



OUT MY WAY

By Camille Howland

We were sorry to learn that the Galloping Gourmet show is no longer going to be taped.

Following a suggestion that it might be an interesting feature to write about and photograph Graham Kerr, better known as the Galloping Gourmet, during one of his taping sessions at CJOH in Ottawa this summer, I wrote asking for such an opportunity.

Kerr replied that he and his staff had been involved in a major accident on a U.S. freeway on their way to do research for recipes. Noting that they had suffered "unpleasant after-effects," Kerr said they are doing no more research.

"Without research - no recipes. And without recipes - no shows," he wrote. "May we conclude by saying how grateful we are for the audiences that made it possible to get through 460 international shows," Kerr said.

For those who have enjoyed this one-man powerhouse of energy, we know that our sympathy is shared and that the Galloping Gourmet will be missed on the television networks.

WHAT'S YOUR PET STORY? Mail any stories about your favorite pet to Out My Way, The Journal, Ogdensburg 13669.



Dear Abby

By Abigail Van Buren

DEAR ABBY: My husband (I'll call him "Joe") spent six weeks in the hospital with a coronary and emphysema, but thank God he is going to be all right. His doctor told him he had lost 45 pounds and give up cigarettes. Joe lost 26 pounds in the hospital and he didn't have one cigarette, which isn't easy for a three-pack-a-day man.

When I was at the hospital to take Joe home, his doctor walked into his room smoking a cigarette! Joe kiddingly asked the doctor for a cigarette, and would you believe, the doctor gave him one! (I could have strangled that doctor!)

Joe has been home for three weeks and he's smoking again. I just know if that doctor hadn't given him a cigarette Joe would have quit for good.

When I told the doctor what I thought of him he said, "I didn't think one would hurt him. Besides, I knew how much he wanted one because I can't quit either."

What do you think of that, Abby? If I hadn't witnessed this I never would have believed it.

DEAR DISGUSTED: So what else is new? That doctor used inexcusably poor judgment, but if all the doctors who are hooked on nicotine were laid end to end, they would reach the Sloane Kettering Institute—which isn't a bad idea.

DEAR ABBY: I have no problems (ha!), but I read about the lady who wanted to give her two poodle pups a birthday party but was afraid people would think she was "nuts."

I think she should. I have a Spanish radio program in Rosenberg, Tex., and when my poodle, Louie Bon Bon III, was a year old, we had a contest limited to children up to 12 years of age. The one who drew the most original birthday card for the dog would win a transistor radio. There were other prizes, too.

The winners came with their parents and we had birthday cake, and hot chocolate. We all sang "Happy Birthday" to Louie Bon Bon on the air. It was wonderful!

MARUCATJERINA
DEAR MARUCA: Usted esta "ar" nuts, tambien.

DEAR ABBY: I take care of children, and in one of the places where I work I saw something I never saw before. There are pictures of nude women in the bedroom of a 7-year-old boy. I was shocked! I think 7 years old is too young for looking at naked ladies, if you ask me.

Otherwise, they seem to be nice people. I can't understand this. Should I tell the mother how I feel about those indecent pictures, or isn't it any of my business? I am no kid, Abby. I'll soon be 40. Please don't disclose my name or town.

SHOCKED
DEAR SHOCKED: Obviously that mother doesn't look upon nudity as "indecent," which is her right. Tell her how you feel about those pictures if you wish. (She may appreciate knowing.) But in answer to your question, it's none of your business.

For Abby's booklet, "How to Have a Lovely Wedding," send \$1 to Abby, Box 69700, Los Angeles, Cal. 90069.

What's your problem? You'll feel better if you get it off your chest. Write to ABBY, Box 69700, Los Angeles, Cal. 90069. For a personal reply enclose stamped, addressed envelope.

THE KITCHEN ...and beyond

TUESDAY, JUNE 29, 1971

THE JOURNAL

GOURMET CORNER:

Food Tips from a Russian Prince

By TOM HOGE

Associated Press Writer
"I still like to entertain a few friends of an evening," said Serge Obolensky, onetime prince who has staged some of the most memorable parties on this side of the Atlantic. "And when I do, I usually cook up some specialty from my native Russia."

Col. Obolensky who at various times in his long life was married to three women, including daughters of Russia's Czar Alexander II and America's John Jacob Astor, still puts in a full day's work at his public relations firm. And he likes to indulge in an evening on the town and quaff a sociable vodka on the rocks, even though he passed the age of 80 last October.

Before embarking on a social evening, Obolensky likes to drink gelatin dissolved in hot water and lemon juice. "It takes the tiredness away," he told me, as we sat in his midtown office. "It also builds strength and makes my nails grow."

Cooking has always intrigued the colonel. He employed one of the finest chefs in his native land back in 1916 when he was a Russian prince married to Princess Yourievsky Bariatsky, daughter of Alexander II.

Later the chef came to America and cooked for Obolensky and his second wife, the late Alice Astor. In June 1971 Obolensky married a third time to Marilyn Fraser Wall.

In the years that Obolensky spent operating some of New

York's finest hotels, he always placed heavy stress on the cuisine. When he was the guiding hand at the Sherry Netherlands, he set up a Russian kitchen under Youri Yourieff, who had been drilled in his art by the head chef of Russia's Czar Nicholas II.

After World War II, in which he rose to the rank of colonel as the oldest combat paratrooper in the U.S. Army, Obolensky began cooking cozy dinners for small groups of friends at his homes in New York and the Hamptons. His favorite dishes included Russian borscht and hearty little appetizers called pirojki, for which he gave the following recipe:

- 1/2 lb flour
- 1 cup milk
- 4 oz butter
- 1 package yeast
- 2 eggs
- 1 tablespoon sugar
- 1 teaspoon salt

Soften yeast in water and heat milk to tepid, adding softened yeast. Add about 4 oz flour and beat until smooth. Cover and allow to stand about 40 minutes. Mix the eggs with sugar, salt and melted butter and blend with the yeast mix. Add enough of remaining flour to make a soft dough. Knead about 12 minutes until it is smooth and elastic. Turn this into a greased bowl, grease the top also and cover with a towel. Let it rise at a temperature of about 85 degrees for about 90 minutes until it has about doubled in size.

Shape small pieces of dough into balls and roll each to about



COOKING PRINCE — Serge Obolensky, 80 years old, still likes to entertain a few friends at his home. Here, however, he is shown at far right, testing a restaurant dish.

quarter inch thickness. Place a teaspoon of meat filling in the center, fold sides of dough over the filling and roll into an oval shape. Let stand on a greased baking sheet about 15 minutes until the dough is light, then bake in a 425 degree oven about 15 minutes. Lower to 400 degrees until brown or about 20 minutes longer. See meat filling formula below:

- 8 tablespoons butter
- 8 oz round chopped fine
- 4 oz bouillon
- 1 oz cognac

Use leftover cooked fish for a first-course. Add seafood to it if you like and dress with cocktail sauce. For the cocktail sauce you can use a ready-prepared mixture or make one yourself by combining chili sauce, mayonnaise, lemon juice and horseradish. Serve the fish mixture in sherbet glasses over a little shredded lettuce.

Next time you are making steak sandwiches, use French bread and brush it with a mixture of melted butter mixed with crushed garlic and minced parsley. Extra good!

- 2 medium onions chopped
 - 2 tablespoons flour
 - 1 teaspoon salt, pepper to taste
 - 2 tablespoons chopped parsley
- Heat butter in a skillet, add meat and brown. Remove meat from pan and set aside. Add bouillon and brandy to the skillet and heat. In separate pan heat remaining butter, add onions and cook until brown and stir in the flour. Add the liquid from the first skillet and cook until thickened. Mix all the ingredients. This should make about two dozen turnovers.

FAMILY DINNER

Boneless Smoked Pork Shoulder

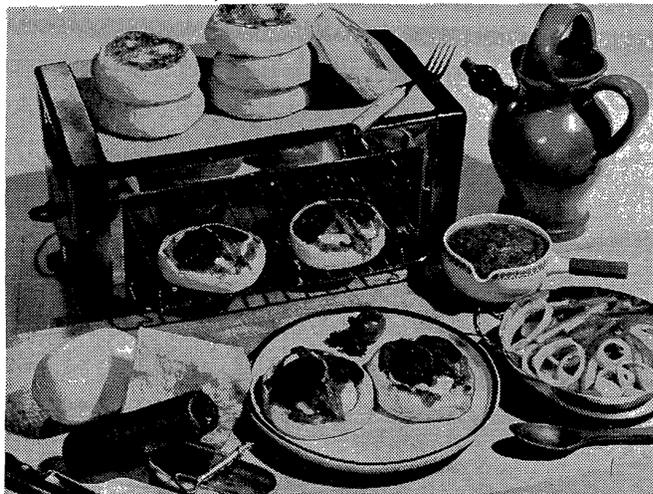
- Butt
- Snap Beans
- Fruit and Vegetable Dish
- Coffee Jelly
- Beverage

FRUIT AND VEGETABLE DISH

- Pantryshelf fruit is used here.
- 2 tablespoons butter
- 1 small onion, peeled and minced
- 1 large green pepper, seeded and cut into thin strips
- 3/4 cup thin celery crescents
- 2 tablespoons American-type soy sauce

In a 10-inch skillet over moderately low heat melt the butter. Add the remaining ingredients and mix well. Cover skillet and stir several times as mixture heats. Makes 6 servings.

Make Pizza In Ersatz Fashion



EASY PIZZA — English muffins are used for the base and a variety of ingredients make the topping.

By Cecily Brownstone

Associated Press Food Editor
My sister Phyllis makes wonderful ersatz pizza. I call it ersatz because for the base she uses English muffins instead of bread dough.

Phyllis puts everything possible on the muffins, and does everything taste good! She uses a canned pizza sauce because she has found one that is excellent. It comes in a 15 1/2-ounce can and is made with tomatoes, basil and salt. You can do likewise or make the sauce, given in the following recipe.

One tip: here in New York English muffins are on supermarket shelves holding different kinds of bread. But in Florida I found the muffins in a freezer case. So if you don't see the muffins at first glance, look around.

PHYLLIS' EVERYTHING PIZZA

- Tomato Sauce, see recipe
- 2 tablespoons corn oil
- 2 1/2 medium onions (peeled, sliced and separated into rings)
- 1 large green pepper, seeded and cut in strips

- 4 English muffins
- 3 tablespoons grated Parmesan cheese
- 8 fairly thin slices mozzarella cheese, from an 8-ounce package
- 8 flat anchovies, from a 2-ounce can
- Thinly sliced pepperoni

Prepare Tomato Sauce. In a 1 1/2-quart saucepan over medium heat, heat the oil; add onion and green pepper; cover and cook, stirring a few times, just until tender-crisp but not brown — 5 to 10 minutes. Preheat oven to 425 degrees.

Split muffins by piercing them all around with fork tines and then gently pulling apart. Toast lightly.

Spread about 1 tablespoon of the tomato sauce on each muffin half. Then sprinkle with about 1 teaspoon Parmesan. Add 1 slice mozzarella, another tablespoon of tomato sauce, then some of the cooked onion and pepper and 1 anchovy.

Continue baking until thoroughly heated — about 5 minutes longer.

Makes 4 servings — 2 muffin halves per portion. Serve with forks and knives.

Note: Canned pizza sauce may be substituted for the homemade sauce. Store any leftover canned sauce in the freezer, if you like, so it will be ready for other pizza making.

TOMATO SAUCE

- 1 tablespoon corn oil
- 1/2 medium onion, finely diced
- 1 clove garlic, minced
- 1 can (1 pound) tomatoes
- 1/4 teaspoon dried crushed basil
- 1/4 teaspoon dried crushed oregano

In a 1-quart saucepan over moderately low heat, heat the oil. Add onion and garlic; cook, stirring often until onion is golden. Add undrained tomatoes, basil and oregano. Bring to a boil; reduce heat to low and boil, stirring occasionally, until thick — about 20 minutes. Taste sauce and add more oregano if desired. Keep hot or reheat. Makes about 1 cup.

Englishwoman Tells of her Life In Germany during World War II

By PEACE STERLING
AP Newsfeatures Writer
NEW YORK (AP) — "It

is most certainly my knowledge that however disappointed one is with one's government it still is immensely better than anything like a dictatorship.

"That starts with censorship of the mass media. When the first orders come through not to print certain things. Then a little more has to be approved — finally, everything..."

Christabel Bielenberg should know about a dictatorship. For in Nazi Germany she lived under one, and now she has written a book about her experiences — "Ride Out the Darkness" — a unique book because Mrs. Bielenberg rode out her darkness as an Englishwoman, married to a German who was active in the resistance.

"It was a period I had tucked away in a corner," Mrs. Bielenberg said recently. "But I felt I had been in a unique position as an Englishwoman, and I thought I could help explain what it was like."

She began by writing three chapters and submitting them to a publisher. They were accepted, and that made her go on. "I don't know if I would have done it if I had realized how painful it was going to be," she said. "But afterwards it was like a catharsis, and now I can talk more objectively."

When Mrs. Bielenberg first moved to Germany with her new husband, the Nazi regime had just come into power. "On the surface, things were pretty all right there," she recalled. "I was happily married, I had two children. We knew many Jews and knew some who were leaving the country, others who were being harassed, forced out of jobs. But the realization didn't come in a blink. It's only when it hits you personally that you realize what things were really like."

There were two occasions, she said, which brought her to her senses. "One day my husband and I were in a full restaurant, and there were some very nice young Jews there," she recalled. "Some drunken oafs in uniform came in. One said, 'This place stinks,' and the other said, 'Yes, and I know why.'"

"The other was that we had a Jewish doctor for the children," she continued. "Eventually he asked me if I still wanted him to come. I said, 'Why not.' He told me he'd had threatening letters telling him to keep his hands off Aryan children. And he warned me his phone was tapped."

Mrs. Bielenberg's husband, a lawyer, gave up his practice when a socialist whose case he had won against the state was marched off to jail right after his trial. "He spent all night looking for the man," Mrs. Bielenberg said. "Finally somebody asked him if he hadn't heard of 'protective custody.' That was when my husband realized there was no more law."

The couple decided to stay in Germany because they thought they might be able to help from

within. Bielenberg, however, ultimately was arrested by the Nazis for his participation in a plot to kill Hitler.

His wife decided to help in the only way she knew — testify before the Gestapo in hopes that two sets of identical lies would appear to be the truth.

"I was terrified until I saw a woman official slap a man who was in chains," she said. "That made me so angry, I stopped being afraid." The guise worked and Bielenberg was released shortly thereafter.

After the war, Mrs. Bielenberg says she has been most haunted by the question of why six million Jews died, and why the Germans knew so little. "When I first heard it after the war, I thought it was Allied propaganda," she recalled. "I couldn't believe such horrors or the descriptions of the concentration camps."

"But," she said, "the massive extermination began in 1942, when the law was passed to purify Germany of the Jews. That was also the year the enormous air raids of the Allies began. So we were so wrapped up over our own fate, over whether we'd survive, that we psychologically shut ourselves up."

"The official story was that a Jewish state was being founded in Poland," she continued. "Although because of Hitler's reputation, we knew they were not exactly going to a land of milk and honey, that they were being systematically exterminated I did not know until the end of the war."

"I have noticed that the mind can only contain one strong emotion at a time," she added. "Because of our fear, although we heard rumors, we did not question."

Looking back on the war, Mrs. Bielenberg says she feels as though the girl who lived through it really wasn't the person she is now. "But I think one learns that when you're in very great danger, something takes over which carries you through," she said. "I have had as many as 2,500 American planes bombing over me at one time. I'm coming in waves over Berlin. You get so you don't care where they're going — you just hope they won't get you."

After the war, the British repatriated all British wives of Germans, and Mrs. Bielenberg was sent to England. Her husband was able to leave the country later, however, and the couple moved to Ireland with their children.

"I felt I didn't want to live in Germany any more," Mrs. Bielenberg explained. "So we decided to go to Ireland and farm. We've lived there ever since."

The effects still linger, though. "My hackles rise whenever I hear about any suppression of freedom of the press," the author said. "And the first signs of racism of any kind simply affects me terribly. It drives me up the wall, and I think this sits very deep — because I've seen how it can lead to Auschwitz."

Sew IN FASHION

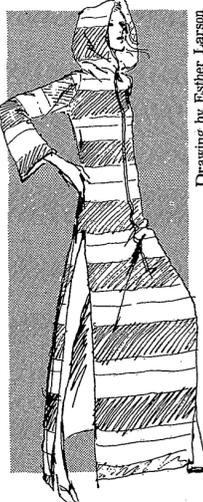
By KITTIE CAMPBELL

With the Fourth of July just a short fuse away, probably the whole family is caught up with plans on how to spend the leisurely weekend. Barbecuing? Going to sun and surf? Taking life easy around the pool and patio? Or do you plan a bang-up time, complete with motoring, firecrackers and picnic baskets? One thing is certain: whatever you are doing, you'll want to look pretty as an old-fashioned Norman Rockwell cover—and that means the whole family, too.

Most of the above activities, and lots you'll be thinking up on your own, will be nicely accommodated if you include something you've whipped up in some of the new, colorful terry cloth fabrics. They're great for poolside (very thirsty stuff, this terry) and just as cool and comfortable for shirts, wrap dresses, chemise-type breakfast coats or jumpsuits.

Terries—the new kinds that is—are not just the toweling types, although these are certainly available, and very fashion-conscious, too, with their new wild floral or abstract designs. There are also velour-type terries, and some with long, fringe-like loops.

There is practically no end to the things you can make in such fabrics. The children will love having such things as terry cloth wrap-around skirts and tops to slip on after bathing, or for just wearing at play time. Even toddlers are in their glory in little terry cloth jumpsuits or "overalls," with ideas for all of these simply bubbling in pattern publications.



Drawing by Esther Larson

goes out on the very best shoulders—big, little, male and female.

If you've been aware of terry in your fashion fabric departments and specialty shops, but have hesitated about working with it, take the plunge; it's not as hard as you might imagine!

In addition to the traditional terry-cloth-gone-bright, there are new knits with terry-like backs, too, all of which adds to the excitement of sewing with something new. You'll probably want to be sure that cotton terry isn't going to shrink after it's been sewn, so you'd better wash it first (unless labeled pre-shrunk). Figure out for yourself whether the weight of the fabric will permit double cutting, or if it has to be done in single pieces. Use heavy shears, and if you're working with the loop kind of fabric, cover the points of the shears with transparent tape so there is no snag. Most of the pattern magazines which show terry cloth ideas give detailed instructions on how to sew them, so you'll find the going isn't as tough as you thought.

Plus the pinafore-overalls for the youngsters, the shirts for the "fellas," you may want to look very-very-terry, too, and you'll be surprised how effectively glamorous it can be as a party or lounge costume. One glorious sun-cover is a slim robe (try it in stripes) complete with hood—as exotic as Arabian Nights, and lots cozier! Make it with zip-front (zip it down instead of up and try ending the zipper at the knees for the slit-skirt look) and you'll be the bell-ringer of your Fourth of July occasion!

Probably the world became conscious of the star quality of terry cloth via the bubble bath scenes in movies and ads, or the towel-like wraps of South Seas adventure films. Anyway, terry is certainly not confined to the bathroom towel racks now; it