## LAS VEGAS VOICE

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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.

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.

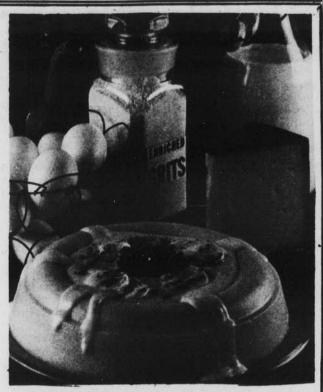
For creamed eggs, melt butter in mediumsized saucepan. Add flour, salt and cayenne, stirring until well blended. Slowly stir in milk, stirring until smooth. Cook over low heat until thickened, stirring constantly; add eggs. Simmer 1 minute or until eggs are heated.

#### 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

ORIGINAL DEFECTIVE



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.



Manager

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 makeups 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 prettlest 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.



your nands 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 doit-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.



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If a liner is used, ex-

plain 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-len-

gthening mascarain-

stead. Eyebrow pencil? Choose a soft black or

natural brown shade and

Last but certainly not

least, it's suggested that

a woman always use a

lighted mirror when a-

pplying daytime or eve-

ning eye makeup.

apply strokes. with short