

the THINKING WOMAN

Dorothy Johnson's Food Forum

Creative Cooking

A casserole is many things to many people. A quick dish easy to prepare often using convenience foods; a gourmet's delight with unhurried hours of flavor blending or a recipe prepared in advance, perhaps frozen, taken out to bake while the hostess mingles with her guests.

CARAMEL HAM LOAF

½ pound ground beef
1 pound ground ham
5 slices bread soaked in 1½ cups milk
3 beaten eggs
½ tsp. salt
½ tsp. dry mustard
½ cup brown sugar
Whole cloves

Mix meats, soaked bread, eggs, salt and mustard. In bottom of a buttered loaf tin sprinkle the brown sugar and cloves. Pack meat on top and bake at 350° for 1 hour.

CARROT-RICE BAKE

2½ cups finely shredded carrots
8 oz. cheddar cheese, shredded
1¼ cups cooked rice
2 eggs, well beaten
1¼ cups milk
1 tbsp. melted butter or margarine
1 tbsp. grated onion
1 tsp. salt
1/8 tsp. pepper

Heat oven to 350°. Combine carrots, cheese and rice in greased 1½ quart casserole. Combine eggs, milk, butter, onion, salt and pepper. Add to carrot mixture and mix thoroughly. Cover and bake 40 minutes.

TOMATO SPOON BREAD

¾ cup sifted flour
1 tbsp. baking powder
2 tbsp. sugar
1½ tsp. salt
Few grains pepper
1 cup yellow corn meal
1 tbsp. instant minced onion

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LITTLE
WINDOWS!



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2 eggs, slightly beaten
1½ cups milk
1-19 oz. can tomatoes
1 cup shredded cheddar cheese
½ cup melted shortening

Heat oven to 325°. Sift flour, baking powder, sugar, salt and pepper together in bowl. Stir in corn meal and onion. Combine eggs, milk, tomatoes, cheese and shortening. Stir in dry ingredients; mix until they are moistened. Pour into greased 2-quart casserole. Bake 1¼ hours until set and top is golden brown.

BAKED HAM STEAK

1 slice of ham (1½ pound), cut 1 inch thick
1 can pineapple juice
1 tsp. whole cloves
¼ tsp. dry mustard
½ cup sour cream

Broil ham steak under direct heat for 10 minutes. Boil pineapple juice with cloves and mustard until reduced by one half. Strain and cool.

Fold in sour cream, stiffly whipped; spread over ham slice and bake at 350° until cream is partially cooked into the ham. Cut in four and serve with fried sweet potatoes.

LOIN OF PORK IN RED WINE

1-3 to 4 pound pork loin. Rub with salt, pepper, sage and nutmeg. Brown on top of stove with a clove of crushed garlic. Place in baking pan and add: ¼ cup chopped parsley, ¼ cup chopped onion, 1 bay leaf, and 2 cups of red wine.

Bake at 350° until done, about 2 hours, turning twice. Add: 1 cup canned beef consomme and bake 20 minutes longer. Place loin on hot platter, scrape all wine and meat drippings into sauce and serve separately with pork. Glazed onions and oven-browned new potatoes go well with it.

Future in Homemaking

By Dorothy Johnson

Girls, who have finished high school this year and are pondering what field to enter and what course to take in college, might consider Home Economics. Home Ec. as it is commonly called, is one of the most maligned and misunderstood professions.

Most people think of it in terms of sewing and cooking, and that the most you can hope to do with the training is to become a teacher.

I happen to know a Home Ec degree is the key to hundreds of well-paying jobs that are waiting for qualified graduates. In fact, the supply of jobs is far greater than the supply of graduate Home Economists. Not only that, these jobs can be swinging, glamorous, and exciting positions, offering unique and challenging opportunities. In our own city food and beverage positions in the hotels are good paying ones.

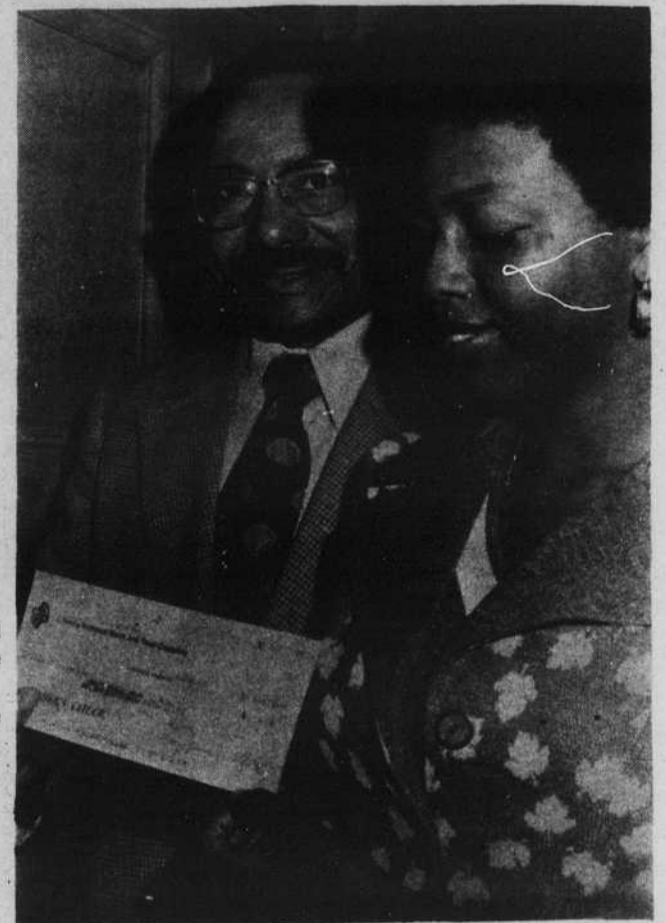
You can do the cooking for food commercials and build a whole business from it. You can prepare for magazine photography and layouts, develop recipes for firm publicists. You can do special sewing for sewing machine manufacturers.

As a Home Economist, you could be a home demonstration agent, associated with a university. You would then go out into the community right into people homes. You might, for instance, teach farm women better methods of canning and sewing. You could become a dietitian in hospital, in a school in a government nutrition program. These are but some of the fascinating jobs, believe it or not, in practically any industry of your choice.

How do you go about it. You get a B.S. degree in Home Economics; it is granted by about 800 colleges in the United States. You choose an area of specialization--education, child care, food, clothing etc.

Often by combining your Home Ec. expertise with other knowledge such as photography or journalism, you can obtain especially high-paying jobs in communication, advertising etc.

Scholarships are also available in this field but vary from state to state, so write your State University for information, or The American Home Economics Association, 600 20th St. N.W. Washington, D.C.



FIRST NNPA GRADUATE JOURNALISM FELLOWSHIP -- John H. Sengstacke, founder of the National Newspaper Publishers Association (NNPA) and editor-publisher of the Chicago Daily Defender and other Sengstacke newspapers, is presenting a \$600 NNPA check to Mrs. Stephanie J. Byrd who will do graduate work in journalism at Northwestern's Medill School of Journalism. This is the first graduate fellowship awarded by NNPA.

It now has 21 students studying journalism in cooperation with R. E. Reynolds Industries which has a \$50,000 scholarship program; and Anheuser-Busch which has initiated a \$25,000 program. Kenneth T. Stanley, co-publisher of the Louisville Defender, is chairman of the NNPA scholarship committee.

Save at off-season sales

LOOKING FOR BARGAINS? One good method for coping with soaring prices is to time your buying trips -- buy items you need during off-seasons. By planning ahead on your family's needs you can avoid height-of-season costs. Here are a few examples.

•Clothing

Off season buying of clothing and fabrics can result in substantial savings year around. An excellent time to purchase winter clothing is after Easter when cold-weather clothes are put on sale. In the same way, you can look for bargains on summer clothing right after Labor Day.

If you make some of your own clothes, look for best buys on winter fabrics during March; save on summer fabrics purchased in October and November.

•Holiday Gifts

If you plan ahead on buying gifts, your savings can be substantial. Make up your Christmas-gift list in January or February and keep your eyes open for sales and special values all through the year. You'll avoid the last-minute rush as well as the high Christmas prices.

Try to shop for birthday and anniversary gifts the same way. In addition to saving money, you'll be prepared for gift-giving occasions.

It takes good judgement and planning, but off-season buying can help avoid a fractured budget.

•Home and Garden

Plan ahead to buy garden equipment such as hoses, lawn mowers and garden furniture during August and September. Large savings can be found on air conditioners during the colder months particularly January and February.

•Automobiles

As most people know, when new model cars come out -- about October -- you can get good prices from dealers on the previous year's car.