

Fish and Hips

By Sarah Child



A friend and I joined "Weight Watchers" a few weeks back and in spite of a fairly satisfactory continuing weight loss, neither of us is really crazy mad over the "program," as it is referred to by its proponents.

As one who has been fighting fat since my 13th birthday with a variety of means that have included crash diets, doctor-prescribed amphetamines that nearly drove me up the wall, shots and three years of psychotherapy, I can tell you there's only one method that really works quickly and painlessly.

It's called falling in love. Unfortunately it is neither practical nor realistic to go through life in the throes of deep emotion.

Psychotherapy is neither quick nor painless but it works too. For most of us the cost is prohibitive and there's always the chance you might fall victim to the related malady — going off the deep end for your psychiatrist. This isn't too bad except that when he finally says you are cured and says goodbye the parting may send you back to food.

"Weight Watchers" has its good points. First of all it gives you a great deal of sensible food. Second, it attempts to re-educate your eating patterns. Finally, knowing that misery loves company, it seeks to help fellow dieters share stories of going astray calorie-wise.

All of us are encouraged by our lecturer, an ex-fatty, to open our hearts and minds.

Sometimes the revelations are more than I can bear. For example, there was the night the teenager, at the prodding of the

lecturer, tried to explain that instead of being able to report a weight loss, she had gained three pounds.

"What," intoned the lecturer sternly, "did you eat that was not on the program?"

Came the answer, very softly: "One lifesaver." I started rolling around on the floor, somewhat to the displeasure of our lecturer.

I am supposed to be sympathetic, not poking fun. What they don't know is that it sounds like one of my stories. I am laughing at the realization that there is more than one of me.

Fish is an integral part of the "Weight Watchers" program and it is on this particular point that my friend and I balk a little.

Sure we love lobster tail and shrimp and fresh clams (and swordfish before the mercury scare hit).

But how often can you afford it? Tuna has also been named in the mercury blight and thus we are left with such taste treats as canned clams, frozen perch and smelt.

On our way to a meeting the other night I attempted to cheer up my friend.

"I've a new way of fixing perch," I said. "Take tomato juice, minced onion and oregano and glop it on top of the perch which has been placed in a teflon pan. Then braise it."

"Braise it?"

"A fancy name for broiling," I said a little snappishly. "How does it sound?"

"Disgusting," she said.

COURIER RECIPES



The holidays are over, the fancy food is gone. The kitchen budget, like as not, is a shambles.

Re-enter, hamburgers, the home economist's best friends, spiked with barbecue sauce, and accompanied by creamy cole slaw, as follows:

Barbecued Hamburgers

- 1 1/2 pounds ground beef
- 2 tablespoons finely chopped onion
- 1/2 teaspoon salt
- 1 recipe Barbecue Sauce

Lightly mix beef, onion and salt with fork. Gently shape into 6 patties. Place patties on preheated broiler rack and brush with barbecue sauce. Broil 4 to 6 inches from source of heat about 5 minutes on one side, brushing occasionally with sauce. Turn and continue broil-

ing and brushing with sauce an additional 5 minutes or until desired doneness is reached. Serve with remaining barbecue sauce.

Barbecue Sauce: Cook 1/4 cup chopped celery in 1 tablespoon of oil over medium heat in a small saucepan until tender. Stir in 1 cup tomato ketchup, 1/4 cup dark corn syrup, 1 tablespoon Worcestershire sauce, 1 1/2 teaspoons mustard with horse radish, 1 teaspoon vinegar, 1/4 teaspoon each rosemary, thyme, oregano and savory. Reduce heat and cook slowly, uncovered, 10 minutes.

Cole Slaw: Mix 1/2 cup real mayonnaise, 1 tablespoon vinegar, 1/2 teaspoon sugar, 1/4 teaspoon salt and a dash of pepper in a mixing bowl. Toss with 1 quart finely shredded cabbage and 1/2 cup chopped green pepper until lightly coated.

Whither Women's Lib?

A Dame Plays the Dane

A most unconventional theatrical production will be presented at the Nazareth Arts Center on Friday and Saturday, Feb. 12 and 13 at 8:15 p.m. when Dame Judith Anderson stars in the title role of William Shakespeare's "Hamlet."

Shakespeare's melancholy Dane has brought fame and fortune to some of the foremost actors in theatrical history from Edwin Booth and Edwin Forrest to Richard Burton and John Gielgud. But, he has also been portrayed, believe it or not, by such great ladies of the stage as Sarah Bernhardt, Charlotte Cushman and Eleanora Duse.

The role of Claudius, King of

Denmark, will be played by Laurence Hugo, a Shakespearean veteran who is regularly seen as Mike Carr on TV's "Edge of Night," and starred on Broadway last season in "There's A Girl in My Soup."

The production is directed by William Ball, founder and director of San Francisco's prestigious American Conservatory Theater and winner of such directional accolades as the D'Annunzio, Outer Circle Critics and Obie Productions Awards.

The production is produced by Paul Gregory who first started theatre traditionalists a decade ago with his innovative shapings of "Don Juan in Hell," "John Brown's Body" and "Caine Mutiny Court Martial."



JUDITH ANDERSON

Mother Theresa Sets Up New Project

London — (RNS) — A simple residence in West London has been opened and blessed by John Cardinal Heenan, Archbishop of Westminster, as the first house in England of Mother Theresa, foundress of the Missionaries of Charity and "saint of the poor" of India's teeming Calcutta.

Mother Theresa, 60, flew from Calcutta for the opening ceremony, which was attended by Malcolm Muggeridge, internationally known writer and broadcaster, and Mrs. Anne Blaikie, chairman of the Inter-

national Co-Workers of Mother Theresa.

The Albanian-born nun, who later became an Indian citizen, was recently named by Pope Paul VI as the first recipient of a \$25,000 Pope John XXIII Peace Prize.

The latest foundation of the Missionaries of Charity is in Villiers Road, Southall, in London's west end. It is no different from the tens of thousands of homes which accommodate ordinary people all over London. But it brings an extra touch of humanity in a district

which has become an immigrant stronghold in recent years.

Plans for the house were discussed with Cardinal Heenan when Mother Theresa made a whirlwind 12-day tour of England and Wales in October and November.

The Missionaries of Charity, of which Mother Theresa is superior general, maintain 59 centers for the poor in Calcutta, plus more in other cities of India. The order also maintains homes in Ceylon, Tanzania, Jordan, Venezuela, Australia, and in Rome, Italy.

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