

# The Thinking Woman

## FOOD FORUM

Dorothy Johnson

### BUDGET STRETCHING

Your dollars can be stretched at least a dozen ways by:

--Plan before you shop. Good meals begin with a pencil, paper and newspaper advertisements. Check advertised specials for inspiration. Then choose recipes calling for foods that are featured at especially attractive prices.

--Know your meat cuts. Knowledge of the wide variety of cuts.

--Know "Cost per serving." In general you count on: four servings per pound from boneless cuts such as ground beef - beef stew meat and cubed steaks; three servings per pound from tip and boneless rump roast, round top sirloin and rib eye steaks; two to three servings per pound from sirloin steaks and boneless roasts from the chuck; two servings per pound from arm and blade pot roasts; and one to two servings per pound from short ribs and shank cross cuts.

To determine the approximate cost per serving simply divide the price per pound by the number of servings per pound the cut will provide.

Turn down the heat. Low heat is the secret to both successful and money-saving meat cookery. Buy food values not frills. Nutrition wise shoppers select foods from the basic four groups - Meat - Milk - Vegetables and Fruits - Bread and Cereals. Resist foods supplying more calories than nutrients.

### SAVORY SCOTCH BEEF SHANKS

- 4 beef shanks cross cuts (2-1/2 to 3 lbs)
- 4 cups water
- 1 tbsp. salt
- 1 tsp. savory
- 1/4 tsp. pepper
- 3/4 cup regular barley
- 4 medium-sized carrots, cut in 2 inch pieces
- 1 large onion
- 1 cup celery, cut in 1 inch pieces
- 2 to 3 tbsps. flour

Place beef shanks, water, savory, salt and pepper in Dutch oven. Cover tightly and simmer 1-1/2 hours. Add barley, carrots, chopped onion and celery lifting meat so that vegetables and barley are covered with liquid. Cook slowly 1 hour longer or until vegetables are tender. Drain off liquid and thicken with flour for gravy. (Note:) if quick cooking barley is used, increase barley to 1 cup and add after vegetables have cooked for 30 minutes.

### LIVER STICKS

- 1 lb. liver
- 1/2 cup dry bread crumbs, cracker crumbs or cereal
- 1/4 cup dry milk
- 1/2 tsp. salt

Cut liver into 1/2 inch wide strips. Mix crumbs with milk and salt. Roll liver in crumb mixture. Fry in fat until lightly browned 2 or 3 minutes. Dip into catsup and eat as a snack.

### JUICY MEAT LOAF

- 1-1/2 lbs. ground beef
- 1 egg
- 1 small onion chopped
- 1-1/2 tsp. salt
- 1/4 tsp. pepper
- 1 cup uncooked oatmeal
- 3/4 cup non-fat dry milk
- 1 cup tomato juice or 1 can tomato sauce, plus 1/2 can of water

Mix beef, egg, onion, salt and pepper, oatmeal, milk and tomato juice thoroughly and pack into loaf pan or baking dish. Bake for 1 hour at 350 degrees let stand five minutes before slicing. Makes 12 servings. NOTE: Try this recipe using 1/2 cup corn meal instead of oatmeal.

## Beauty by-lines

Tips from the experts for a more beautiful you

What's the number one beauty problem for the black woman today? According to one famed consultant, Alfred Fornay of New York, that problem is finding the right foundation. Without the right base, says the expert, the rest of the makeup--no matter how skillfully it is applied--just won't work.



Mr. Fornay explains, "There are 33 different variations in black skin tones. With all the excellent new cosmetics available now, it is possible for a woman to find the very shade that's right for her. But I don't trust charts. A woman ought to go to the cosmetics counter, use a tester and blend the base into her skin.

"Test at the jawline. If the shade 'sits' on the skin, it's the wrong color. When there's no line of demarkation between the makeup base and the skin, that's the

right foundation tone." Mr. Fornay offers this advice to young black women around the country via tapes and slides as part of the new "Discovery Studio" course offered at selected Sears, Roebuck and Co. stores.

In his taped remarks, the consultant adds "the medium skinned woman doesn't have too much of a problem in selecting the proper makeup shade. But the light-skinned and the dark-skinned woman does. These women must be careful not to choose a base that will turn orange during the course of the day."

Even with all the cosmetics on hand today says Mr. Fornay, the black woman may have to use a little creativity "Sometimes it's necessary, in spite of all the variations of products, to mix one base with another to get the color needed in order to enhance a certain skin tone."

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Do you know the difference between a lubricating cream, a moisturizer, a conditioning cream, a dry skin cream, and a night cream? Deciding which



According to a book of questions and answers prepared in consultation with members of the AMA Committee on Cutaneous Health and Cosmetics, all of these products are basically identical. The difference is in the physical characteristics of each. And, surprisingly (at least for some of us), most are essentially variations of the basic cold cream formula modified to provide emollient instead of cleansing effects. They also are formulated to be less greasy, making them more pleasant to have on the skin for several hours.

of these creams to buy and how many of them are essential for your type of skin can be confusing.



The big thing starting this season for smart heads to head into is the all-purpose hood. For the warm weather, this heady look may be worn on a cotton knit skirt-jacket like this version from LEAP. It looks terrific over a trim tailored blouse, or all be itself over pants, skirts and shorts. The beauty of a smart hooded top lies in its versatility.

Wear the hood up, and protect your hair from the sun, wind and weather, or down, as a super wide collar. Either way, you've got a savvy look that will help take you through the season casually, comfortably and in easy style.

### BEEF STEW ESPANOLA

- 3 tbsps. flour
- 1-1/2 tsp. salt
- 1/4 tsp. pepper
- 2 lbs. boneless beef for stew
- 3 tbsps. shortening or drippings
- 1 cup water
- 2 celery stalks, cut in pieces
- 1/2 cup stuffed green olives
- 1 can (16 oz.) garbonza beans

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown in shortening. Pour off drippings. Add water to meat. Cover tightly and cook slowly for 1 hour. Add onions, celery and continue to cook for 1-1/2 to 2 hours longer. Add olives and beans, and cook until beans are just heated.

### REFRIED BEANS SPICE CAKE

- 3 cups flour, sifted
- 4-1/2 tbsps. baking powder
- 1/4 tsp. salt
- 2-1/4 cups sugar
- 3/4 tsp. nutmeg
- 1-1/2 tsp. cinnamon
- 3/4 cup melted shortening
- 3 eggs, beaten
- 3/4 cup grated apples (optional)
- 3/4 cup raisins
- 1 cup plus 2 tbsps. milk
- 2-1/4 cups refried beans
- 1-1/2 tbsps. lemon juice

Mix together in a large bowl; flour, baking powder, salt, sugar, nutmeg and cinnamon. In another bowl mix shortening, eggs, apples, raisins, and milk, beans, and lemon juice. Combine the two mixtures and blend well. Bake in a greased and floured pan at 350 degrees, 40 to 50 minutes. Makes one large cake or two layers.