

The Thinking Woman

FOOD FORUM

Dorothy Johnson

HOMINY GRITS

Remember when you could buy grits for 29 cents a box. Recently I purchased a large box of Albers Grits at \$1.03 per box. They also are becoming hard to purchase.

Grits supply nutritious value to the body, as well as being very nourishing.

CHEESY GRITS RING WITH CREAMED EGGS

GRITS RING:

- 5 cups water
- 1 tsp. salt
- 1-1/2 cups enriched white hominy quick grits
- 1-1/2 cups grated sharp Cheddar cheese

CREAMED EGGS:

- 3 tbsps. butter or margarine
- 3 tbsps. all-purpose flour
- 1 tsp. salt
- Dash of cayenne
- 2 cups milk
- 6 hard cooked eggs, sliced

For grits ring, combine water and salt in saucepan; bring to boil. Slowly stir in grits. Simmer uncovered 2-1/2 to 5 minutes stirring occasionally. Remove from heat; add cheese, stirring until cheese has melted. Pour into 6-1/2 cup ring mold which has been rinsed with cold water. Cool thoroughly; cover; chill until firm.

To serve, place mold on rack in large pan. Pour water around the mold to a depth of 2 inches. Cover; bring to boil; steam 20 to 25 minutes. Drain off excess water from top of ring; unmold. Fill center of ring with creamed eggs; sprinkle with paprika. Garnish grits ring with sprigs of parsley.

For creamed eggs, melt butter in medium-sized saucepan. Add flour, salt and cayenne, stirring until well blended. Slowly stir in milk, stirring until smooth. Cook over low heat until thickened, stirring constantly; add eggs. Simmer 1 minute or until eggs are heated.

GRITS CASSEROLE

- 2 cups grits
- 8 cups salted water
- 1 stick of butter or margarine
- 1 stick of garlic cheese
- 2 eggs (with enough milk to make 1 cup) beat eggs



Cook grits according to instructions on package. Just when done; add butter and cheese; stir well to melt cheese. Add egg and milk; mix well. Put in well greased casserole and bake 45 minutes at 350 degrees. Sprinkle with Cheddar cheese and continue to cook 15 minutes longer.

HOMINY GRITS SOUFFLE

- 1-1/2 cups grits
- 6 cups boiling water
- 1-1/2 tsp. salt
- 4 eggs, beaten
- 3/4 cup butter
- 1-lb. sharp cheese, grated
- 11 drops of tabasco sauce

Cook grits in boiling salted water. Add butter, cheese and tabasco. Cool thoroughly; add beaten eggs. Bake in 350 degree oven for 40 minutes or until done.

GRITS CROQUETTS

Combine 2 cups cooked grits and 2 cups ground cooked meat, chicken or flaked fish. Add seasonings to taste. Chill, shape to form 12 croquettes. Roll in dry bread crumbs; dip in beaten egg and then roll in crumbs again. Pan-fry in moderately hot fat or fry in deep fat 375 degrees until golden brown.

Beauty by-lines

Tips from the experts for a more beautiful you

YOUR EYES

The eyes have it all right -- They're the focal point of a woman's face. To enhance your eyes, try experimenting with the new make-ups until you've achieved your best look. Ready to lend a helping hand in this area are the beauty experts at Sears Roebuck and Co. who have come up with a few guidelines.

Most black women, these authorities say, find that blue eyeshadows, particularly the "high intensified" blues give the prettiest effect. Also recommended are greens, olives, "okra" colors and, for evening, yellows and golds. As a rule, pastel shadows are a no-no, unless a woman has a medium-light to light skin tone.

Tips For Prettier Hands

Your hands say a lot about you -- in the way you use them, and in their appearance. To make the most of your hands, try these ideas for starters.



1. To get hands off to a good start, invest in a professional manicure. Follow with a weekly do-it-yourself session.

2. Experiment with nail color for a new look. Even if you prefer colorless polish, remember that two thin coats wear longer and protect nail better than one thick coat.

3. Guard hands with a good cream or lotion. When using strong detergents, hair coloring and the like, wear rubber gloves.

4. If rough chapped skin is a special problem, smooth on a lavish amount of hand cream at night and wear to bed -- along with a pair of (old) cotton gloves.

5. Make your hands more graceful by limbering them with daily exercise. Try this: Clench hand into a fist, hold a few seconds, then relax. Next, shake hands vigorously, letting them hang loosely from the wrist.

If a liner is used, explain the Sears experts, it should be added after the shadow and before the mascara -- start at the inside corner of the eye and apply as close as possible. Forget false lashes, use a lash-lengthening mascara instead. Eyebrow pencil? Choose a soft black or natural brown shade and apply with short strokes.

Last but certainly not least, it's suggested that a woman always use a lighted mirror when applying daytime or evening eye makeup.

MOULIN ROUGE HOTEL

OFFICE -

FREE UTILITIES

LARGE POOL - PHONE SERVICE

SECURITY -

all for \$40.00 per week

MOTEL ACCOMODATIONS

for \$35.00 per week

Also available are **STUDIOS**

and **1 & 2 BEDROOMS**

900 W. BONANZA 648-2111

L.V. only

Black Owned

FLOREST

SHADES OF PEACE & LOVE

FLOREST SHOP

Flowers for all Occasions

OPEN "24" HOURS

MOST REASONABLE PRICES IN TOWN

1404 Las Vegas Blvd. So.
Las Vegas, Nevada 89104

384-8163

TOP QUALITY

GASTONS

99¢ CLEANERS

THE CLEANER WHO CARES

604 E. Lake Mead

MARY WINBUSH
Manager

Shirt Laundry & Cleaning
Press While-U-Wait
Suedes & Leathers

BARGAIN MART

Used Furniture

We BUY } sell - trade & consign }
reconditioned & slightly damaged }
new furniture }

638 N. MAIN 384-3203