

All in the Family

Frankenstein And Oranges

By Sarah Child



Weight Watchers have a term which they use to describe a particular food against which they have little or no resistance.

If you are able to turn up your nose at any and every kind of nut and with the exception of cashews, the sight or smell of which turn you into a crazy man, then cashews are your Frankenstein.

For some people, chocolate-covered marshmallow cookies (yuk) are a Frankenstein. For others it may be pizza or chocolate almond ice cream or anchovies, for that matter, all of which are strictly forbidden on the program.

(Diet Workshop does not use the term Frankenstein, but it recognizes the monster for what it is and prepares its members to fight against it.)

Last week, after nearly three uneventful months in WW, I discovered my Frankenstein.

I gave a party and I followed rules of preparing foods that I myself did not find over-tempting. As added insurance I made mock sour cream (blend cottage cheese, beef bouillon and onion flakes to taste) and arranged celery and pepper strips in abundance around it.

Then I walked a friend—a former friend I should say. He carried five pounds of unsolicited cheesecake. One block was topped with raspberries. One with orange slices.

Towards midnight I began slicing and offering it to people not yet ready for coffee.

At one o'clock I continued

slicing, taking care not to let too much get on my finger.

At two o'clock I licked the knife, said good night to the last guests.

At breakfast I wrapped the remainder for my husband to take to his office. He wouldn't. It would mean forks, paper plates, etc.

At 10 I called the neighbors to say I was depositing cheesecake at their homes within half an hour. If I wasn't there in precisely 30 minutes, somebody was to call my fellow Weight Watcher and warn her to come rescue me.

At 10:05 a.m. I sliced a little off each portion divided for the neighbors and sat down.

It was, without hyperbole, the best cheesecake I have ever tasted. It did not taste awful as someone had warned me it might after going without sweets for three months. I did not feel guilty. I merely sat and enjoyed, enjoyed and remembered vaguely that somebody had said the recipe had come from a restaurant in New York frequented by Jackie Onassis.

I did not feel guilty until the next meeting when everybody laughed at my story.

Oh, yes, did I forget to mention that said friend is so thin he comes under the category known as "painfully"?

Next time I have a party I will tell him that if he can not come emptyhanded, not to come at all.

Compassion, man!

ST. LEO CITY LIMIT



Sister Mayor

Sister Lucy Faciana leads a dual life. She is dean of women at St. Leo College in central Florida and also has the unique distinction of being the mayor of St. Leo, the municipality in which the Catholic college is located. Her duties are divided equally between directing the civic affairs of the community and administering to the needs of the 1,300 students at the school. As mayor, Sister Lucy is the only woman serving in an all-male cast of four councilmen, chief of police, fire marshal, tax assessor, town attorney and town judge. She was elected mayor in January 1970 after serving on the town commission for five years. (RNS)

CWC Schedules Benefit Ball

The Catholic Women's Club will sponsor its first scholarship ball on Saturday, Feb. 27 at Ridgmont Golf Club. Dancing will be from nine until one, to the music of Len Hawley's orchestra.

Each year the club gives scholarship aid to several girls in Catholic high schools. The ball is planned as an annual fund-raiser. Mrs. Frederick Blum and Mrs. Arthur Collins are cochairmen. The ticket committee is headed by Mrs. Frederick Brown, Jr.

Rochester Missioner Returns to Philippines

Father Raymond Quetchenbach went back to the Philippines this week with 40 cartons of books for his school and memories of a few months serving the people of Holy Cross parish in his native city, Rochester.

The Divine Word Missionary is the son of Mr. and Mrs. Albert J. Quetchenbach of Rochester, and serves as dean of the graduate school of Divine Word University in Tacloban.

The place is famous as the site of Gen. Douglas MacArthur's first footprints on Philippine soil.

Father Quetchenbach also serves as chaplain of the local elementary school, teaches theology in the college and is editor of Leyte Samar Studies, a cultural journal of the Waray language, the chief tongue in Tacloban.

While in Rochester, Father (who is also a doctor, Ph.D. variety) studied Research, Methods and Statistics at the University of Rochester. He also made an unsuccessful attempt to obtain a video machine for his school. His hope was to



FR. QUETCHENBACH

create a library of teaching techniques on video tape.

Father revealed in an off-moment that he is known as "Hamus-New Yorkus" among the university set in the Philippines. He took the role of the Lord High Executioner in a production, last year, of Gilbert and Sullivan's "Mikado". After the performance the cast presented him with a "best actor" trophy: a ham.

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COURIER / RECIPES

The cheesecake referred to by Sarah Child was made according to the following recipe:

- 2 lbs. cream cheese, softened
- 4 cups sugar
- 1 whole lemon (grate the rind and squeeze out the juice.)
- 1 tsp vanilla
- 2 whole eggs

Pre-heat the oven to 325 degrees. Butter an 8x4x2 1/4 inch baking pan and lay in a good coat of graham cracker crumbs on bottom and sides.

Beat together until very smooth the cream cheese, sugar,

lemon rind, lemon juice, vanilla and eggs.

Pour the batter into the baking pan and set the baking pan in a larger pan, making sure none of the sides touch. Pour boiling water into the larger pan to a depth of about half an inch.

Bake for two hours. Turn off oven and leave the cake there for another hour.

Remove the pan from its water bath and let cool outside the oven for an additional hour. Invert cake on a platter and chill. Top with berries, fruit slices, etc.

Fabrics From Modern Eire

"Irish Awakening," an exhibition of contemporary fabrics based on traditional Irish and Celtic themes, will be on view at Memorial Art Gallery through Mar. 7. The collection is the work of the American fabric designer Jack Lenor Larsen.

The fabrics were designed for production on Irish looms. Larsen undertook the project at the invitation of the Irish Export Board.

Inspired by the roots of Irish heritage, he makes woven reference to the carvings of inter-

lacing spirals found on Bronze Age tombs, medieval round towers, Celtic cross monuments, and manuscript illuminations, and the Georgian forms of 18th century Dublin.

Textures range from nubby tweeds and fluffy fleeces to unexpectedly satin smooth worsteds, and colors go from flaxen neutrals and murky, boggy greens and browns to powdery-between-the-eyes red-pink-purples.

The collection is mostly upholstery materials with some drapery and other furnishings fabrics added.

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