

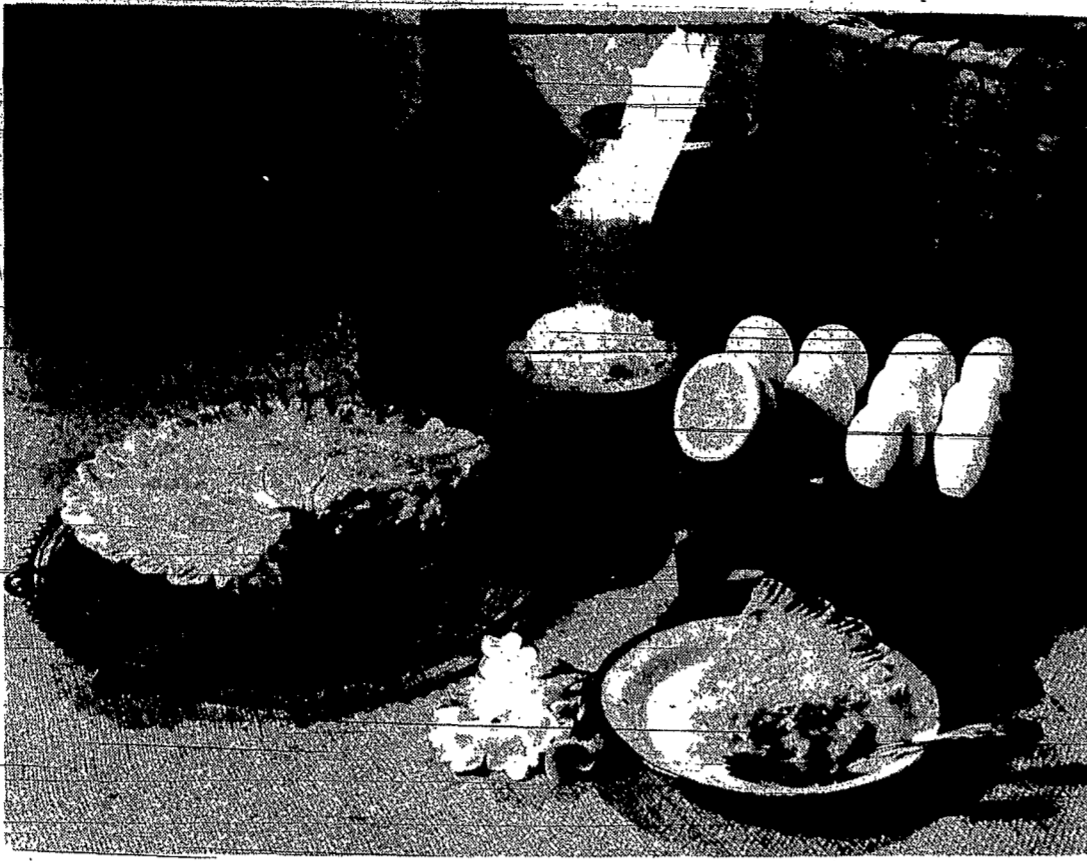
# Shaker Tradition Inspires Coconut-Lemon Pie

A Shaker cook had a sure touch with a rolling pin, and she was a genius at tenderly enfolding almost anything edible in flaky pastry. Pies of all sorts rolled unendingly out of the baking ovens in the spacious kitchens of the 19 Shaker communities that flourished in the Northeast during the last century.

A Shaker sister had to be a good cook to gratify the hearty appetites raised by the hard labor demanded in a Shaker settlement. Good "stick-to-the-ribs" dishes were the order of the day, and pies found their way into most every meal, breakfast included. In the early 19th Century, when truly American cookery was developing by leaps and bounds, Shaker pies, main dishes, and preserves made a hefty contribution.

The Shakers were lucky that the bounty of their farms, blessed perhaps by their spirit of brotherly love, brought cartloads of eggs, butter, and other fresh produce for the kitchen sisters to fashion lovingly into pies, pastries, and other goodies. Lemons, particularly received great admiration—manifestos recommended them for external application as cures for everything from chilblains to warts and listed many recipes for the more obvious internal uses, of which pies were a large part.

A rich, buttery, two-crust lemon pie was a big favorite at the Ohio Shaker board. A modern version of this pie has recently been developed.



Shredded coconut, lemons, butter, and eggs combine delectably in the tart-sweet filling of this Old-Fashioned Coconut-Lemon Pie, inspired by the all-American tradition of Shaker cookery. The top crust sparkles with cinnamon and sugar.

It's destined to become one of the new all-American classics, along with Easy Coconut Macaroons. These chewy cookies, made with flaked coconut, are similar to those found under the name "Coconut Caramels" in old Shaker cookbooks.

### COCONUT-LEMON PIE

- 1 1/4 cups sugar
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup soft butter
- 3 eggs
- 1 cup shredded coconut
- 1/2 cup water
- 2 teaspoons grated lemon rind
- Pastry for 2-crust 9-inch pie
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon

## Narcotics to Be Alumnae Topic

Members of the St. Mary's Hospital Alumnae Association will hear about "Narcotics and Drug Addiction" at their annual supper at 8 p.m. Sunday, May 18, in the hospital's education building.

Speaker will be Detective Eugene LaChimia of the Rochester Police Bureau.

Bishop James E. Kearney will celebrate Mass for the alumnae at 5 p.m. in the hospital chapel.

Reservations for the supper are being taken by Irene Frusci (288-7366) or Irene Koney (377-6817), and should be made by May 12.

### DOLLAR A PEACH

In the 1700s, the Padres along California's mission trail planted peaches. During the gold rush they sold for a dollar each! Later they began to be cultivated by California pioneers who followed the gold seekers or who turned from the uncertainties of gold seeking to agriculture.

### EASY COCONUT MACAROONS

- 2 1/2 cups (about) flaked coconut
- 1/2 cup sweetened condensed milk
- 1 egg, beaten
- 1/2 teaspoon almond extract

Combine ingredients and mix thoroughly. Let stand 2 or 3 minutes for easier handling. Line 2 baking sheets with brown paper; grease paper. Drop macaroon mixture onto paper by heaping teaspoonfuls. Flatten slightly. Bake at 325° for 20 minutes, or until golden brown. Quickly remove from paper. Makes 2 dozen.



Eleanor Pallone

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# New Test an Aid to Mom-to-Be

New York—Today's modern woman no longer has to play the age-old guessing game of whether or not she is pregnant.

Medical science has placed in the hands of her physician a fast and accurate means of detecting pregnancy as early as 12 days after the first missed cycle. If she is pregnant, she can begin immediately taking all the precautions her doctor recommends—thus increasing her chances for a smooth, uneventful pregnancy.

But women were not always so fortunate. History recalls that while man has been concerned about the diagnosis of pregnancy for the past 35 centuries, it was not until the second decade of this century that a reliable biologic test—the so-called "rabbit test"—was developed. Only recently has a modern "immunological" approach been perfected, one that provides highly accurate results within minutes.

What a contrast to the technique employed by physicians in the year 2200 B.C. Then, a woman complaining of nausea was suspected of being pregnant. The doctors of that day even went so far as predicting the sex of the new baby, declaring that if the woman's face had a greenish tinge, she was going to give birth to a boy.

Doctors in ancient Rome women patients to help confirm suspected pregnancy. The famous Roman physician, Galen, for example, held that if a woman had a "deranged" appetite she was pregnant. Another test consisted of a drink of mother's milk and ground watermelon; if a woman vomited the mixture, she was thought to be pregnant;

if she simply belched, the test was negative.

With the years, pregnancy testing got even less sophisticated. Folklore played an important part in determining pregnancy—as recently as the 19th Century. According to one old legend, actually practiced, pregnancy testing was conducted during christenings. A woman who wanted to know if she was pregnant attended the ceremony and, when her husband came to fetch her, jumped over a pail. If she stumbled or fell, she was considered pregnant.

Physical examinations also yielded questionable results, as recently the 18th Century. During the 1800s, for example, a woman undergoing an examination for pregnancy kept her clothes on and was heavily chaperoned. In carefully censored phrases, the woman might describe her symptoms, while in equally discreet language, the physician related what he thought was the diagnosis.

Today, when the average woman suspects she is pregnant, she is likely to visit her physician as soon as possible. Her doctor will give her a thorough examination for physical signs of early pregnancy. Other symptoms, such as nausea, vomiting, fatigue and similar complaints, may help confirm the diagnosis.

Physical signs of pregnancy are not conclusive, however, and doctors today rely on modern science to confirm the diagnosis. Until a few years ago, a physician might have sent a urine sample to

a medical laboratory for an A-Z test, which yielded results in one to five days.

Today, however, he can employ an immunological "slide test," such as Pregnosticon, which provides results in only two minutes. Performed either by a medical laboratory or by the physician in his office, this simple technique affords a 99 per cent accurate diagnosis while the patient waits.

Early diagnosis of pregnancy is important whether the woman is in good health or not. Some women—those

with diabetes or other chronic illnesses—require special care as early as possible to insure their health and the success of the pregnancy.

But even healthy women need to know whether or not they are pregnant—so that they may begin at once avoiding drugs or activity that may or may be harmful to them or to the unborn child.

Pregnancy testing has emerged from the Dark Ages. Now the age-old question "mother to be or not to be?" can be answered in only two minutes.

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