

# ARTS & STYLE

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PHOTO: ERIC DAWSON 225-7580 ASSOC. EDITOR VALERIE FORTNEY 225-7299 CANADA.COM/CALGARY/CALGARYHERALD AUGUST 18, 2002 D1

## The Mini at midlife

Forty years after the first above-the-knee hemline hit the streets, the mini still reigns as one of the great fashion and pop culture trends of all time

**VALERIE  
FORTNEY  
CALGARY HERALD**

**C**hris Webber remembers it like it was yesterday: right down to the last detail. "It was black and white bandage, in a suit. I wore it with fishnet stockings and go-go boots," says the owner of Calgary boutique *Chick's*. "I remember looking in the mirror and going up to the ceiling fan—I finally arrived."

Mini for Josephine Baranger. "Mini was a Mary Quant role, in really cute pink and green stripes, and it was the same one that was on the cover of *Vogue*," says the Calgary government relations consultant. "I wore it with white fishnet stockings and my pink Shirley Jean Strington lipstick. I was a chunky little thingyling—but I thought I was beautiful."

Minister Catherine Swells the strict rules on when she could wear hers. "I could wear it at the theatre or in the city, but never to the village," says the longtime wardrobe consultant and interior stylist. "It was a big deal to be able to put it on."

Ask a woman, any woman, about miniskirts, and you'll get a story.

Whether they still wear them well into their fifties or have never dared show up into one, all have an opinion on this small but ubiquitous piece of clothing.

This is hardly surprising, considering the miniskirt has captured our collective imaginations in a way no other fashion has ever could. Other trends—the paper dresses, gabled shoulders and moon boots—have had their day in the sun, but the miniskirt continues to show well into the next century.

Now, the garment that epitomized youth, sexuality and rebellion for a generation of post-war teenagers is facing a resurgence of its own.

This year, the mini hits the big big web.

It would be fair to say that this important fashion phenomenon burst onto the scene in 1964, but that would be a distortion. As bold and brash as the mini was, it still took getting used to. The entire minute we all associate with the free-wheeling '60s slowly crept their way up, inch by inch, until they reached atmospheric heights by the middle of the decade.

According to Alice Mackrell, author of *An Illustrated History of Fashion* (that other *Constance Booklet*), the mini made a somewhat quieter debut in 1954, when a handful of designers, Audrey Hepburn and Mary Quant among them, started experimenting with hemlines rising above the knee—the first time the knee was revealed in anything other than swimwear.

This experimentation in what would become an almost ridiculous rising of hemlines was appreciated by the architects of fashion history. Throughout the ages, the focus has had to fall short of exposure, arms and shoulders have peeked out of flapper dresses, and even Chanel came out with a very high-cut evening dress as far back as 1919.

But until now, the knee-up

was still reserved for luxury.

Just "right," you'd expect a rich columnist and heir of his money to do so on the *W* list, but he's not. He's a regular, and he's a regular because he's a regular. He's a regular because he's a regular. He's a regular because he's a regular.

"Clothing has never been quite so fascinating," says Vogue. "It's not just a neutral area of the body but they still represent national wealth, a kind of barometer."

The mini, on the other hand, is a regular. It's a regular because it's a regular. It's a regular because it's a regular. It's a regular because it's a regular.

No wonder, then, that the miniskirt became a byproduct of 1960s youth culture. Teens and young women wore them as a badge of honour, distancing themselves as far as possible from their mothers' frigid

to the ladylike silhouettes inspired by 1950s Paris couturiers. The miniskirt didn't occur in a vacuum, of course. In 1964, the FBI had been around for a couple of years, the first man had just rocketed into space, the Beatles had a hit album, the *Howl* by Do and Helen Gurley Brown's *Sex and the Single Girl*, a support material for the sexually assertive young woman, had become a best-seller within days of its release.

Despite this, the first incarnation of the miniskirt possessed a certain conservatism. Today, when we think mini, images of a teeny hot thingy Patti LaBelle come to mind. *Play* Woman, a hoodie-with-a-bunch-of-girls, come to mind, that in the '90s, the miniskirt was an odd nodding of sexual bravado with a little bit of conservatism.

The skirts were patent with opaque tights, the legs never shown bare or with short boots, the dress was flat, the cut-in

Photo: Elizabeth  
Casper/Photo  
Walter Minichelli  
Below: Jean  
Strington  
revolutionized  
the miniskirt in  
the '60s.

Photo:  
Liz Fackler/  
iStockphoto.com  
always ready  
in a miniskirt.



BY MINGQUE, PAGE C2



## TASTE

Editor: Valerie Poemey 235-7159 Fax: 235-7379

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## Capri to Calgary



Cooking up  
a summertime  
feast  
for the eyes  
and the palate

JOANNE SASVARI  
CALGARY HERALD

From Perugia to Monaco, the Mediterranean has provided many a feast for food lovers drawn to its flavorful, varied and healthy cuisines.

Among all the region's culinary destinations, Capri has slipped by virtually unnoticed. Which is a shame, for few people can resist summer with so much pizzazz as the Caprese.

Winter is cold, damp and dreary on this rocky island on the edge of the Bay of Naples. But from May to October, Capri comes to life, bursting with brightly colored bougainvillea, scented with wild herbs and contrasted by beaches of well-toiled tourists who need to be fed — and

The local chefs rise to the challenge, despite the difficulties of producing food on a narrow island of limestone that has no natural springs and is an expensive go-kilowatt-hour from the mainland.

Close here, like those throughout the rest of Italy's islands and nearby continental coast,

leaves, fish, pasta and poultry.

Like the other chefs on the island, Giardina makes the most of Capri's most bounteous crop — marinated — in a heavenly, if unusual, dish of homemade pasta tossed with tiny clams and anchovy flowers.

For gardeners struggling to cope with an overabundance of the productive green squash, Capri is an inspiration. You can find marinated artichok, grilled, baked, sautéed, battered and fried; its flowers make late fritters or stuffed with cheese and deep-fried; the fruit tossed in a myriad of ways with pasta and chicken.

And there are the antipasti bars. Unlike antipasti in Italy's northern regions, where it is usually a small selection of cold cuts and cheeses, the antipasti bars of Capri offer dozens of items, many of them some variation on eggplant, mozzarella and tomatoes.

Antipasti's antipasti bar is a testament to culinary creativity. For her, "bella simplicità" doesn't mean boring or easy — her most famous dish is a good stuffed with herbs and sausage.

The antipasti bar has a bewildering variety of marinated and fried vegetables, seafood, cheese, cold cuts and more, including a delicious eggplant fritter stuffed with basil and cheese.

But the biggest antipasti bar has to be at Paoletti's near Marina Grande, which offers at least 50 plates, maybe more, of everything from fresh buffalo ricotta to eggplant dumplings at least in different ways, marinated anchovies, tiny artichokes, spicy wine-soaked tomatoes with fresh mozzarella and olive, mildly sweetened salmon (the fish crabs only available, we decided).

Paoletti's had not necessarily arranged to vendor a lemon grove, the fruit finally wired in place so it cannot fall on an unsuspecting diner's head — and a good thing too, for these are just the beginning of the harvest.

It is not so rare to find that would send this citrus to hospital.

lemons appear in everything here, from scones to icy granitas, refreshing "spessato" (freshly squeezed drinks) and limoncello, a powerful liqueur that is impossible to escape at the hospitable Caprese press it opens you at every turn.

At Il Paradiso, named for the island's second most famous attraction next to the Blue Grotto, Antonio Russo takes a break from serving tables and explains how to make limoncello.

Take a liter of alcohol such as vodka, Brandy, rum, and put in the peels of six lemons.

"After five days, you take one liter aqua (water) and two grams sugar and you put on top, you put everything in, and in a week it is clear and then you put it in the bottle."

And then, of course, you drink.

Or you could stick to the local wine, which is light, slightly acidic, perfect for hot summer days and cool nights on an island with no natural water supply, although 30 years ago pipes were built to bring water from the mainland.

"That was a good thing," says Rosanna Altigola, our guide from the tourist board. "Or we would only be drinking wine."

There are classic Caprese dishes, of course, on this island that has been influenced by everyone from the Greeks to the Thebanians, the Saracens, Romans and right up to today's celebrity culture.

There is the island's most famous dish, insalata caprese, tomato and fresh mozzarella salad. There is the pasta caprese, a chorizo and almond cake, and seafood, fig tart and lemon granita, and more.

But Capri makes its funniest for one thing above all.

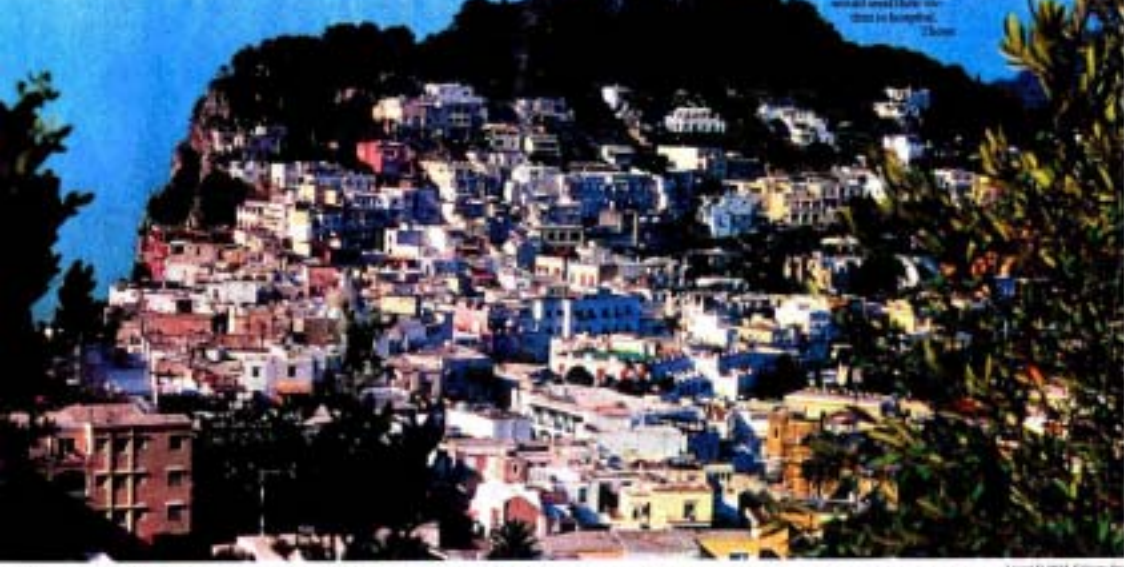
As Alberto says: "We distinguish ourselves for our beautiful and beautiful."



Love it? Well, Capri's head chef Serafina Alberino shows off locally grown tomatoes.



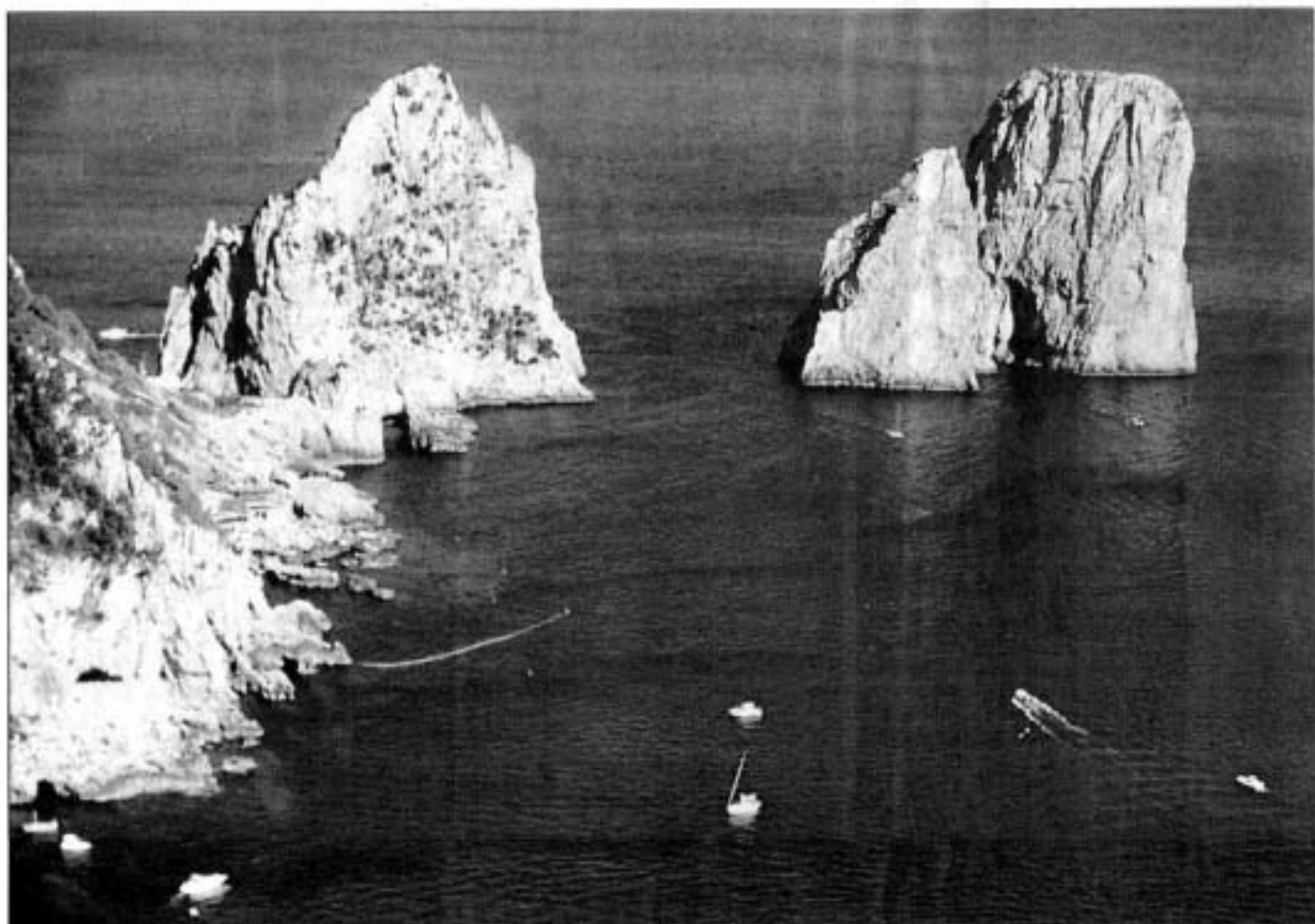
Love it? Well, Capri's head chef Alberto, a mozzarella preponeer at the table.



Black tumble down the hillside toward Capri's Marina Piccola. The summer paradise rains on limoncello, a potent, lemon-based liqueur that is, of course, freshly made.

Love it? Well, Capri's head chef Alberto, a mozzarella preponeer at the table.





A view of the Faraglioni rocks, with cruise ships scattered on the water like sugar on a torta caprese.

Lionel D. Wild, Calgary Herald

#### CAPRESE SALAD

This salad is so easy, it really doesn't need a recipe. Basically, take some ripe tomatoes and slice them about 1/4 in. (0.5 cm) thick. Then, take some fresh mozzarella and slice it, too, about 1/4 in. (0.5 cm) thick. Layer tomatoes and cheese in an attractive pattern. Tear fresh basil leaves and scatter them on top, then drizzle with extra-virgin olive oil and sprinkle with salt and fresh-ground pepper to taste. A splash of balsamic vinegar is lovely, too, though not authentic.

But like anything very simple, a good caprese salad is tricky to pull off.

First of all, the tomatoes have to be perfectly ripe and sweet, ideally fresh from your garden, still warm with the rays of the sun. Failing that, organic tomatoes or hothouse tomatoes on the vine make an acceptable substitute, but never, ever those pale-fleshed, cardboard-flavoured supermarket tomatoes.

Then, the mozzarella must be fresh — never the pre-packaged rubbery stuff used for pizzas — and ideally should be made from the milk of the water buffalo, not cows' milk.

Also, the basil must be fresh, crisp and of excellent quality. And, finally, the olive oil should be sweet and fruity, the best quality you can afford. Same goes for the balsamic vinegar, if you use it.

Peranio Gianluca, chef of Materita Restaurant in Anacapri, serves scialatielli, a fresh, homemade pasta traditional to Capri. It is cut into two-by 1/2-inch (5-by 1-cm) flat, rectangular pieces. You can substitute fresh store-bought pastas or a good quality dried pasta, such as farfalle. Serves four.

#### MATERITA'S SCIALATELLI WITH CLAMS, ZUCCHINI FLOWERS AND FRESH TOMATOES

## FROM D8 RECIPES: Follow the Caprese's lead and get fresh



Calgary Herald Archive

When it comes to tomatoes, only the freshest, sweetest ones will do for the Caprese.

1/4 cup (250 mL) of olive oil, or enough to cover the bottom of a saute pan

1 to 2 cloves garlic, chopped fine  
30 zucchini flowers.

1 to 2 tbsp (15 to 25 mL) parsley, chopped fine

8 small tomatoes, diced

24 fresh clams still in the shell, scrubbed very clean

fresh scialatielli pasta, recipe follows

While the water is boiling for the pasta, saute garlic in oil over medium heat until soft, but not browned. Turn down heat and stir in zucchini flowers, parsley and tomatoes. Then, add clams, cover and cook until they are opened.

Boil the scialatielli, strain and mix with the sauce in the pan, add more parsley. Garnish with more zucchini flowers if you wish.

#### SCIALATELLI DOUGH

4 cups (1 L) cake flour

2 eggs

1 cup (250 mL) whole milk

1/4 cup (50 mL) freshly grated pecorino cheese

Mound flour, then make a well in the centre. Crack eggs into the well and pour milk over. Using a fork, stir egg mixture slowly into flour.

Add grated cheese and, working with your hands, bring dough together and knead eight to 10 minutes to form a smooth dough. Cover in plastic wrap; allow to rest 15 minutes.

Set up a pasta-rolling machine and cut off a piece of pasta dough the size of a tennis ball. Roll pasta through the rollers on the widest setting, then fold into thirds and run it through again on the same setting.

Repeat three times. Run pasta through the next two thinner settings. It should be quite thick.

Lay sheet of pasta on a floured cutting board. Cut crosswise into 1/2-inch

(1-cm) strips, then cut lengthwise into 2-inch (5 cm) pieces. Cover cut noodles with a kitchen towel. Roll and cut remaining pasta.

Bring 6 quarts (6 L) of salted water to a boil. Drop pasta into boiling water and cook until al dente, about three minutes.

Materita's chef, Peranio Gianluca, shares his version of the classic dessert of Capri, a dense but simple chocolate cake.

#### TORTA CAPRESE

1 1/2 cups (375 mL) almonds, ground very fine

1 cup (250 mL) granulated sugar

3/4 cup (175 mL) unsalted butter

7 oz. (200g) semi-sweet chocolate, cut into small chunks

1/3 cup (75 mL) all-purpose flour

6 eggs, separated

confectioners sugar to sprinkle on top

Preheat oven to 350° F (180°C).

Grease and flour a nine-inch (1.5L) round baking pan.

In a double boiler, melt chocolate and cool slightly.

In a large mixer, cream together butter and sugar until soft and fluffy. Mix in egg yolks, one at a time, then the finely ground almonds and flour, then the melted chocolate.

In a separate bowl, beat egg whites until they form soft, glossy peaks. Slowly and gently fold egg whites into chocolate mixture until thoroughly mixed.

Pour into prepared pan and bake in centre of oven for 45 minutes, or until centre is firm when pressed with a fingertip.

Cool and sprinkle decoratively with confectioner's sugar.