

Terrific toppings give ice cream a new twist

Three cheers for ice cream, the all-American summertime dessert. Eat it plain, or transform it into pastry sundaes with a new twist.

The difference in these sundaes is the addition of unusual toppings, not the usual fudge and fruit syrups.

Florida Citrus, for example, has a base of Indian River bottled grapefruit juice with tangy slivered orange rind and chopped cherries. Washington Apple Walnut combines apples, walnuts, cranberry orange sauce and butterscotch flavoring to be heaped atop ice cream or pound cake.

New England maple syrup and cranberry sauce are a delicious duo

that you might think of only as a waffle topping. Try it instead spooned over maple walnut or butter pecan ice cream.

ICE CREAM SAUCES

Each recipe makes 2 cups

FLORIDA CITRUS

- 2 tablespoons cornstarch
- 1/2 cup sugar
- 2 cups grapefruit juice
- 1/2 cup finely chopped marachino cherries
- 1 tablespoon slivered orange rind

In a saucepan, mix cornstarch and sugar. Stir in grapefruit juice. Stir over medium heat until mixture thickens. Stir in cherries and orange rind. Serve hot.

VERMONT MAPLE BUTTER

- 1 cup jellied cranberry sauce
- 1 cup maple syrup
- 1/4 cup melted butter
- 1/4 teaspoon pumpkin pie sauce

Press cranberry sauce through a sieve and combine with other ingredients in a saucepan. Stir over medium heat until bubbly. Serve hot.

WASHINGTON APPLE WALNUT

- 1 cup cranberry orange sauce
- 2 tart apples, peeled, cored and finely diced
- 1/2 cup chopped walnuts
- 2 teaspoons butterscotch flavoring

Combine all ingredients and mix until well blended. Serve cold.



Man-sharing?

(Continued from Section II Page 1)

ing the right kind of man. "You know what I mean, a sensitive man who is serious about a commitment."

With all the tales of woe, what's an intelligent, sensitive woman to do if she wants to share her life with a man?

Unfortunately, according to Chapman, more and more women are just dropping out and choosing to go manless while others get caught up in an endless cycle of unhappy relationships. Denial, however, is hardly the right approach, Chapman emphasized to the group.

In addition to becoming less man-focused and more inner-directed, Chapman advised the women to take control of their romantic lives by several means. One is the serial approach where women have successive one-on-one relationships with different men for short durations of time. Another approach, which seemed to go over well in the workshop, Chapman called "a la carte" where women see several men at the same time for specific reasons or to fulfill whatever needs happen to predominate at the moment.

Many women are not adept at establishing emotional boundaries, Chapman pointed out. "They see a man a few times and the thoughts of love and possessiveness begin. Too much time and energy are then invested in getting a man to make a commitment. This fixation on monogamous relationships just makes for frustration and depression over and over again."

For married women or women involved in what they think are "exclusive relationships," finding out that their men have other women can be devastating. Chapman said she had worked with women who were so overwrought they became physically ill or suicidal.

She outlined a grieving process some married women experience that is very similar to that of persons who have lost a loved one through death. The first step is denial, then anger and depression, and the final stage is acceptance and accommodation.

Married or single, women must ask themselves "How important is this relationship to me, and what am I getting out of it?" The answers to these two questions will put the problem on the road to resolution, she said.

Frances (not her real name), fortyish and married for 22 years, came to the seminar "not because I'm having any problems right now with my husband, but you never know. When I get sick of him, I know there are thousands of women out here who would be happy to have him."

During the workshop the question of religion and morals never came up.

Chapman did emphasize, however, that, while women should learn to appreciate their sexuality, they should not view themselves as only sexual beings.

"You don't want to see men as just sexual objects either," she said.

"We must learn how to cultivate friendships with men. A man can be a phone pal just like one of your girl friends."

Men were barred from attending the workshop, but several women expressed some concern about their feelings on this sensitive subject.

One man who was turned away from the workshop said he thought it was healthy for women to discuss sharing men because it was basically a woman's problem.

"The laws of supply and demand are on my side," he said as he smiled and walked away.

"The patient conquer."
Latin Proverb

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