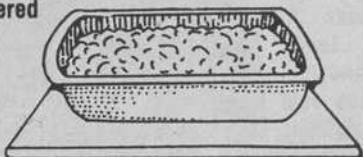


FOR THE LADIES...

RATATOUILLE

- 1 medium eggplant (about 1 1/2 pounds)
- 2 small zucchini (about 1/2 pound)
- 1 cup finely chopped green pepper
- 1 medium onion, finely chopped (about 1/2 cup)
- 4 medium tomatoes, peeled and quartered
- 1/4 cup salad oil
- 1 clove garlic, crushed
- 2 teaspoons salt
- 1/4 teaspoon pepper



Prepare 5 cups cubed pared eggplant. Prepare 2 cups sliced zucchini.

Cook and stir all ingredients until heated through. Cover; cook over medium heat, stirring occasionally, about 10 minutes or until vegetables are crisp-tender.

Makes 6 to 8 servings

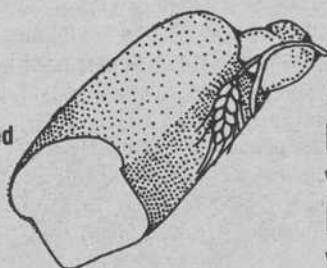
SWEET WHOLE WHEAT QUICK BREAD

- Preparation time: 10 minutes
- Oven temperature: 325°F
- Baking time: 1 1/4 hrs.

You do not have to be an experienced breadmaker to produce this delicious loaf. It is quick to mix and foolproof. When cooled, it slices perfectly to be enjoyed plain or toasted. The brown sugar gives a wonderful flavor.

For 2 loaves you will need:

- 2 Tbsp. shortening
- 4 cups buttermilk
- 2 cups dark brown sugar, packed
- 1/2 tsp. salt
- 2 tsp. baking soda
- 6 cups whole wheat flour
- 1/4 cup wheat germ, optional



Tips: You can use stone ground whole wheat flour. The regular type, available in supermarkets, provides finer texture. Sometimes it is labeled graham flour. For variety, try whole rye flour. The loaves may not be quite as high and the texture a bit coarser, but this is a sturdy bread that slices thinly if desired. Many health food stores will grind both rye and wheat flour to order. If sliced fairly thick and toasted, you will have a nice change from coffee cake. These loaves freeze well.

Preparation:

1. Grease 2 9-by-5-by-3-inch loaf pans with shortening.
2. Pour buttermilk into large bowl. Add sugar, salt and baking soda, mixing well.
3. Stir in flour. Mix only until moistened; mixture will not be smooth. Pour into prepared pans. Sprinkle tops of loaves with wheat germ, if used, and lightly pat with back of tablespoon.
4. Bake at 325°F for 1 1/4 hrs. or until bread pulls slightly away from pan. Loosen bread by running a spatula around loaves. Turn out onto wire rack and cool.

Dishin It Out By Nona



Nona Carroll

MENU

- Ratatouille
- Whole Wheat Bread
- Deep Dish Apple Pie
- Low Fat Milk

5. Slice with serrated knife. Serve while slightly warm, if desired.

Good served with: Softened or whipped cream cheese, or with or without butter, and jelly, jam or orange marmalade for breakfast, or at tea or coffee hour. It also makes an excellent peanut butter sandwich.

MILK

For dry skin: A milk and honey mask, mixed with ground almonds.

For oily skin: A face pack made of baker's yeast and milk is refining.

DEEP DISH APPLE PIE

No apples? Substitute 3 cans (1 pound 4 ounces each) apple slices, drained, for the fresh apples; use half the amounts of sugar, flour, nutmeg, cinnamon and salt. Bake 45 minutes.

- 1 1/2 cups sugar
- 1/2 cup all-purpose flour
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 12 cups thinly sliced pared apples (about 10 medium)
- 2 tablespoons butter or margarine
- Pastry for 9-inch One-crust Pie

Stir together sugar, flour, nutmeg, cinnamon and salt; mix with apples. Turn into ungreased square pan, 9x9x2 inches; dot with butter.

Heat oven to 425°F. Prepare pastry and roll into 10-inch square. Fold pastry in half; cut slits near center. Unfold over fruit in pan; fold edges under just inside edge of pan.

Bake 1 hour or until juice begins to bubble through slits in crust. Best served warm.

SOCIAL CONSCIOUSNESS IS:

Concerned and outraged by the plight of street people, abused children, wives and senior citizens, drug and alcohol abusers, citizens are asking, 'What can I do?' One man, Kurt Schmoke (Baltimore's first elected black mayor) has taken a very brave and controversial stand, saying that we are losing the war on drugs. He reasoned that decriminalization would render trafficking unprofitable, reduce drug related crime and allow funds to be diverted from law enforcement to drug education and treatment. This is one man's stand. You must let your conscience be your guide and take your stand.

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