

# NAKED CAME POLONSKY:

*Esther*

By JOE POLONSKY

I confess. I am deeply in love with Esther Greenglass.

It's just one of those crazy things that happens between woman and boy. Sure, I have never met her. And for that matter I have never even seen her in the flesh. But ours is a spiritual communion, so a communion on a much higher order. None of that fleshy stuff between Ms. Greenglass and this boy. (Ms. Greenglass, by the way, is the Betty Friedan of Canadian Woman's Liberation, which makes her sort of a poor man's Gloria Steinam.)

Yes Sir. Esther and I really have this mystical thing going. One might even refer to it as a Nirvana.

"Nerve," a female associate of mine shouted. "Nerve is right. What right do you have to rate women as cattle. Imagine referring to a fellow sister as 'a poor man's Gloria Steinam.'"

"Not nerve, dingbat," I cleverly responded, "Nirvana . . . ana."

"What the hell does Nirvana have to do with women's liberation," she viciously responded.

"There are higher kinds of liberation, you know."

"Higher liberation, my ass," she screamed. (She had meant to say, as would befit a member of the sisterhood "Higher liberation, my clitoris." But her use of the language still indicated to her how much further she had to go to exorcize herself of her sexuality.)

"Higher liberation, your wilting phallus," she shouted gayly. "You and your pharmaceutically induced, freaked out, bourgeois, apocalyptic forms of liberation."

The female associate always got a little riled over the indiscriminate name dropping of Esther Greenglass. Esther had become her culture-hero after having seen her picture in the woman's section of the Toronto Star, showing her as one of the lucky ones to get a dance with the prime minister, at the Liberal dinner.

I of course was more than happy to point out that after the pm's statement on abortion, Ms. Greenglass's action was akin to Angela Davis taking a midnight stroll with George Wallace.

"Men!" my female associate replied. "They are always trying to be so rational. They just don't have any appreciation for the contradictory patterns of the universe." My female friend had just committed a major blunder in her sexual liberation.

"Contradictory patterns of the universe," I screamed. "Sounds pretty mystical to me."

"Drats," she said to herself. Here she was trying to become the paradigm for the rational kind of mind that could prove to the world that women were just as capable of running the Pentagon as men, and what did she do but fall into the silly, emotional, mystical bag of cosmic consciousness.

"You know, you men are always trying to screw us one way or the other."

"You're an insufferable paranoid," I retorted.

"Are the peasants paranoid? What about the Blacks, Chicanos and Indians? Are they paranoid too? What about the working class? More paranoia?"

Score one battle victory for the girl. What a stupid manoeuvre it had been on my part to bring up paranoia. After all, I really should have known by now that paranoia is a healthy state of mind in a sick society. She was beginning to beat me at my own game.

I whispered, "I think I love you."

She whispered back, "What's the matter, you horny or something?"

"You paranoid," I responded vehemently. "Jesus Christ, I did it again!" I shouted to myself.

She smiled sweetly. "Victory number two, dear."

By now it was getting rather humiliating. After all, it was Penis Envy: 2, and Castration Complex: 0.

I placed my hand on her cheek and gently kissed her forehead. She smiled, and placed her hand on mine, and pressed a firm kiss upon my lips. We stared passionately into each other's eyes. I smiled. The real war was just beginning.

## ★ GOOD EATS ★

*Parsley, sage, rosemary and thyme...*

By HARRY STINSON

Among the many manifestations of North American food ignorance, one of the most annoying is the practice of mechanically slathering everything and anything set in front of us with either salt, pepper, sugar or ketchup.

Granted that each one of these has a vital place but the point is that we don't seem to be able to appreciate a food's natural flavour, and or the artful use of the seasoning that should be there in the first place.

At the same time a little bit of discretion is valuable. You may already be aware of the proven links between pepper, Worcestershire and HP sauce and cancer and that salt has been associated with hypertension and high blood pressure but the intention here is only to guard against overuse. Don't be afraid to experiment but remember that people's tastes and fortitude vary and enough spice for one may leave another writhing on the floor. It might be better to keep a good variety of spices at the table. Further the longer a spice is cooking in a dish, the more potency it loses. So add the spice as late as possible. In cold dishes add a good while before to allow the flavour to marinate.

Both garlic and onions contain a rather effective germicide, acro-lein (which is purported to sterilize the mouth, thus reducing tooth decay, and relieve digestive disturbances and gas formations — evidently quite rare among garlic-loving Italians). Use in sauces, soups, salads, pickles, meat preparations, salad dressings, and in moderation.

Allspice (dried pimienta fruite) — tastes like cinnamon, nutmeg and cloves. Use in puddings, mincemeat and pumpkin pie, stews, soups, relishes, gravies, boiled fish, and preserve fruit.

Pepper — Ranging from the mild (more expensive) white pepper, through black, to hot cayenne, pepper is always best fresh ground for more flavour and aroma.

Chili powder — for chili, tamales, stews, Spanish rice, gravies, appetizers.

Cinnamon — in baking, pies, cakes, and sweetdoughs, preserving, and certain fruits.

Celery seed — delicious in sauces, soups, dressings, cole slaw, potato salad, fish and certain meat dishes.

Curry — varies wildly in flavour, and used accordingly in curries, rice, soups, and shellfish preparations.

Ginger — (the oldest known spice) adds a pungent spicy flavour to cakes, cookies, pies, fruits, puddings and some meats.

Mint — (can be grown at home easily) refreshes lamb, vegetables, fruit salads, iced tea, fruit drinks and poached fish.

Mustard — enhances pickles, cabbage, beets, sauerkraut, sauces, salad dressing, ham, hot dogs and cheese.

Nutmeg — sweet, warm, and spicy in cream soups, baking, potatoes, custards, cauliflower, sauces, hashes and stews.

Oregano — (a favorite in Greece, Italy, and Mexico), adds a pungent tang to tomato, and cheese creations (especially pizza and spaghetti sauce).

Paprika — chiefly a garnish, though the darker, hotter Hungarian brand is good for goulash and the like.

Parsley — the quintessential garnish.

Sesame seeds — (toasted almond flavour and full of oil); use in baking, and with butter over fish, noodles, and vegetables.

Thyme — the best herb for fish and shellfish. Also delicious with beef stew, meat loaf, poultry seasoning, vegetables and especially gravy.

Tabasco sauce — not a spice obviously but boy does it ever add zip (hamburgers, eggs, salads, soup stews, gravies etc. but be careful).



## COMIX!

