

THE THINKING WOMAN

FOOD FORUM

Dorothy Johnson

"SOUPS ON"

This is the time of year, especially in this very cold weather, when we all enjoy a hot bowl of soup. Soup is liquid in which solid food is cooked; meat, poultry, vegetables, etc.

We have clear, thin and thick soups. Bouillion comes from the French word, "bouillir" meaning to boil. In the good old days, when a soup "bunch" cost a nickle, you could concoct a wonderful essence daily for consumption.

CHILLED CLAM BISQUE

- 1-8 Oz. can tomato sauce
- 1 can condensed pea soup
- 1-10-1/2 oz. can minced clams undrained
- 2 cups milk

Mix all ingredients together. Serve hot or cold.

CORN FRANKFRUTER SOUP

- 1 onion, minced
- 1/3 cup diced celery
- 1 bay leaf
- 1/2 tsp. crumbled dried basil
- 2 tbsps shortening
- 1 cup boiling water
- 2 cups cream style corn
- 1 -lb. frankfruters, sliced
- 2 tsps salt
- 1/8 tsp. pepper
- 1/3 cup shredded processed American cheese
- Chopped parsley

Cook onion, celery, bay leaf and basil in shortening for 5 minutes. Add water and corn. Cook covered for a few minutes longer. Remove bay leaf. Add remaining ingredients except parsley; heat until cheese melts, stirring constantly. Garnish with parsley.

PEA SOUP

- 1-lb. green or yellow split peas
- 2-1/2 qts water, from cooking smoked pork, ham or corned beef
- 2 medium onions, chopped
- 2 carrots, diced
- 2 or 3 bay leaves
- Few celery tops, chopped
- Parsley sprigs, chopped
- Dash of cayenne pepper

Wash and drain peas. Put in large soup pot and add all ingredients. Bring to a boil; cook hard 3 minutes. Turn off heat and let stand for an hour. Bring to a boil, reduce heat and simmer until peas are soft. Season with salt and pepper.

SOUR CREAM POTATO & MUSHROOM CHOWDER

- 1/2 lb. mushrooms coarsely chopped
- 1 medium onion, chopped
- 2 tbsps. butter or margarine
- 1 cup diced raw potato
- 1 cup boiling water
- 2 cups milk
- 2 egg yolks, beaten
- 1/4 cup sherry
- 2 cups sour cream
- Salt & pepper
- 1/4 tsp. ground thyme
- Dash each ground cloves and mace
- Chopped parsley

Cook mushrooms and onions in butter in soup pot 3 or 4 minutes. Add potatoes and water; bring to a boil, cover and cook 10 minutes or until potatoes are tender. Add milk. Mix next three ingredients and stir into the first mixture. Heat only to scalding point. Season with salt and pepper to taste, thyme, cloves and mace. Serve with parsley.

Miss Pulchritude



STEPHANIE MILLS

Stephanie Mills, 15, who plays Dorothy in "The Wiz," an all-black Broadway musical based on Frank Baum's "The Wizard of Oz," is featured in the January issue of SEVENTEEN Magazine. About the role, Stephanie is worried that audiences will think she's trying to be like Judy Garland. She tells entertainment editor Edwin Miller, "I just want to be me, Stephanie Mills."

Stephanie has been singing professionally since she was nine when she appeared in a Broadway show about an orphanage for black children.

Stephanie has never had any formal voice training. "I could sing before I could talk," she says. "When anyone asked me a question I would pick out something out I had heard on the radio that fit the situation and sing the answer. That was the only way I could communicate. I'd sing on the stoop in front of the house where we lived in Brooklyn, forming a group with my friends, and gradually I trained myself."

SILVER RIGHTS

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have held meaningful conferences with Jewish leaders, Arab-American leaders, Latino leaders, labor leaders and representatives of diversified church groups. Earlier this month PUSH convened some 400 ministers, representing 15 protestant denominations in 50 cities. Rev. Leon Sullivan and A.M.E Bishop Ensert Hickman served as co-hosts to this important Ecumenical gathering. Father Theodore Hesburg of the University of Notre Dame has become an

integral part of this religious coalition which is calling for mass action.

Necessity is compelling us to move and January 15, 1975, which is Dr. King's birthday, is our target date. Full employment or wages (the Hawkins' Bill) is our goal.

On that day, we will begin our "Silver Rights" program by marching around the White House 7 times. Just as Joshua marched around the Walls of Jerico, we intend that Ford's present economic policies shall fall, and towards that goal we shall deal with 5 vital issues.

OYSTER STEW

Use a double boiler, as it prevents overcooking of oysters.

- 4 tbsps. butter
- 1/2 tsp. or more grated onion
- Sliver of garlic
- 1/2 cup stewed celery

- Saute lightly and add:
- 1-1/2 pints oysters with liquid
- 1-1/2 cups milk
- 1/2 tsp. salt
- 1/8 tsp. white pepper

Place pan over, not in boiling water. When milk is hot and oysters float; add 2tbsps chopped parsley. You may add 1/2 cup dry white wine the last half minute of cooking.

ROSE GARDEN X-MAS PARTY

The residents of Rose Garden wish to take this opportunity to thank the persons responsible for the delightful Christmas party given for us on December 20th.

We think it most kind and thoughtful that so many prominent people took time out of a busy schedule to plan such a nice evening.

Mayor C. R. Cleland lit the Christmas tree, which was a gift from Arlyse Wadleigh. Councilmen Dan Mahoney and family, and Wendell Waite along with his wife were in attendance. Mrs. Juanita Smith, Robert McConnel and Clarence VanHorn were introduced by Minnie Walden. Special thanks to John Loskey, host of the Youth for Aging and

David Muhl along with their committee, who all worked so hard planning this affair. Mr. Oberlander of the Silver Nugget who sent a gift for all the residents, with the help of the Exchange Club.

Just cannot close without remarking about the UNLV Sundancers and the Girls' Ensemble of Clark High School, they were very good and enjoyed by all. Many residents participated in the table decorations contest. Prizes were awarded.

Lunch was served by the Senior Citizens Association of Rose Garden. Again let us say thanks from the residents of Rose Garden for a very enjoyable evening. HAPPY NEW YEAR to all.

WOMENS STUDIES

"Women are generally unacknowledged because they don't know who they are or what potential they have."

So stated Rosemary Masek, a University of Nevada, Las Vegas associate professor of history who will help teach a course at UNLV on the "Emergence of Self-Concept in Women" during the January mini term.

The seminar, which will also be taught by Robert Koettel and Stephanie Weinberg, both of whom are UNLV associate professors of psychology, is a study of women's emerging self-concept as seen through recent psychological studies and literature.

When asked what she wants students to get out of the program, in which both men and women are enrolled, Ms. Masek said simply, "I hope they learn something about themselves."

Ms. Masek, who hopes to eventually have a women's studies program at UNLV which will "cut across many disciplines," says "society has never really encouraged women to succeed. College has traditionally been the place where young men were educated for a career and young women were supposed to go to parties, look pretty and learn to be worthy companions to men."

"The reason for female resistance to the Equal Rights Amendment and to the women's movement in general is that women are used to being dependent on others," says Ms. Masek.

Many professional women are "late-joiners" to the women's movement, but have become dedicated to it, says Ms. Masek. "The public should realize that there are many aspects to the movement. Some women have aimed at drawing all women together en masse; others are concerned with individual self-realization."

"Down through the ages," continues Ms. Masek, "literature has produced stereotypes of women. They were earthmothers, vamps or 'the girl next door.'" Writers used these stereotypes for their own purposes to create a certain situation, but they were not true pictures of women."

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