

# Let's Try Something New for '67

BY FAITH GILLESPIE  
Queen of Hearts

To some people, I understand, January is a fresh start, another beginning, the opening of expectations for a year as new as a crisp head of lettuce. They face the flickering future with the strength that comes from debts paid, resolutions made, the house in order, and the oil changed.

Such sturdy folk close up the old year and pack it away with the Christmas tree balls, fondly but firmly, finished.

These are persons with stronger character than I can muster.

My year never starts absolutely clean. I find myself every January with the past year's residue heaped around me like leftover Brussel sprouts. My dislike of leftovers is a matter of principle, but there they always are.

There are last year's bills, and last year's buttons to sew on, and last year's letters to answer. There are stacks of old magazines and stacks of old ironing.

I'm not hopelessly discouraged, however. In spite of the Brussel sprouts that surround me, I believe that the old self can be given a new spirit, at least from time to time. Let's get into this thing together.

Try these ideas for starters: Get a hair cut. Make or buy a new nightgown, ruffled. See an art exhibit. Take a nap. Stop smoking (again) or biting fingernails. Get a new broom. Have a hot fudge sundae with nuts. Let the children finger paint. Sew on the buttons. Read a mystery.

Want something more vigorous? Rearrange the living room furniture. Visit someone who's lonely. Do sit-ups. Join a choir. Write to your mother-in-law. Buy a new girdle. Return the books you've borrowed. Call up an old friend on her birthday. Press your husband's pants. Buy a hair-piece. Bake bread.

Ready for a deeper commitment? Take a night class — try China painting or data processing. Be a den mother. Make soup for a sick neighbor, or keep her kids tomorrow. Give up hot fudge sundae. Read a non-fiction best-seller, maybe "All No Man". Find a new friend. Donate blood. Learn to tolerate something that has been intolerable, like Picasso or puppies who turn left without signaling. Write a book. Have a baby.

Too drastic? Well then, buy a new hush — try rhymes (pronounced "time"), the symbol for courage. Learn to cook a new dish. Invite someone to dinner, and serve Carbonades a la Flamande, which is a fancy name for beef in beer.

CARBONADES a la FLAMANDE:

Cut 2 pounds beef chuck or round into 1-inch cubes. Dredge in mixture of 1/2 cup flour, 1 teaspoon salt, and 1/4 teaspoon fresh-ground pepper.

Heat in large skillet 1/4 cup cooking oil. Add 6 medium onions, sliced or chopped, and 1 or 2 minced garlic cloves. Cook till tender and remove from pan.

Brown beef quickly in the pan, adding more oil if necessary. Return the onions and add 1 tablespoon dark brown sugar, 2 tablespoons red wine vinegar, 1 tablespoon chopped parsley, 1 bay leaf, 1/4 teaspoon ground thyme, and a 12-ounce can of beer. Bring to a boil, cover, and bake in 325 degree oven for 1 1/2 to 2 hours, till tender. If liquid simmers down too far, add half a cup of beef bouillon to keep the pot from drying out. Serve hot with boiled potatoes, 6 servings.

There probably won't be any left over; any how leftover beef isn't a bad problem.

Indeed, there are some things left over from last year that I'm happy to keep: my husband, for instance, and the children. I need my good friends and old favorite books. I'd love to keep the Christmas tree. I might even learn to tolerate leftover Brussel sprouts, as long as they aren't moldy.



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