

# THE THINKING WOMAN

## FOOD FORUM

Dorothy Johnson

Now that the yuletide spirit of giving, to the realities of living, the family budget looks like a disaster area.

If anything really nice can be said of January, besides December bills, it's that we are willing to settle for simple and inexpensive meals.

So there's no better time to fall back on hearty nourishing main dish soups than right now.

### CHEESE SOUP

- 1/4 cup butter or margarine
- 1/2 cup minced onions
- 1/2 cup flour
- 1/4 tsp. soda
- 1-1/4 tsp. salt
- 1/4 tsp. paprika
- 2-1/2 cups milk
- 2-1/2 cups bouillon
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1/4 lb. sharp cheddar cheese
- 2 tbsps. minced green onion

Melt butter in large sauce pan. Add onion and cook until transparent. Add flour, soda, salt and paprika; blend well. Slowly add milk and bouillon, stirring constantly to make a smooth white sauce. Add carrots, celery and cheese cubes. Simmer for 15 minutes or until vegetables are tender and cheese is melted. Do not boil or soup may curdle. Top with green onion.

### MINESTRONE SOUP

- 5 tbsps. olive oil
- 2 ozs. salt pork, diced
- 1 small onion, minced
- 1/2 clove garlic, minced
- 1 small green pepper, chopped
- 2 cups celery
- 2 cups diced carrots
- 1 medium potato, diced
- 2 small zucchini, sliced
- 3/4 cup canned pinto beans
- 3/4 cup garabanza beans
- 1 (1-lb.) can tomatoes
- 2-1/2 qts. beef stock
- 1-1/2 tsp salt
- 1/4 tsp. pepper
- Dash each - oregano and thyme
- 3 ozs. elbow macaroni
- Grated Parmesan cheese

Heat oil in large sauce pot. Add salt pork, onion and garlic; saute until onion is tender not brown. Add green pepper, celery, carrots, potato zucchini, undrained beans, tomatoes that have been crushed with liquid, beef stock, salt and pepper, oregano and thyme. Bring to a boil, reduce heat and simmer about 1-hour. Add macaroni and cook about 20 minutes or until pasta is done. Remove from heat; stir well and serve with cheese. Makes about 4 quarts.

### BEEF VEGETABLE SOUP

- 2 lbs beef shanks
- 2 lbs oxtails
- 2 cups chopped onion
- 2-1/2 tpsps salt
- 4 whole allspice
- 1 bay leaf
- 2 qts. water
- 1 can (1-lb.) tomatoes
- 1/2 cup diced carrots
- 1/2 cup diced potatoes
- 1/2 cup thinly sliced celery
- 1/2 cup diced turnips
- 1/2 cup sliced cabbage

Put shanks, oxtails, and salt into water. Cook for 2 hours or until oxtails are tender. Add bay leaf and whole allspice. Skim off and discard fat. Add tomatoes, carrots, turnips, celery, potatoes and cabbage. Simmer until vegetables are crisp tender. Discard bay leaf and allspice. Makes about 2 quarts.

## MARRIAGE MAY BE UNDER ATTACK

The institution of marriage may be under attack as old-fashioned and impractical, but it is still the dominant dream American women hold for their children.

According to the just-released Virginia Slims American Women's Opinion Poll, Volume III, sizeable majorities of women, if given the choice, would rather see a son or daughter happily married than financially successful or in an interesting career.

For a daughter, happy marriage is the overwhelming preference, ranking first for three out of every four women (76%). An interesting career ranks first by one of every six women (17%) and financial success by only one of 33 (3%).

The men's responses are similar to those of women in every category, as are the replies of men and women who have children and those who do not.

Black women and women between 18 and 29 years of age are the least laudatory of happy

marriage. But still, more than 60% in each group rank happy marriage first for daughters and pluralities of 44% rate it first for sons.

Women in the 18 to 29 age group and college graduates are most likely to rate an interesting career first, about one out of four doing so for daughters and one of three rating it first for sons.

Belief in the institution of marriage for daughters is underscored by the response of women and men to a question on how they would react to various actions of a daughter. Though many parents would not accept it a greater number would accept a daughter's marrying a man of another race than would accept her "living with someone outside marriage."

The third poll was undertaken "to continue comprehensive study of the changing attitudes and opinions of American women and to point out the significant effect their thinking has in shaping the family of the future."

### HAM SPLIT PEA SOUP

- 1 ham bone
- 3 qts. water
- 2 cups split peas
- 1-1/2 cups chopped ham
- 2 tpsps. salt
- 1/4 tsp. pepper
- 1 onion, sliced

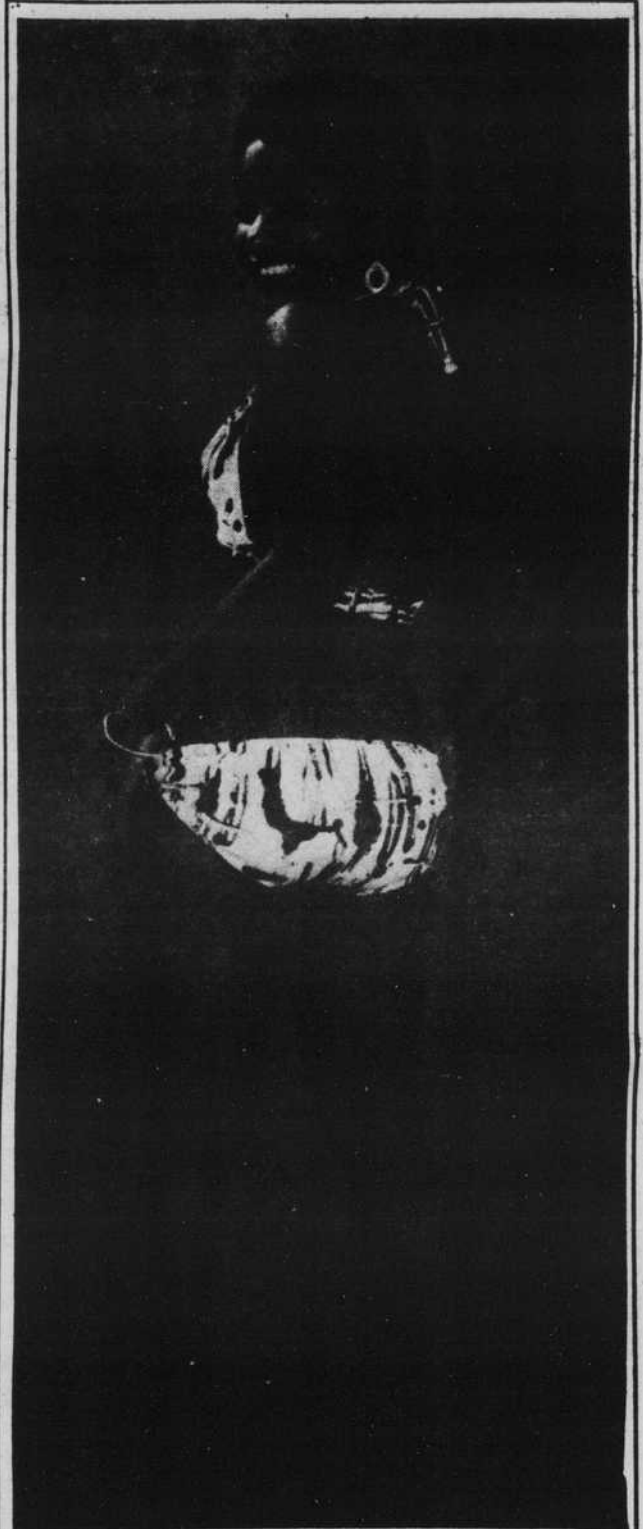
Combine ham bone, water, peas, salt, pepper and onion. Cover and bring to a boil. Simmer over low heat for 2-1/2 to 3 hours. Cut any bits of ham from bone and add to soup with chopped ham. Heat to serving temperature. Garnish with croutons.

### CHICKEN GUMBO

- 3 tbsps. bacon fat
- 1 large onion, chopped
- 1-( 2lb. 2oz. ) can tomatoes
- 1 green pepper, chopped
- 1-( 10 oz. pkg) frozen okra, thawed
- 2 tbsps. rice
- 5 cups chicken stock
- 2 cups diced chicken
- 1 tbsp. chopped parsley
- 1 tsp. chopped tarragon
- Salt
- Pepper

Melt bacon fat in a large sauce pan. Add onion and cook until tender. Add tomatoes, green pepper, okra slices, rice and stock, mixing thoroughly. Cover and simmer until vegetables are tender. Add chicken, parsley, tarragon and salt and pepper to taste. Reheat before serving.

## Miss Pulchritude



MODELING IS HER AMBITION --- Diane Patricia Jones, who spends much of her time aloft as a stewardess for Allegheny Airlines, would be happy to be grounded as a model. However, this 21-year-old lass, a 1972 graduate of Sumner High School, an Aquarius with 34-23-35 proportions, has an artistic and a domestic flair as well - she likes sewing and cooking, painting and composing poetry. All in all, we'd say she is well-rounded in more ways than one!

**Breakfast Anytime**

2 eggs (any style)

Choice of:

Ham      **49¢**

Bacon

Sausage      Toast

**Lady Luck**

CASINO      & saloon

DOWNTOWN      3rd and OGDEN