

# Hearty Casserole Takes The Bite Out Of Wintry Winds



Winter weekend suppers are nicer than everyday dinners. The family is casual and relaxed, and though the wind is cold outside, everyone's snug and warm inside. The food is simple, hearty, and satisfying, a bubbling casserole hot from the oven, a loaf of crusty bread, fresh fruit salad. Tuna Green Bean Casserole, created by home economists for Meadow Gold Dairies, features an oniony cream sauce with cottage cheese for a protein plus. Fluffy Honey Dressing, rich and smooth, should be spooned over the colorful chunks of fruit.

## TUNA GREEN BEAN CASSEROLE (6 servings)

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| 2 cups drained, cooked green beans     | 1 teaspoon salt, dash pepper             |
| 2 medium tomatoes, sliced              | 3/4 teaspoon dried thyme leaves          |
| 1 can (6 1/2 ounce) tuna, drained      | 3/4 cup Meadow Gold milk                 |
| 1 small onion, chopped                 | 1 cup Meadow Gold cottage cheese, sieved |
| 1/4 cup (1/2 stick) Meadow Gold butter | 1/4 cup sliced pimiento stuffed olives   |
| 1/2 cup flour                          | 1/2 cup grated Swiss cheese              |

In a buttered 1 1/2 quart casserole, alternate layers of green beans, tomato slices, and flaked tuna. Cook onion in butter about 5 minutes. Stir in flour and seasonings. Gradually add milk; cook until thickened. Add cottage cheese and stuffed olives. Pour over vegetables and tuna. Sprinkle Swiss cheese on top. Bake at 350 degrees for 30 minutes.

## FLUFFY HONEY DRESSING (2 cups)

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| 2 eggs, beaten                                | 1/2 teaspoon salt              |
| 1/2 cup honey                                 | 3/8 cup Meadow Gold Sour Cream |
| 1/4 cup lemon juice                           | 2 teaspoons grated lemon rind  |
| 2 tablespoons frozen orange juice concentrate |                                |

In a small saucepan, combine eggs, honey, lemon juice, orange juice concentrate, and salt. Cook over low heat, stirring constantly until thickened. Cool. Fold in sour cream and lemon rind. Serve with fresh fruit salad.



In buttered 1 1/2 quart casserole, alternate layers of green beans, tomato slices, and flaked tuna.



Cook onion in butter; stir in flour, seasonings. Add milk; cook till thickened. Add cottage cheese, olives.



Pour sauce over vegetables and tuna. Sprinkle Swiss cheese on top. Bake at 350 degrees for 30 minutes.

## Carmichael Named Cadet of the Month

ORANGEBURG, S. C. — Cadet Abadella Carmichael made history at South Carolina State College in Orangeburg when she was recently named Cadet of the Month for February. She is the first cadet to be so honored under the newly instituted program.

The Cheraw, S. C., native was chosen over 502 other

freshman and sophomore cadets in the ROTC Basic Course. She was selected through a various screening process that was developed and implemented by the junior and senior cadets of the Advanced Course. The selection criteria were based on academic performance, performance at leadership laboratory, military bearing while in uniform, motivation and discipline.

"I am really thrilled and honored to have been chosen," said Cadet Carmichael, after learning of her selection as Cadet of the Month. She added, "It means a great deal to know that my peers think so highly of my performance in ROTC as well as other educational areas. I have applied myself in ROTC...I can see the results in my work in other areas. I feel that every

student should at least experience the first two years of ROTC."

Mrs. Carmichael, a sophomore, is majoring in business education. She serves as platoon sergeant for the first platoon, Company D, First Battalion of the Student Brigade.

An industrious student, she works at the college Public Information Office as a student helper. She holds membership in the Student Christian Association and Alpha Kappa Alpha Sorority. She has been awarded the South Carolina State College Army ROTC Academic Achievement Medal. Most importantly she will be promoted to Sergeant First Class.

Cadet Carmichael is the daughter of Mrs. Bertha L. David, of Cheraw, S. C.

## LIVINGSTONE QUEEN NATIVE OF NEW JERSEY

SALISBURY — Miss Marie Suzanne Turner, a 21-year-old senior and native of Willingboro, N. J., is reigning queen at Livingstone College. As such, she gracefully wears the celebrated title of "Miss Livingstone" and represents the 97-year-old AME Zion Church-related college as Salisbury, on very special occasions during the academic year 1975-76.

A Virgo, Marie is president of Beta Kappa Chapter of Delta Sigma Theta Sorority, Inc., and a member of the Livingstone College Social Welfare Action Group.

A social welfare major, Marie is the recipient of the United Negro College Fund-Schumann Scholarship in the amount of \$2,100, and is listed in "Who's Who Among Students in American Colleges and Universities."

She is the third girl of five youngsters born to Mr. and Mrs. Carl Engram of Willingboro. She is a 1972 graduate of John F. Kennedy High School, Delran, where she was active in such sports as volleyball and basketball. Her senior year at Kennedy High, she was elected first runner-up to "Miss Homecoming."

A dean's list student since her freshman year, Marie, who is a candidate for graduation on May 25, plans to enter graduate school at the University of Connecticut, this fall, and major in child welfare. She enjoys reading, eating, listening to good music, traveling, and writing short-stories.

"After attending graduate school and working a minimum of two years," says Marie, "I plan to do a great deal of traveling before settling down and getting married."



MARIE SUZANNE TURNER — MISS LIVINGSTONE

## your week ahead

BY DR. A.W. DAMIS

Forecast Period: February 29 to March 6

**ARIES**  
Mar. 21-Apr. 19  
Don't disclose your long range plans. What you have in mind will disturb someone in authority. Bluntly, your dreams must be planted in the grounds of reality.

**TAURUS**  
Apr. 20-May 20  
Not that you should go out and break any speed record—but it would be a good idea to crank up your project!

**GEMINI**  
May 21-June 20  
Legal difficulties, in one form or another, are indicated for many members under your sign. It's highly probable that all will go well, however.

**MOONCHILD**  
June 21-July 22  
From time to time, you become too frisky with the opposite sex. Let up on what you believe to be subtle overtures. Your inner thoughts are showing.

**LEO**  
July 23-Aug. 22  
Many under your sign will riffle through the pages of a book—looking for information. The point? Research, this day will be important for the future.

**VIRGO**  
Aug. 23-Sept. 22  
Stellar patterns seem to recharge your battery. So, don't waste or misdirect your energy on unpromising material.

**LIBRA**  
Sept. 23-Oct. 22  
Beware! It's not time to offer greetings and hospitality to strangers. When you get right down to it; it's best that you avoid any sort of social activities.

**SCORPIO**  
Oct. 23-Nov. 21  
Mentally, most members of your sign are, now, sharply honed. So, try to schedule a major decision for the next several days.

**SAGITTARIUS**  
Nov. 22-Dec. 21  
Remember, now! No get rich schemes. If you have to experiment...do it with match sticks—or something like it—but not with good hard cash.

**CAPRICORN**  
Dec. 22-Jan. 19  
It seems as though most members of your sign hold secret information that might be disclosed in bits and pieces—to an advantage.

**AQUARIUS**  
Jan. 20-Feb. 18  
Odd planetary configurations indicate: If you don't get in a few "brownie" points with a superior—someone else will! Bluntly, look out for "A-number-one."

**PISCES**  
Feb. 19-Mar. 20  
Added responsibilities might cause you to ponder about the future. New duties will not alter or disturb your secret long term plans.

### PERSONALITY PROFILE

For your Sun Sign Analysis, send the day, month, year and place of birth, plus \$1.00 for postage and handling to Dr. Andrew W. Damis, P. O. Box 12766, St. Petersburg, Florida 33733.