

FOOD FORUM *

Dorothy Johnson

Small, early strawberries often have exceptionally fine flavor, but delicious berries are available many months of the year.

Discard imperfect berries. Place perfect berries in a colander and pour cold water over them. Drain thoroughly and remove hulls. Serve with fine confectioner's sugar and sweet or sour cream. If the berries are not very sweet, sprinkle with sugar and let stand 1/2 hour before serving.

STRAWBERRY WHIP

Put in a bowl, 1-1/2 c. strawberries cut in halves, 1 c. confectioner's sugar, 1 egg white. Beat until stiff with a wire whisk or an electric beater. Serve on pieces of sponge or angel food cake, or pile in a bowl and serve with soft custard.

STRAWBERRIES ROMANOFF

Prepare 2 quarts sugared strawberries, whipped slightly, and 1 pint ice cream. Fold into ice cream, 1 c. whipped cream and add 6 tbsp. Cointreau. Blend the ice cream and strawberries very lightly. Serve immediately.

STRAWBERRY PANCAKES

1 pt. strawberries, washed, hulled, sliced; 1-3/4 c. unsifted all purpose flour, 3 tbsp. sugar, 4 tsp. baking powder, 3/4 tsp. salt, 1-3/4 c. milk, 2 eggs, 3 tbsp. salad oil.

Sift flour, sugar, baking powder, and salt into medium bowl. In another medium bowl, combine milk, eggs, and oil; mix well with fork. Add to flour mixture; stir just until combined--batter will be lumpy.

Meanwhile, slowly heat griddle or electric skillet to 350 F., or until a little cold water, dropped on griddle, rolls off in drops. Ladle batter (about 1/4 c.) onto hot griddle. Sprinkle each pancake with 2 to 3 tbsp. strawberries. Cook until bubbles form on surface and edges become dry. Turn, and cook 2 min. longer, or until nicely browned on underside. Serve hot, with butter and maple, or strawberry syrup.

NEW STRAWBERRY TART

2 c. unsifted all purpose flour, 4 tbsp. sugar, 3/4 c. butter, 2 egg yolks.

Mix flour and sugar together. Add butter and crumble it into flour with fingers until mixture is mealy in texture and there are no large particles. Stir in egg yolks with a fork until well blended, then work dough with hands until it makes a smooth, non-crumby ball. The heat of your hands softens butter and makes the dough stick together. To shape, press the pastry into pan or pans, pushing it firmly to make an even layer. Bake pastry in slow oven (300) for 20 or 30 minutes or until pastry is lightly browned. Let pastry cool in pan.

CHEESE PASTRY CREAM FILLING

Place 1 pkg. (3 oz.) cream cheese in a bowl and mix with rotary beater. Slowly blend in 1 c. heavy cream. Add 2 tbsp. powdered sugar, 1/2 tsp. each vanilla and grated lemon peel and 1 tsp. lemon juice. Beat until mixture is like stiffly whipped cream. Chill in bowl covered, until ready to use. Fill pastry tarts, arrange whole or sliced strawberries on top of cheese filling. Dust berries with powdered sugar.

STRAWBERRY-RASPBERRY SAUCE

1 pkg. (10 oz.) frozen raspberries thawed, 1 tbsp. lemon juice, 2 c. whole strawberries, washed and hulled; 2 tbsp. Kirsch (optional), sugar to taste.

Puree raspberries, then push through wire strainer. Stir in lemon juice. Halve strawberries and sprinkle with Kirsch (if desired), then add sugar to taste and let stand 10 minutes. Add to raspberry sauce. Cover and chill until serving time. Serve over vanilla, strawberry or lemon custard ice cream.

HOME MADE STRAWBERRY ICE CREAM

4 c. light cream, 2 eggs, 2 c. sugar, 2 pt. boxes strawberries, 1-1/2 c. heavy cream,

One Will Be Miss Sepia '67



WHO WILL IT BE? Which of these lovely young ladies will be Miss Sepia '67? Come one, Come all to the gala event Sunday, July 16, 1967 at the Doolittle Recreation Center Pool Side at 6:30 p.m. when Miss Sepia '67 will be selected.

The Fashion Show and Beauty Contest is sponsored by Prometheus Circle and tickets may be obtained from any member for the price of \$2.50 each.

Contestants from left are Joyce Jamerson, Graci Sanders, Sylvia Chaney, Rosene Chapman, Maxine Groce, Vera Dorsey, Mary Johnson, and Paula McDonald.

Beauteous model, Martha Washington (kneeling) is training and coaching the young hopefuls... Contestants not pictured are Martha Washington (no relation to model-director) and Althea Hall.

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1 tbsp. vanilla extract, 1/4 tsp. salt, red food color.

In a small saucepan, heat 2 c. light cream until bubbles form around edge of pan. In medium saucepan, beat eggs with 1-1/4 c. sugar until well blended. Gradually stir in hot cream. Cook over low heat, stirring constantly, until slightly thickened--15 to 20 minutes. Remove from heat; cool.

Meanwhile, wash and hull strawberries. Halve each, placing in large bowl. Add remaining 3/4 c. sugar. With potato masher, mash berries to make a puree. To cooled egg mixture, add remaining 2 c. light cream, the heavy cream, vanilla, salt, and few drops food color.

To freeze in 1 qt. crank-type freezer, pour half of custard mixture into freezer container; insert dasher, and close container tightly. Pack freezer with ice and coarse salt in 4 to 1 proportion. Crank for 10 minutes. Open container; add half the crushed strawberries; then crank until dasher is difficult to turn. If using an electric freezer, follow manufacturer's instructions.

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(THIS WEEK, from page 2)

July 17, 1862

July 17, 1864

July 18, 1868

July 19, 1875

to assist recently emancipated Negro slaves, continued over the veto of President Johnson. Congress arms Negroes to take part in the Civil War. General Sherman launched the famous march to the sea, breaking the back of the Confederacy during the Civil War. Negroes were legally declared American citizens in a number of southern states. Alice Ruth Dunbar Nelson, sociologist, author and widow of noted poet Paul Laurence Dunbar, was born in New Orleans,