

the **THINKING WOMAN**

Dorothy Johnson's **Food Forum**
Dramatic Fruit Salad
Is Versatile, Easy

Fruits often reserved for desserts can inspire refreshing, nutritious summer salads. Snow Topped Strawberry Salad is a luscious layered salad beginning with fresh strawberry slices molded in strawberry flavored gelatin. Spicy Miracle Whip salad dressing combined with real whipped cream tops the gelatin layer and fresh succulent blueberries crown this colorful, patriotic salad creation. No need to unmold Snow Topped Strawberry Salad. A two quart glass serving bowl will show off this eye-appealing salad which can be made with ease a day ahead, covered and refrigerated until serving. Snow Topped Strawberry Salad can be served as part of a salad buffet or as an accompaniment to a full summer meal. For a light lunch or supper, let it double for salad and dessert.



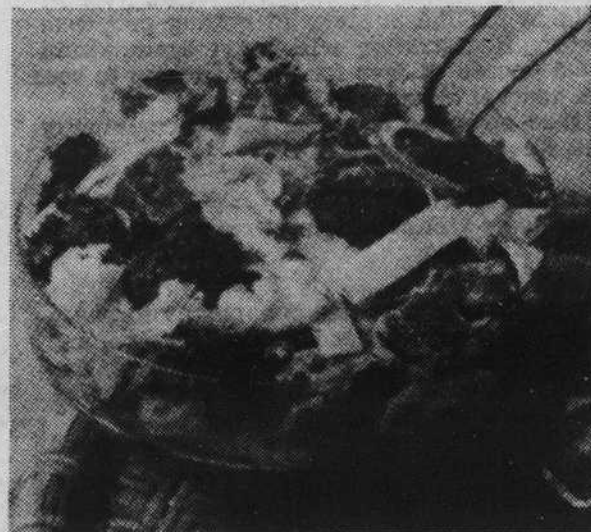
- SNOW TOPPED STRAWBERRY SALAD**
- 2 3-oz. pkgs. strawberry gelatin
 - 2 cups boiling water
 - 1 cup cold water
 - 2 cups strawberry slices
 - 3/4 cup Miracle Whip salad dressing
 - 1 cup heavy cream, whipped
 - 1 cup blueberries

Dissolve gelatin in boiling water; add cold water. Chill until partially set; fold in strawberries. Pour into 2 quart glass serving bowl. Chill until firm. Combine salad dressing and heavy cream. Pour over molded layer. Top with blueberries. Eight servings.

If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest.

This Salad Makes A Meal

Salad days are with us again, making it a good time to make a meal out of a salad. Salad Firenze features an assortment of fresh crisp greens combined with cubed sausage, broccoli flowerlets, mushroom slices and red onion rings, topped with Mozzarella cheese strips. The special flavor enhancer is an Italian-style dressing that is zesty with garlic, lemon juice and spices. The secret to the success of a tossed salad is to carefully prepare the greens, tearing them into bite-size pieces and draining them well on absorbent paper toweling. If the greens are crisp, well-drained and chilled, the dressing flavor will not be diluted. For show, prepare the greens, place in a bowl, and bring them to the table along with separate bowls, containing the marinated meat and vegetable mixture and reserved marinade. Then simply toss at the table to blend flavors and ingredients and add cheese strips to serve.



SALAD FIRENZE

- 1 8-oz. bottle Kraft Italian Dressing
- 2 cups (1/4 lb.) mushroom slices
- 1/4 lb. salami or summer sausage, cubed
- 1 cup broccoli flowerlets
- 1 cup red onion rings
- 2 qts. torn assorted greens
- 1 6-oz. pkg. Kraft natural low moisture part-skim Mozzarella cheese slices, cut into strips.

Pour dressing over combined vegetables and meat. Cover. Marinate in dressing 3 hours. Drain, reserving marinade. Place greens in salad bowl. Add enough reserved marinade to moisten; toss lightly. Add vegetables, meat and cheese; toss lightly. Four servings.

Handicapped Lady Finds Fulfillment In Her Career

For most handicapped persons, fulfillment of career aspirations is a dream never to be realized. But for a growing number like Vicki Gilkerson, the prejudices, and other social and personal inhibitions are falling by the wayside. More and more competing at various levels of vocational endeavor. Daily, Vickie and her closest companion - Jackie, a specially trained seeing eye dog - travel to her job as a word processor at a credit card center. A highly-motivated individual who strives to be "as normal as possible," Vickie, 24, has been blind since she was a child. But despite the traditional constraints imposed on persons with even a limited disability, she has struggled to make it on her own, to be self-supporting, to have meaning and purpose in her life. "We have the right to succeed or fail," Vickie said in talking about individuals with

physical disabilities. "We're just people. We have strengths and weaknesses just like everybody else."

Vickie is fortunate in that her early school years provided her the opportunity to interact with sighted children rather than developing in the structured environment of a specialized educational setting.

Upon completing high school, Vickie attended an adjustment center for the blind in Little Rock, Arkansas. This was followed by a period at the Seeing Eye School in Morristown, New Jersey, where she got her dog, Jackie.



VICKIE GILKERSON is shown leaving the building where she works as a word processor for a short walk during a coffee break. Vickie, who has been blind since childhood, maneuvers about the building without the aid of Jackie, her specially trained seeing eye dog. She knows the exact number of steps between various points she frequents throughout the building. Now, her co-workers are used to her presence and she is little noticed as she moves about.

ELECT MIRIAM SHEARING



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