

HOUSEHOLD HINTS

By Mrs. Brevy Lilly

Phone 2-4051



We would like for you to share your choice recipes with us. They will be printed with grateful appreciation, with your name.

Barbecued Chicken

- 2 lb. chicken
- 6 tablespoons fat or salad oil
- 3 tbs. worcestershire sauce
- 2 tablespoons vinegar
- 2 tablespoons sugar
- ½ cup catsup
- A few drops tabasco
- 1 garlic clove
- 1 medium onion
- Salt to taste

Wash chicken; dry; halve. Brown in fat or salad oil. Mix worcestershire sauce, vinegar, sugar, catsup, and tabasco. Add mashed garlic. Chop onion, tie in cheesecloth, add to sauce. Cover. Cook 1 hour. Remove cheesecloth. Serves 4.

Plain Muffins

- 2 cups flour
- 3 tablespoons sugar
- ½ teaspoon salt
- 1 egg
- 1 cup milk
- ¼ cup melted shortening or salad oil.

Sift together flour, sugar, baking powder, and salt. Beat egg, add milk, and shortening. Add to dry ingredients, stirring well. Fill greased muffin pans 2/3 full. Bake in hot oven for 25 minutes. Makes 12.

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Spaghetti Milanaise

by Chef T. M. Hill, 2719 So. 9 A Burlington Employee

- 1 12 oz. package spaghetti
- 1 cup cooked ham
- 1 cup cooked tongue
- 2 cups tomato sauce
- 2 ounces of Parmesan cheese
- 1 cup chopped mushrooms or 1 can mushroom soup.

Cook spaghetti in rapid boiling water. Do not break spaghetti in small pieces, leave whole, gradually pressing down in kettle until covered by boiling water.

Allow to boil for about 20 minutes or until tender. Care must be taken not to overcook. Remove from boiling water and soak in cold water until firm. Reheat by running hot water over spaghetti then drain. Saute the finely shredded ham, tongue, and mushrooms in butter a few minutes and add to spaghetti with tomato sauce. Add the cheese, season and simmer slowly until the sauce is well blended with the spaghetti.

Hints to Cooks

A cracked egg can be safely boiled if wrapped in a piece of greased paper.

Rice, to be perfectly digestible ought to be cooked in no more water than necessary to swell.

Culinary terms:

Carmel—burne sugar used for coloring.

Bouillon—broth of meat
Croustate—hollow, fried, shapes of bread.

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Urban League Notes

by Katherine Thompson

The League feels especially fortunate in having so many volunteers this year in its various organizations. We have volunteers who seem to love their work and that in itself assures us of real service. Now, as parents of the community, it is up to us to see that the children who join these groups do their part. No child who is old enough to join an organization is too young to learn that they get from life what they give. When we mention giving we have reference to their interests, time and efforts.

The 4-H club is having a turkey circus Friday the 15th. We do hope you will remember this date. The girls have made plans for a full evening of entertainment.

We hope the parents will keep the time and date of the Rhythm Band in mind.

Public Interracial Meet Features NACW Regional Conference:

(Continued from page one)

an Effective Force in the Struggle for Peace," "Right Living and Right Thinking in the Family Unit Essential to Community and World Unity," and many others.

Participating in the discussions were Mrs. Beatrice Fountaine, vice-president of Illinois Federation Republican women; Miss Fern Gayden, social worker of Cook County Bureau of Public Welfare; Henry W. McGee, NAA-CP president; Miss Flora Dolton, director of education of Round Table of Christians and Jews; Thomas H. Wright, executive director of Mayor's Committee on Human relations; Miss Elizabeth Millis, legislative chairman of UPWA, CIO; Miss Irma F. Clarke, national treasurer of Alpha Kappa sorority; Miss June Blythe, director of information service, American Council on Race relations; Miss Era Bell Thompson, author, "American Daughter,"; Mrs. Beatrice Caffrey, probation officer of special schools; Marcia Winn, Chicago Tribune columnist; Lewis Caldwell, author of "The

Policy King,"; Enoc P. Waters, staff correspondent of the Chicago Defender, and Mrs. Stella Counselbaum.

The conference closed on the third day with a reception honoring delegates and visitors in the Woodrow Wilson room of International Relations center. The important role of women in world affairs was stressed by Mrs. Katherine Shryver, chairman of public relations committee of NACW, at the dinner, together with a call for unity and fellowship among all races. Impressive candlelight ceremonies, conducted by Mrs. Madeline M. Stratton, president of the Chicago Metropolitan council, closed the conference.

Other officers of the group included Mrs. Eleanor Curtis Dailey national vice-president and regional director of the council;

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