

NAKED CAME MICHALSKI

Visiting old girlfriends

Visiting old girl friends can be a hazardous affair at best. But when there's class and nationality involved, then there's sure to be excitement of sorts.

It all began in the summer of '67, when Canadians began to think themselves proud and Americans speeded up their annual invasion into Quebec. She was nice Catholic American and I was a not-so-nice Catholic Canadian and we bumped into each other at at Quebec City dance. I don't know whether it was non-native attracting another non-native but it was love at second sight. Our first sight was an Argument over U.S.-Canadian relations which was absurd in a place like Quebec.

We parted after one summer of blissful double entendres and longish walks. We vowed to see each other again sometime — even though she was in New York City and I was in Kingston (Ont.). Over six years we saw each other twice — and they were rocky visits to say the least. Contact had sputtered to a stalemate and it seemed typically U.S.-Canadian in approach: we didn't ignore each other, we didn't bite at each other, we didn't even fight. But that was the point: we were born-protagonists who loved every minute of one-upmanship and skillful manouevring of words.

So when Excalibur's managing editor Tim Clark decided he had to go to New York to get some camera equipment, I figured "What the hell, archie, what the hell, it's cheerio-my-deerito that pulls the lady through." And so we went.

After running through a blizzard we staggered into New York. I should say White Plains because after all, I was on my way to where good Catholic girls attend school, Manhattanville College. Now Manhattanville is just outside Purchase which is due south of where Washington got holed-up by British troops in the War of Independence — a sort of miniature "crossroads outside of Dien bien Phu" so to speak.

Well, Washington would have been proud of his staging area for battle operations 200 years later. It made Toronto's Forest Hills and Teddington Park area look ready for urban renewal. Black cadillacs trumpeted the flag and bumper stickers blared "America, love it or leave it."

But Manhattanville College was a sight-to-see: 230 acres of rolling lawns, lazy residences and a majestic castle rubbed in the fact of just who's country you were in. The tuition fees were \$3,750 — a mere pittance for the social aspirant.

But then Manhattanville had gone through a few heart-renting changes itself. It has recently admitted men who now comprise 10 percent of its population. Some of the dorms are mixed and there's a simple honor system about over-night guests. Simply put, good Catholic girls are no more.

But then my friend always had a different nature and Clark and I spent the night in a special bunkhouse for male visitors. We had to share it with some excellent talent and negotiable material for Manhattanville's girls: the cadets from West Point. Their uniforms were quite resplendent but weren't worn for "the mixer" they attended. It's not the done thing.

As Upper Canada's finest graduate Tim Clark said, "I've met straight guys before, but the one I met last night was ridiculous."

The morning was bright and clear and we saw the Ivy Leaguers in action. They certainly appeared to have won the mixer that night. Blue-eyed blonds, blue blazers, school ties and motions effected over years, these were the men Manhattanville's girls needed and obviously got.

Like most good things, our visit came to an end. As for my relationship with what-turned-out-to-be one of Manhattanville's political heavies, things were just the same. Double entendres were now triple and one-upmanship was just a little funnier. But history never repeated itself.

★ GOOD EATS ★

Breads

Harry Stinson

First, a note from our public service department; the grand-dame of the health food culture, Adelle Davis will be speaking to the National Health Food Convention May 23, 24 at the Skyline. Tickets at Health Food Stores. Now, to business, aspiring home bakers!

Home Made Bread — Let an envelope of yeast dissolve and stand in 1 1/2 cup lukewarm water with 1 teaspoon sugar for 10 minutes. Melt 2 tablespoons butter in a cup boiling in a large pot, and add 1 tablespoons alt, 2 of sugar, a cup milk, the yeast (stir first), about 2 cup white flour and beat smooth.

Mix in well 4 more cups flour, turn onto a floured board, knead 5-10 minutes, return to the bowl and let rise in a warm place about 2 hours (butter in bowl). Knead a little more with flour, separate to suit tins, and bake about 30 min. at 375.

Market Drayton Gingerbread — Mix 2 cups sifted all-purpose flour, 2 teaspoons ginger, and a cup dark brown sugar, then cut in 1/2 cup soft butter or margarine until mealy. Dissolve a teaspoon soda in a tablespoon milk, whisk in an egg, add to flour and blend the stiff dough with floured hands. Shape, cut or make a square to fit baking sheet and bake in a 350 oven (biscuits-18-20 minutes, molds-20-30). Let cool on the baking sheet and gild with icing.

Oatmeal Cookies — Mix together 1 cup each flour, oatmeal, brown sugar, cocoanut, with a teaspoon soda 1/2 teaspoon each salt and vanilla, an egg and 1/2 cup salad oil. Press the mixture onto a greased cookie sheet in blobs about the size of a golf ball or less, and squish under a large can tomatoes. Allow plenty of room for spreading, and let them grow in a 375 oven 10-15 minutes, or until nicely brown.

Chelsea Buns — Stir 4 cups flour, 1/2 teaspoon salt, 3 tablespoons each sugar and butter into a mealy mixture. Meanwhile, stir an envelope yeast into 2 tablespoons warm water, with a teaspoon sugar, and leave 10 minutes.

Scald then cool to tepid 1 1/4 cup milk. Beat 4 eggs, adding milk, yeast and flour, to make a smooth dough. Knead 5 minutes, cover and let double in bulk, in a warm place. Punch down! Knead 3-5 minutes, roll into square for large bun; for small, divide in half, roll into squares, use half following quantities for each piece. Cream together 3 tablespoons each butter and sugar, spreading over dough, which is then folded in half and rolled into a square. Mix 1/4 teaspoon cloves, 1/2 teaspoon allspice, 1 teaspoon cinnamon, 1/2 tablespoon currants.

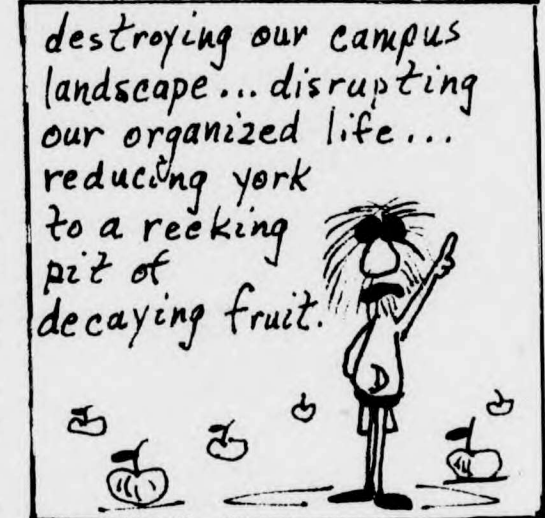
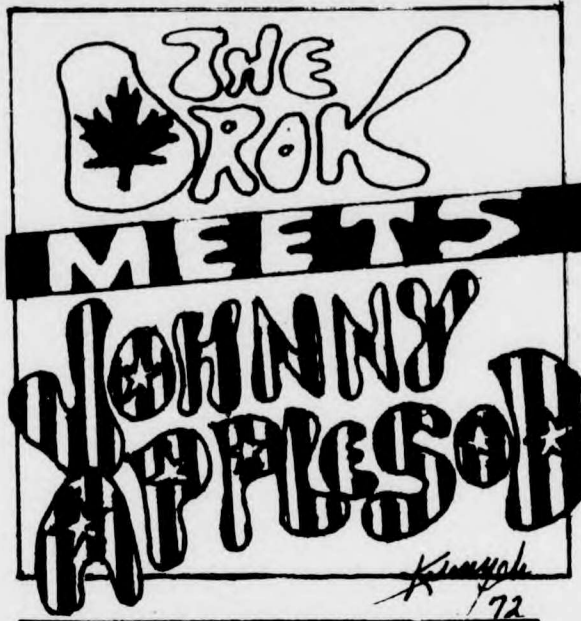
Roll tightly into a jelly-roll, cut into 1 1/2 inch slices, lay these on a greased baking sheet for 30 minutes, brush with an egg beaten with a tablespoon cold water, and sprinkle generously with sugar. Bake 20-30 minutes at 375 (or until top is browned). 12 large, or 24 small buns.

This week, we are proud to present a treasured bagel recipe from the files of renowned gourmand Tim Clark, Excalibur's managing editor.

Bagels — Cream 1 cup butter with 3 tablespoons raw sugar, 2 egg yolks, and 2 cups scalded milk, let cool to lukewarm and add two packages yeast (dissolved in a little water). Beat egg whites until really stiff, and fold into butter. Sift together 1 1/2 teaspoons salt and 7 cups flour, and add to above mix. Knead very well, cover and let rise in a warm place 1 hour.

Take out a small piece and roll into a weiner, connecting the ends, and you have the makings of a bagel. Let stand until they begin to rise. Drop into boiling salted water 3 minutes. (Aye here's the rub: because they need room to flex, you can only do one or two at a time, so use as many pots of water as your stove will handle). Then put on greased baking sheets and bake 15 minutes. Garnish with sesame or poppy seeds and eat.

COMIX!



In honour of Fagnorton Bandblagenschieler, we dedicate this to him. Fagnorton, an architect, developed York's "walking campus" concept. Unfortunately he has never realized the joys of hiking about these frozen wastes in the usual winter ice-storms; he's in Miami, slaving away over a hot beach.

