

Make Perfect Pastry With The Best Ingredients

Chocolate Meringue Pie Is Easy by This New Method.

By KATHARINE BAKER

Canadians need desserts rich in heat and energy during the snappy cold days of winter and early spring. Chocolate Meringue Pie is one of the most delicious of these desserts with its good filling, fluffy meringue, and perfect pastry.

Perfect pastry is the basis of all good pies and it is easily made by the new method of using a fine cake flour to give a light, flaky crust. One of the first rules in pastry making is to use cold ingredients and handle them lightly. A second important pointer is to use water cautiously. Too many cooks dump the water on the flour and shortening mixture, then have to knead and handle a soggy dough mixture and this is one of the commonest causes of tough pastry.

The best way to add water is to sprinkle 1 teaspoon of cold water over a portion of mixture and toss together lightly with a fork—just enough to make it hold together—then leave it. Add water to another portion and form another damp ball. Continue until all flour is dampened, then wrap dough in waxed paper and chill thoroughly.

The finest plain pastry is made from this simple recipe: 2½ cups sifted cake flour, ½ teaspoon salt, ¾ cup cold shortening, ⅓ cup cold water (about).

Sift flour once, measure, add salt, and sift again. Cut in shortening until pieces are about the size of small peas. Add water, a small amount at a time, mixing lightly with fork. Handle as little as possible. Wrap in waxed paper, chill thoroughly. Roll out on slightly floured board. Bake pastry in hot oven (450 degrees F). Makes enough pastry for one

(Continued on Page 16, Col. 4)

Smart Bag and Beret



Crochet this winning pair—the beret a universally becoming style with openwork "sunburst" stripes in a simple rib stitch, forming the popular crown effect. (Wire is used at the edge of the beret for stiffening. The bag's in a rib and plain stitch, topped by padded rolls. Both hat and bag are so easy to crochet, and doubly smart if made in white or colored gumpe, in a wool and rayon mixture or in a linen thread. Pattern 1166 comes to you with detailed directions for making the set shown; Illustrations of it and of all stitches used; material requirements. Send twenty (20) cents in stamps or coin (coin preferred) for this pattern to "The Maritime Broadcaster," 22 Canterbury Street, Saint John, N. B. Write plainly Pattern Number, your name and address.

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quires medical care. This is true for milk and dry pleurisy as well as for the acute and severe forms.

Just as pain in the chest is more often not pleurisy than it is pleurisy, so the pleurisy itself may be due to any one of several causes. There is, however, only one way to treat pleurisy, and that is to look upon it as a warning that tuberculosis is probably present in the body.

This is not intended to alarm the sufferer from pleurisy; rather it is a warning which should be welcomed, for if it is, and proper care is taken, the chances are all in favor of prevention of the development of tuberculosis. This means that pleurisy should be treated by a long period of rest under a routine similar to sanatorium care. Then follows a hygienic life, under medical supervision, which provides sufficient rest, good food, exercise, fresh air and sunshine.

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PLEURISY

Beneath the ribs lies a two-layer membrane forming a sac which encloses the lungs. Pleurisy is an inflammation of this membrane. When an inflamed surface is rubbed, it hurts, and when two inflamed surfaces rub together, there is real pain—pain that is sharp, stabbing, sometimes agonizing—the chief symptom of pleurisy.

The onset may be gradual; there is a sense of weakness, loss of weight, often a dry cough, and, sooner or later, a pain in the chest which may first be noticed in the early hours of the day.

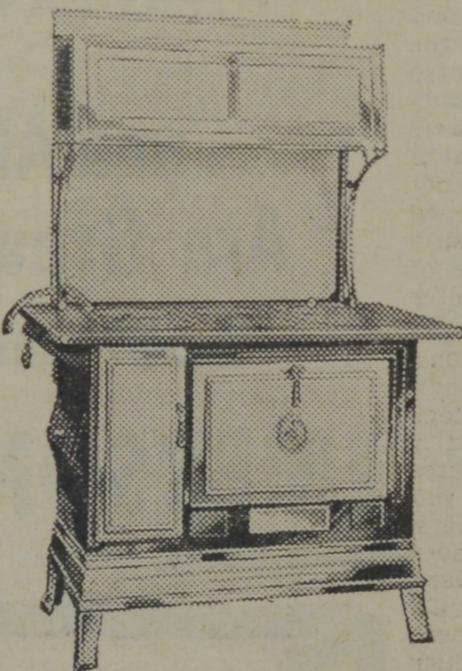
A sudden onset with a chill, associated with a comparatively high temperature, cough and severe pain, is the beginning of an acute pleurisy. The pain may be in the front or back of the chest; in either case it is severe.

Pain is relieved by strapping the chest with adhesive plaster to hold the diseased side quiet and so to prevent the rubbing of the inflamed pleura which causes the pain. Fluid may form, and the collection of fluid in the pleural sac ends the pain by separating the inflamed surfaces.

Usually, after a time, the fluid is absorbed, but unfortunately, in a few cases, pus is formed; this condition is called "empyema"—pus in the pleural cavity. The pus is released by operation.

Pain in the chest may be due to causes other than pleurisy. As we have seen, there is dry pleurisy, pleurisy with effusion, and pleurisy with pus (empyema). Every sufferer from pleurisy re-

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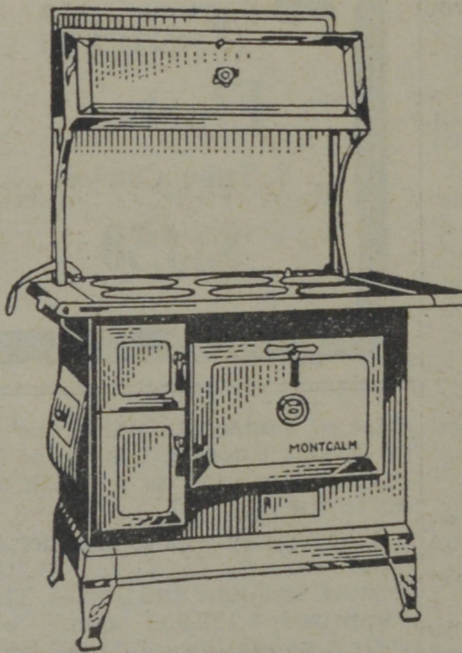
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