

FOR THE LADIES

SHRIMP SOUTH LOUISIANA

¼ cup plus 1 tablespoon Crisco Shortening	1	can (about 10 ounces) hot and spicy tomatoes
¼ cup all-purpose flour	1	can (8 ounces) tomato sauce
1 large onion, chopped		Salt and pepper
6 green onions, chopped	1	tablespoon Worcestershire sauce
¼ cup chopped green bell pepper		
½ cup chopped celery	2	pounds shrimp, peeled and deveined
1 teaspoon minced garlic		Hot cooked rice

1. Combine Crisco Shortening and flour in large saucepan. Cook and stir until dark brown.
2. Add onions, green onions, green pepper, celery and garlic. Add tomatoes and tomato sauce. Season with salt, pepper, and Worcestershire sauce. Simmer 30 minutes.
3. Add shrimp. Cook 20 minutes. Serve over rice.

6 servings

CONFERENCE TO FOCUS ON WOMEN IN AVIATION

Patty Wagstaff, 1991 national aerobatic flying champion, and Brig. Gen. Chuck Yeager, USAF retired, are among the speakers at the third annual national Women in Aviation conference to be held at the Aladdin Hotel in Las Vegas, March 12-14. The conference is sponsored by Parks College of St. Louis University, the country's first federally certified college of aviation. Dr. Peggy Baty, associated vice president and dean at Parks, is conference chairperson.

Other conference speakers include Nadya Popova, Soviet women air ace in World War II; Maj. Eileen Collins, USAF, NASA astronaut; and A. Mary Sterling, inspector general of the U.S. Department of Transportation.

Several women who were involved in Operation Desert Storm will participate in a panel discussion concerning women in the military. There will be some 30 separate sessions on such topics as "Building an Airplane at Home," "Women as

Career Mentors," "FAA Careers," "Aviation Writers," "Women as Aircraft Mechanics," "Airline Pilot Opportunities," "Women Aviators in World War II," and "Starting Your Own Aviation Business."

"Even today, a female in the field of aviation is often assumed to be a flight attendant, Dr. Baty said. "Many people do not realize that women are successful as pilots, mechanics, air traffic controllers, engineers, technicians and airport managers. When asked to name a woman pilot, usually the only name that comes to mind is Amelia Earhart. It is especially disheartening when our own efforts in aviation education often perpetuate these problems. Curriculum materials used in aviation education frequently show only examples of men who have been successful in this field.

"Although the number of pi-

CALIFORNIA CUSTARD PIE

Crust

1¾ cups all-purpose flour	¾ cup shortening
½ teaspoon salt	3 tablespoons ice water

Filling

2 eggs	2¼ cups milk, divided
1¼ cups sugar, divided	¾ cup half and half
1½ teaspoons vanilla	3 tablespoons unsalted butter
2 tablespoons cornstarch	½ cup shredded coconut
1½ teaspoons all-purpose flour	½ cup slivered almonds, toasted

Topping

Whipped cream

Toasted coconut

1. For crust, combine flour and salt in medium bowl. Cut in shortening until mixture resembles coarse crumbs. Sprinkle water around edges. Blend with fork until dough will form a ball. Wrap in plastic wrap. Chill one hour.
2. Heat oven to 400°F.
3. Flour rolling surface and rolling pin lightly. Roll dough into circle. Trim one inch larger than upside-down 9-inch pie plate. Loosen dough carefully. Fold into quarters. Unfold and press into pie plate. Fold edge under and flute.
4. Prick bottom and sides thoroughly with fork (50 times) to prevent shrinkage. Line with parchment paper or greased aluminum foil. Spread with dry beans or rice to weight down.
5. Bake at 400°F for 20 minutes. Remove from oven. Remove beans or rice carefully. Peel off paper or foil. Bake about 10 minutes or until crust is golden. Cool.
6. For filling, place eggs in medium bowl. Beat one minute. Add ½ cup sugar and vanilla. Beat until smooth. Add cornstarch and flour. Beat until smooth. Add ¼ cup milk gradually. Beat until smooth.
7. Place remaining 1½ cups milk and half and half in large saucepan. Add remaining ¾ cup sugar. Do not stir. Bring to a boil on medium heat. Beat in egg mixture slowly with wire whisk. Beat in while mixture comes to a boil for 30 seconds. Pour into medium bowl. Beat in butter until melted.
8. Combine coconut and toasted almonds. Fold into custard. Pour into baked pie shell. Cover completely with plastic wrap. Refrigerate 3 hours.
9. For topping, peel off plastic wrap. Top with whipped cream and toasted almonds.

One 9-inch pie

Dionne Warwick, Entertainer

1991 NCNW Black Family Reunion Celebration Chairperson

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lots earning their airline transport rating has increased by 325 percent since 1980 and certified women aviation mechanics have increased by 400 percent during the same decade, according to recent FAA statistics, the overall picture still looks dismal. For example, only about 3 percent of airline pilots today are women;

the numbers in maintenance are less than 1 percent. "Aviation is still considered a 'man's world' by many. The time to reach young women is during their first years of school. Research has shown that although children may change their minds several times about their eventual careers, the possibility of their selecting a nontraditional role must be nurtured at an early age.

"It is imperative that the aviation community play a role in the nurturing of young women today

to become the aviation professionals of tomorrow. Clearly the opportunities are there for expanded participation by women, but only if they receive the proper encouragement and exposure to this dynamic industry." Baty said.

These issues and others will be discussed at the Women In Aviation Conference. For more information on the conference, contact DR. Peggy Baty at Parks College of St. Louis University, Cahokia, Ill., 62206, (618)337-7575, extension 200 or 203.

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