



## DORY'S DIARY

DOROTHY SWART  
FLESHMAN

## Making much out of opinions

The newspaper had the large word OPINION across the top of the page. It is a place in newspapers offered to readers as a way to express their feelings and ideas about things, especially popular during election years. So it was this year and even outgrew its space so that it spilled over onto another page. I had read the opinion of each writer listed there, had considered what they had to say and then had discarded the paper in one of my coal scuttles awaiting my taking it out to the recycle bin. The word "opinion" was still easily visible from my chair where I sipped my morning coffee. When thus engaged in doing nothing more, I often find myself seeing how many words I can form from one word.

In this case, I thought if it had an "e" I could make far more words than what "Opinion" offered — pine, nine, none, nope — and so on. Without it I was more limited but there were several that could stand alone.

In the two-letter category there were in, on, no, and the newspaper or mathematical pi.

For three-letter words were pin, poo, nip, non; then, not to overlook the four-letter word of noon.

One more word on the Opinion page spoke to me offering six letters by removing the big O from Opinion, leaving the word pinion. The word pinion had several meanings from removing a bird's ability to fly, to mesh with other gears, or to shackle or prevent free action. Amazing how much was to be found in just the one word followed by the mass of answering letters to the column. You could take out or rearrange and find several small words in just that one of seven letters just as there were so many opinions given on the page by the writers.

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## BETWEEN THE ROWS

WENDY SCHMIDT

## Gardens connect us with others

A few months ago I "Googled" an old friend's name because I was thinking of him fondly.

Not that I really wanted to actually contact him, but I was just having pleasant memories of an old boyfriend. Seconds later a gorgeous picture of him came up on the laptop screen in full military uniform, along with an obituary.

This modern technology really is a bluntly shocking thing sometimes. Now I have the finality of knowing I would never have the chance to see my friend again even if I want to.

But of course I still have the consolation of some great memories.

The same is true of all the garden friends I have had through the years. Many are no longer gardening in this world. Each garden I have made contained plants given to me by special friends. Some from the garden classes, some from public gardens I have done volunteer work in.

All the members of my garden club in Lebanon, Missouri, had the iris variety "Stepping Out" in our gardens.

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## Apple Flavor — Without The Heavy Lifting



Abel Uribe/Chicago Tribune-TNS

Apple cider, nutmeg and mace flavor the batter for these giant doughnut holes, which fry up with a thick crust. A toss with cinnamon sugar finishes them off.

# DOUGHNUT DELIGHT

By **Leah Eskin**  
Chicago Tribune

Baking isn't heavy lifting — unless you attempt a slab pie and the slab measures 21 by 15 inches. Then, it demands core strength.

You make this discovery after slicing 15 pounds of apples, rolling 6 pounds of pastry, grinding 2 pounds of crumble and sprinkling 1 pound of sugar. Grasping two corners of the pan, you tug. Hard. Muscling 24 pounds of pie into a hot oven, you learn, is easy — compared with getting it out.

The downside of the 21-inch-wide, 400-degree slab pie strikes you — right at T7, mid-thoracic spine. Justin, the physical therapist you later engage, identifies the spot when he prods your back and declares: "Here?" Followed by: "What were you lifting again?"

Justin prescribes stretches and crunches, which you attempt to work, while he and his colleagues plan their weekend of hiking and apple picking, followed by apple-cider doughnuts. It occurs to you that doughnuts, too, feature fall's best fruit. They're quick, delicious — and extremely lightweight.

### QUICK DOUGHNUTS

Prep: 10 minutes  
Cook: 4 minutes per batch  
Makes: 18-20 doughnut holes

These giant doughnut holes don't require the rising, resting and shaping.

**Doughnuts:**  
3 cups flour  
¼ cup sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon grated nutmeg  
½ teaspoon salt  
¼ teaspoon ground mace  
4 tablespoons (½ stick) unsalted butter, melted  
1 egg  
1 cup apple cider  
1 quart ghee (shelved near the oil) or canola oil

**Topping:**  
1 cup sugar  
1 teaspoon ground cinnamon

1. Mix: In a large bowl, whisk together flour, sugar, baking powder, baking soda, nutmeg, salt and mace. In a separate bowl, whisk together butter, egg and cider. Pour wet ingredients over dry and mix with a wooden spoon just until a thick dough comes together.

2. Test: In a heavy pot at least 3 inches deep, heat 2 inches of ghee (or oil) to 350 degrees. Using a 1½-inch diameter ice-cream scoop, scoop up a generous ball of dough and drop it in. Cook, 4 minutes. Scoop out with a slotted spoon and drain on paper towels. Wait 1 minute. Cut in half. If done, you're good to go. If not, add 1 minute cooking time to your next batch.

3. Fry: Scoop balls of dough into hot ghee (or oil), without crowding. Fry, rotating spheres now and then, until deep brown outside and cooked through inside (4 or 5 minutes, depending on your test doughnut). Repeat, frying all doughnuts.

4. Shake: In a paper sack, shake together the sugar and cinnamon for the topping. Drop in doughnuts a few at a time, and shake to coat. Munch while warm.

## Homemade sauce: Not such a jarring idea

By **James P. Dewan**  
Chicago Tribune

Seriously, who's even got the time anymore, am I right? Between motoring the spawn schoolward and picking up the laundry from the rock lady down by the stream. Then there are the insufferable chores: milking the chickens, feathering the ducks. And the texts! "Hellooooo, are you there? Why aren't you texting me back?"

Look, if you want my attention that badly, why don't you leave your calling card with my chimp butler like a normal person?

And yet, still, we must eat. And I don't know about you, but more and more, I'm trusting less and less the boxed and bottled "food" products so popular with the kids today. Sure, it's easy as eels just to uncork a cruet of Krapco® Instant Brain Stew, but wouldn't an honest-to-Pete home-cooked meal hit the spot?

Well, tell you what: If you can manage to boil some noodles, I'll show you how to make a red sauce in two-and-a-half jiffies that will leave you smacking your lips like a zombie in a surgical theater.

### Why you need to learn this

Too often, that prepackaged food upon which we have become so dependent tastes little better than floor sweepings.



Zbigniew Bzdak / Chicago Tribune-TNS

Making clam sauce for pasta is a simple matter of building on a basic tomato + flavoring formula.

Life is short, swell peeps. You deserve better than floor sweepings.

### The steps you take

The premise behind today's lesson is this: Start simple. Just a few ingredients and very little technique. As you get comfortable, start adding more. More ingredients, more difficult techniques. It's like how you learned to brush your teeth first before you started

flossing.

You do floss, don't you?

Anyway, my only goal here is to get you off of those accursed jarred sauces. And, look, I'm not saying they're all bad. Actually, that's exactly what I'm saying. I'm so judgy, aren't I?

Anyway, bear this in mind: Tomato sauce, at its essence, is simply flavored tomatoes.

Here are some quick and delicious ideas to get you started:

### Sauce 1

Easiest. Try this: Go to the store, and find the Italian food section. Then, ignoring the sultry siren songs cascading from the row upon row of jarred sauces, march your self straight to the canned tomato products, the varieties of which are legion: whole, peeled, crushed, diced, pureed, ground, exploded, pre-chewed, etc.

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