

Little Rock, Ark., Cook



Recipe To Remember

PAUSING IN THE preparation of delightful "Chicken Cassoulet," a selection from the M.G.T. and G.C.C. cook book, is Miss Augusta Christopher.

'Chicken Cassoulet' Takes on New Taste Dimensions

Talented Miss Augusta Christopher, formerly of Little Rock, Ark., selected our "Recipe to Remember" this week from the famous M.G.T. and G.C.C. cook book, "Chicken Cassoulet."

She has been creative since she was 12 years old and began designing and making her own clothes. After coming to Chicago in 1961, Miss Christopher learned there is a greater market here in the hair-styling profession, and has since completed a course in beauty culture at Leora's School of Beauty Culture.

Besides turning out tasty

and novel dishes in her kitchen, Miss Christopher's leisure time also is spent soaking up the summer sun on Chicago's beaches and enjoy-

ing the year-round fun at the bowling lanes.

The always-popular chicken takes on new and delightful taste dimensions as "Chicken Cassoulet."

CHICKEN CASSOULET

- 1 $\frac{3}{4}$ lb. frying chicken
- $\frac{1}{4}$ cup seasoned flour
- 6 tbsps. cooking oil
- 1 small onion, sliced
- 1 clove garlic, minced
- Pinch of ground black pepper
- 4 stalks celery (cut into 1-inch slices)
- 4 medium-size carrots (cut into 1-inch slices)
- 1 green pepper (cut into 1-inch cubes)
- 1 cup chicken broth
- 1 tsp. salt

Wash chicken pieces well, then place in paper bag with seasoned flour (salt and pepper). Close bag and shake vigorously. Brown chicken in fryer, then put in roasting pan, placing cut celery, carrots and green pepper over and around the pieces of browned chicken. Add the chicken broth, cover and bake in a moderate oven until meat falls from the bones. Serve over rice for an added stimulus.

New York Seeks More Negro Teachers

NEW YORK — The city school system here has issued a report calling for a step-up in the recruitment and upgrading of Negro and Puerto Rican teachers and supervisors.

Devised by deposed Superintendent Calvin E. Gross, the plan, contained in an integration report, outlines ways of streamlining examination procedures so that Negroes and Puerto Ricans taking tests for supervisory positions can be rapidly appointed to their new assignments.

TEMPLE No. 2 CLEANERS