

Hints for HOMEMAKERS

BRIGHTEN MEALTIME WITH A GREEK DINNER

Bacardi Marinated Shish Kebab won't be Greek to you if you follow this simple recipe. Rum adds a special flavor to the accompanying mint marinade. Parthenon Rum Cake is a family recipe, handed down for generations, tastefully accompanied by a "rumderful" Mykonos Shake. Decorate your table with posters of the Parthenon or other points of interest. Then, have the family do some reading about Greece so each person can contribute an interesting fact no one else will know.

BACARDI MARINATED SHISH KEBAB

- 2 pounds of lamb, cut into 1-inch cubes
- 4 medium onions, halved and partially cooked
- 1 large green pepper, cut in 12 squares
- 16 cherry tomatoes
- 1 can (10-1/2 ounces) condensed chicken broth
- 1/2 cup Bacardi dark rum (80 proof)
- 2 tablespoons olive oil
- 1 tablespoon dried, crushed mint leaves
- 1 large clove garlic, minced
- Hot cooked rice

In shallow baking dish, arrange meat and vegetables. In saucepan, combine remaining ingredients, except rice. Heat to boiling. Pour over meat and vegetables, turning to coat all. Cover and let marinate at least 1 hour. Mixture may be refrigerated overnight. To cook, arrange meat on 2 skewers and vegetables on 2 other skewers. Broil meat kebabs on broiler rack in pan about 4 inches from heat for 10 minutes. Turn and add vegetable kebabs. Cook 10 minutes longer, turning kebabs occasionally and brushing frequently with marinade. Serve over hot cooked rice. Makes 4 servings.



PARTHENON RUM CAKE

- 3 cups water
- 2 cups sugar
- 1 stick cinnamon
- 1 slice lemon
- 1/4 cup Bacardi dark rum (80 proof)
- 1 cup butter or margarine, melted
- 1 cup sugar
- 6 eggs
- 1 cup unsifted flour
- 1 cup farina
- 1 tablespoon baking powder
- 1 tablespoon grated orange peel
- 1 teaspoon ground cinnamon
- 1 cup finely chopped walnuts or pistachios

Make syrup by combining water, sugar, cinnamon stick, and lemon in saucepan. Bring to boil and boil for 10 minutes. Remove from heat and stir in rum. Set aside to cool. In large mixer bowl, cream butter and sugar until light and fluffy. Add eggs, beating

well after each addition. Add flour, farina, baking powder, orange peel and cinnamon. Beat well. Stir in nuts. Spread batter into greased 13x9x2-inch baking pan. Bake at 350° F. for 30 minutes or until cake tests done. Pour cooled syrup over hot cake. Cool and cut into diamond shapes. Makes 8 servings.

MYKONOS SHAKE

- 1 cup Bacardi dark rum (80 proof)
- 2 eggs
- 1 tablespoon sugar
- 4 dashes Angostura bitters
- 2 cups finely crushed ice
- 1/8 teaspoon ground nutmeg
- Ground nutmeg
- Orange slices

Makes 4 servings.

In blender container, combine rum, eggs, sugar, bitters, ice and nutmeg. Blend until smooth and frothy. Pour into chilled cocktail glasses. If desired, garnish with nutmeg and an orange slice.

THE HYDROFOIL

"A boat that flies through the water on wings" describes the hydrofoil boat. The wings of this boat are known as foils, or hydrofoils ("water wings") because of their resemblance to the airfoils ("air wings") of an airplane. The wings of a hydrofoil craft are attached to struts which extend downward from the hull. There are two sets of foils. One set is located forward of the boat's center of gravity; the other is near the stern.

When traveling at slow or moderate speeds, this boat operates like a conventional boat, with its hull partly immersed in the water. As it picks up speed, water is deflected from the upper surfaces of the foils, just as air is deflected from the upper surface of an airplane wing.

The water pressure on the top foil surfaces decreases and this lessened pressure creates lift. As more and more lift is produced, the prow emerges from the water. Then, the entire hull rises clear of the surface; it becomes "foil borne." In some types of hydrofoil craft, the foils remain fully submerged at all times; in others, they are only partly submerged when the boat is "flying". When speed slackens, the pressure on the upper wings increases and the lift is diminished.

Hydrofoils are now being used to carry passengers on a number of the world's waterways in Europe and Asia. This writer had the pleasure of a very smooth ride from Hong Kong to Macao.

It is quite likely that

hydrofoil naval craft of destroyer size will be developed in time. Such vessels would be able to put a highly mechanized unit ashore on an unprepared beach, perhaps in enemy territory.

There is one known hydrofoil called the "Albatross" (34 feet, 24 passengers) which travels on a commercial basis between Port Washington, Long Island, New York to East 25th Street, Manhattan. Hydrofoils would also make ideal boats for harbor police and customs service.

(Preparation of this article was made possible by a grant from NSF. The views of this article are those of the author and do not necessarily represent those of NSF.)

Health-Wise

TIRED MUSCLES—LET THEM REST!

Allan R. Magie, Ph.D., M.P.H.

Muscles. Strung on the body's bony framework, they make movement possible. Bulging under tanned skin, they give a he-man impression. Like the mouse—muscle comes from the Latin word meaning little mouse—a muscle has a "body" of cells which alternately shorten and lengthen and a tendon for a "tail." The tendon attaches the muscle to a bone.

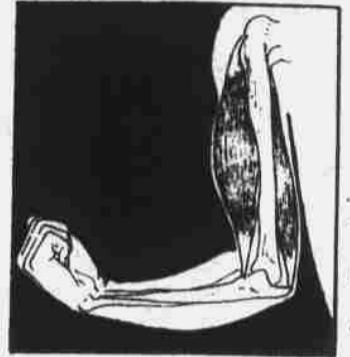
If given proper food and care, muscles will serve you faithfully. Mistreated, they'll let you suffer along with them.

Sore muscles are a common complaint. Eight to 24 hours after a little-used muscle is exercised, it will usually begin to hurt when it's moved. Time is the only treatment for muscle soreness. To be wise, exercise at a slower pace on days when your muscles ache.

Pulled muscles result when muscles are stretched more than they should be. A sharp pain is felt as the muscle fibers are torn. Of the body's 500 muscles, only about 25 are commonly injured in this way. As a general rule, the more severe the pain, the more the damage to the muscles. And whatever the damage, more exercise will only irritate the pull.

Pulls usually occur when a muscle is exercised too hard at a time when it's not ready for such activity. This usually happens for a number of reasons:

1. Lack of a warmup period. Without this your muscles are stiff and tight. Allow at least ten minutes of warmup



before engaging in any strenuous activity.

2. Poor training methods. As you build up muscle strength and endurance you should gradually increase the speed, load and stress.

3. Lack of flexibility. Hard exercise can cause some injury. As muscles heal they shorten and become tighter.

4. Overuse. Hard exercise before muscles have had a chance to heal often causes injuries.

5. Accidental injuries. This may be as simple as tripping on a step or hitting the muscle.

6. Poor nutrition. Muscles need an adequate supply of minerals such as magnesium, potassium and sodium. Starved muscles injure more easily.

7. Unbalanced muscles. Muscles work in pairs. A muscle moving a bone in one direction has a partner which moves it in the opposite direction. When one is much stronger than the other, it can stretch its partner.

8. An inadequate exercise program. Regular use of the muscles enlarges and strengthens them, making them less susceptible to injury.

© by the Health Department, General Conference of the Seventh-day Adventist Church, as a community service.

YES Gets Gold For "Drama" As Tour Concludes

Atlantic recording group Yes recently wrapped up its two-month solo North American tour with a show at the Nassau Coliseum on Long Island. Atlantic took the opportunity to present the band with gold record plaques for its current hit album, "DRAMA"—signifying U.S. sales in excess of 500,000 units. "DRAMA," Yes' twelfth album, has been a national best-seller since its

release in late August.

Yes' North American tour marked the debut live appearances with the group of new members Trevor Horn and Geoff Downes, joining long-standing Yesmen Steve Howe, Chris Squire and Alan White. "DRAMA" is the first Yes LP with the new band line-up; and all of the music on the album was written, produced and arranged by Yes.

They call it "The Overnight Wonder" for constipation.

Are you uncomfortable with your laxative? Then meet the little white pill they call "The Overnight Wonder." Just one pill at bedtime safely, surely stimulates your system's own natural rhythm. Overnight. So in the morning, you're back on the bright side. Comfortably! It's a good feeling.

What is "The Overnight Wonder"? Ex-Lax® Pills. That's right—pills from Ex-Lax. Look for the white box.

Use only as directed.

