

the **THINKING WOMAN**



# SUPER

1 lb. ground beef  
1/2 lb. frankfurters, sliced  
1 cup Craft onion bits  
barbecue sauce

1/4 cup pickle relish  
Hamburger buns, split  
Velvetta pasturized process  
chees spread, sliced

# SLOPPY JOES



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Now that school is underway, the kids are in and out with their friends and often looking for a hearty lunch after football practice. Or maybe there's a group of giggling girls at your home for a slumber party. Whoever is around and hungry, Super Sloppy Joes will always be popular. They combine two favorites -- hamber and hot dogs -- in a delicious mixture topped with another favorite -- Velveta.

Whatever group you're feeding, make what everyone likes with a little extra.

*super simple...*

Brown meat; drain. Add frankfurters, barbecue sauce and pickle relish. Cover; simmer 15 minutes. For each sandwich, cover bottom half of bun with meat mixture and process cheese spread. Broil until process cheese spread melts. Serve with top half of bun.  
8 to 10 sandwiches.

*super good!*

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### Arthur Mitchell Brings Ballet to Blacks



Arthur Mitchell thinks of the Dance Theater of Harlem as his personal memorial to Martin Luther King - a living memorial, he likes to believe. The first black dancer to appear in a featured role in a major ballet company (21 years ago), Mitchell now devotes his extraordinary energy to teaching ballet to Harlem youngsters and running an all-black classical ballet company that has won international acclaim.

According to author Ponchitta Pierce in the December Reader's Digest, Mitchell began the school in the basement of the Harlem School of the Arts. He'd literally drag the youngsters in; to recruit boys who thought dancing was "sissy stuff," he convinced them it was as demanding as any sport and let them practice in cut-off jeans instead of regulation leotards.

Now the school has its own building, and it jumps with activity. As Pierce describes it: "In one large studio, a group of eight-to-ten-year-olds stands at the exercise bar, doing pli'es. In another, teenage boys and girls slink across the floor to the pulsating music of drums. Upstairs, youngsters take guitar lessons; down in the basement, tennagers and adults learn to sew costumes. Students also receive practical experience as stage technicians, lighting designers, company managers and in public relations. They get all this for \$2.00 to \$3.00 a week....Many of the students have full scholarships." For most, the Dance Theater is their first professional experience.

Mitchell keeps the Harlem community involved with the school. There are monthly open houses, with dance performances and fashion shows. Art Exposure Weeks are held for senior citizens, children and the handicapped.

Many said that black people's bodies were not right for ballet, "Pierce writes, "that their feet were too big or too flat, their bone structure was too large or their buttocks were not flat enough."

Mitchell has proved the critics wrong. His company, which he describes as "classical ballet with soul" is now a major one and, he says, "The next step is to become a great company."