

I was just  
thinking...



Patty Johnson

**N**EVER LOVE anyone very much,  
and you'll never be hurt.

Love isn't an instinct. It's acquired. Into each child is born hunger and the strong urge for preservation of himself and his kind. Nothing else—certainly not love.

If you never permit yourself to be moved by beauty, by the fall of a sparrow (of which there are far too many, anyway), by the starfish hand of a child, by the entreaty of an eye, you're safe.

I never have been safe from the first moment I recognized love in my mother's arms. My life is a tightrope of torment on which I falter and halt and start again, each time to love a little more as in a punishment set upon me.

I read letters from 13-year-olds and 33-year-olds who write their favorite advice columnists to talk of love and, mostly, I think they don't know a thing about it. Love is no fleeting emotion, no instant of sexual satisfaction, no casual phrase at a letter's end. Love is the most demanding,

most unyielding emotion the world has ever known. Often we love when we least expect it, and it is beyond any man's ability to comprehend.

In loving this bittersweet walk through life, I have learned to love myself a bit as well. Only through compassion for one's own faults and foibles can one begin to understand the essence of love for others. Though I have come at last to view myself with a degree of tolerance, I also have reached the agony and ecstasy of love extended, and these emotions are so intermingled there is not always a dividing line.

Those I love—the parent, the sparrow, the child, the alter ego—I love for the flaws in them with my tenderness and for the virtues with my delight.

Through all this I suffer and endure, and when I think I can stand no more, I reach out to love again.

This is how love is, truly. If you shield yourself, you will be free of its power. And I pity you.

## Cookbook (Continued from page 8)

### Curry Kabobs

- ½ cup salad oil
- 3 medium-sized onions, sliced
- 2 cloves garlic, minced
- ¼ teaspoon salt
- 1 tablespoon curry powder
- ¼ teaspoon ground ginger
- 1 1-lb. can tomatoes, drained (reserve liquid)
- 3 tablespoons beef broth (dissolve 1 beef bouillon cube in only 3 tablespoons boiling water)
- 1½ lbs. boneless sirloin steak, cut in 1½-in. cubes

1. Heat salad oil in a heavy saucepan. Add onions and garlic and cook about 5 min. Add salt, curry powder, ginger, and reserved tomato liquid; simmer, covered, about 15 min.
2. Stir in tomatoes and beef broth; simmer, covered, 30 min. Set aside to cool.
3. Put meat into a shallow dish and pour cooled marinade over meat. Cover and refrigerate at least 8 hrs., turning frequently.
4. Remove meat from marinade with a slotted spoon. Reserve marinade for basting.
5. Thread meat cubes onto skewers, placing cubes close together for rare, or separate slightly for well-done. Brush generously with the marinade.
6. Broil about 2 in. from heat source 15 to 20 min., or until meat is of desired degree of doneness, turning and brushing frequently with the marinade.
7. If desired, skim fat from marinade. Heat marinade and serve with kabobs.

*About 4 servings*

### Curry Kabob Appetizers

- Follow recipe for *Curry Kabobs*. Cut meat into ½-in. cubes. Marinate several days. Thread onto 3-in. skewers and broil 5 to 10 min.

### Gado Gado

- ½ lb. green beans
- 3 medium-sized carrots
- ½ small head cauliflower
- 1 cup peanuts, grated or finely chopped (use electric blender, if desired)
- 1 tablespoon vinegar
- 2 teaspoons brown sugar
- 1 teaspoon salt
- Few grains red pepper

1. Cut beans into 2-in. pieces and carrots into 2 x ½-in. strips. Separate cauliflower into small flowerets. Cook vegetables separately in boiling, salted water until crisp tender. Drain; reserve about ¼ cup each of the carrot and bean liquid.
2. Immediately blend the peanuts, vinegar, brown sugar, salt, red pepper, and enough vegetable liquid to make a thick sauce.
3. Arrange vegetables on heated platter; spoon sauce over them. Garnish with sliced hard-cooked eggs. Sprinkle with paprika, if desired.

*4 to 6 servings*

### Cucumber Relish

- 3½ cups thinly sliced pared cucumber
- 1 cup 1½-in. green pepper strips
- ½ cup sliced onion
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ¼ teaspoon cayenne pepper
- 1 clove garlic, minced
- 2 tablespoons vinegar
- 2 tablespoons salad oil

1. Cook cucumber slices in 1 cup boiling water about 5 min., or until just tender. Immediately drain thoroughly.
2. Combine cucumber slices, green pepper strips, and sliced onion.
3. Blend salt, ginger, and pepper in a small

bowl. Add garlic, vinegar, and salad oil; beat until blended.

4. Pour marinade over vegetables and marinate 2 hrs., tossing vegetables frequently. Chill thoroughly and serve.

*About 3 cups relish*

### Rhubarb Sherbet

- 1 1-lb. pkg. frozen rhubarb, thawed
- ¼ cup sugar
- ½ teaspoon unflavored gelatin
- ¼ teaspoon ground nutmeg
- ¼ cup water
- ¼ cup orange juice
- ¼ cup light corn sirup
- 1 teaspoon grated lemon peel
- 1 teaspoon lemon juice
- 6 drops red food coloring
- 1 egg white
- ½ teaspoon salt
- 1 teaspoon sugar

1. Force rhubarb with sirup through a food mill or coarse sieve. Set aside.
2. Blend sugar, gelatin, and nutmeg thoroughly in a saucepan. Stir in water and orange juice; set over low heat and stir until gelatin is completely dissolved, about 3 min.
3. Remove from heat and stir in corn sirup, lemon peel and juice, food coloring, and rhubarb.
4. Pour into refrigerator tray and freeze until mushy, about 1 hr., stirring occasionally.
5. Beat egg white and salt until frothy. Add sugar and beat until stiff peaks form.
6. Turn frozen mixture into a chilled bowl and beat with chilled beaters until creamy. Fold in beaten egg white. Immediately return mixture to refrigerator tray. Freeze, stirring occasionally until firm.
7. When firm, spoon into small cups and serve as a meat accompaniment. *1½ pts. sherbet*