

# Hints for Homemakers

by SONORA REID

## PREPARING MENUS FOR THE SICK

Since correct diet often is as necessary as medical care in restoring health after illness, the feeding of the convalescent may be the most important part of his care. Your doctor will outline the general type of diet which the sick person should receive.

Some illnesses require more food than a normal diet if the patient is to rebuild his body. Others require less food than normal to give the body organs a rest. After the doctor has prescribed the kind and amount of food, it is necessary that the meals be planned to contain a variety of foods to insure a balanced and tempting diet. Since loss of appetite is common in sickness, the menu should be made as acceptable as possible. Sick persons especially should not be forced to eat foods they dislike. Although menus must be built from the prescribed diet list, dishes which the patient likes may be chosen. The patient should not be asked what he prefers since his choice may not be approved by the doctor. A special effort to interest the convalescent in eating is important.



Sondra Reid

Foods for the sick should be easy to digest. Since inactivity slows down digestive processes, digestive disturbances may accompany illness. A special diet is one planned by the doctor as a part of the treatment. After operations, acute illnesses, fevers, and body conditions such as irritation of intestines and constipation, special diets may be prescribed. Cleanliness for all work with foods is of special importance as usual. Persons recuperating from illness are more susceptible to bacteria than healthy persons. Anything which might carry harmful bacteria to them must be carefully protected. The clothes and hands of anyone working with food must be very clean, and all utensils and dishes must be properly handled to prevent contamination of food. The doctor may order the patient's dishes to be sterilized after each meal to protect the family or to make sure that colds or other contagions do not pass from the family to the patient. Keeping dishes completely separated may be recommended. Paper plates, cups, and napkins may be used and should be burned at once after using. Use the same care in cooking and serving

food to the convalescent that you would use in preparing food for infants. Foods to be served to patients must be appropriate to the diet, appetizing, and cooked so as to retain their nutrients.

# Fashions & Social Events

## 'Porgy and Bess'

### Warfield and Veronica Tyler in Title Roles

A SONG in "Porgy and Bess" proclaims that "A Woman Is A Sometime Thing." Not so with the George and Ira Gershwin-DuBose Heyward folk opera, which, indeed, is an all-time thing, a work is an art of enduring quality.

Wednesday night, the New York City Center Light Opera Company offered it as its second production of the spring season. And for the second time in several seasons, Catfish Row came throbbing back to life on the huge stage of the playhouse on West 55th Street.

As the famous byway stirred itself at dawn, greeted by the sweet and melancholy "Summertime" sung sensitively by Marie Young, there were the vendors, the craps shooters and the women swishing brooms.

The production of "Porgy and Bess" maintains the company's high artistic standards. William Warfield, who first sang the role of Porgy in the successful State Department tour of 1963 and who had last appeared in it at the City Center in 1961, is playing the crippled admirer of Bess again. The robust actor sings effectively, with authority and feeling. Mr. Warfield starts slowly, but before long he has caught the passion and breadth of the role. His duet with Veronica Tyler in the moving "Bess, You Is My Woman Now" is most effective. His rendition of "I Got Plenty of Nuttin'" also is memorable.

Miss Tyler does not entirely succeed in bringing variety to the role of the volatile Bess. But she has an excellent soprano voice and puts it to good use. Almost the

same thing might be said of Robert Guillaume's acting of Sportin' Life, the fast-talking, high-living con man who sweet-talks Bess into running away with him to New York. He lacks the reptilian quality that Avon Long brought to the part, but he has a finer singing voice.

If the production lacks good ensemble acting, it makes up for it with some nice big voices. Include among these that of Gwendolyn Walters, who sings the role of Serena. She stopped the show with "My Man's Gone Now." Her voice is powerful and she sings with sonority and impact. There is also some excellent ensemble singing in the rendition of "It Ain't Necessarily So," "Leavin' fo' de Promis' Lan'," "Oh de Lawd Shake de Heaven," and "Oh, Doctor Jesus," among others.

John Fearnley had staged "Porgy and Bess" with proper consideration and respect for the many moods and details of classic entertainment. The settings by Stephen O. Saxe faithfully capture Catfish Row. The costumes by Stanley Simmons and the lighting by Nan Porcher are felicitous. Julius Rudel, as musical director, is energetically immersed in his work.

Incidentally, "Porgy and Bess" has about a half dozen white performers in Negro roles. As Jean Dalrymple, director of the company, explained: "We cast on the basis of voices, not blood tests." None of the white singers, however, have leading roles. They take roles of residents in Charleston's Catfish Row. They use a color make-up known in the trade as "Texas-dirt." "There were plenty of mulattoes and octoroons on Catfish Row," Miss Dalrymple remarked.

## Fashion Corner

### FOOTWEAR GLANCE

With the focus this spring and summer on the soft, feminine fashions, the Shoe Fashion Service of Leather Industries of America reports that the new leather shoes also will take to the light, airy and pretty-as-a-picture look.

We will be viewing any number of designs and one that will prove an eye-catcher is the opened-up effect of closed-toe open-back or openside shoes. Among the popular variations on the open effect will be large portholes on the sides or vamp, slim sling-back straps or large vents.

Holding a few surprises this season will be the toes and heels. The crescent toes will be seen on daytime and evening leather shoes, the "snipped square" toes on cocktail and suit shoes and the new rounded toes chiefly on casual and walking shoes. However, there's no hard and fast rule because the various toe shapes do appear at all hours of the day or night. This year's heel trend is somewhat lower, except for the more formal occasions and costumes.

Shoe designers have gone all out to lighten shoes without cutting away large pieces. One way is the woven leathers, perforations embroidered designs on the vamp and toe.

Even the big girls are taking to the little girls' styles this year in many varieties of strap shoes. These styles run on the simple strap shoe, including asymmetric straps, straps that connect at all points of the shoe and wide straps.

For the casual gal there is much footwear to choose from led by moccasin flats and moccasin-front walking shoes. Brushed leather flats and boot-shoes also will be favorites.

Colors have gone wild from raspberries, greens, warm blues to a wide variety of neutrals. Also seen this season, joining bone and white among the dressy neutrals is oatmeal, cane sage green. Look for these same colors among the new translucent patent leathers. Needless to say, black patent leather pumps will walk in splendor on every avenue, day or night, in any number of styles. Look for an array of other colored leathers to be featured with the black patents.

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