

The Thinking Woman

FOOD FORUM

Dorothy Johnson

HEARTS and FLOWERS

Wouldn't you love to give a party on Valentine's day? Your family will get the message that comes straight from your heart at a special dinner prepared for them, since February is the month of love and famous birthdays.

Red and white are always popular, but deep pink and light pink, or pink and American Beauty can be used effectively. Flowers and candles should be in the same colors as the tablecloth and napkins.

Here are a few ideas, that will dress-up and add a party flair to your menu.

With ham serve a cherry sauce; on your mashed sweet potatoes, place marshmallows tinted pink with beet juice. Into lima beans, put a dash of sour cream, chopped pimento and waterchestnuts. Cut out biscuits with a heart-shaped cookie cutter. Make a Bing Cherry Salad Mold, in a ring mold and fill the center with pink cottage cheese. Serve it with sweet cherry mayonnaise made with grated lemon rind.

VALENTINE HEART CAKE

2 round 8 or 9 inch cake layers
Seven minute frosting tinted pink
Red cinnamon candies
1-1/2 cups flaked coconut

Make the cake layers from a cake mix or a favorite recipe. Cool. Place cake on a large plate or tray. Spread frosting between the layers. From one side of the cake, cut out a wedge about 3-1/2 inches wide and 3 inches deep. Place this wedge at the opposite edge of the cake, to form the point of the heart. Cover top and sides with remaining frosting. On top of cake use red cinnamon candies to outline a heart about 3-1/2 inches wide and 4 inches deep. Fill in the heart with more candies. Sprinkle coconut around this heart and on the sides of the cake.

BING CHERRY SALAD MOLD

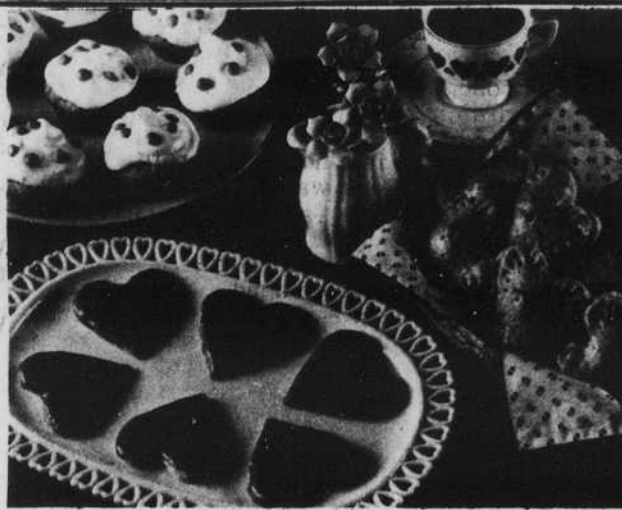
1-1/2 cups juice from cherries
1 No. 2 can Bing Cherries
1-3 oz. pkg. cherry gelatin
1/4 cup port wine

Heat the juice from the can of cherries. Dissolve gelatin in cherry juice, then add wine. Let set partially and add the cherries. You may add a few cream cheese balls if you wish. Cut into 2-inch squares. Serves 24.

CUPID CUP CAKES

1/2 cup shortening, soft
1/3 cup granulated sugar
1/3 cup firmly packed brown sugar
1 egg
1 cup sifted all-purpose flour
1 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
3/4 cup milk
1 cup quick or old-fashioned oats, uncooked

Heat oven to 350 degrees. Line muffin cups with paper baking cups or grease and flour them. Beat together shortening and sugars until creamy. Blend in egg. Sift together flour, baking powder, cinnamon, nutmeg and salt. Gradually add to creamed mixture; mix well. Stir in milk and oats. Fill muffin cups half full with batter. Bake in preheated oven about 25 minutes; cool.



Convey the message of love with Cupid Cup Cakes, and Valentine Tea Cookies--enhanced by the nut-like goodness of quick or old-fashioned oats.

FROSTING

1 egg white
1/2 cup granulated sugar
1/4 tsp. cream of tartar
2 tbsps. water
1/2 tsp. vanilla

Combine all ingredients in top of double boiler. Cook over boiling water, beating constantly with electric beater or rotary beater until mixture holds stiff peaks. Remove from heat; add vanilla; continue beating about 1 minute or until frosting is thick enough to spread. Frost cooled cup cakes. Decorate with cinnamon candies.

VALENTINE TEA COOKIES

1/2 cup shortening
1/2 cup sugar
1 egg
2 tbsps. milk
1 tsp. vanilla
1-1/2 cups sifted all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
1 cup quick or old-fashioned oats, uncooked

GLAZE

1/2 cup sifted confectioner's sugar
1 tbsp. water
1/2 tsp. vanilla
1/8 tsp. red food coloring

Heat oven to 375 degrees. Beat together shortening and sugar until creamy. Blend in egg, milk and vanilla. Sift together flour, baking powder and salt. Gradually add to creamed mixture; mix well. Stir in oats.

Roll out on lightly floured board or canvas to 1/8 inch thickness. Cut out with floured heart-shaped cutter. Place on ungreased cookie sheets. Bake in preheated oven about 8 minutes; cool. Brush with confectioner's sugar glaze made by combining all glaze ingredients.

Beauty by-lines

Tips from the experts for a more beautiful you

BE A "BLUSHING BEAUTY"



ted especially for her skin type. These blushers, it's explained, won't change color or turn orange during the course of the day.

Tan, cocoa or cinnamon shades look best on the medium-to-light skinned woman. The rosier and amber shades are suggested for the woman with a medium to dark skin.

To apply, say the experts, smile into a mirror to help you find your cheekbones. Then smooth the blusher high over this area and blend carefully. There should be no line of demarcation -- just a "soft natural glow of health and beauty."

As any fashion model could tell you, a blusher is the necessary finishing touch to makeup. But the blusher, whichever form is used, must be selected and applied correctly for the prettiest results.

A Black woman, say the beauty authorities at Sears Roebuck and Co., should choose a blusher from one of the new makeup lines formula-

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American Cancer Society