

All in the Family

## Older And Smarter

By Sarah Child



By the time the third child arrives, the first two have usually succeeded in educating mother to act in a more sensible manner.

She still has her panic-button moments, but on the whole those are reserved for emergencies.

So I sagely told a neighbor in a recent conversation as her 8-year-old plucked my 8-month-old out of her playpen and came bounding over the lawn with her, the baby enjoying every precarious moment of the jog.

Had this happened with Child No. 1, I am sure I would have screamed in horror, dashed to the child and clasped her to my bosom to determine whether or not I should have the pediatrician look her over for broken bones, dislocated neck or an assortment of diseases, all brought on by the unexpected fun.

I still do not like fevers or temperature elevations as the experts call them but after nursing our son through a 105-degree illness for three days and nights, it is difficult to get too upset over 101.

I don't like blood spurting either but in most cases if you can get the bleeding stopped, cleaned and covered in that order you've got things in hand.

Then there is the little matter of the child hitting you and pointing out that he'd prefer

another mother. No longer do I torture myself about how I failed to teach this little monster respect for his parents. Sometimes I ignore him, sometimes if provoked sufficiently I smack him back and sometimes when I have all the right instincts in hand I quiet him down and find out what the anger is about.

Even the equipment necessary to sustain and comfort an infant lessens with the years and the increase in family.

On our first weekend trip to Grandma's with Baby No. 1 we took 10 changes of clothing, all of her diapers diaper pail, her own bathtub, four or five bottles, baby cereal and fruit plus a portable crib, blankets and heaven only knows what else.

I have grown somewhat smarter. I now pack by throwing in the car a couple of changes of clothes, a box of paper diapers and a mattress to place on the floor plus two bottles—one in the dishpan, one in use.

The older two fare a little better. They get a couple changes of clothes and two pairs of shoes—one for play and one for church. It works beautifully and it cuts down on suitcases.

And it goes without saying that it is more fun to bring up your kids without all the rules and other burdensome inhibitions getting in the way.

## 21 Receive Senior Caps At St. James

Hornell—Twenty-one junior students were promoted to the senior level of nursing at a recent ceremony at St. James Mercy Hospital School of Nursing here.

Father Paul J. Cuddy, hospital chaplain, blessed the caps, which were placed on each student's head by Sister Mary Scholastica, RSM., and other faculty members. Among students receiving stripes were:

Mrs. Deborah Starr, Miss Rowland Hall and Mrs. Lucille Vincent, Hornell; Mrs. Suzanne Tydings, Miss Margaret Hurst and Miss Janis Yahn, Rochester; Miss Mary Ann Ambrosone, Corning; Miss Lorraine Baker, Watkins Glen; Miss Margaret Ryan, Spencerport.

## Coronary Care 'Grads' Honored at Hornell Hospital

Hornell—Seventeen members of the St. James Mercy Hospital's staff who completed a 100-hour "coronary care" course were honored at a "graduation" tea in the hospital Aug. 6.

Instructors included three of the hospital's registered nurses—Mrs. Judy Griffith, Mrs. Norma DeRemer and Miss Raelen Melious.

Mrs. Griffith, coordinator of the program, and Mrs. DeRemer received their coronary care training at Strong Memorial Hospital, Rochester, where they took a course sponsored by the Rochester Regional Medical Program. Miss Melious trained at Overlook Hospital, Summit, N.J., when she was awarded a grant by the Heart Division Control Program of the U.S.

Department of Health, Education and Welfare.

Nurses completing the course included: Sister Patricia Ann; the Mesdames Sara Foster, Eileen Giglio, Patricia Green, Chris Donlon, Mary Smalt, Carlise Bossard, Carolyn Baker; Gladys Bush, Dorothy Duffy, Margaret Clancy, Barbara Dick, Linda Presutti, Margaret Noonan, Eileen Ambrose and Elizabeth Caple; Miss Katherine Lindeman.

### LABOR DAY RETREAT

A Labor Day weekend retreat for women of all faiths at the Cenacle Retreat House, 693 East Avenue, opens with supper Friday, Sept. 4 and closes Monday, Sept. 7, in the early afternoon.

## COME DINE WITH US



**RUND'S** In Rochester it's Runds for good food, pleasant atmosphere and smart entertainment. Joe Cady's 2851 W. Henrietta 7 piece orchestra playing nightly 9:30 p.m. 'til 1:30 a.m. and feature entertainment in our lounge. 473-3891.

**Royal Scot Steak House** 657 Ridge Road East, Corner Hudson Route 104 Rochester's newest, most distinctive dining spot featuring Scottish atmosphere, delicious food. Luncheons served Tues. thru Fri., 11:30-2 P.M. Dinners served Tues. thru Thurs. 5 to 10 P.M. Fri. & Sat. 'til 11 P.M. Sundays 4:30 to 9. Closed Monday. Reservations: 342-4220. Ken Purcell entertaining in Scotts Pub.

**Cinelli's Country House** 4 miles east of Pullenville, on Rt. 18 (Lake Rd.) Overlooking Lake Ontario. Unusual decor excellent cocktails superb steaks, seafoods & prime ribs of beef, luncheon 12 to 2 P.M. Dinners 5 to 9. Sat. 'til 10. Sundays 1 P.M. to 8 P.M. Closed Mondays. Accommodate private parties. Your hosts, Margaret and Frank Cinelli, 315-483-9508.

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**THE VIKING** 1485 Mt. Road Blvd. Near Lexington. Jack Bayliss Intimate Lounge, Restaurant. Prime Ribs, Surf & Turf, Lobster Tails every day. Luncheon specials. Entertainment nightly. Serving from 11 A.M. lunch and dinner. 458-0420 for reservations. Closed Sunday.

**GLEN IRIS INN** Stately mansion and former home of Wm. P. Letchworth situated on the precipice above 107 ft high Middle Falls. Castile, N.Y. Air-conditioned dining room serving the finest foods and beverages. Luncheon 12 to 2, dinner 5:30 to 9:00 Sunday 12:30 to 7:30 P.M. Accommodations and gift shop. Your hosts Peter and Cora Pizzutelli.

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**THE MAPLEWOOD INN** Just a few minutes from downtown Rochester, the Maplewood is one of your favorite family dining spots. Luncheon and dinner specials every week. Orchestra Friday and Saturday evenings 586-9997.

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## COURIER / RECIPES



The cheaper cuts of beef are better for you, according to the Genesee Valley Heart Association. In terms of calories and the cholesterol element, a chuck or round steak makes a better meal than the choicest cut.

And what the economy model lacks in tenderness can be induced, as per following directions:

- 1/2 cup bottled barbecue sauce
- 2 tablespoons water
- 3 1/2 pounds steak, about 1 1/2 inches thick

Combine barbecue sauce and water; coat steak on all sides with this sauce. Marinate in the refrigerator for at least three hours. At dinner time, scrape marinade from meat and reserve. Grill steak over glowing coals, turning frequently, and during the second half of the cooking, brush frequently with the marinade.

Meat so prepared for cooking can be carried to a picnic in a

plastic bag, in a cooler, of course.

While there's still some barbecue sauce in that bottle, let's consider Dallas baked beans, an eminently portable dish. The recipe for 12 servings:

- 18 slices of bacon
- 3 large onions, thinly sliced
- 3 small cloves of garlic, crushed
- 1 1/2 cups thinly sliced green pepper
- 3 cans (16 ounces each) pork and beans
- 1/4 to 1/2 cup molasses
- 1 1/2 cups barbecue sauce

Cook bacon in large skillet until crisp; drain and crumble. Pour off all but one half cup of drippings from pan. Sauté onions, garlic and pepper until onions are tender but not browned. Mix in other ingredients and pour into a three-quart casserole. Bake at 350 degrees until the mixture is bubbling, about 30 minutes.