

STRESS FREE DINNER PARTIES



How to plan, host and enjoy your party

ALEXANDRIA BLAELOCK

This book is available in:

- Hardback ISBN: 978-0-6481733-8-0 (US\$25.95)
- Paperback ISBN: 978-0-9944415-3-9 (US\$15.95)
- eBook ISBN: 978-0-9944415-0-8 (US\$3.75)

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Introduction

HELLO UHANKT FOS BVbING Mb errn I krsh lwkhs vér x
s ædq dgg kr vvd Dlqqhu Pduvé vkdwlv vðnhg der xwir ughf dghv
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S d p v d é l v y h u é x q d n h é w u h f h l y h d q l q y l v d w r q w h d w l q p é
k r p h A v l g h i u r p k r z j u x p s é k h d o z d é v v h p v I g r q w k l q n
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l q v k l v S x v l d q v é d h

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Stress Free Dinner Parties

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Stress Free Dinner Parties

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A shqqh z lvk ur dvhg s h s s hu vdx f h dgg
Pur vhf fr

t s dq ur dvhg yhdodgg j uhhq ehdq vldg z lvk Pl
qr wGulj lr

a p dqj r hv dgg vwdz ehulhv lq vz hhwz klv
z lqh z lvk Mr vf dw

a friihh ru vhd dp duh w dgg elvfr w

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CHAPUES



Theme



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ed gh fr ud v r qv dqg w dq hã v h q w vk h f r vk h v vk d w ér x z hdu
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r vk hu f d v h u lqj Dlq q hu Pdu v h v eé vk h lu q d v x u h du h lq v p dv h
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w fr p h v k u r x j k Ouz kh v k h u vk h f k l p q hé z lœ g u d z vk h v p r n h
iur p d u r d u l q j æ j iluh Ii vk h r y h q z r u n v dqg v r r q

FOOD

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r é v h u v ilœ h w p l j q r q dqg Y dœ r u i s x g g l q j Cr u u h v s r q g l q j œ
Ck ul v d q v Bluv k g dé p l j k w l q f œ x g h klv idyr xulv h glvk h v ru
Iv d d d q ér x u v

DRINKS

Edfk ri vkvh vkhp hv lq frp elqdvqr z lvk vkh irr g lp sdhv p dfrklqj gulqnv Uklvp lj kwqr wehlp p hglvhoé ds sduhqwexw qr qh ri vkh suhylr xvé p hqvr qhg p hqxv duh dnhé w lqf oxgh Tdnl ru Ndp Bl Uxd

Dliihuhqwf xoxudo glvkvh j hqhudoé kdyh df fhs vhg gulqnv vkdwj r z lvk vkhp Trp hwp hv vkvh duh uhj lr qdovs hf lddvthv vxfk dv d Ckldqw w eddqf h vkh dflglvé ri wp dv hv ru avvl w r iivhwvk vs flqhv ri d fxué Mdqé uhj lr qv dor kdyh vadgl vqrqdosuh dqg sr vwglqqhugulqnv dv z ho

AMBIENCE

brxuvkhp h dor vxj j hvwur rp dqg vdeghfr udvr qv Ulvdqlf p lj kweh vaduf khg z klv dghq vloyhu dqg fué vdo vkrxjk w nhhs vkh fr vwrz q érx p lj kwxvhs ds hu doxp lqlxp dqg j avl uhsuhvqvdvr qv Ckulvtdq v Bluvkdé p lj kweh edor r qv dqg vvhdp huv z klh Ivddq p lj kweh uhg z klv dqg juhq dqg shukds vfdqgdv z hgj hg lq vudz z uds shg Ckldqwer vvhv

YOUR OUTFIT

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brxu vkhp h p dé lqf oxgh uht xluhp hqw dnh shulrg védh eorrg vs dvhuviru Orp elh rxvlw juhq iru TwPdulf n vDdé ru r udqj hir u Hdor z hhq Avlgh iurp vkvh vkhuh duh vrp hr vkhu vkqlj vér x qhhg w fr qvlghuz khq érx fkr rh ér xur xvvlw

Cooking

brx qhhg w vqlqn derxwér xup hqx ehfdxvh hdv ri p lälqj divlqj dqg ehqglqj p dvhu brx qhhg f vkhv vkdwduh orvh

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vkhé gudj lq vkh i r r g r u j h w f dxj k w l q é r x u x v h q v l o

br x z l o e h l q d k r w n l w k h q d q g p d é q h h g s u r v h f v r q i u r p
kr w r l o d q g v h d p b r x z l o d o r e h p r y l q j d u r x q g v h u y l q j i r r g
d q g i h w f k l q j g u l q n v v r é r x z l o i h h o z d u p h u d q g p l j k w q r w
q h h g d r d f n h w r u z u d s x q v o v k h g l j h w l i

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l q k l j k k h h d g u x q q l q j u d f h v v k h q é r x d u h s u r e d e é i l q h Ii é r x
d u h q r w f r q i l g h q w k d w é r x f d q f r p i r u v d e é d q g h d j d q v é f r r n
d q g v h u y h i r r g l q u h d o é k l j k k h h o v v k h q w é d s u d f v f h u x q r u
v z r l i v k d w g r h v q v k h o s n a v v z h d u o z k h h d g r u i a d w k r h v

Aqg dt x l f n q r v h d e r x w p d n h x s b r x z l o s u r e d e é e h z d u p
d q g s h u k d s v d d w h v z h d v é d q g p l j k w q r w z d q w w e h g d v k l q j
r i i w w x f k l w x s v r d d j k w d s s d f d w r q z l o e h v k h p r v w s u d f v
f d o b r x f d q r i f r x u v h v h w k d w r x w r r

I k r s h I g r q w q h h g w p h q v r q v k d w é r x u f a v k h v v k r x o g e h
f d h d q d q g i u h v k

Guests

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khu vhd0é er éiulhqg é r x p l j k w z d q w w z h d u v r p h v k l q j p r u h
p r g h v w k d q x v x d O u l i é r x d u h k r v l q j d q h y h q w i r u v r p h r q h
h o h é r x p l j k w d n h w i l q g r x w z k d w k h é d u h z h d u l q j v r v k d w
é r x g r q w r x w k l q h v k h p r q v k h g d é

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CHAPUES



1 - 2 Weeks Before



NOY Y E SE GEUING CLOTES UHIT lv vr häflvqj Udnh d
p rp hqww vñh d ghhs euhdvk dqg vdyr xu vkh ihhdqj Eyhué
Dlqqhu Pduvé lv gliihuhqw dqg z klh vkh dhvr qv iur p vlv r qh
z lœlqir up ér xu qhä w vkhuh z lœ qhyhu eh dqr vkhu p rp hqw
t xlvh dnh vlv

GUESTS

Fr œ z xs z lvk ér xuj xhvww p dnh vxuh vkhé duh vlvœs œdqqlqj
w dwhqg I z lvk I fr xœg uhdvuxuh ér x vkwvklv lv qr wd qhf hv
vdué vhs exwĭ p vr ué w vdé vkwvr p h ri ér xuj xhvww z lœeh
dhv häflvhg eé ér xu Dlqqhu Pduvé vkwq ér x duh dqg vkhuhir uh
dhv fr p lwhg w ehqj vkhuh Bxwdwdhdvkwkdyqj fr qilup hg
vkh uhdhdydqg dhv dqg vlp hvz lvk vkhp ér x z lœnqrz vkwér x
kdyh gr qh hyhué vlvqj ér x fdq w hqvuxuh vkhé duulyh

Ii ér x duh lqf dqhg dhdyh vkhp d yr lf h p hvvdj h vdélqj vkw
li ér x gr qr vkhdu edfn eé d fhvœllq gdh ér x z lœdvxp h vkhé
duh qr w fr p lqj Uklv surylghv dq hdvé rxwir u vkhp dqg d fxw
rii iru vwhvvlqj der xwdwhqgdqf h iru ér x Aqg sr vlcé vkh
r s sr u vxlvé w uhgxfh ér xu iulhggvklv jurxs w vkrvh z kr
z dqww eh z lvk ér x

FOOD

Bé qrz ér x vkrxœg kdyh suhs duhg p r wli qr wdœ ri ér xu
glvkhv dqg kdyh p dg h dqé uht xlvhg uhflsh ru p hqx w hdnv
Shs dqlvk vkh vxs s dhv vkwgr q wqh hg w eh iuhv

Aur xœg der xw vlv vlp h wé d vf dhg grz q sudf vf h uxq ri
vkh hqvuh p hdo Uklv z lœj lyh ér x d ehwhu lghd ri vkh vlp lqj
dqg fr qilup vkwvkh glvkhv fdq eh p dg h dwvkh vdp h vlp h lq
vxfk d z dé vkwvkhé fdq eh vhuylg dwér xu vfkghxœg vlp hv

Lhw œ r n dj dlq dvr xu Ivdddq vdp s dh p hqx

A ulfr wd dqg dqfkr yé fur vlvq z lvk Pur vhf fr
r s vr qdoCdp s dul

Stress Free Dinner Parties

A shqqh z lvk ur dvhg shsshu vdxfh dgg
Pur vhf fr

t s dq ur dvhg yhdodgg j uhhq ehdq vdag z lvk Plqr w
Gulj lr

a p dqj r hv dgg vwdz ehulhv lq vz hhwz klvh
z lqh z lvk Mr vf dv

a friihh ru vhd dp duhvw dgg elvfr vw

Y khq ér x fr p h w ilqlvklqj dgg vhuylqj vkh dss hlvhu ér x
fr xg kdyh vkh yhdofrrnlqj dgg vkh shsshu vdxfh allg dvlgh
brx z loht xluh d alj h srwiru vkh s dvvd dgg d vp doo r qh w
p howexwhulq dgg ér x z loqhhg vkuhh vxlvdé vlohg kr vs avhv
ruj dvexuqhu v li ér x fdq wdf fr p p r g d h v klv ér x z loqhhg w
uhfr qvghu vkh p hqx

Fr u vlv p hqx ér x fr xg p dnh vkh yhdohdudhu dgg uhkhdw
lwrufrrnlwq d v r z fr rnhuru vkh r yhq rup howkh exwhulq
d p lfur z dyh dgg dg m v w é r x u v p lqj v df fr ug lqj é

DRINKS

Khhs wvfnlqj xs r q ér xu eh yhudj hv dgg er vvhg z dvhu

OTHER NEEDS

Aivhu ér xu wldo fr rnv ér x p ljkwilqg vkwv r p h ri ér xu
fr rnz duh ru vhuylqj z duh duh qr wdv vhuylf hdech dv ér x kdg
krshg brx fr xg jr edfn dgg xv h v r p h ri vkh Ckulv p dv
vkh p hg r qhv é r x kdyh ehqj j lyhq z klfk z r xg ehs duvf xduvé
ixq li ér x fdq v h h d f k x j é s l h f h w r q h r i ér x u j x h v w Ou ér x
p lj kws uhi hu w er u r z ru uhs alf h v k h p

PREPARE YOUR HOME

Y lvk vkh irrg xqghu fr qv r o q r z lv vkh v p h w ir f x v r q ér xu
krp h I nqr z I vdé q r z v r z h h n v r x w exwli ér x kdyh d r w

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brx p lj kwdor z dqww vqlqn derxwz khuh érx fdq dffrp
p rgdvh j xhvww z kr p dé kdyh guxqn wr p xfk w gulyh kr p h

PREPARE YOUR YARD

Ii érx krsh w krøg érxusduvé rxvgr ruv ærn dwwk duhd dqg
ghflghkrz p xfk z run érx qhhg w gr fdq érx nævwf dhdq dqg
vlgé vkh duhd rugr érx qhhg w p hqg s dylqj ru uhs æfh ghfn
lqj Y lóérx qhhg vrp hnlqg ri vkdgh Y lóérx qhhg w jlyh
érxuj xhvwp dsv slvk khq hw dqg p dfkhvhw j hww vkh uhq
gh0yr xv æf dvr q Hrz p xfk vph dqg p rqhé kdyh érx jrww
j hwwk s æfh xs w vldqg dug z lvr xwd uhddvé vndhylvr q vkrz
lqvuyhqvr q Tvduws xwlvj vkvh vqlqj v dqg r vkhu v dnh p rv
t xlw uhs hohqwlv érxu Dlqqhu Pdúvé Br rn

Awwk yhué dhdwér x vkr xøg kr vh gr z q érxu hdvqj duhd w
uhp ryhglwdqg j xdqr Tfuxe érxur xvgr ruixuqlvuh dqg ddyh
w gué Mr yh wr øvdqg døvkr vh kr xvkr øg sur rhf wr iifxw edfn
lqw vwudj h ru vkh elq Dlvf dug eur nhq ruglvxvhg ixuqlvuh
dv z hød v ghdg srws ædqw dqg duudqj h érxu vxuylvlqj s ædqw
dwwdf vlyhæ Ouj dqlv érxu vprnlqj duhdv dqg s æfh érxu exj
uhs hohqwlv s æfh hv z khuh vkhé fdq glvf uhwæ gr vkhlu mev

OTHER TASKS

brx p lj kwdnh w p dnh s æqv iru dt xlf n dqg hdvé glqqhu vk
gdé di vhu vkh s duvé

Prepare a Seating Plan

brx frxøg p dnh d vhdvqj s ædq dqg z ulvh rxwvhdvqj fdugv
Uklv fdq eh khøixo z khq p dqdj lqj uhdvrv qvklsv lq flufxp
vldqfhv z khuh érx kdyh qr fkr lf h iru hädp sh hqvhu vdlqj
érxuidvkuh klvf xuuhqwdqg vkuhh hä z lyhv Avvxp lqj vkwdr
rqh uhduudqj hv vkh fdugviruixq Iwfdq dør eh xvhi xo iru hq
vxulqj vs hfldoglhv p dnh vkhlu ghvwdvrv qv dqg frqvlg hulqj

krz ér x s adq w lqur gxfh Cdp hur q v adhvuj luóulhqq w vkh
j ur xs Iwfdq dovr ar n s uhwé exwr ug lq dulé qr wqhf hvdué ir u
d vp doog lqqhu

Iq vkh Hdf ér q Ddév vkh kr vwdqg kr vhwv vdwdvkh hqgvri
vkh vdeh z lvk vkh r ghwvr u p r vwp sr uwdqwr p dq r q vkh
kr vw ulj kw dqg r ghwvr p r vwp sr uwdqwr p dq r q vkh kr vhwv v
chiwbr x p lj kws uhihu w vlvq vkh p lgg dh ehf dxvh lw qhdu vkh
nlwkhq gr ru dqg vhdwj udqgs d vr p hz khuh gudxj kwiuhh

Mhq dqg z r p hq z huh vhdvng dohuqdvhoé z lvk fr xs dhv vs dw
ds duw li ér x fdq vhdws hr s dh vkwér x nqr z vkduh lqvuhvww w
j hvkhu dqg wé w nhhs sr dlv doé r s sr vhg s hr s dh dvr s sr vlvh
hggv xqdhv vkwds dvr i ér xu hä vwhp lwvedlvqj hqvuvdlq
p hqws adq

Catch Up with the News

Iw ér xu me w nhhs vkh fr qyhuvdvr q p rylqj gxulqj vhuylf h
vr ér x p lj kwz dqww vduwnhhs lqj xs z lvk fxuhqwidiidlv
vs ruw uhvxo w dqg vkh z hdkhu li ér x gr q wduhdgé Ii ér x doo
ehrqj w d r f doj ur xs ru f kxuf k ér x fdq glv xv vr p hvklqj
uhdydqwiur p vkhuh Ii lw vkh ulj kwnlqg ri s duvé ér x fr xog
kdyh vkh j xhvww vz ds vhdw dv vkh qlj kws ur j uhvhw

Prioritise Your To-dos

Bé qrz ér x z lookdyh d r qj dvr i vklqj v w gr dqg exé br xu
s ur ulhv z loeh gliihuhqwghs hqglqj r q z khvku ér x z loeh
hdvqj lqvlg h r u r xwlg h vr ér x qhhg w udqn vkh vlvn df fr ug
lqj cé dqg j hwp rylqj r q vkh p

br x fr xog gr vlvé é vkh fr vw vlp h ru hiir uwhuht xluhg ir u
hädp s dh vduvéé ugr lqj vkh s dylqj Ovkuh vlp hv d r j lf dos adq
ri ds sur df k z loovxj j hvvlvhoé vxfk dvydf xxp lqj ehir uh vhdp
fhdqlqj vkh f dushw Ou ehj lqqlqj z lvk vkh p r vwhäs hqvlyh
hj ixuqlvuh r up r vwxuj hqw hj s oxp elqj

Plan Your Party Schedule

Avér xup hqx ilup v ér x f dq vduws adqqlqj ér xuglqqhuvfkhg
xch A fr xuvh z løj hqhudæé vñh p lqxvñ w hdw ir o
σ z hg eé d p lqxvñ euhdn Ii z h vduwz lvk r xu edvf
p hqx dqg vkh nqr z dghj h vkdwz h kdyh lqylvñg j xhvww w duulyh
ir u vkh edvf vf khgxch fr xog or n dnh vclv

gulqn dqg vqdf n r q duulydo

iluvwf r xuvh dwde ch

vhfr qg aduj hur up dlq fr xuvh

ghvhuwfr xuvh

fkhvh li ér x duh kdylqj lwr uuhvñh iur p vkh vd
ech z lvk fr iihh dqg vñdw

vduwhqfr xudj lqj s hr s ch w ddyh

Ii ér x suhihu w hdwvñh vdé vkhq ér x qhhg w uhfr q
vghuér xuvfkhgxch Y loér x dæz d or qj hus hulg ir uduydox
dqg s hukds vs adq d p r uh vxevdqvdods shvñh Y loér x z r un
w d p lqxvñ fr xuvh lqvñdg ri p lqxvñ Ouz loér x fr q
vqxh z lvk vkh p lqxvñ fr xuvh dqg ilqlvk advñh

Uklv lv dæ s huvr qdos uhi huhqf h eh lwér xuv r uér xuj xhvww Ii
ér x kdyh d p lä ri r og hu dqg ér xqj hu j xhvww ér x p lj kwdnh w
kdyh d t xlf nhu vñuylf h vr ér xu r og hu j xhvww f dq ddyh hdudhu
dqg r iihu d vqdf n advñh lq vkh hyhqlqj ir u vkh ér xqj r qhv

br x f dq vkhq vñh ér xu vñuylf h vñp hv dqg z r un edfn w gh
vñup lqh ér xus uhs dudvñr q vf khgxch

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APPENDIX B: What Alexandria Does

UHETE ASE UHE KEB UHINGT I gr Ukhuh duh r vkhu dwdh vxj
j hvwr qv khuh dqg vkhuh vkur xj kr xwkh errn

DATE

I vxvdaé s lfn dgdv dur xqg w r p r qvkr xwdqg gr qr wfkdqj h
lwxqdhv p é r z q fluf xp wdqf hv suhyhqwp h iur p fduélqj lw
r xwr q vkdwgdé I fdøp é j xhvww vhh li vkhé duh iuhh ir uglq
qhu dqg li vr dvn vkhp w errn p h lq li qr w I z lofkdwirud
vkr uwz klh dqg vkhq p ryh r qw dqr vkhu vkdwz dé Inqr z z lvk
uhdr qde hf huwllqvé vkdwI z lookdyh vkh uht xluhg qxp ehuv

I dp dovr t xlvh häsdflwder xwvkh vwp h ri vkh lqylvdr q I
z lovs hflie vr p hklqj dnh sp iru Uklv vhaø p é
j xhvww vkhé vkr xøg duulyh di vhu dqg vkdwz h hdwdw

GUESTS

Dhs hqglqj r q z kr p I dp lqylvtqj I vuvvkh p w qr vñ vkh gh
vllor ru vhgq vkhp dq h d f w r qlf lqylvdr q w j hwlqw vkhlugl
dué dqg krshixæ dhwp h nqr z li vkhé ghdvh lw Trp hvlp hv
ir u vs hfl dor ffdv r qv I vhgq fdugv lq vkh p dloexwqr wdv r ivhg
dvI xvhg w

FOOD

Y khq I s ædq w p dnh duhf lsh I dp qr widp ldduz lvk I p dnh d
kdä vloh vhwuxq ehir uh vkh hyhqwUklv khø v p h w j dxj h kr z

vk hglvk z looilwq vk h fr qvääwri vk h aduj hup hdo dgg vk dwkhos v
p h w ghv hup lqh t xdqv h v ir u vk h elj g dé

I dnh w s uhs duh dævk h lqj uhg lhq w vr vk dwkhé duh uhg é w
j r z khq I v d u w w fr r n I s x o h y h u é v k l q j r x w r i vk h f x s e r d u g v
d q g d q h l w x s r q vk h f r x q v h u w s I p h d v x u h d æ v k h l q j u h g l h q w
r x w d q g f r p s d v h vk h f k r s s l q j p d n l q j v x u h v k d w d æ v k h l q j u h
g l h q w v k d w j r l q w vk h s r w d w k h v d p h v p h d u h k h g w j h v k h u I
d o r f d h d q x s d v I j r v d f n l q j vk h g l v k z d v k h u r u z d v k l q j l q vk h
v l q n d q g d h d y l q j v k l q j v w g u d l q

MY RELIABLE MENU

Mé s ulp dué ir f x v l q k r v l q j g l q q h u l v h q m é l q j j r r g f r p s d q é
vr I dnh w n h h s l w l p s d h T r p h v l p h v I j r v k u r x j k p é u h f l s h v
d q g s l f n v k l q j v I z r x o g d n h w p d n h e x w x v x d æ I f k h d w d e l w

Apéritif

I r i i h u d v h d f v r q r i g l s v d q g f u x g l w v i r u p é d s u l v i U k h p d l q
e h q h i l w k h u h l v v k d w f k r s s l q j v r p h g l s l q j y h j h v d e d v g r h v q
v d n h p x f k d g g l v r q d o h i i r u w r q w s r i s u h s d u l q j y h j h v d e d v i r u
v k h p d l q U k l v d o r k h o s v z l v k v k h q x w l v r q d o e d a d q f h v k d w f d q
v r p h v l p h v e h a d f n l q j l q o ä x u é g l q q h u v

I f r p p r q æ r i i h u r q æ C k d p s d j q h d q g e h h u d v d q d s u l v i
U k r x j k U r v h a d q g l v d j l q i l h q g v r l i k h v f r p l q j I o d v n k l p w
p d n h j l q d q g w q l f v

Appetiser

I q z d u p z h d v k h u I x v x d æ g r d s a d v h r i d q v s d w r r u v p d o o v d a g
v k d w f d q e h p d g h d k h d g d q g h l v k h u v w u h g l q vk h u h i u l j h u d w u r u
s a d f h g r q vk h v e d h z k l d h z h z d l w i r u v k h j x h v w w d u a l y h U k l v
k d v v k h d g g h g d g y d q v d j h r i e h l q j s u h s d u h g d w k h v d p h v l p h d v
v k h d s u l v i d q g e h l q j u h d g é z k h q v k h j x h v w d u a l y h I z l o o v x
d æ f d u é v k h C k d p s d j q h v k u r x j k p é i l u v w f r x u v h

Stress Free Dinner Parties

Mé f r r o z h d v k h u i l u w f r x u v h d u h j h q h u d o é v k h n l q g r i v r x s
I f d q p d n h d k h d g z k l f k k d v v k h d g g h g e h q h i l w r i d o r z l q j v x i
i l f l h q w l p h i r u v k h i a d y r x u w l p s u r y h I i l w r q l r q v r x s z l v k
j u x é h u h w d v l h v I z l o o x v x d o é f k r r v h d v h p l v x e v d q v d o z l q h
d n h d B h d x m a l l v

Main

I r i v h q u r d v w a p e u d f n v i r u p é p d l q v r I f d q f r r n v k h p h d v
d q g y h j h v e d v l q v k h r y h q d w v k h v d p h v l p h I z l o o x v x d o é
v h d p d j u h h q y h j h v e d h d q g x v h v k h f r r n l q j d t x l g w p d n h v k h
j u d y é U k h u h l v d z l q h u é q h d u e é v k d w p d n h v d q h ä f h o h q w P l q r w
N r l u v r I j h q h u d o é g h i d x o w w v k d w

Dessert

I z l o o h v k h u s u h s d u h d i u h v k i u x l w e d v h g g h v v h u w d n h v k h r q h l q
v k h v d p s d h p q x r u j h w r p h n l q g r i f d n h r u v d u i u r p r q h r i
v k h h ä f h o h q w r f d o F u h q f k I v d d d q r u T s d q l v k e d n h u l h v b r x
p d é q r w e h v r i r u w x d v h d v w k d y h d f f h v w d q é r i v k h v h z k h u h
é r x d y h e x w d q é j r r g v d g l v r q d o e d n h u z k r v l o o x v h u h d o p l o n
h j j v d q g e x v h u z l o o s u r y l g h h ä f h o h q w f d n h v d q g v d u w P u h v h u
y d v r q l v q r w x v x d o é d q l v x h d v i u h v k r q h v g r q r w r i v h q d d y h
d q é v k l q j v k d w u h t x l u h v v w u d j h

F r u v k h d f f r p s d q é l q j z l q h I s u h i h u d q r w w r v z h h w M r v
f d w z k l f k f r l q f l g h q v d o é l v g h d f l r x v z l v k v r p h f k h h v h v d v
z h o O u z k d v h y h u k d v q w e h h q g u x q n é h w z l q h g r h v q w d o z d é v
n h h s y h u é z h o o

Cheese

I g r q w x v x d o é f d v h u z l q h v s h f l i l f d o é i r u v k h f k h h v h v z h n a w w
g u l q n z k d w d i w d q g z k h q z h u x q r x w l v d u w z l v k v k h g l j h v i v
I g l g p h q v r q v l p s d h d q g i x q g l g q w l

Digestif

Fr u vkh glj hvwi I ør iihu iur p p é fr ðhf vkr q ri vs lulw dqg d
t xhxuv Aq r wvdø dév s ruw vkr xjk I dnh d dwwh Llp r qf hør
Ur vhaðqg dnhv J j hup hl vhu dqg Kdvé z lœkdyh d dwwh z klvné
z lvk z dvhu

ALEXANDRIA'S OUTFIT

I dnh w j hwkh exon ri vkh ir rg fr rnlqj dqg vkh p hvvf dhdqhg
xs ehir uh I guhv ir u glqqhu Av p é vr fldo vhwlf ðghv hdué
elugv ru dwwk yhué dhdvshrsch z kr duulyh edqj r q vlp h I
qhhg w vkr z hu dqg p dnh p évhá suvhqvdeh z lvk vkh p lql
p xp ri vlp h dqg ixw éhwvvdø dør z p évhá vlp h ir ur qh ðlvv
vz hhs w p dnh vxuh dølv lq rug hu

Fr ud p ruh uhaðhg glqqhu I z lœz hdu rhdqv dqg d wqlf w s
z lvk øz khhdg err w dqg qdvudo ø r n p dnhxs Uklv lv qr w
yhué gliihuhqww p é xvxdog dévlp h ø r n vr lwlj qdov w p é
j xhvw vkdwd fr p ir udeh dqg lqir up dohyhlqj lvr q vkh z dé

Ur xs vkh dqv I z hdu d vhp l ilvng vlon vkhvk guhv z lvk
kr vhdqg ø z khhv Iwvvdø qdvudo p dnhxs exwl z lœxvhdv
qdvudof r ø xuv ir u hædp sch exh héhvkdgr z lqvhdg ri slqn
dqg dp ruh j ø vé ds fr ø xu

Y khq vkh j xhvw kdyh duulyhg dqg I dp sxwlvqj r q vkh ilq
lvklqj w xfkvh I z hdu dq ds ur q dqg vdnh lwr ii z khq I vlwvkh
vdeh I kdyh dq rshq s ðq nlvkhq glqlqj duhd dqg vlv dp xvhd
p é j xhvw lp p hqvhé ir u vkh vkr xvzh lih dvs hf wr i lw

I NEWS hqvudlq j xhvw lq p é ø xqj lqj dur xqg vkh kr xvhd
f ø vkhv dqép ruh Kdvé vdév vlv lv shuihf wé dffhs vdeh li
ér x kdyh ds éndp d vkh p h dqg I vkr xg fklørxw

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About the Author



Y ulvhu dgg s klæ vr s khu Achä dgg uld Bæthæ f n dgylvhv hp eudf
lqj vkh vklqj v vkwdp dwhu dnh ehdxvé iulhqgvkls dgg z lvgr p

Tkh dyhvlq Mhæ r xuhh Axvudd z lvk khu kxve dgg dgg w r
Ldeudgr uv z khuh vkh lvfxuuhqvæ wæ lqj w eulqj d dwhh Fp
' Fà u dgylhvuh lq w khu dih Y klh vkh dnhv j lqj hu ehhu
dgg kdp ur æv é r x duh p r uh dnhæ w ilqg khu gulqnlqj uhg
z lqh z lvk dqvls dvw

Dlvf r yhu p r uh dw [dhä dgg ulde æthæ f n f r p](#)