

# Hints for Homemakers

by SONDRA REID

## CORN BREAD ADDS SOUTHERN TOUCH

Whether corn bread is made with yellow or white corn meal, water or milk, buttermilk or whole milk or both is a matter of personal taste and custom.

Corn bread goes by dozens of names and variations, from small fried corn strips to a casserole type spoon bread. Piping

til mushy. Remove from heat and stir in butter. Beat eggs in large bowl. Slowly stir in corn mixture. Pour into well-greased 1 1/2-qt. casserole. Bake at 425 deg. 50 to 55 min., or until knife inserted in center comes out clean. Serve hot with butter or gravy. Makes 5 or 6 servings.

### OLD SOUTH CORN BREAD

- 1 cup corn meal
- 1/2 cup sifted flour
- 1 1/2 tsp. sugar
- 1/2 tsp. salt
- 1 1/2 tsp. baking powder
- 1 egg
- 1/2 cup buttermilk
- 1 cup whole milk
- 1/4 cup melted shortening

Combine corn meal, flour, sugar, salt, baking powder, egg, buttermilk and whole milk. Stir in shortening and mix to blend well. Pour into a well-greased 8-in. square pan. Bake at 500 deg. 20 min., or until lightly browned. Slip under broiler to brown top, if necessary. Makes 8 to 9 servings.

### CORN STRIPS

- 1/2 tsp. salt
- 2 cups boiling water
- 1/2 cup yellow corn meal
- 1 tbsp. butter or margarine
- 1 cup shredded sharp American cheese
- 1 egg, well beaten
- 1 tsp. milk
- Fine dry bread crumbs
- Fat for frying

Add salt to boiling water. Stir in corn meal. Cook and stir 10 min. Add butter and cheese and stir until cheese melts. Remove from heat and spread in an oiled 7x11 1/2-in. pan. Cool and chill 2 hr., or until firm. Cut into 1x3-in. strips. Combine egg and milk. Dip strips in egg mixture, then in bread crumbs. Fry in deep fat heated to 350 deg. until crisp and brown. Serve hot. Makes 2 doz.

Sondra Reid

hot corn breads go well with almost any main dish for brunch, lunch or supper in or out of doors.

### CHIVE CORN BREAD

- 2 tbsp. butter or margarine
- 1/4 cup sugar
- 1 egg, beaten
- 1 cup milk
- 1 cup flour
- 3/4 cup corn meal
- 3 tsp. baking powder
- 2 tbsp. dried chopped chives

Cream butter and sugar. Add egg and milk. Sift together flour, corn meal and baking powder. Add sifted dry ingredients to milk mixture. Mix lightly. Add chives and mix until just blended. Pour into greased 10-in. square pan and bake at 400 deg. 30 to 40 min.

### PLANTATION SPOON BREAD

- 4 cups milk
- 1 cup corn meal
- 1 tsp. salt
- 1 tbsp. butter or margarine
- 4 eggs

Heat milk in double boiler over boiling water. Gradually stir in corn meal and salt. Cook, stirring until smooth and thick. Cover and cook un-

## NSU Prof Named On African Agency

A NEVADA SOUTHERN associate professor of economics and business administration has been named to the United Nations Economic Commission for Africa for a period of two years.

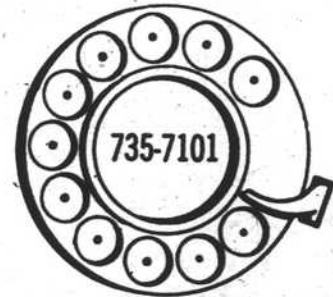
Dr. Andre Simmons will serve as an economic affairs officer at commission headquarters in Addis Ababa, Ethiopia, starting on July 1. He expects to return to his duties at NSU, where he has been a faculty member for the past five years, in the fall of 1967.

A native of Poland, Dr. Simmons served with the Polish underground forces during World War II and also saw action with the British Army on the Italian front. Following the war he earned his B.S. degree at the University of London School of Economics and his M.A. at Michigan State University. After attaining his doctorate in London in 1953, he returned to the United States and taught at UCLA and the Uni-

versity of Florida before going to NSU.

He interrupted his tenure at NSU last year to teach at Ein Shams University in Cairo, Egypt, under the U.S. State Department's foreign educational exchange program.

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