

## Pennsylvania Dutch Cookery Delights Food Editors

Many Famous Dishes  
Crowd 'Groaning Board'

By ALICE PARTRIDGE  
Courier-Express Food Editor  
New York, Oct. 9.—The opulence of the Pennsylvania Dutch dinner table where "there isn't an inch of tablecloth showing anywhere around," was just a rumor to me until tonight, but now I'm willing to vouch for it as fact.

Along with a hundred-odd other food editors attending the Newspaper Food Editors' Conference at the Waldorf-Astoria, I have just been treated to a real Pennsylvania Dutch dinner given by the H. J. Heinz Co.

The famous seven sweets and sours were a highlight of the dinner. Lazy Susans, gay with their Dutch-style designs, were loaded with a tempting array of Schmier kase, chow-chow, cherry jelly and applesauce, sweet mixed pickle, pepper cabbage and fresh cucumber pickle.

Tradition has it that no Pennsylvania Dutch housewife, no matter how frugal she may be in other respects, would think of setting a table for "company" with less than seven sweets and seven sours. The sweets, of course, are jellies and jams, spiced fruits, marmalades and fruit butters; the sours, pickles and relishes, ketchup, chili sauce, and any number of vegetables marinated in vinegar and spice.

This galaxy of food serves as appetizer and salad combined. The sours in particular are supposed to whet the appetite for the half-dozen or so main-dishes and desserts that crowd the table to overflowing. Next time you have guests, you might try doing away with the appetizer and salad, and instead serve a similar assortment.

I was able to obtain for you the recipe for the pepper cabbage that was on the lazy Susan at our table.

### Pennsylvania Dutch Pepper Cabbage

- 1 small head cabbage (2 pounds)
  - 1 teaspoon salt
  - 1 medium onion, grated
  - 1/2 cup sugar
  - 1/2 cup cream
  - 1/2 cup cider vinegar
  - 1 green or red pepper chopped
- Chop cabbage fine. Add salt, onion and sugar. Let stand one hour. Blend cream and vinegar. Pour over cabbage. Add pepper and mix well. This makes six servings.

The Pennsylvania Dutch are champion pie bakers and as you may know their favorite is "shoo-fly pie." I was hoping that this would be served to-night, and it was. It's really "wonderful good," as the "Dutch" claim.

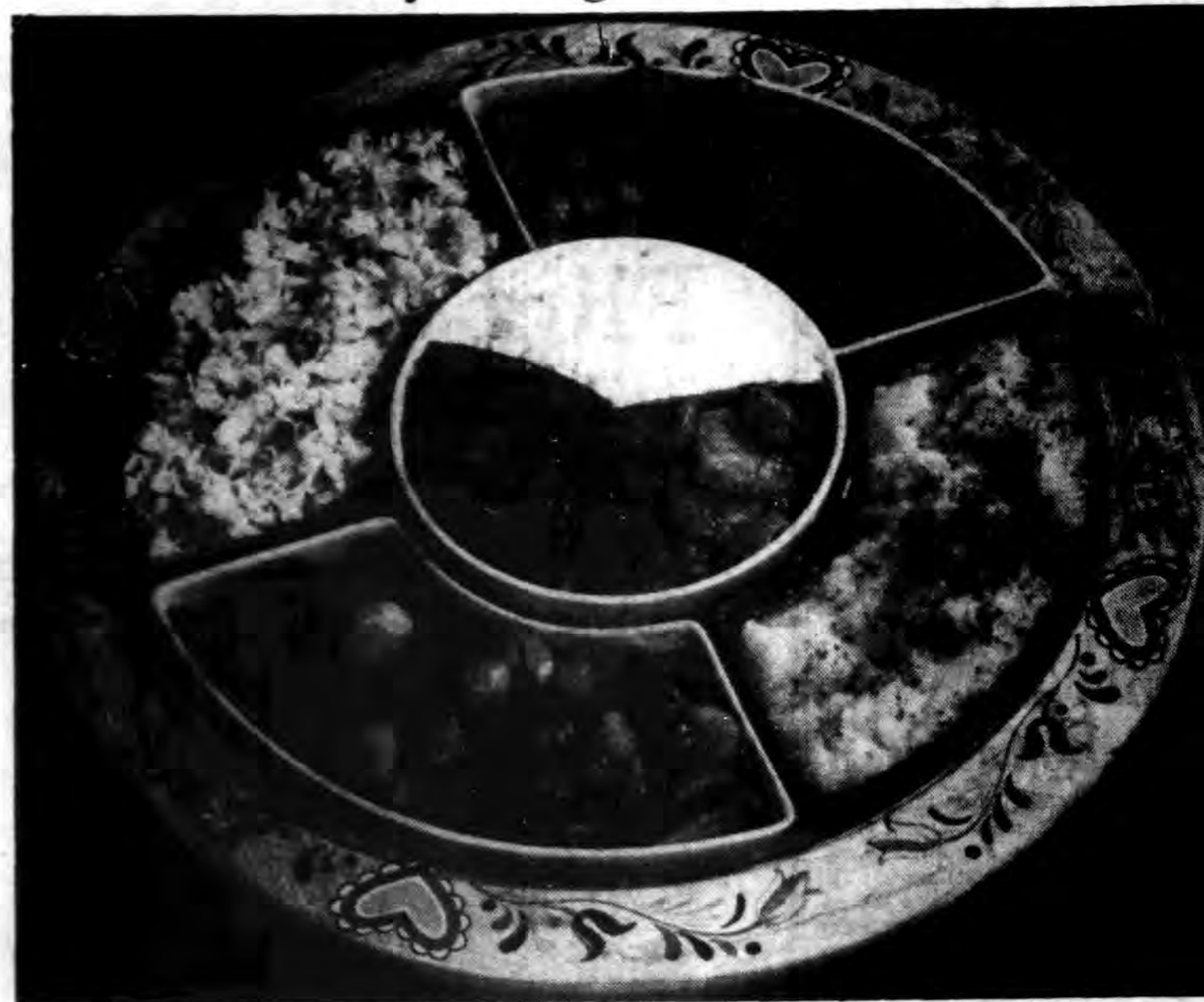
Some people say that it's really not a pie at all, but a cake in a pastry shell—a rich, brown molasses cake, subtly spiced and light as a feather, baked in a crisp crust and topped with a crumbly mixture of flour, brown sugar and butter. Its flavor is something like that of old-fashioned gingerbread.

This is the way the shoo-fly pie served was made:

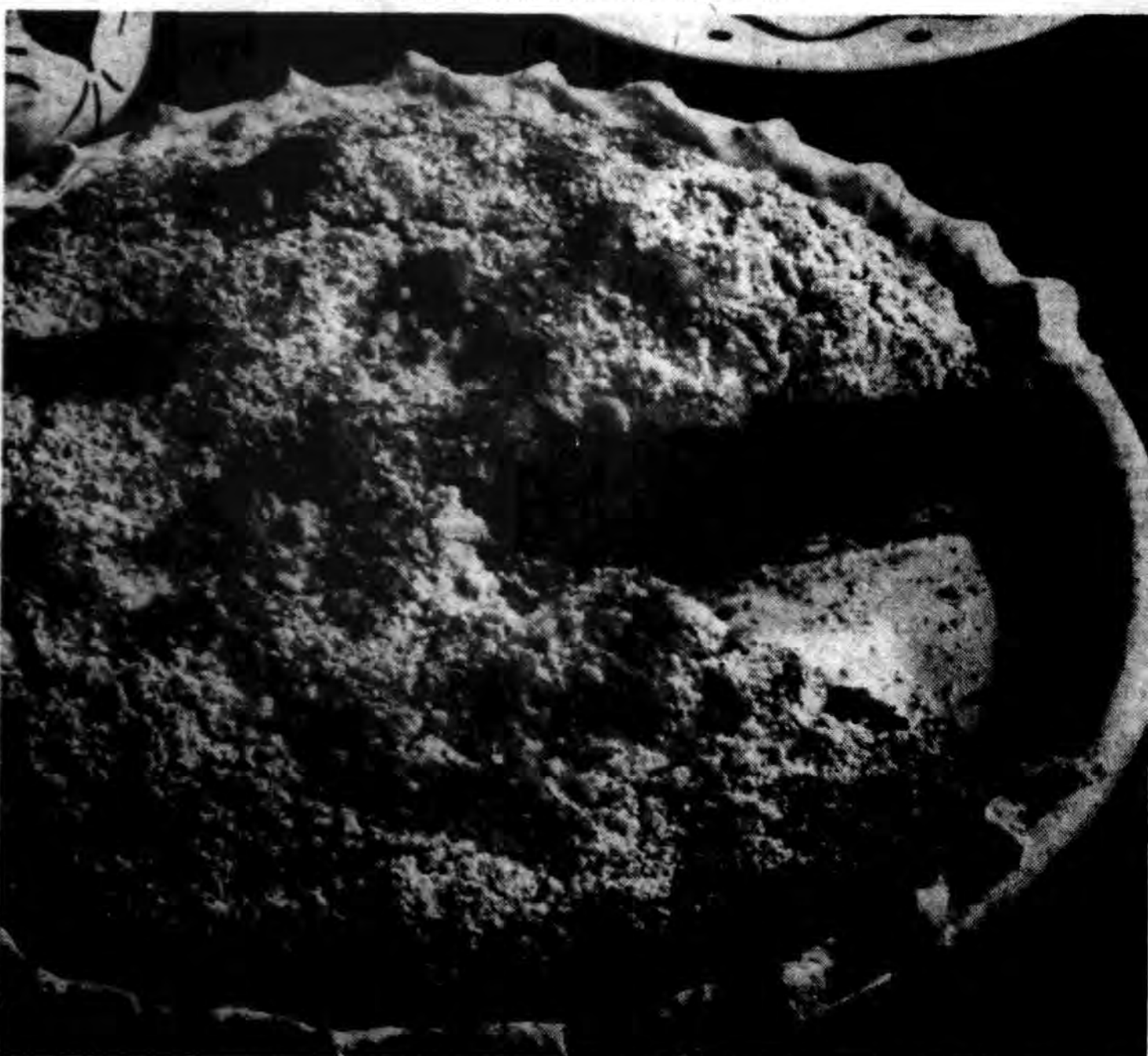
- ### Shoo-Fly Pie
- 1/4 cup sifted all-purpose flour
  - 1/4 cup light brown sugar
  - 1/4 teaspoon nutmeg
  - 1/4 teaspoon ginger
  - 1/4 teaspoon cloves
  - 1/4 teaspoon cinnamon
  - 1/4 teaspoon salt
  - 2 tablespoons shortening
  - 1 egg yolk, well beaten
  - 1/2 cup light molasses
  - 1 1/2 teaspoons baking soda dissolved in 1/2 cup boiling water
  - 1 8-inch unbaked pie shell

Sift together first seven ingredients. Cut in shortening until mixture resembles corn meal. Combine egg yolk, molasses and soda dissolved in water. In pie shell alternate layers of flour mixture and liquid, having flour mixture as base and topping. Bake in hot oven (450 degrees) for ten minutes. Reduce temperature to 350 degrees and bake 15 minutes longer or until pie is set.

I'll pass along more Pennsylvania Dutch recipes in future food columns.



SEVEN SWEETS AND SEVEN SOURS



SHOO-FLY PIE



If this coiffure for the teenager, velvet or pique is tied very loosely and anchored with bobby pins. Shows off gleaming tresses.

## Points for Parents

By EDYTH THOMAS WALLACE



Mother: "Isn't Jean cute? She's having a tea party with an imaginary friend whom she calls May. It's certainly less trouble for me than having real children here."



Mother: "May we take Susie home with us for the day? Jean has been having an imaginary playmate lately which makes me realize she needs more play with real children."

Playing with an imaginary child who always does what the real child wishes is poor preparation for living in a world of give-and-take with real people.

### TESTED TIPS

By Jack and Betty Gray

**THIS'LL JAR YA.**

SCREW UP OF LARGE GLASS JAR TO CLOTHESLINE POST OR TREE. FILL JAR WITH PINK AND YOU'LL ALWAYS HAVE DRY CLEAN ONES HANDY!

**I DO DECAL!**

TO REMOVE DECALS FROM WALLS OR CHAIRS, LAY WET CLOTH OVER 'EM AND PRESS WITH AN IRON! THIS WILL SOFTEN TRANSFERS AND THEY CAN BE REMOVED WITH LIGHT SCRUBBING!

## Marriage Falters Because Wife Dislikes Parental Responsibilities

By MYRTLE MEYER ELDRED

Here is the disheartening story of a young father who recognizes that his marriage is faltering because his wife dislikes the responsibility of a parent.

"We ran away and got married," he writes, "because my wife was thrown out of her home because she had a date with me. We have been married a great many years but have only two children, one of three and a baby of one year.

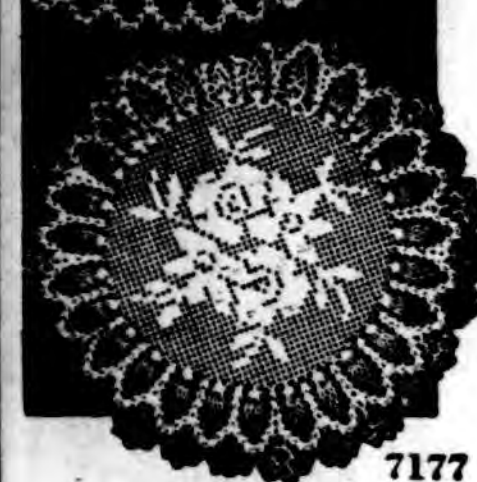
"The difference came when the first baby was born. She never seemed able to take care of it, too much work, she said, and she always needed my help and would call me home from work to get it.

It may be that someone who talks with both of you will feel that your suggestion of taking both children and making a home with your mother may be sound. It depends entirely on whether the wife and mother is agreeable to it.

If she finds it is a "do this or else" proposition, it may change her attitude toward her responsibilities and make them seem more precious to her. You have been married so many years and were happy until the children came, you should give her the opportunity to have some personal part in this vital decision for the future.

Our leaflet No. 86, How to Be a Good Parent, may be had by sending a stamped, self-addressed envelope with your request to Myrtle Meyer Eldred in care of this newspaper.

### HOME ARTISTRY



Fascinating handwork makes a set of dollies in the newest fashion! Centers are fillet-crochet; borders, pineapple design.

Dollies 13 and 18 inches in No. 50 cotton. Pattern 7177 has fillet-crochet charts; directions.

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"My mother almost brought up the first and my sister is bringing up the second baby. My wife is so spoiled that she doesn't want to accept the responsibility of rearing children.

"I have taken my problem to doctors and ministers and they as good as tell me it is my burden and I have to work it out. I would like to hear your comments."

First of all, this isn't a problem you alone can solve for the solution affects you, your children and your wife. It must be one that is made with her co-operation and consent.

It would seem to me that you could do best by going together to a Family Society—of which there is one in your city—and ask them to counsel you about your mutual problems.

Your wife has these children and maybe she does not want to lose them or you, even if she is selfish and irresponsible about making a home for them.

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### Child Chatter

By LUCY BELL

Have you ever noticed how frequently the little girl or boy to whom you give a present finds the box more fascinating than the gift itself?

Don't sell cardboard boxes short. They are a great play item for all children. Here's a cute idea one of my readers suggested. Why not make a play stove for your little daughter from a small cardboard box—or a big one if you have large enough play area and she would prefer a larger stove.

On a fairly sturdy box, draw the burners on top, cut the oven door so it may be pulled down and some spoons pushed on with nails will serve as the knobs for turning on the gas. Of course, you'll want to mark them for the "off" and "on" positions.

You can, with very little extra work, make the salt and pepper holder so common on today's stoves on the back, too. Simply fasten a piece of cardboard on the back of the box and let it project up to support a cardboard on which the salt and pepper boxes will rest.

If you want a real fancy job, it may be sized and painted to a high gloss—almost like mother's stove.

## Susan Parker Says . . .

Susan Parker will be glad to help you with any question on household problems, etiquette, and personal appearance. Address queries to Susan Parker, The Courier-Express, Buffalo 5, N. Y. A stamped, self-addressed envelope should accompany each inquiry which requires a personal answer.

**Ironing**  
Dear Mrs. D. Z.: Whether you stand up or sit down while ironing depends on which you prefer. Of course, you should try less if you can iron sitting down, but many women think they can attack their ironing better from a standing position. I suggest that you try both ways. Be sure, however, to use a chair that is a comfortable height when you iron sitting down. Also, have within reach at the left your clothes basket or pile of things to be ironed and on the right have a place to put the clothes after they are ironed. A card table might be used.

**Rug Query**  
Dear Mrs. T. Y.: No, I don't think there's anything wrong with your rug even though you are still finding the little balls of fluff on it after having used it for three or four months. This "fluffing" is common to many rugs which have a cut pile. Nothing is "coming loose" in the rug. The fluff is merely loose fibres left when the rug was made. They can be removed with a vacuum cleaner and this should be done as soon as they appear so that they do not become matted in the pile. The shaded effect rug has is common to solid color rugs. It is merely a result of different amounts of light being reflected, not actually a difference in color of the rug. This is due to the nap's being brushed in different directions as you may have noticed. Sometimes this can be eliminated by steaming and brushing. This should be done only by a professional rug cleaner.

**China Settings**  
Dear Miss M. J. P.: The place settings of china which are sold by the

stores generally consist of five pieces: Dinner plate, salad plate, cup and saucer, and bread and butter plate. This, of course, would be as bare minimum, if the set you are planning to buy is to be your "best" china. You will find it handy to have supper and/or dessert plates. You may also want soup plates, bouillon cups or cream soups with saucers. You may also want demi-tasses. Among the serving pieces which you will find useful are platters of various sizes, covered and open vegetable dishes, gravy boat, butter dish, sugar and creamer, etc. A number of these pieces may be omitted, of course, and silver ones used in their place. How large a set of china you purchase depends to a great extent on the type of entertaining you will be doing after your marriage.

Since the matter of expense is of some consideration, I suggest that you figure carefully exactly what you will be able to get along comfortably with; then, visit china stores and check price lists. You will find that some pieces are surprisingly more expensive than others—covered vegetable dishes—for example. And you may find it a wise economy to omit some of these.

**Fancy Wrappings**  
An interesting new book for those of you who are likely to spend as much time and effort wrapping a gift prettily as in the selection of the gift itself is *The Art of Wrapping Gifts* by Druella Lowrie, published by Studio Publications, Inc., in association with the Thomas Y. Crowell Co. Profusely illustrated, the book also gives a great many line drawings showing the actual methods for wrapping gifts in unusual as well as standard manners. The book offers suggestions for gifts as well as their wrappings for any and every imaginable occasion. A special section is devoted to the wrapping of children's gifts and also to those gifts which are so large or small or awkwardly shaped as to be difficult to wrap. A section on how to wrap packages for mailing would be invaluable in any household.

## Independence Healthier Than Present Set-Up, Mother Told

By MARY HAWORTH

Dear Mary Haworth: I married at 23, thinking I had found the ideal partner. He deserted me within the year, four months before our son was born. Sonny is four years old now and I am 28. My wonderful understanding parents came to our rescue and we've been making our home with them. I've held a job since Sonny was eight months old and mother cares for him during the day.

I hold church and club memberships and consequently have some social contacts. In the last three years I have had two marriage proposals and I regret that I did not accept the second offer, but that is water under the bridge now. I find adequate dating material here, but I do not feel there is adequate husband material in this city—hence the problem.

I am a government employee and owing to the nature of my work I have opportunity to be transferred to almost any part of the country. I am thinking of going to the West Coast and mother is willing to keep Sonny for a period of six months to a year, until I could provide adequate care for him in the new location. But is it right for me to leave him behind for six months or more, at this stage of his growth? I would miss him very much and he might suffer insecurity feelings which would be hard to eradicate later on.

I feel I have already overstayed my welcome in my parents' home and I don't want to live with them permanently; consequently the time seems ripe to change things. But yet I don't want to put Sonny in charge of a disinterested stranger or in a nursery school, while I am at work—which is nine hours a day, by necessity. He was in school for a short time and begged not to go back. When I try to weigh alternatives my thoughts go in circles and I do need outside advice, preferably yours—so please answer soon.

L. K.

**Leave of Absence Shouldn't Damage**  
Dear L. K.: As I get the picture, Sonny has lived in his grandparents' home virtually from the day he was born, with the possible exception of a hospital sojourn at the time of delivery. And it appears that his grandmother has been chief custodian of his person, seeing to it that he is properly cared for during the day since you went to work when he was eight months old.

In view of this background, it seems pretty well insulated against insecurity feelings, in the event you should leave him anchored to these familiar associations while you go away for six months or so, to pioneer a new home life in surroundings that would be strange at first to both of you. Assuming you are a devoted mother, it is likely, indeed, that you will be made more anxious than he by the dislocating experience of prolonged separation.

You may console yourself that a young child's memory is fairly short on the score of grieving for departed favorites, if his daily regimen is sustained by good physical care and loving interest from his custodians; and if these guardians deal sympathetically with his initial distress and give him confidence that "all is well" with the absence. And it seems safe to say that your "wonderful understanding" threats would do a good job on this front with Sonny.

**Lad Partial To His Grandmother**  
However, Sonny is facing an orientation problem of sorts, I think. From what you say of his retreat from nursery school, it appears that he may have difficulty getting weaned from undue emotional dependency upon his granny, when the time comes to live under your wing away from her. Or even when the time comes for him to start grade school, supposing he might still be living in the present set-up then. Thus it's constructive to think ahead about that transitional phase of his growth, from infantism to tentative self reliance, so that you won't be caught off guard if he fumbles or fights new experiences appropriate to his years.

For advice, don't remain semi-dependent on your parents' house, due to fear of mistakes you may make in trying to stand on your own feet. Must the courage to try your luck as an independent operator, and don't be pessimistic about the effects on Sonny. Any expansion of effort that

matures your character should indirectly help him also, even though both may suffer emotional bruises in exploring new territory. And to get your bearings and keep your head as a fully responsible parent, talk face-to-face with any good specialist in family relations when you feel uncertain how to proceed in a given instance.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

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## Hard Scrubbing Will Stimulate Healthy Skin

By JOSEPHINE LOWMAN

Sometimes you no doubt feel that you would like to crawl right out of your skin when you look at it in the mirror. This is impossible, but in a way, your skin does crawl right off of you, although this is a gradual process.

The skin is constantly sloughing off dead cells from its surface. If you aid it in this activity and then take care of the new baby cells you can improve your complexion.

Some dermatologists suggest rather rough treatment for the skin; good hard scrubbing with a complexion brush at least once a day. This may be too rugged for a very sensitive dry skin. However, you do need a stimulation and should get this in some form.

If you find that soap dries out your skin too much, at least massage the cleansing cream in and wipe the face and neck off with a rough cloth which has been dipped in warm water. Do this after removing the cream. General exercises or facial exercises and the habit of resting with your hips and legs higher than your head will send the blood surging to your face.

It does literally seem that we are dying and aging because of lack of exercise and stimulation. The glandular system slows up, the pores clog and folks become overweight and constipated. Of course, the above does not present the whole picture but certainly lack of exercise and stimulation plays some part, an important part.

When you take a bath be sure to rub your body with a rough towel until it is pink. Don't rot away in a rocking chair, a car and at the desk.

You must also realize that your complexion is dependent to a large degree on your blood stream and that this is dependent on the things you eat. Your skin is a living part of your body and is affected by strain and fatigue, lack of sleep and stimulation and poor nutrition, just as every organ in your body is.

Too many women think of their skin as simply a covering for the body, not a part of it and they hope to dunk all sorts of concoctions on it with marvelous results. These products are tremendously helpful but the way you live and eat and even the way you think, also have a potent effect on your complexion.

I know personally of one instance in which a disfiguring skin trouble was entirely psychological. When the patient met one of America's outstanding dermatologists who recognized this fact the condition cleared up miraculously almost overnight.

I would like to call your attention to the fact that many women now add fresh lemon juice to their cold creams. This is mildly bleaching and interesting at the time of year when women wish to lose the rest of their Summer tan.



## Art, Music, Drama Pitch For Hospitalized Veterans

By ALICE HUGHES

New York, Oct. 9.—No one works harder for the cause of music than Mrs. Lytle Hull. Now she is extending music to bed-ridden soldiers

through the Hospitalized Veterans' Music Service. To raise money for this purpose, five "Enchanted Evenings" have been planned. The first took place at the other night at a theater party at The Giacosa Basil Rathbone and Valerie Taylor. After the performance, Prince and Princess Gourielli gave a reception at their Park Avenue penthouse, at the same time opening the gallery of the life-time art collection of Princess Gourielli, who is Madame Helena Rubinstein, the famed beautician.

The entire penthouse floor of her apartment has been handsomely hung in purple drapes as a setting for 428 priceless paintings, sculptures, African figures, icons, etchings and miniature period rooms. La Rubinstein, a collector since 1900, has an uncanny eye for spotting a famous artist in embryo. She goes further. In order to encourage an unknown she buys up his works lavishly. Invariably her discoveries result in purchase by other connoisseurs who follow her lead. Thus an artist is "made" once Madame Rubinstein recognizes him.

Her gallery opening revealed about 25 of the most famous Picassos and works of Matisse, Degas, Portinari, Roualt, Braque, Modigliani, Renoir, Utrillo and others. Among artists who owe their present fame to early discovery by La Rubinstein are Nadelman, a great American sculptor who died in 1946; Portinari, Brazilian painter of big reputation; Mary Laurencin, French pastel artist; Tchelitchev, Russian portraitist and scenic painter. She prefers moderns to Old Masters and is quick to accept new art forms such as Dali, Ernst and others. Her collection of paintings has been made readily available for many charitable purposes.

**TYPICAL TALK**—Happy news is that the Rainbow Room, 65 stories high in Rockefeller Center, is reopening as a cocktail lounge. On a clear day you can see 50 miles in any direction and the sweep includes New York, New Jersey, Pennsylvania and Connecticut. To me, this room typifies New York. In the last few years the Rainbow Room has been closed except to tenants of Rockefeller Cen-

ter who are club members by squatters' rights. The rest of us rarely got a peek at the Rainbow Room unless a member invited us in.

It still remains a private luncheon and dining club, but every day from 4:30 to 9, we can rest the flesh and refresh the spirit with a long cool drink and a penetrating 50-mile view. Perhaps it is the night-time view with New York's flashing lights below that is the most thrilling. But the craziest view is that of New York traffic in the street, 65 stories below, reflected in the Rainbow Room's mirrored ceiling in an upside-down position. Go see it. It is worth the price of admission.

**HYPNOSIS**—Besides the Stanislawski school of acting, there are those who believe that actors can improve their acting technique while under the influence of hypnosis. In the musical opera, The Consul, by Gian-Carlo Menotti, there is a scene in the story when a hopeful emigre, wishing to leave an Iron Curtain country where he has been forcibly detained, resorts to magic tricks and hypnosis to tempt the visa clerk into giving him the necessary bit of paper to set him free. In demonstrating his talent, he hypnotizes a number of the derelicts waiting with him, also passionately hoping for the scrap of paper to liberate them.

The other night after a performance of The Consul, Dr. Franz Foglar, well-known hypnotist, came to a backstage party and demonstrated how he does it and how it actually feels to be hypnotized in order to relax for improved acting technique. May be it helps an actor, but for the average person I can report on two instances when hypnosis proved most unnerving to two women upon whom it was tried experimentally for emotional disorders. They went wildly hysterical. Dr. Foglar's hypnosis resulted in a much better, more relaxed performance the following day, I am told.

**LONG GROPE**—No one said it better than Anne O'Hare McCormick describing the progress of the war. "The paper walls the Russians thought we had are beginning to turn to stone, holding back the enemies and bolstering the cause of peace." More-over, as State Secretary Dean Acheson explained last Sunday on TV with Eleanor Roosevelt, "The Korean War justified the existence of the United Nations in proving we can ferret out disturbers of the peace anywhere in the world and bring it back to order." However, it takes a sardonic Hal Boyle to say that the "United Nations won a short war in the long grope for peace."

**HEARTS AND DIAMONDS**—New places to wear each. A heart-shaped stocking heel is now the apex of the foot of a nylon hosiery which magnetizes eyes downward. And the newest place to wear a fake-diamond brooch is in the full sleeve at the curve of the elbow. That's where Paris is placing its big, chunky, baroque jewels, particularly the rhinestone stars that are as big as a fist. The heart-shaped heel comes in black or red, as you prefer.

**SKELETAL CHAIRS**—Those modern chairs and sofas that rise and fall and tilt up in front and down in back may be fine for relaxing and good for what ails you. But they too often ape the shape of the human skeleton and look scary and naked to me. Some new ones recently previewed in New York are especially designed so the sitter will be forced into a relaxed position ideal for looking at television. I would be grateful if all inventors who create new clothes, new furniture, etc., for seeing TV would work on providing some newly found time in which to wear the clothes and sit in the chairs and watch the programs. A two-way stretch day, is my suggestion.

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## DAILY PATTERN

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