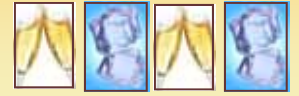




# Daru Ka Nasha By: Ashish Jain

## Dad's Edition



For this month's article I took the golden opportunity of getting my father to write this column. He is visiting us from desh and I thought it would be interesting to get his views on daru for Daru Ka Nasha. Through the years, I have admired and learned numerous qualities from him. Here are some of the anecdotes and words of wisdom from his repertoire of ever ready jokes, timely comebacks and stories.

Top ten words of wisdom from Dr. K.M Jain (my dad).

1. **N**ever force anyone to drink.
2. **M**ake only the first drink for your guests and then let them make their own drinks after that. The thought process behind this is that people should drink according to their own capacity. The disclaimer here is that they can't stay back at your home because they are drunk and they can't be dropped off home for the same reason.
3. **O**ne of my favorite quotes is "you enjoy the alcohol, then the alcohol enjoys you and then the world enjoys you".
4. **K**ee an eye out for opportunistic friends who may not have your best interests at heart.
5. **S**ome people never know when to say when; they expect you to say when for them.
6. **I**ce, whiskey, and soap can never be infected as ice and soap melt and whiskey disinfects.
7. **O**ld whiskey and old *ganga jal* are similar, as in, the older the whiskey the better it gets. Both get used during important functions and ceremonies. Holy

water (*ganga jal*) also gets purer as it gets older.

8. **I**n India, there are some deities who are offered alcohol as an offering like the *Bhairo Mandir* in Delhi, the *Ujjain Mandir* in Madhya Pradesh and the *Kali Mandir* in Amer (Rajasthan).
9. **F**rom a medical standpoint, alcohol is a depressant. How it is perceived is different because it initially takes away inhibitions making the person boisterous and more vocal than he or she may ordinarily be.
10. **B**e careful of those guests who look at the bottle as half empty rather than half full. They may bring you down with their pessimism.

Like my son, to end this article, I have to end it with a story. This is about the time when I went to medical school in the 50s. A bottle of local moonshine called *Naranggi* used to cost Rs. 12.00. Since we were all students and always broke, 6 of us would contribute Rs. 2 each so we could buy the bottle of *Naranggi*. The rule was that we all had to relieve ourselves before we started drinking because if you relived yourself while you were drinking, your two rupees were flowing down the drain!



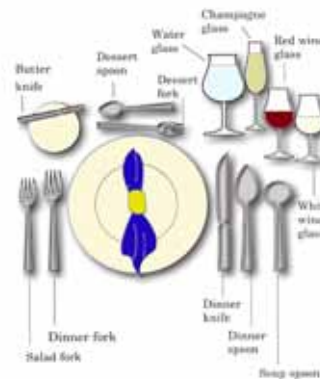
## Dining In Formal Company



Ever wondered what they teach in 'finishing schools' as far as table manners go? How about how to attack your food if an interview has been planned over a meal? Office lunches, client dinners - ever been a challenge in terms of how best to eat certain foods? Those who say that they don't get intimidated by food and formal company would most probably be lying so here are some tips to better equip you with the Dos and Don'ts of Dining in Formal Company.

- **DON'T** : It is inappropriate to ask for a doggy bag when you are a guest. Save the doggy bag for informal dining situations.
- **DO**: It is best to order foods that can be eaten with a knife and fork. Finger foods can be messy and are best left for informal dining.
- **DON'T**: Do not order alcoholic beverages. Drinking too much when dining out is one of the most disliked behaviors.
- **DON'T**: Do not smoke while dining out, not even by excusing yourself and stepping outside or to the bar.
- **DO**: Sit up straight at the table. It makes a good impression.
- **DON'T**: Do not season your food before you have tasted it.
- **DON'T**: Never chew with your mouth open or make loud noises when you eat. Although it is possible to talk with a small piece of food in your mouth, do not talk with your mouth full.

- **DON'T**: Do not slurp soup from a spoon. Spoon the soup away from you when you take it out of the bowl and sip it from the side of the spoon. If your soup is too hot to eat, let it sit until it cools; do not blow on it.
- **DO**: If food gets caught between your teeth and you can't remove it with your tongue, excuse yourself and go to a mirror where you can remove the food from your teeth in private.



- **DO**: Eat rolls or bread by tearing off small bite size pieces and buttering only the piece you are preparing to eat. When ready for another piece, repeat the same process.
- **DO**: Engage in table conversation that is pleasant but entirely free of controversial subjects.
- **DON'T**: You should not leave the table during the meal to answer your cell phone unless it's an emergency.
- **DO**: If you need something that you cannot reach easily, politely ask the person closest to the item you need to pass it to you.
- **DO**: If food spills off your plate, you may pick it up with a piece of your silverware and place it on the edge of your plate.
- **DON'T**: Never spit a piece of bad food or tough gristle into your napkin. Remove the food from your mouth using the same utensil it went in with. Place the piece of food on the edge of your plate. If possible, cover it with some other food from your plate.