

# the THINKING WOMAN

## Dorothy Johnson's Food Forum

### Uses For Fresh Pears

#### USES FOR FRESH PEARS

In this Bicentennial year, make an old-fashioned American dessert like fruit dumplings. Try them with a pear filling, lemon glaze and a pitcher of cream to pour over them at the table.

Those who like to bake will find many other uses for pears. Try them in pies, tarts or layered with crumbs in a version of another old-fashioned dessert, the fruit Betty.

- 1 lb. pears
- 1/4 cup snipped dates
- 2 tbsp chopped walnuts
- 1/4 cup sugar
- 1/2 tsp. grated lemon peel



- 1/2 tsp cinnamon
- Cream cheese
- Pastry lemon glaze.

Care and dice unpeeled pears, measure 2-1/2 cups. Combine pears, dates, walnuts, sugar, lemon peel, nutmeg and cinnamon.

Roll pastry 1/8 inch thick. Cut in 8 (5 inch) squares. Place a spoonful of pear filling in the center of each square. Moisten edges and bring opposite corners together over filling. Crimp seams. Bake at 425 degrees 10 minutes. Reduce heat to 350 degrees. Pour lemon glaze over dumplings and continue baking 15 to 20 minutes, basting occasionally with glaze. Serve warm with half and half or cream. Makes 8 dumplings.

#### CREAM CHEESE PASTRY

- 2 cups flour
- 1/2 tsp. salt
- 1/2 cup butter or margarine
- 1 (3 oz.) pkg. cream cheese
- 6 to 8 tbsp. ice water

Sift together flour and salt. Cut in butter and cream cheese. Sprinkle water a little at a time over mixture, tossing lightly with a fork. Form into a ball. Cover and refrigerate 1 hour.

#### LEMON GLAZE

- 1 cup water
- 1 cup sugar
- Juice of 1/2 lemon
- 2 tbsp. butter or margarine

Combine water, sugar, lemon juice and butter. Bring to a boil and boil 3 minutes.

#### PEAR CHEESE PIE

- 1 (3 oz. pkg.) Cream cheese
- 1/2 cup sugar
- 1/2 tsp. Vanilla
- 1 cup whipped cream or whipped topping
- 1 cup miniature marshmallows
- 2 or 3 medium pears
- 1 (8 or 9 inch) graham cracker crust 2 or 3
- 1 (8 or 9 inch) graham crackers crust
- 2 or 3 tbsp brown sugar.

Soften cream cheese and beat in sugar and vanilla. Fold in whipped cream and marshmallows. Peel, halve and core pears. Cut into slices. Arrange pear slices in pie crust and sprinkle with brown sugar. Spoon cream cheese mixture over top, completely covering pears. Chill for several hours or overnight. Cut into wedges to serve. Garnish servings with additional pear slices sprinkled with brown sugar if desired.

- 4 cups soft bread crumbs, loosely packed
- 1/2 cup melted butter or margarine
- 4 or 5 very ripe pears
- 1 cup sugar
- 1/2 tsp. salt
- 1/2 tsp. ground ginger

thinly slice pears to measure 4-cups. Toss with sugar, salt and ginger. Layer half the buttered crumbs in a 1-1/2 qt. casserole. Top with fruit mixture, then remaining crumbs. Cover and bake at 375 degrees for 30 minutes. Uncover and bake 10 to 15 minutes longer. Makes 4 to 6 servings.

#### FRENCH PEAR PIE

- 4 to 6 pears
- 3 tbsp. frozen orange juice concentrate
- 1 (9 inch) unbaked pie shell

- 3/4 cup flour
- 1/2 cup sugar
- 1 tsp. cinnamon
- Pinch salt
- 1/3 cup butter or margarine.

Peel, core and thinly slice pears to measure about 5 cups. Toss pears lightly with undiluted orange juice and arrange in pie shell. Mix flour, sugar, cinnamon and salt. Blend in butter until mixture is crumbly. Sprinkle over pears. Bake at 400 degrees for 40 minutes.

#### PEAR CREAM TARTE

- 2 pears
- 2 tbsp butter or margarine
- 4 eggs
- 1/2 cup sugar
- 1/4 cup sour cream
- 1tbsp flour
- 1tbsp grated lemon peel
- 1/4 tsp salt. Zwieback crumb crust

Care and thinly slice pears. Melt butter in skillet. Add pears and cook, covered, until almost tender. Beat eggs slightly, add sugar, sour cream, flour, lemon peel and juice and salt. Beat until thoroughly blended. Pour over pears and cook and stir over low heat until thickened. Cool. Meanwhile prepare crumb crust. Spoon cooled pear mixture into crumb crust. Sprinkle with reserved crumbs. Garnish with pear slices. Chill. Makes 8 servings.

#### ZWIEBACK CRUMB CRUST

- 1-1/2 cups Zwieback crumbs
- 1/3 cup sifted powdered sugar
- 1/3 cup butter or margarine, softened.

Combine crumbs and sugar. Blend in butter. Reserve 2 tbsp. crumb mixture and press remainder into bottom and 1-1/2 inches up sides of an 8 inch spring form pan. Bake at 350 degrees 8 to 10 minutes. Cool.

### Joins Staff at UNLV Library

A recent graduate of the University of Illinois library school has joined the staff of the James R. Dickson Library at UNLV.

Charlotee Davis Brown, a native of Virginia will work in the library's reference department. Brown received her undergraduate degree in sociology from Shaw University in Raleigh, North Carolina.

Prior to joining the UNLV staff library staff, she was a library technician at the Newport News Public Library in Newport News, Virginia.

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## Congresswoman Chisholm says "Quit Buying."

Congresswoman Shirley Chisholm (D-N.Y.) has asked members of seventeen state and national Black women's organizations to join in a nationwide boycott of products processed by a New Jersey based cosmetics firm.

The company, Posner Labs, Inc., is a multi-million dollar producer and distributor of beauty preparations used largely by Black and Hispanic women, which recently "locked out" some 50 minority employees after labor negotiations failed to result in a mutually acceptable union settlement last June. In addition, the company moved its plant location from Long Island to South Plainsfield, New Jersey where workers were displaced for approximately two-thirds of the corporation's salary costs.

"This is a white-owned, white-operated corporation which has made its millions by selling its products to minority women," Mrs. Chisholm stated in a letter to the seventeen organizations. "Yet, the company's management has shown little sensitivity to the employment dilemmas which minorities face, and has chosen to replace its Black and Hispanic workers with white employees."

### Ella Fitzgerald at awards dinner

Renowned jazz singer Ella Fitzgerald will be honored at an awards dinner of the National Association for Sickle Cell Disease, Inc., (NASCD) on Sunday, October 17, at the Beverly Wilshire Hotel, Beverly Hills, Calif.

Ms. Fitzgerald will receive NASCD's Second Annual Award of Distinction. She is being honored for "her tremendous contributions to the field of music and her exemplary humanitarian efforts which have been accomplished without fanfare or publicity," according to Ms. Dorothy H. Boswell, NASCD Executive Director.

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