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★ HEDY'S CORNER

"ONCE UPON A TIME"

Recently I re-discovered my mother's cookery book, published in 1901. Browsing through it becomes a mixture of gentle nostalgia for the days past and of amusement. The place of honour in this series "Once upon a time" is a diet for *skinny* people. Being one of these I hitherto searched in vain; women's pages only abound with reducing diets. And so here is the fattening diet:—

"First 4 days: Drink 60 gr milk (1/3rd cup) every 2 hours, increase this amount until the amount is up to 3 litres after the 4th day. 5th day: At 7.30 a.m. $\frac{1}{2}$ litre milk; 10 a.m. $\frac{1}{2}$ litre milk; 12.30 p.m., plate of soup with egg, 50 gr fried meat, mashed potatoes, vegetables, stewed fruit; 3.30 p.m. $\frac{1}{2}$ litre milk; 5.30 p.m. $\frac{1}{2}$ litre milk; 8 p.m., $\frac{1}{2}$ litre milk, 50 gr white bread and butter. 6th day: As on 5th day but add 2 toasts. 7th and 8th day: Gradual increase of previous quantities. 9th day: 7.30 a.m. $\frac{1}{2}$ litre milk and 2 toasts; 8.30 a.m., Coffee with cream and white bread with butter; 10.30 a.m., $\frac{1}{2}$ litre milk and 2 toasts; noon, $\frac{1}{2}$ litre milk; 1 p.m., one plate soup with egg, 100 gr meat, mashed potatoes, stewed fruit; 3.30 p.m., $\frac{1}{2}$ litre milk; 5.30 p.m., $\frac{1}{2}$ litre milk with 2 toasts; 8 p.m., $\frac{1}{2}$ litre milk, 50 gr meat, white bread and butter; 9.30 p.m., $\frac{1}{2}$ litre milk and 2 toasts. On the following days the diet remains the same but meat quantity gradually increases and a sweet, which includes flour, is added as well. The duration of the diet is between 4 to 6 weeks. During this time bed rest is essential as well as twice daily massage."

Try as I would I could not discover a reducing diet, only the kinds which are prescribed for religious reasons. Animal meats are prohibited but delectable recipes abound with fish, oysters, crayfish, frog legs, beaver tails, shellfish, snails and otter.

Quaint reading, isn't it? Next time amongst other goodies: the most fabulous pineapple recipe ever read!

Recipes from: "Grosses Illustriertes Kochbuch" edited by Mathilde Erhardt.

HOW A BERNESE VILLAGE ENTERED HISTORY

By John Trevor

Zimmerwald is a pleasant little village in the lush, green farming country south of the Swiss federal capital, Berne. Its name would probably be unknown to non-Swiss but for the fact that in 1915 an important and secret socialist conference was held there—much to the later annoyance of the local people. The conference revealed a split between "evolutionaries" and the "revolutionaries" led by Lenin, who was then living in Swiss exile.