

Dance 76 opens tonight

# Full schedule planned for campus dramatics

Interested in seeing some theatre on campus this term?

Although in the midst of renovation to its theatre facility, the University of Oregon (UO) will still manage to produce five shows between April and June, 1976.

Hang on friends, here we go.

In cooperation with the UO Dance Department, UT will produce DANCE 76 on the Main Stage of the Robinson Theatre. It opens April 1 and runs April 2, 3, 8, 9, 10 with matinees on April 3rd and 10th. (See related articles

elsewhere in this section).

The second production, which evolved out of a graduate seminar in Strindberg, will be *Dance of Death*, directed by Stephen Vogler, a member of the seminar. It will appear in the Arena Theatre on April 22, 24, 29, 30 and May 1.

A particular feature of this production will be to extend its educational possibilities. Several graduate students from the Strindberg seminar have offered to meet with clubs, groups and organizations to deliver a short talk on the author and his works. Those interested should contact

Mary Pack, 686-4191.

The third production will be an up-dated version of Oliver Goldsmith's classic, *She Stoops to Conquer*. Directed by MA candidate Jim Bartruff, who won critical acclaim for his appearance in Albee's *Tiny Alice*, the play will be produced in the Pocket Playhouse May 12, 13, 14, 15 at 8 p.m.

*The World of Carl Sandburg* is next. It will play in the Arena Theatre on May 20-23 and 27-29. The show, directed by Dr. Thomas Gressler, Director of the University Theatre, has received a grant from the University Bicentennial Committee to take it to the people of Oregon. The troupe will tour between May 3 and 19 with as many performances as possible within class schedules of the cast, and within a 100-mile radius of the University.

Outside bookings at present are May 3, 5, 7, and 10. Any other date between the 3rd and the 19th is, at this writing, still available. Interested organizations should contact UT Business Manager Mary Pack soon to arrange performance dates. If you live in a small town in the area with little access to live theatre, you may want to pick up on this.

Running concurrently with Sandburg is *Prism*, an experimental work by Dr. Jean Cutler, who also directs. This production

will use a wide variety of performing, circus, dance and visual talents in an effort "to reveal various constructs of reality." Performances in the EMU Ballroom will be at 8 p.m., May 21-23, with a matinee on the 22nd at 2:30 p.m. The Sunday performance on the 23rd will also be at 2:30 p.m.

Information and tickets for all of these productions are available by calling 686-4191 between 12 and 5 daily, Monday through Friday.



By B.J. Geiser

First came steam baths, then steam heat, and finally steam cooked foods. Steaming vegetables, poultry, and seafoods maintains flavor, color and texture, along with valuable nutrients.

Steaming is just one technique of cooking foods — vegetables in particular. Julia Child advocates an involved blanching technique. Blanching requires 7-8 quarts of boiling water to 1-2 pounds of vegetables. Timing and a cold water bath to arrest the cooking process ends the process. Child's main concern is flavor, color and texture, but not necessarily nutrition.

Steaming and blanching do share one important vegetable cooking philosophy — it is better to undercook than overcook. For instance, allowing vegetables to become waterlogged destroys vitamins B and C. A majority of nutrients are water soluble, rolling out of vegetables along with the boil.

A steamer basket is an easy, versatile, economical kitchen utensil. It has a metal base with folding "petals" adjusting to any size pan. Most stores carry a \$2.50 model.

Steamers work in conjunction with a tight fitting pan and lid. Easy to use, simply place the steamer in a pan filled with an inch of water, slowly bring to boil, cover, and allow cooking time to pass without peeking.

Try this idea with a steamer:

1. Slice two medium zucchini and place in steamer.
2. Add six small mushrooms.
3. Slice one half medium onion in rings and place in steamer.

Steam 5-7 minutes. Sprinkle veggies with grated parmesan cheese and dot with butter.

Makes one hearty vegetarian entree or two vegetable accompaniments.

Save the remaining water for sauces, soups or pour over cooked vegetables to insure utilizing all the nutrients.

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