

APRIL 30, 1965



CARRIE EASON is delighted to recommend the delicious dressing from the M.G.T. and G.C.C. cook book and is this week's "Recipe to Remember."

Recommends Dressing to 'Make Men Remember Ma'

A return to the kind of dishes that make men remember Mama long after they have gotten used to another style of cooking, is the cry of Carrie Eason, our guest chef of the week. Carrie went wild over the recipe for dressing found in the M.G.T. and G.C.C. cook book, and suggests you will, too, after you taste its old-fashioned, down-to-earth goodness.

A recent graduate of Leora's Beauty School, Carrie at 23, is a modern Miss with a yen for the best, whether it be in food or in her field of hair styling.

DRESSING

- 3 cups corn meal
- 1 cup wheat flour
- 1½ tsps. salt
- 3 tsps. of baking powder
- ½ cup of oil
- 2 cups of buttermilk
- 1 cup of water
- 1 loaf of wheat bread
toasted
- ½ cup of butter
- 1½ cup cooked brown rice
- 1½ cups of celery chopped
- 2 cups of chopped onion
- 1 cup of chopped green
peppers
- 2 tsps. of sage
- 1 tsp. of celery seeds
- ½ tsp. of cumlin seeds
- 2 tsps. of Lawry's salt
- 4 cups of broth (add

more if needed)
2 tsps. of black pepper
Add salt to taste

Cook cornbread and set aside. Cool and then add broth. Saute onions, green peppers, celery in butter for about 15 minutes. Add all ingredients together and mix well. Bake in an oven of 350 degrees Fahrenheit for about 1½ hours or until brown. Note: May be served with a spice or onion gravy.

Jamaica Gets Loan

KINGSTON, Jamaica — The Jamaican Government has secured its first loan from the World Bank of 5.5 million dollars, which will be used for road improvement.

Specifically the money is earmarked to improve three sections of road on the main route from here, the nation's capital, to the north coast.