

LOOK AND COOK

Dorothy Johnson

Two Historical Cook Books

I HAD THE OPPORTUNITY, or I should say pleasure, while in California, to browse through two new wonderful cook books.

One is called "The Carver Cook Book" by Dr. George Washington Carver--yes, THE Dr. Carver. This book is published by the Museum of Negro History and Art, and the recipes are taken from a bulletin issued by Dr. Carver.

The other cookbook is called "The Historical Cook Book of the American Negro", and was compiled by Mrs. Sue Bailey Thurman for the National Council of Negro Women.

DR. CARVER was a very plain and simple individual, and the recipes are equally simple to follow and prepare; I found them quite exciting. There is the peanut soup, peanut coffee, peanut bread and numerous recipes all made with the peanut.

MANY OF US have heard of the work of this great scientist but few of us have known of his recipes. Now they are available in Cookbook form.

"The Historical Cook Book of the American Negro" would be a priceless possession for all cooks and non-cooks. Each recipe is dedicated to a person famous in African-American History. If a famous person liked a certain dish, then the recipe for that dish was offered.

There are favorite recipes of Angelina Grimke, a southern White woman of South Carolina. Her father was a slave-owning Judge, but she opposed slavery and, along with her sister Sarah, became a leading Abolitionist.

DURING THIS TIME, she became quite famous and wrote an Anti-Slavery book called "An Appeal to the Christian Women of the South". Dedicated to Crispus Attucks, the first American to die in the American Revolution, is the recipe "Johnny Cake". Another revolutionary War hero, Peter Salem, is honored with a recipe for "Minute Men Pudding".

A recipe for Watermelon Rind Pickle is given by Mrs. Daisy Lampkin in honor of the Poet, James Weldon Johnson, who was also executive secretary of the NAACP.

Listed, too, are favorite foods of Harriet Tubman, the leader of the underground railroad. Mrs. Vivian Carter, honorary president of the National Council of Negro Women, tells of her childhood experiences with "Aunt Harriet" and offers a recipe as "Our Aunt Harriet's Favorite Dish". I found this particularly interesting, not because it was for cornbread, but because the story is told that all the escaping slaves had to eat was cornbread and water from the creeks.

THESE ARE TWO exciting books that let you 'taste' history and appreciate the foods many of our own people enjoyed.

I shall try to prevail (which is no easy task) upon our boss, John West, to start a VOICE library by beginning with these two marvelous cookbooks, and I will be able to bring you the recipes.

Whereas I love the new modern cooking and look forward with zest to the future, I know that without the foundation offered by the past, very little would have any flavor or meaning.



Easy as Pie Plain Pastry

2 cups flour, 1 scant cup shortening, 3/4 teaspoon salt.

Mix flour and salt. Add shortening until thoroughly mixed. Add enough water to make an easy-to-roll dough. If a less rich pastry is desired, use only 3/4 or 1/2 cup shortening.

Concord Raisin Pie

2 cups dark seedless raisins, 2 cups bottled grape juice, 2 tablespoons vinegar, 1/4 teaspoon salt, 1/2 cup sugar, 3 tablespoons cornstarch, 1/3 cup water, 3 tablespoons butter or margarine.

Clark County Geared For All-Out War On Poverty

THE ECONOMIC OPPORTUNITY ACT was no sooner signed in August of 1964 than Clark County citizens geared for the development and execution of programs in the war on poverty. This has resulted in expenditures of more than \$700,000 in the first nine months of programs and has involved the paid employment of over 1600 people. Less than one percent of these jobs are held by those outside the low income group.

As soon as the Economic Opportunity Board was organized, the Clark County Board of Commissioners recognized this body as the legal agency responsible for these programs. Almost immediately Gov. Grant Sawyer extended his recognition of the Clark County EO board. According to Elaine Walbroek, executive director, Gov. Sawyer was one of the first Governors in the nation to perceive the implication of this legislation for Nevada and gave his complete support to this effort.

THE MAIN OBJECTIVE of the board was to penetrate the poverty pockets in Clark County which are concentrated among the minority groups. The greatest need was among the minority population in West Las Vegas. An all out effort of the EO board through "Operation Independence" a Westside self-help organization, was designed to give immediate attention to the basic needs of the community. The problem of the county's Indians and the migrant workers of Spanish American descent concentrated in the Moapa Valley, were also considered.

With this in mind, the following projects have either been completed, are on a continuing basis, or are under study for future programs. Projects for the EO board: Project Headstart, a seven-week kindergarten program for 350 disadvantaged children; Neighborhood Youth Corp, providing job training and experience to young people 16 to 21 years of age, both in and out of school; Day Care Services Center, essentially set up to provide low cost child care for working mothers in the Negro community. This program, under "Operation Independence" has grown from one center caring for 30 children to three neighborhood centers accommodating a minimum of 120 children.

PLANS FOR THE continuation of this program are included in the projects that will be funded for 1966. These also include Vista Volunteers employing 10 workers in the various programs, (NYC) Neighborhood Youth Corp programs coordinated with the Clark County School District and the Physical and Mental Health Programs providing physical examinations, job counselling and psychological testing, where needed, to all NYC applicants.

Additional projects for Clark County now under review by the Office of Economic Opportunity in Washington, D.C. are: Small Business Development Center; Hot Lunch Program for Westside schools; Migrant Community Service Center and the Community Service Centers Program under Operation Independence. Other projects, presently under study for submission, include a leadership training program in the West Las Vegas area and the Clark County Cooperative Purchasing Club, both to be coordinated through Catholic Community Welfare; Operation

Medicare-Alert, a short-term program bringing information to low income senior citizens on the new social security benefits and operation of the Medicare programs; Tutorial Assistance outside of schools in Henderson; Migrant Health Program and the Indian Community Service Program. Two other programs, coordinated by the EO board with other agencies and in operation now are: the Work Experience Program under Title V coordinated through the Nevada State Welfare Division and the Basic Education Program under Title IIB, administered by the State Department of Education through the Clark County School District.

MRS. WALBROEK pointed out that in addition to the employment of 1600, more than 1000 have received direct services through the Day Care Centers, counselling, and numerous parent services. She stressed that this economic boost came at a time when lengthy labor disputes in this area had created additional economic crises affecting a large percentage of these economically depressed groups.

State Jobs Open

APPLICANTS WISHING to take Open-Competitive Examinations for jobs offered by Nevada State Personnel Division are advised to fill out and file application blanks furnished by the State Personnel Division. Applications must be filed at the office of the Division in Carson City; they may be filed by mail, if postmarked not later than midnight on the last filing date.

Presently, applications are being accepted, with no closing date for filing period yet announced, for the following positions:

DATA PROCESSING TECHNICIAN--Salary: \$422 to start. Merit increases to \$512. Minimum Qualifications--Graduation from high school or equivalent education; and preferably the successful completion of a recognized data processing program approved by the State Board for Vocational Education; and at least one year's full time paid experience in the operation of data processing equipment (In lieu of year's full time paid experience, six months experience as a Data Processing Trainee with the State of Nevada will qualify).

PLUMBER--Salary: \$488 to start. Merit increases to \$590. Minimum Qualifications--Graduation from common school and at least four years of semi-skilled and skilled plumbing work. Graduation from high school or one year of pertinent trade school training may be substituted for, not to exceed one year of experience.

Combine raisins, grape juice and vinegar. Heat to boiling--lower heat and simmer 5 minutes. Stir in sugar blended with cornstarch, salt and water--add butter. Cook, stirring until mixture boils and becomes clear and thickened. Cool slightly. Pour into pastry-lined pie pan. Bake in very hot oven--450 degrees F. 25 to 30 minutes until the crust is golden brown.

Serve warm or cold, either plain or with whipped cream. Single crust pie may be decorated with a few baked pastry cut-outs, if desired. To make a double-crust pie, cover filling with top crust, flute rim and cut a few slits in top.

Pecan Pie

3 eggs, 1/2 cup sugar, 1 cup corn syrup, 1 teaspoon vanilla, 1/8 teaspoon salt, 1/4 cup butter (melted), 1 cup pecans.

Beat eggs--add sugar, syrup, salt, vanilla and melted butter. Put pecans in pie shell--pour mixture in pie shell and bake in moderate oven (350 F) 50 to 60 minutes. The nuts will rise to top and form a crusted layer.

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