, Bram Stoker, as the result of a wager. "Frankenstein" was written in a private competition and the author was a beautiful talented girl of nineteen. She was Mary Shelley, the wife of the poet, writes "S.B." in Answers.

For the reason she wrote the story we must go back to 1815 when, after trying in vain for two years to obtain her father's permission to marry Shelley, the couple eloped and spent their honeymoon in France.

They took with them Mary's stepsister, Claire, and because Shelley talked so much of his friend Lord Byron, Claire fell in love with him.

Creating Man

In spite of the fact that Byron had a very bad reputation as far far as the ladies were concerned, she began to correspond with him. Eventually Byron invited her to stay at his villa on the shores of Lake Geneva.

Claire could not possibly make the journey alone, so Mary and her husband accompanied her, and they rented a cottage near Byron's villa. It was an idyllic holiday, with picnics, boating on the lake, and midnight bathing.

Byron fell in love with Claire; for Shelley and his wife it was an extension of their honeymoon.

There was one other member of the party. This was Byron's doctor, Polidori. Every evening the three men had long discussions, with the two girls as a silent but appreciative audience.

One evening, Polidori mentioned that he had seen a mechanical man, made by Jacques de Vaucason, which could play fourteen separate tunes on a flute and the conversation turned to the possibilities of making or creating Man.

Mary was rather shocked and said that anyone who accomplished such a monstrous feat would probably die of fright. The discussion developed into an argument, and finally Byron suggested a competition between the five of them, to see who could write the most horrific story.

The next day Claire, Byron and Polidori started writing. Shelley had refused to take part in the competion; while Mary mooned around trying to work out a plot. All she could think of was the mechanical flute player.

After a few days Byron gave up. He was a man of quickly changing moods, and once his enthusiasm waned he tired of the idea. Claire also gave up and the two of them went for long walks.

Polidori persevered and finished a story about vampires which was eventually published.

Mary could not find a plot, and one evening she went up to her room undecided whether or not to give up too. She stood by the window looking out at the lake, but moonlight, reflected from the water, hurt her eyes, and she closed the shutters.

It was at the moment, according to her diary, that the plot came to her. As she stood there in the dark, figures seemed to take form in front of her eyes.

She shut her eyes, but the figure persisted. Her imagination took control and against her will she was forced to watch the story taking shape.

"I saw the pale student of unhallowed arts kneeling beside the thing he had put together. I saw the hideous phantasm of a man stretched out, and then, on the working of some powerful engine, stir with an uneasy half-vital motion."

Author Terrified

Her imagination showed the creator of this monster rushing away in horror, praying that the spark he had given to the Thing would fade away. Finally, this man creator falls asleep, and when he awakes thinks that it has been just a nightmare. But he hears a movement at his sides and sees—"the horrid thing stand at his bedside, looking on him with yellow, watery, but speculative eyes."

Mary did not sleep that night, and with the first light of dawn she was putting down in words the picture her imagination had shown her.

She called the scientist Frankenstein. The monster had no name, but she described it vividly as eight feet high, with yellowed and shrivelled skin, and colourless eyes. She made Frankenstein so horror-stricken that he had a nervous breakdown and was ill for months. When he recovered the monster had disappeared. He hoped it had destroyed itself.

But two years later it reappeared and strangled Frankenstein's younger brother!

No Stopping Her

Once she had started, Mary could not stop, although, as she admitted, she was absolutely terrified the whole time she was writing. She could not sleep, and spent every available moment on the story, knowing she would never know another quiet or happy moment until she had it on paper and out of her system.

She made the monster demand a mate and made Frankenstein consent. When the second monster is almost complete, however. Frankenstein begins to think of the possible consequences to the world if his monsters have the power of propagation. He realizes that they might eventually destroy all human life, and he smashes the second monster to pieces.

He tries to smash the first one, too, but it tells him that although it is his creation, it is also his master. Frankenstein flees and the monster disappears in the snowy wastes and is never seen again.

When at last it was published, she exclaimed: "Oh, if I can only frighten my readers as much as I was frightened that night in the Swiss cottage!"

Tailpiece: Mary wrote many more novels, for after the untimely death of Shelley in a boating accident she had to write or starve. But she never wrote another horror story. Claire had a daughter by Byron, but they were never married.

Eventually he left her, and she died an old and embittered woman.

WHAT ABOUT A "FALL-BY-FALL" ENCORE?

A Swiss radio commentator plans to take a microphone with him when he climbs the 14,780-foot Matterhorn, the greatest mountain in the Alps.

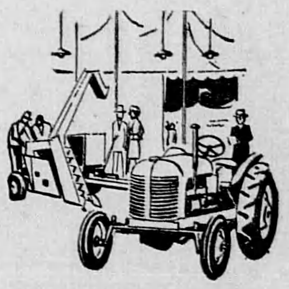
He will give radio listeners a step--by-step account of parts of the ascent. Another commentator will follow his progress from a plane circling the peak.

The climbing commentator's first broadcast will be from the Alpine hut at the base of the jagged "Pyramid."

His second will be after he has been roped for the climb the next day.

His third and fourth will be made as he climbs the sheer peak.

His fifth will be from the two-foot wide platform at the summit of the Matterhorn—a "razor-edge" thousands of feet above the surrounding green-white glaciers.



Teach Children Not To Fear Lightning — But Respect It

Among the fears that have a strong effect upon children, fear of lightning and thunder claims a special priority. Before a child reaches the age when he learns to understand the natural causes of an electric storm, he is prone to become upset by the terrifying noise and the light flashes.

Fears vanish only when knowledge comes. This knowledge should, of course, be explained in the terms of the child's understanding. The child must be taught not to fear lightning. But at the same time he must learn to respect its power and its possible danger.

The parents should avoid frightening the child into respecting the powers of lightning. Your explanation should be on a rational basis, should take the form of explaining (1) the causes of lightning, (2) how lightning behaves, and (3) what to do to reduce the chance of being struck.

Following an easy-to-understand explanation of what causes lightning and thunder, a chld is ready for some factual knowledge and guidance as to how to take care of himself during a storm. We know, for instance, that high objects will more readily be hit by lightning. If your child finds himself on high ground during an electrical storm, it's important that he know enough to go to lower levels where he will be protected.

Besides high objects that attract lightning, there are two other good welcomers, or conductors. These are water or metal. During a storm, bathers should get to dry land at once, and one should not handle any farm tools that have metal parts. A spade, a hoe, or similar metal-edged tool with attract a bolt of lightning.

A child shoud be taught that in extreme cases, when he finds himself on high ground during an electrical storm, it is a wise thing to drop to the ground and lie there. Should lightning stirke in the immediate vicinity it will be deflected towards the nearest bush or tree, because both of these are on a higher level than that of the ground. The lower his position, the safer he is.

In this connection, however, a word of caution about seeking shelter under a bridge. The bridge may shield one from the rain, but it will serve as a great attraction for the lightning.

There are many ways of diverting the youngster's mind from thoughts of fear where lightning is concerned. One of them is by rhymes. Among the well-known rhymes that have helped rid youngsters of the fear of lightning are the following: "I must never stand under a tree, 'cause if lightning comes it might trike me." And this one: "When out in the open, lie on the ground; when the lightning is over, alive you'll be found."

Another way to abandon fear is to have it understood that when a storm is approaching, the child's job is to close all doors and windows. Having him pre-occupied with something to do will take his thoughts away from being frightened by lightning.

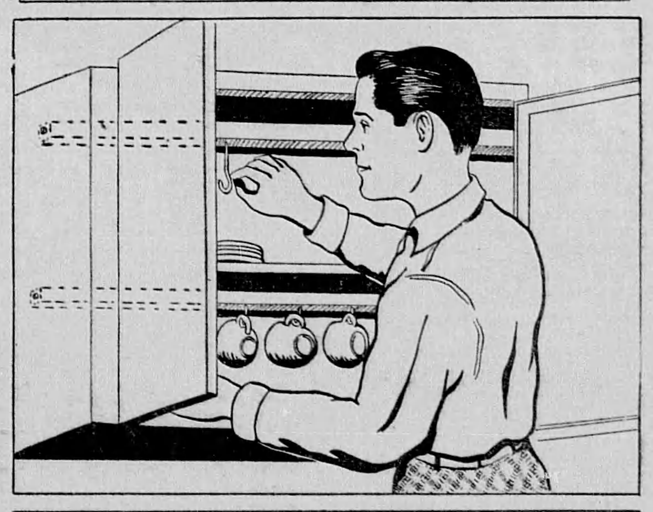
It is of utmost importance that the older members of the family show poise and balance. Fear is contagious, and any semblance of panic on the part of the older folks will quickly communicate itself to the minds of the children.

If your child is afraid of lightning **do not scold, do not nag, do not ridicule!** Educators now realize that nagging, scolding, and ridiculing a child because he shows signs of fear, do not in any way lessen the fear or help the child.

In dealing with children who are afraid of lightning, appeal to their imaginations. Tell them "man to man" all you know about lightning and explain clearly the thing all people should do to protect themselves from lightning. This is the only way you can gradually help them conquer their fears.

Lions Whoop It—Parading down Chicago's Michigan Boulevard, delegates to the Lions Convention go into a wild Indian war dance. No scalpings were reported.

How to FIX-IT BY HAROLD ARNETT



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