

the THINKING WOMAN

Dorothy Johnson's Food Forum

At Last—Here Comes The TV Tray Stars

Start the new season of television with meals that are just right along with the new fall shows. What's starring on the TV tray? All action-packed food--Kaiser Roll Premieres, Bean Salad Special and All-New Butterscotch Bars!

You'll quickly tune into the flavor in Kaiser Roll Premieres. The famous soft rolls are split in two, and the bottom of each roll is hollowed to hold a moist meat mixture. A cup of quick or old fashioned oats and a egg economically extend a pound of ground beef into six big servings. A mushroom soup sauce, delightfully bright from whole kernel corn with sweet peppers, is spooned over top the rolls when baked.

The armchair super sleuths looking up from their spy shows might wonder what makes Bean Salad Special so good. Can they guess that its secret ingredients are kidney beans, green beans, onion, vinegar and mustard or that the special sweetener is maple-blended syrup?

Dessert time is prime time for the TV-tray fans. Mealtime ends with ovation-deserving All-New Butterscotch Bars. A variety of textures punctuates these bars--nut-like quick or old fashioned oats, chewy raisins and dates and melt-in-your-mouth butterscotch pieces. These bars are all new--ready for their introduction to the living room screen scene!



KAISER ROLL PREMIERES

Makes 6 servings

6 Kaiser Rolls
1 lb. ground beef
1 cup Quaker Oats (quick or old fashioned, uncooked)
1 tsp. salt
1/4 tsp. pepper
1 egg, beaten
1/3 cup catsup
One 10-3/4-oz. can condensed cream of mushroom soup
One 7-oz. can (1 cup) whole kernel corn with sweet pepper, drained

Heat oven to moderate 350 degrees. Cut off the top of each roll and hollow out part of the inside. Combine ground beef, oats, salt, pepper, egg and catsup. Fill each roll with about 1/2 cup of meat mixture; replace tops. * Bake in preheated oven (350 degrees) 25 to 30 minutes.

For sauce combine mushroom soup and corn; heat thoroughly. For each serving spoon sauce over rolls. Garnish each serving with celery leaves.

*NOTE: If desired, rolls may be baked without tops. Before serving brush tops with melted butter or margarine; toast. Top each baked stuffed roll with toasted tops.

BEAN SALAD SPECIAL Makes 6 servings

One 16-oz. can kidney beans, drained
One 16-oz. can cut green beans, drained
1 medium-sized onion, chopped
1/2 cup Aunt Jemima Syrup
1/2 cup vinegar
1 tsp. dry mustard
1 tsp. salt
1/4 tsp. pepper

Mix together both beans and onion in large bowl. Combine syrup, vinegar, dry mustard, salt and pepper. Pour over bean mixture; toss. Cover and Chill. Serve salad in lettuce cups.

ALL-NEW BUTTERSCOTCH BARS Makes 2 dozen

1/3 cup butter or margarine
1/2 cup firmly packed brown sugar
1 egg
1 cup sifted all-purpose flour
1 teaspoon baking powder
1/2 tsp. salt
1/4 cup milk
1 cup Quaker Oats (quick or old fashioned, uncooked)
One 6-oz. pkg. (1 cup) butterscotch pieces
1/2 cup raisins
1/2 cup chopped dates

Heat oven to 350 degrees. Soften butter; beat together butter and sugar. Add egg. Sift together flour, baking powder, and salt; gradually add to creamed mixture butterscotch pieces, raisins and dates. Press mixture into a greased and floured 8-inch square baking pan. Bake in preheated oven (350 degrees) about 25 to 30 minutes; cool. Cut into bars.

TOP CORPORATIONS TO RECRUIT AT DELTA CONVENTION

More than 40 of the country's leading corporations are sending representatives to the 33rd National Convention of Delta Sigma Theta, Inc., to counsel and confer with Delta members and to recruit, according to Mrs. Lynnette Taylor, Delta executive director.

The corporations, she explained, will be participating in the Delta Career Mobility Program and Job Fair, one of the key attractions at the convention, which will be held in The Seattle Center, Seattle, Washington, August 3-8.

"The women will present their resumes and confer with representatives from the industries," Mrs. Taylor said.

This program, she pointed out, is in keeping with the idea of economic development and developing the potential of our membership.

During Delta's last convention, in 1973, more than 40 women, mostly young college graduates were hired and given positions in industries... and we have continued this emphasis during the last two years, Mrs. Taylor revealed.

Delta Sigma Theta, Inc., is a public service sorority with more than just 75,000 members in 45 states, the Virgin Islands, the Republic of Haiti and the Republic of Liberia.

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GLAMOUR Magazine announces that Sheryl Ralph, a graduating senior at Rutgers University in New Brunswick, New Jersey, has been named as a winner in the Top Ten College Women Contest of 1975. Sheryl is the daughter of Mr. and Mrs. Stanley Ralph of Hempstead, New York.

GLAMOUR's Top Ten College Women Contest is an annual search for outstanding college students who represent the finest of today's active, involved women on campus across the United States. Interested students and their respective colleges were invited to participate in the contest. Candidates were judged on the basis of their campus and community activities, awards and scholastic achievements, leadership abilities, and work experiences. From among nearly seven hundred applicants who entered the contest, ten finalists and eight honorable mentions were chosen by a panel of GLAMOUR editors.

Highly involved in student government, Sheryl was elected president of Rutgers Junior Class of 1974, then was accelerated to the senior class of 1975. Committed to her duty, she maintained the office, as well as her other activities. She was creative director of Rutgers Community Action, responsible for creative games and drama for children, and secretary of the Students of the Afro-American Society. In addition, Sheryl was a critiques writer for the Rutgers Daily Targum, a natural extension of her major subject, theatre arts.

Away from campus, Sheryl is active in her community. As a participant in the Big Sister Program, Sheryl gives a few hours each week to two girls in New Brunswick. She is a member of Root Theatre Ensemble, a group of nine Black actors and actresses dedicated to finding a new form of Black theatre.

In 1974 Ms. Ralph was the national winner of the Irene Ryan (best known as Granny on "The Beverly Hillbillies") \$2000 scholarship award for the most talented student at the American College Theatre Festival. The previous year she was a Miss Black Teenage America first runner-up from New York State.

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