

# Food Forum

**Dorothy Johnson**

How To Collect Compliments  
During Lent

**\*Tuna and Green Beans Italiani\***

2 (7-oz.) cans tuna drained, 1/2 teaspoon salt, 2 (9-oz.) pkgs. frozen Italian green beans, 1/2 cup Blue Cheese dressing, 1 cup sour cream, 2 tablespoons butter melted, 2 cups soft bread crumbs.

Flake tuna into a medium size bowl. Place frozen green green beans, salted water in a large saucepan, bring to a boil. Cover, lower heat, and allow to steam for 6 to 8 minutes, or until beans are almost done. Combine beans with tuna, cheese dressing and sour cream. Mix until well blended. Alternate 2 layers each of tuna and beans with dressing mixture in a 1 Qt. casserole. With a small spatula, make air spaces so that dressing can seep through to the bottom. Combine butter with bread crumbs--sprinkle over top of casserole. Bake in a moderate oven (350 degrees) for 15 minutes.

**\*Quick and Easy Tuna Bake\***

3 cups slightly crushed potato chips, 1-3/4 cups (10 oz. pkg.) cooked asparagus, 1 cup tuna, 1/2 cup sliced almonds, 1 cup (4 oz.) grated process American cheese, 1 teaspoon seasoned salt, 2 tablespoons lemon juice.

1-2/3 cups (large can) undiluted canned milk. Place potato chips in 8-inch square pan. Arrange vegetable, tuna, almonds and grated cheese in alternate layers. Sprinkle salt and lemon juice over top. Pour milk over casserole. Top with remaining potato chips. Bake in moderate oven 350 degrees about 20-25 minutes.

**\*Deviled Tuna\***

Melt in saucepan 3 tablespoons butter or margerine. Add: 4 tablespoons flour--blend well. Add: 1-1/2 cups milk. Cook, stirring constantly until thick. Add: 1 can (7-1/2 oz.) tuna, 1/4 teaspoon paprika, 1 teaspoon salt, 2 tablespoons chili sauce, 1 tablespoon finely chopped green pepper. Pour into baking dish; cover with 1/2 cups bread crumbs or crumbled crackers mixed with 2 tablespoons melted butter or margerine. Bake in moderate oven about 25 or 30 minutes, or until brown.

**\*Tuna Chip Casserole\***

Place 1 cup crushed potato chips in bottom of 1 Qt. casserole. Combine following ingredients: 3/4 cup milk, 1/2 cup mayonnaise, 1/2 teaspoon salt, dash pepper, 1/2 teaspoon worcestershire sauce, 1 tablespoon minced onion, 2 cans (7 oz.) tuna, 2 hard cooked eggs chopped, 1/2 cup diced celery. Pour into casserole, top with crushed potato chips. Bake in moderate oven.

**\*Curried Tuna Fish and Peas\***

1 can cream mushroom soup, 1/2 can milk, 1 teaspoon curry powder, 7-oz. can tuna, 1 cup frozen peas, pimento.

Combine all ingredients in saucepan. Stir and cook until hot. Serve over corn bread squares, hot biscuits, toast or in patty shells. Garnish with pimento strips.

**\*Salmon Steaks with Sour Cream\***

Dredge 6 salmon steaks in 1 cup flour seasoned with 1 teaspoon paprika. Saute steaks on both sides in 8 tablespoons butter or margerine until fish flakes easily at the touch of a fork. Remove steaks to hot platter and keep warm. To the juices remaining in pan, add 3/4 cup white wine and cook mixture, stirring until it is reduced to 1/2 cup. Stir in 2 cups sour cream blended with 1 tablespoon paprika and heat the sauce. Do not BOIL. Adjust the seasonings to taste--pour over steaks. Serve immediately.

**\*Salmon Loaf\***

Combine 1 cup cooked rice, 3/4 cups fine bread crumbs, 2 eggs slightly beaten, 1/2 teaspoon salt, 1/8 teaspoon pepper, 1/2 teaspoon celery salt, 1 medium onion grated, 2 teaspoons worcestershire sauce, 1 teaspoon paprika, 1 tablespoon chopped pimento, 2 cans (1 lb. ea.) salmon.

Mix well--pour into loaf pan or ring mold that has been well greased. Set in shallow pan of water and bake in moderate oven 350 degrees for 15 minutes. Remove from oven, brush with melted margarine, and turn out on serving plate. Garnish with parsley.

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*400 Jackson*

## Sorors and "Artist of Tomorrow"



### Teen-Age Designer



Jerrilyn Crooks, 17, High School of Fashion Industries, New York, N. Y., won Strathmore Award for Fashion Design



UPPER PHOTO--Members of Alpha Rho Chapter of Gamma Phi Delta Sorority shown at the home of Dr. and Mrs. Charles West on the occasion of the dual celebration of Founder's Day and Award Presentation to Soror's Artist of Tomorrow (l-r) Ruby Garland, Chairman "Artists of Tomorrow"; Sarah Ann Knight, Anna Bailey, Nora Wilson, Sondra Reid, Virgie Fitzgerald, Lorraine White, Dottie West, Edythe Abington, Chairman Founders' Day, Cornelia Kellar, and Eddy Kim. Photo Above--Trophy Winner, Willie Stete is shown with Mrs. Ruby Garland (l) Chairman of "Artists of Tomorrow" Committee and Mrs. Edythe Abington, Founder's Day Committee Chairman. (See Who's Who)

DRESSING PAPER DOLLS at the age of 10 was the beginning of Jerrilyn Crooks interest in fashion. Now, at 17, she is the top prize winner for Fashion Design in the 1965 Scholastic Art Awards competition.

Jerrilyn started sewing in her Junior High School Home Economics classes in New York City. Her love for fashion drawing won her a scholarship to New York's High School of Fashion Industries.

There Jerrilyn followed a regular academic course, plus courses in both fashion art, and fashion design. In fashion design class, she had to face the fact that a drawing is only the beginning of a garment. One of her first designs had six bust darts! It looked wonderful on paper, but it just didn't work when she started to sew.

She learned to drape (pinning fabric on a dress form to plan a garment's basic lines), to fit, and to make a pattern. Sometimes she starts with one idea, such as an empire bustline, and makes a whole series of designs around this theme. Fashion Magazines, unusual fabrics, or her old paper dolls also provide ideas.

She advises girls who are interested in a career in fashion design to look at fashions all the time--in history books, magazines, and stores, and to learn to sew. "You can be a designer without drawing, but you can't design if you can't sew.

Jerrilyn is presently a student at the Parsons School of Design where she plans to work to perfect the sewing skills which still do not come easily to her. And then she says, "My dream is a trip to Paris and a job where I can design all day and never sew a stitch."

**\*DOT'S TIPS\***

When baking a chocolate cake, dust your greased pan with cocoa rather than flour. Your brown crusts will be all brown without white streaks.

Here's a way to decorate a cake quickly--and prettily. Place a paper doily on top of the cake when it is slightly cooled. Sprinkle confectioner's sugar, remove doily, and you have an attractive lacey design.

A brightly colored plastic bucket makes an ideal punch bowl for teen-age parties. It is colorful, holds a great deal, and eliminates the danger of having a good punch bowl broken.

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