

All in the Family

No Time For Illness

By Sarah Child



After more than a week of nursing a case of the flu and now finally feeling human again I am about to rediscover a Great Truth.

I say rediscover for I have been all through this particular Great Truth before.

I am speaking of the maxim that says "There is nothing money can buy so precious as good health" or words to that effect.

No one can appreciate the adage more than a mother of very young children.

I can actually remember when catching a bug and staying home from the office, which happened to be the city room of a fairly large newspaper, was almost fun.

It began when I would realize that I wasn't snapping out of my usual morning doldrums and no matter how many cups of coffee I downed, my head was still foggy and I seemed to be aching all over.

A simple phone call to the managing editor's secretary and I was free for the day. Free to gulp two aspirins, switch from stimulating coffee to a cup of soothing tea and then jump back into bed to doze off and on again for hours. Later I would delve into back issues of magazines I hadn't read, turn on the television and if I felt like it heat a can of soup for supper.

After two, maybe three days of this routine, I would pronounce myself cured and head back for the office, refreshed and ready to dig in.

After I got married, a day of being under the weather

was even better. When my husband wasn't at work he ministered to me, catering to every whim.

Motherhood, however, is a state which does not make provision for illness, minor or otherwise.

A new acquaintance said it best as she noted I had failed to keep an appointment with her: "Mothers," she asserted, "are not allowed to get sick."

My sister who has four children, the youngest soon to be 4, commiserated with me in my flimsy condition but said firmly: "When mine were younger I didn't get sick. I may have acted sick—but I didn't let myself be. I couldn't."

They're right, of course. A mother who gives in to a virus is just letting herself in for worse things. Such as? Such as mopping up a quart and a half of orange juice from the floor after your 3-year-old decides to help you out by helping himself.

Such as ignoring the laundry and discovering that the baby can literally go through four dozen diapers a day and you may find yourself making a change at midnight with a receiving blanket hastily cut in two.

Such as inviting your mother for the weekend but asking her if she'd please stop at the store before she comes.

And finally there's the gruesome ordeal of watching your husband don a long-sleeved out-of-style shirt on what may be the hottest day of the summer or autumn and manfully pretend he hasn't even noticed.

COURIER / RECIPES

Who's for coffee? Cosmopolites, arise! Sample these treats from the sidewalk cafes of the world.

Coffee with chocolate, a beverage combination from South America. Coffee that's extra dark and rich, as the Italians like their espresso. Coffee with clouds of whipped cream, beloved by the Viennese. Coffee that's half hot milk, or cafe au lait, the French breakfast drink served with croissants. Coffee with ice cream, America's favorite dessert.

Ideal for quick coffee treats is freeze-dried coffee. Freshly roasted beans are ground, then percolator-brewed to extract every possible drop of flavor. The resulting coffee is freeze-dried and put in airtight jars. When you want to stir up a special coffee, such as Cappuccino, you can get the coffee strength you need simply by spooning the right amount from the jar. Freeze-dried coffee is also ideal for the iced coffee float, because you don't have to wait for the beverage to cool.

ICED MOCHA BEVERAGE

- 2 cups cold milk
- 1/2 cup chocolate syrup
- 1 tablespoon freeze-dried coffee
- Crushed ice

Combine all ingredients and beat or shake well or mix in

blender. Pour over crushed ice in glasses. Top each serving with prepared whipped topping or whipped cream, if desired. Makes about 2 1/2 cups or 4 servings.

CAPPUCCINO

- Prepared whipped topping
 - Ground cinnamon
 - 3 tablespoons freeze-dried coffee
 - 3 cups boiling water
- Place a spoonful of whipped topping in 8 demitasse cups. Add a sprinkling of cinnamon to each cup. Measure coffee into coffeepot or carafe. Add boiling water. Pour coffee over whipped topping. Serve at once with sugar and cinnamon stick stirrers, if desired. Makes about 3 cups or 8 demitasse servings.

COFFEE ALMOND FLOAT

- 2 tablespoons freezer-dried coffee
- 1 quart milk
- 1/2 cup firmly packed brown sugar
- Dash of salt
- 4 drops almond extract
- Chocolate, coffee, vanilla, or pistachio ice cream

Combine all ingredients except ice cream, in large pitcher or electric blender. Chill. Just before serving, stir or blend well. Pour into tall glasses and top each serving with a scoop of ice cream. Makes about 1 quart or 4 servings.



Nazareth College Alumnae Plan Annual Dance

Pictured against background of Nazareth College Arts are some of committee leaders for annual Alumnae Ball, scheduled Saturday, Oct. 10, at the Arts Center, where art exhibit will feature stage. Ball replaces annual dinner-dance—no dinner this year, but refreshments available during 9 p.m. 'til 1 a.m. dance to Syl Novelli's orchestra; dress is optional. Proceeds will go to Sister Helen Malone Endowment Fund for the Arts Center. From left are Mrs. Edward W. Esse, class chairman; Mrs. Burt J. Conley, invitations; Mrs. John J. O'Sullivan, patrons and programs; Mrs. Robert V. Hussey, general chairman.

COME DINE WITH US



RUND'S In Rochester it's Runds for good food, pleasant atmosphere and smart entertainment. Joe Cady's 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 Purlall entertaining in Scotts Pub.

Cinelli's Country House 4 miles east of Pulneyville, on Rt. 18 (Lake Rd.) Overlooking 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.

Garlock House So great... and so near you... area's most beautiful restaurant. Less than one half hour from Rochester. Thirty menu selections daily. Weekdays 5 to 11. Sunday & Holidays noon to 10 P.M. Open 7 days. 315-597-5271. American Express honored.

NATIONAL HOTEL Host to travelers since 1937. Enjoy a meal in this colorful edifice famous for its cuisine, located in historical Genesee Valley, two miles Southwest of Genesee. Steaks, chops, broiled on the open pit. Prime ribs, seafoods, large entree selection. Open weekdays 5 to 11 P.M. Sun. 12 to 9 P.M.

THE VIKING 1485 Mt. Read Blvd. Near Lexington Jack Baylis 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. 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.

NORMANDIE INN Old Ridge Rd., Route 104, Sodus, N.Y. 315-483-9524 Serving every day except Tuesday, from noon to 10:00 p.m. Catering to weddings and parties. Continental menu with a French accent. 315-483-9524.

Rick's Prime Rib House 788 Howard Road Just South of Buffalo Road Specializing in Prime Roast Rib, we cater to your desires whether a crispy and piece or rare succulent center cut. Banquet Room facilities from 25 to 100. Your hosts Frank Zamara and Chester Waver. Closed Sundays, Mondays, and Holidays. 235-9413.

Buccaneer Where to go? Don't miss the fabulous Buccaneer. The atmosphere is elegant, prices, reasonable, and the food is just right. Daily luncheon specials, a complete dinner menu, serving 'til 1 A.M. Closed Mondays. Party facilities. 288-3065.

UNCLE JOHN'S FAMILY RESTAURANT 3420 MONROE AVE. Complete line of pancakes and waffles. Steaks, salads, omelettes, sandwiches, Sundays and milkshakes. Childrens birthday parties. Where everyone meets after church. 381-2850.

Kar-Mac Manor Routes 5 & 20 Between Geneva & Waterloo Thruway Exit 42 Roast turkey, Ham and Chicken dinners \$2.85 plus all you can eat from Mr. Mac's Pic-nic table. Char broiler flaming steaks, lobster tails, seafood—banquets to 500. Daily 5 'til Midnight—Sun. 12:30 'til 10 P.M. 315-789-1305 or 539-8044.

THE MAPLEWOOD INN 3500 EAST AVE. 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.

Holloway House Route 5-20 East Bloomfield, N.Y. Early American atmosphere serving traditionally good food. Luncheon 12-2. Dinners 5:30 to 8:30 P.M. Sundays 12 noon to 7:30 P.M. Featuring Homemade Pastries. Telephone Holcomb 657-7120. Air conditioned. Closed Mondays. Weddings and Banquets.

WILSON'S RESTAURANT Route 96—Thruway Exit 45 Victor, New York Serving Breakfast, Luncheon, and Dinner every day of the week. Featuring Prime Ribs of Beef, Lobster Tails and delicious Steaks. Private Parties and Banquets. Reservations 924-3561.

THE REDWOOD Served in the old world atmosphere of the English Pub. Enjoy superb food, a charcoal broiled steak or a "Rumbleburger." Serving plate or complete dinners. Coffee shop open at 7 A.M. Private Parties, Buses welcome.

Observe Mountains percent f dominate-beginning tints.

ADIRON

Ausable beginning County—2 average to 50% char lows; Lak low; Old 1 red and y tain — Lake—60 —25% ce tion, scatt areas; W 20% char oranges.

Mini

A
E
G
K

INSTRUC

like a c 1. through Horizont squares, (+5 and +5), etc.

