

Father's Day

Technology gives dad more time at home

It's always "nice to have a man around the house," as the song says.

But, it's even nicer to have a dad around the house, especially today's variety of dads, who are involved in everything that goes on with the children, the house and the community.

It's been happening for years — dad's reinvolvement with the day-to-day management of the house and family. It's almost a "social reversal" — a look backward to the mid-18th century and the Industrial Revolution that took father away from the home environment when they went to work in a factory or office for the first time in history.

In the 200 years that followed the 1750s dad, who once guided and reared the children while mother was busy with domestic concerns, left for work in the morning and came home at night. By that time, the children had been disciplined, tutored and scrubbed up, and were now ready to receive the ethical and moral leadership that was still the father's province.

But, in the past 40 years, things have changed dramatically. World War II, with its demand for "womanpower" to replace "manpower" in plants and factories and in offices, changed the domestic environment rapidly.

Mothers, who had been content to be good homemakers, began to seek fulfillment of other dreams. They returned to the work force en masse.

Today, about 70 per cent of all mothers with children under five work outside the home. And that trend is likely to continue.

It now takes two wage earners to make the dreams of the

Steak dish a sure hit with dad

When it comes to good taste, a juicy slice of steak, broiled rare, medium or well done, has no equal. If you don't believe it, ask your dad.

So, it follows, that Sliced Marinated Steak has been selected again, by popular demand, to be served at the 54th Annual Father of the Year Awards Luncheon by the National Father's Day Committee.

Good, lean beef, high in protein and iron and very low in fat, has been a first choice food throughout recorded history and even before.

Man has progressed from cuts off the flanks of dinosaur through mammoths to bison and now very carefully bred-for-taste cuts of top round.

As the trend toward lighter, leaner diets continues, there is little that better gives the satisfaction of a hearty meal than a slice of beef top round, which is low in calories, rich in flavor and done to taste.

It's been the hearty favorite of Canadian dads ever since the Prairies were opened for grazing.

Father's Day is Sunday, June 18 this year. Can you think of a better way to help him celebrate than by serving up a sliced steak dinner? No matter how you cook it, he's bound to say "Well done!"

FATHER'S DAY STEAK BROIL

Top round steak for 10, 3 1/2" thick
 1/2 cup sherry
 1/2 cup soya sauce
 1/4 cup salad oil
 1/4 cup lemon juice
 2 tbsps. brown sugar
 1 tsp. ginger
 1 clove garlic, minced
 1/8 tsp. hot sauce
 2 tps. cornstarch
 1 lb. mushrooms
 1 cup sliced green onions

Mix together sherry, soya sauce, oil, lemon juice, brown sugar, ginger, garlic and hot sauce in a small saucepan. Cook slowly 10 minutes; cool. Place steak in plastic bag, add marinade, and tie securely. Refrigerate 24 hours.

Remove steak from marinade, reserving marinade, and place on grill over ash-covered coals or on rack in broiling pan so surface of meat is 4" to 5" from heat.

Broil at moderate temperature to rare, or medium (25 to 40 minutes, depending on doneness desired), brushing with marinade and turning occasionally.

Carve in thin slices, diagonally across the grain.
 For sauce: Stir remaining marinade into cornstarch in saucepan. Bring to a boil, add mushrooms and green onions and cook slowly until thickened, about two minutes. Serve sauce over sliced steak. 10 servings.

average family come true! That's the price of a high standard of living, of great aspirations, of advances in technology that encourage us to want more. That's reason enough why it's good to have dad around the house. Today's dads, more and more, help out with such mundane chores as dishwashing,

laundry, vacuuming, helping the "juniors" with their homework, getting involved in the community affairs, and heading up PTA groups in search of better opportunities for their children, who are facing an ever more complex world.

More than ever, dad is an important cog in the development of

family unity. Substantial changes have altered dad's work patterns, too.

Enter the "electronic age!" Calculators, miniaturized dictating equipment, desk top computers, lap-top computers, the fax machine, portable car phones...electronic typewriters. With so many in-

novations that give dad a better handle on his work load, he now can work overtime at home.

He can oversee the children and even do some light housekeeping, while keeping up with the business world through all the advanced technology that has unslaved man from his office, giving him the option of

working from across town instead of from across his desk.

So, after two centuries, the family is rediscovering dad, and it's about time. Once again, dad is more than just the figurehead of the family.

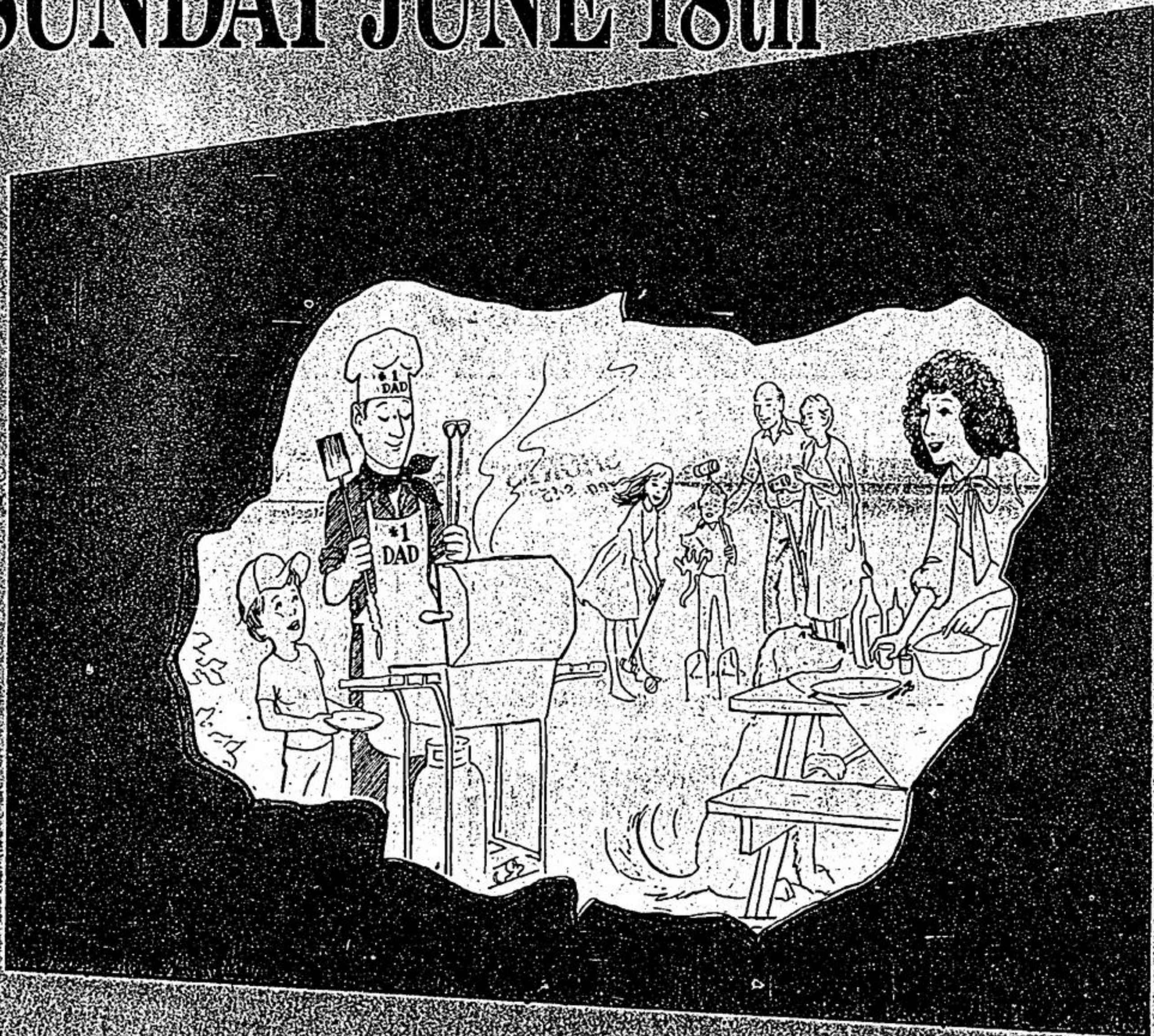
He is more and more, the bridge between school, a working mom and the rest of the family.

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