

Coffee perks up day, tips make it taste better

The United States consumes the most coffee of any country in the world. Each day Americans down 440 million cups of coffee in what might be termed the eternal coffee break.

Coffee is not native to America but is thought to have been discovered in the middle of the 9th century in Ethiopia. This discovery was by a legendary goat herder who saw his goats acting particularly frisky after grazing on certain berries. He ate the berries and felt a sense of exhilaration himself.

Coffee spread throughout the world and at the end of the sixteenth century was condemned by the Roman Catholic Church as the wine of Islam, an infidel drink. After Pope Clement VII tasted coffee, he decided it was too delicious to let the heathen have to themselves and declared it a Christian drink.

Coffee houses popular

Coffee houses became popular in Europe. Johann Sebastian Bach wrote "Coffee Cantata", which expressed the feelings of women whose husbands neglected them to drink coffee with the boys. German women solved this problem by developing the Kaffeeklatsch.

Coffee received a boost in the United States by prohibition in 1919.

Coffee is composed of tannins, caffeine, caffeo, caramelized sugar and carbon dioxide. It has little food value unless sugar or milk is added, but the caffeine is stimulating to muscular and mental

activity. Excessive amounts of caffeine and tannin may be irritating to the digestive tract.

There are a few things to remember to make delicious coffee every time. Once a container of coffee is opened and exposed to the air loss of carbon dioxide and caffeo, it loses flavor. It is best to store coffee in a tightly covered metal or glass container. Storing coffee in the refrigerator will reduce these

coffee. First the pot is heated (rinse with hot water) and boiling water is poured over finely ground coffee held in a sieve usually lined with filter paper.

In another type, the vacuum pot, water is poured into the lower bowl and is heated. The steam rises and water is forced into the upper portion where it mixes with the coffee. When the pot is removed from heat, a vacuum is formed and draws the coffee to the lower bowl. Vacuum coffee makers are generally made of Pyrex or stainless steel.

Eighty per cent of coffee drunk in America is made in percolators. Some think this is the reason Americans are considered the leading coffee drinkers but not the leading coffee makers.

General guidelines

People will probably never agree on how strong a cup of coffee should be, exactly how to make it, or what brand of coffee to use. However, here are some general guidelines that should insure a good cup of coffee:

- start with a clean coffee maker.
- keep coffee covered tightly and always use fresh coffee.
- use freshly drawn cold water. Never begin with hot water, it changes the percolating time.
- serve steaming hot coffee as soon as possible. If coffee must stand for any length of time remove grounds and hold coffee at serving temperature over low heat. Do not boil.

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losses somewhat. Coffee should be bought in small quantities, perhaps a week's supply at a time.

Bitter substance

Tannins are a bitter substance which make up part of the characteristic flavor of coffee. As the hot water nears the boiling point, the tannins dissolve more easily in the solution and other flavor substances are driven off as volatile gases. Therefore, if coffee is boiled, only the bitter taste of the tannins remain.

There are a number of coffee makers on the market, but to coffee connoisseurs the drip or filter pot is the only kind. Drip coffee is prepared with a very short contact time between the water and the

Dance performance 'expressing mystery of people' Friday night

By Susan Edwards

Unlike contemporary dancers who attempt to express the mystery of falling leaves, the moon of "pure" movement, Daniel Nagrin says that his dances express the mystery of people.

The acclaimed dancer is in residence this week at the UNL Physical Education Department giving master classes in modern dance, improvisational choreography and special techniques in dance, acting and mime.

Friday, at 8 p.m. in Kimball Recital Hall, Nagrin will dance with the university's Dance Ensemble. The Ensemble, according to Marie Sanwick, assistant professor of physical education, is a group of skilled students who will form a nucleus for a student dance company next year.

In addition to Nagrin's solo pieces, the Dance Ensemble will perform a dance which Nagrin has choreographed this week specifically for them. The dance then will become a permanent part of the Ensemble's repertoire.

Contradictions intriguing

Nagrin said that people—"the spine of his interest"—are intriguing in their contradictions. People's actions are confusing and often destructive to themselves and others, he said.

He said the difficulties of expressing human actions and emotions are increased by the process of art, which he said is itself a mystery.

In a lecture-demonstration for Nebraska Education Television Network, Nagrin said that he explores the definition of art—"Are we supposed to understand it or is it supposed to be a mystery?"

The artist, he said, speaks another language, whether it is dance or music or painting, and cannot explain what he or she is doing.

"Once the dance is over, what I initially

thought about it is the least important thing," he said. People experience the dance and then shouldn't worry about not "understanding it."

Broadway show dancing

Nagrin has toured with his solo dance program and classes since 1958 after 10 years of Broadway show dancing. In addition to leads in *Annie Get Your Gun* and *Lend an Ear*, he received the Donnaldson award as Best Male Dancer of the Year for *Plain and Fancy*.

When he started touring, Nagrin said that dancing students were very inhibited and "goody gumdrops." It was enough, he said, to put on the tights and leotards—"a radical garment, close to nudity."

"People had a fear and loathing of their body," he said, "scolding it, keeping it morally and physically clean to an extreme and hiding it."

Growing dance interest

Now people are beginning to be excited, not ashamed, of their bodies, Nagrin said, which is reflected in the growing interest in dance.

Nagrin is known for his application of the Stanislavski acting techniques to dance. The method, he said, necessitates a clear focus of who one is supposed to be before acting on that basis.

Although virtuosity can cover the corny actor who simply assumes the theatrical gestures and techniques of emotion, Nagrin said, the Stanislavski actor experiences the genuine emotions.

By relating to another human being, giving to and caring for that person—performing the actions, he said, one eventually feels the emotion.

"Technique and morality," he said, "are strands of the same rope" whether in dancing or acting or living.

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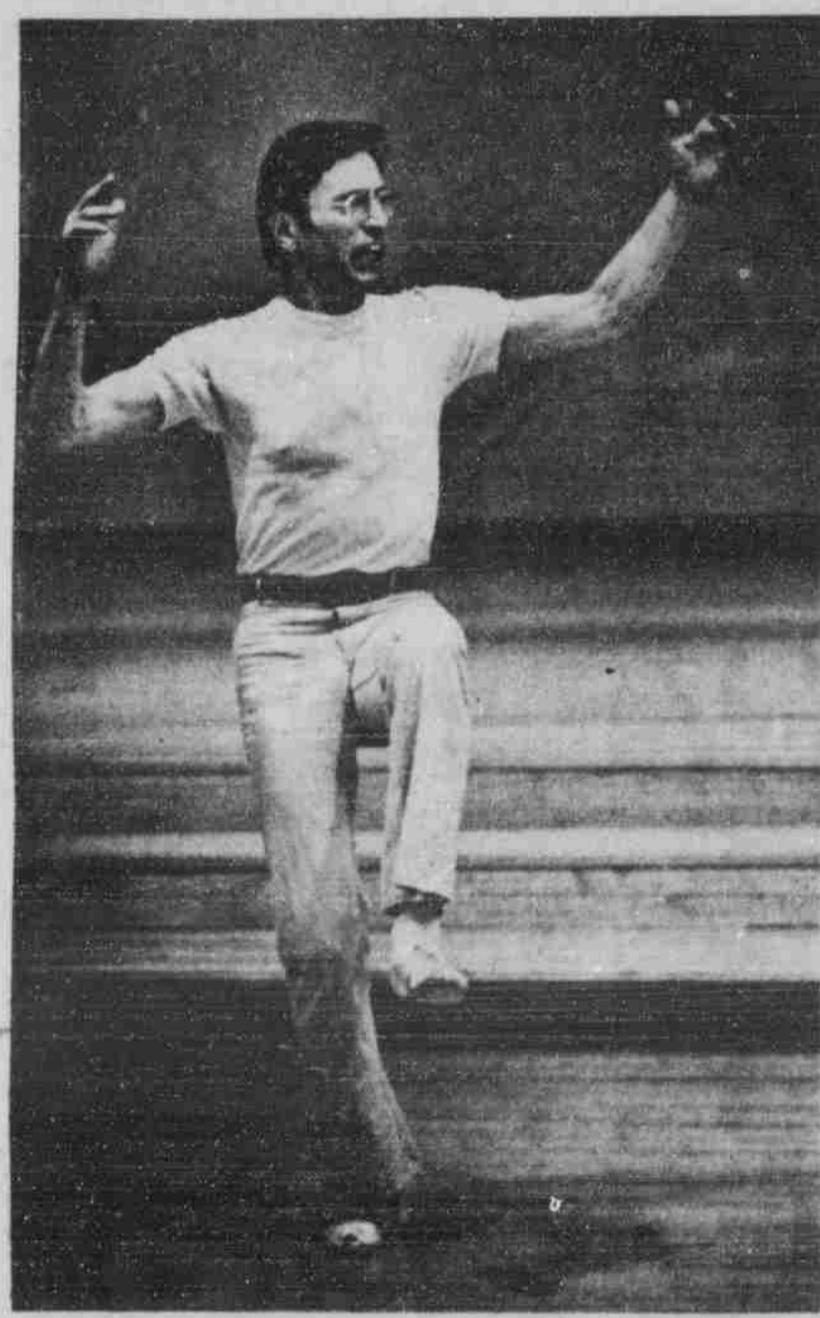


Photo by Steve Boerner

Daniel Nagrin, modern dancer in residence at the UNL Physical Education Department.

guest solo dancer with the university of nebraska dance ensemble

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