

Who's Who In The Kitchen

Cafeteria Manager Elmira House Takes Good Care Of "Student" Family

By Audrey C. Ledate
Post Staff Writer

Over the course of her 33-year career with the Charlotte-Mecklenburg Schools, Elmira R. House has fed thousands upon thousands of youngsters. As manager of Robert F. Kennedy Junior High School's cafeteria, she presently sees to it that approximately 625 students get a balanced and nutritious lunch every day.

To House, the job is a lot more than "feed them and move them on out." She often refers to the students as "my children" and gets to know many of them by name.

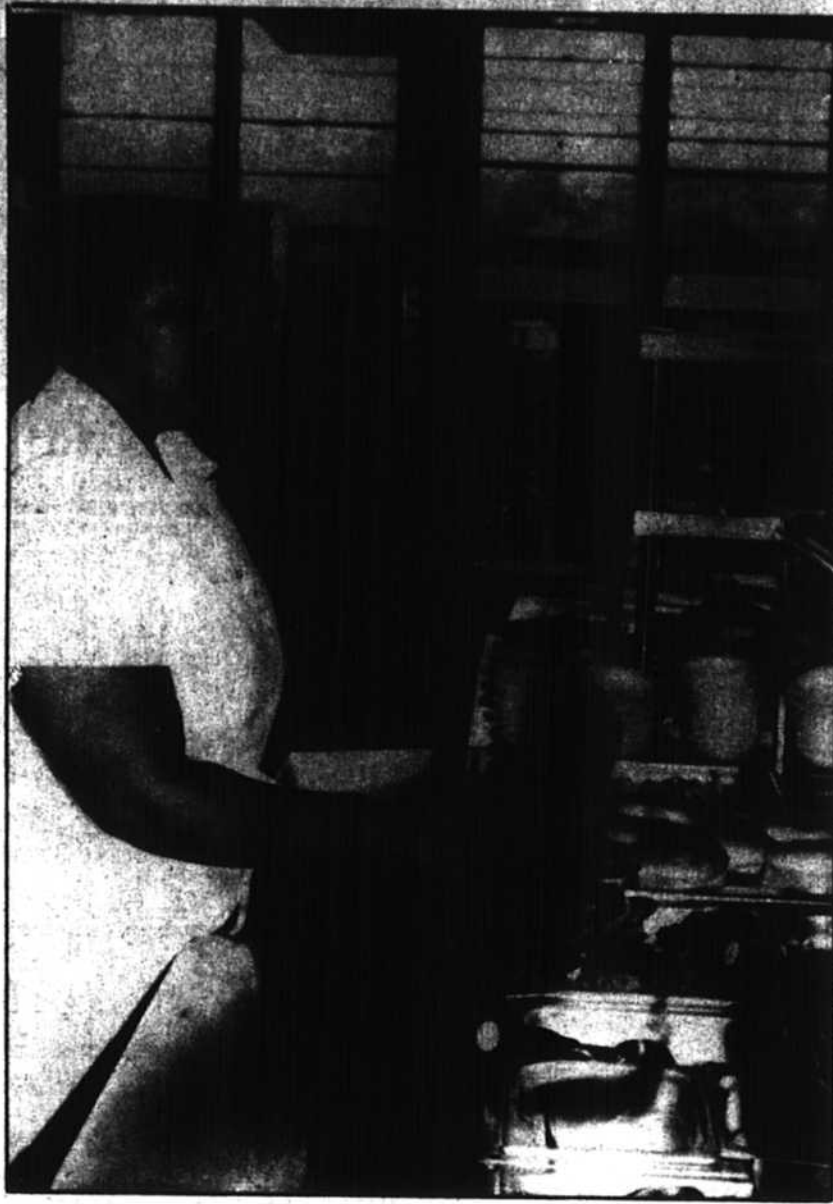
And she insists that her 10-member food service team treats the students well. "I like everyone to be nice to my children, so they feel they're coming home. If they see a smiling face, maybe they'll do better during the day."

What do the R. F. Kennedy students like for lunch? "Believe it or not, they love fried okra and broccoli. And, of course, french fries, hamburgers, and hot dogs." French fries are a definite favorite. Over 600 servings of the tasty potato cross the counter whenever it's on the menu. "If there aren't any french fries, they'll practically come behind the counter and get you," House laughs.

As cafeteria manager, House is naturally concerned with nutrition. "I like to see the students eat a well-balanced meal. That's very important for their health," she notes.

Although the week's menu comes from the school system's central office, each school can add other dishes, and at Kennedy Junior High, it's no different. "I add things my students like," House remarks. For example, the "official" menu may list three main dishes, to which she'll add pizza or cheeseburgers. Typically, there will be 21 items on the menu each day. And, since students can choose what they want, there is little waste.

To keep lunches from getting boring, the cafeteria manager adds a new dish every now and then. She



Mrs. House reads the line for hungry students. Favorites include fried okra and french fries.

may first try a new casserole at home, and then have a tasting party for her Youth Advisory Council, a group of students who help in deciding what foods to serve. Sometimes, YAC members bring recipes they'd like to see on the menu.

House grew up mostly in Harrisburg, Pa., but came to Charlotte often. She spent part of her high school years at West Charlotte, which provided the spark for her interest in food preparation. The principal, C. L. Blake, had a cater-

ing service and once took her along to help serve. She liked the experience and decided to make it her life's work. Right after graduation, she returned to Charlotte from Harrisburg and began working for the school system at Myers Park High School.

From the beginning, she says, she trained to be a manager. Besides having to learn all aspects of the kitchen, she took numerous nutrition courses. As manager, House does her own ordering, oversees food preparation, plans menu additions and special events (like the outdoor spring buffet or other seasonal occasions), and does a myriad of record-keeping.

In addition to lunches, the school serves breakfast to about 100 students.

House has been at Kennedy since 1957, when the school was new. She has also worked at Irvin Avenue Junior High and Northwest Junior High.

House is District VI director for the Charlotte-Mecklenburg School Food Service Association.

With a family at home in addition to her school "family," it seems like House is always in the kitchen. Fortunately, she says, "I love to cook. I make most of my recipes up, experimenting with how it looks, tastes, and what goes with what."

Although her next door neighbor always asks for her egg custard and 7-Up cake, House isn't sharing those recipes. "Some things you like to keep secret!" she smiles.

She is a member of Our Lady of Consolation Catholic Church, the Golden Circle Zack Alexander Assembly No. 35, Heroine of Jericho Charles E. Grier Ct. No. 2, National Notary Association, Alpha Phi Chi Sorority Gamma Xi Chapter, and the NAACP. She is Illustrious Commandress of Rameses Ct. No. 78 Daughters of Isis and Past Matron of Amarth Chapter No. 663 Order of the Eastern Star.

Elmira and husband Johnnie W. House have two grown children, Gale and Kenna, and a grandson, Thomas Wilson II.

<p>CHICKEN BREASTS SUPREME I</p> <p>1 pkg. chipped beef 6 chicken breasts, skinned (uncooked) 3 slices bacon, uncooked 1 can cream of mushroom soup 1/2 pt. sour cream</p> <p>Spread chipped beef in bottom of pyrex dish. Wrap each chicken breast with half slice bacon and place over beef. Mix soup and sour cream and pour over chicken. Cover with foil and bake at 275 degrees for 2 hours. Remove foil and bake 1 hour longer.</p>	<p>ANGEL BISCUITS</p> <p>5 c. self-rising flour 1/4 c. sugar 3/4 c. shortening 1 pkg. dry yeast 2 Tbsp. warm water 2 c. buttermilk</p> <p>Sift flour; add sugar; cut in shortening. Dissolve yeast in 1 Tbsp. warm water and add to flour mixture. Add remaining water and buttermilk. Knead and place, covered, in refrigerator. Make out as biscuits. Do not allow to rise before baking. Bake at 400-425 degrees for about 15 minutes.</p>
<p>CHICKEN BREASTS SUPREME II</p> <p>6 boned chicken breasts 6 slices bacon 1 can undiluted cream of mushroom or cream of chicken soup 1 small carton sour cream</p> <p>Wrap each chicken breast with one slice bacon. Place in greased baking dish. Mix soup and sour cream, and spoon over chicken. Bake 40-50 minutes or until done in 350 oven.</p>	<p>CHOCOLATE SUPREME</p> <p>1 c. self-rising flour 1 3/4 c. brown sugar 1/2 c. pecans (optional) 1/2 c. margarine, melted 1 (8 oz.) pkg. cream cheese 1 c. powdered sugar 1 large carton whipped topping 2 small pkgs. chocolate instant pudding (or other flavors) 3 c. milk Chopped nuts (optional)</p> <p>For crust: Mix flour, brown sugar, and pecans. Pour margarine over and press into bottom of a 13x9-inch baking dish. Bake at 300 for 15 minutes. Cool.</p> <p>For filling: Mix cream cheese and powdered sugar, and fold in 1 c. whipped topping. Spread over crust. Mix pudding and milk and pour over cream cheese mixture. Top with remaining whipped topping. Sprinkle with chopped nuts if desired. Refrigerate.</p>
<p>CHICKEN & DUMPLINGS</p> <p>1 chicken, cut up 1/2 c. margarine Salt and pepper 1 qt. water</p> <p>Dumplings</p> <p>4 c. plain flour 1 tsp. salt 1 egg 1 c. hot chicken stock</p> <p>Place chicken, margarine, salt, and pepper in big pot. Cover with water and simmer until tender. Add more water if needed. When done take chicken out of stock and remove bones. Mix flour and salt, stir in egg and add hot stock. Make a soft dough mixture using more flour if needed. Roll out on floured board about 1/8 inch thick. Cut into strips about one inch wide and two inches long. Drop strips into boiling stock. Do not stir. Cover tightly and let simmer for 20 minutes. Do not peep! Add chicken to dumplings and serve.</p>	<p>DANG GOOD PIE</p> <p>1 3/4 c. butter 3 eggs 3 Tbsp. flour 1 can crushed pineapple, drained 1 can coconut 1 1/2 c. sugar 9" unbaked pie shell</p> <p>Melt butter and mix with remaining ingredients. Pour filling into unbaked 9-inch pie shell and bake 1 hour at 350 degrees or until set and brown.</p>

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National School Lunch Week Is Oct. 13-19

Every year the public schools across America participate in a special event, National School Lunch Week. This year that week starts Sunday, October 13, and continues through Saturday, October 19.

Following the theme "Salute to Freedom," school children will be served meals during this week that contain the wide variety of foods grown across the U.S. and that reflect the history of four regions of the country.

Favorite foods of all the 24 million students who will participate in this celebration October 13-19 have been included on these menus.

Proven winners on lunch trays are the many canned and fresh fruits that will perk up both appetites and appearances. Cling peaches, for example, are one of students' favorites all over the country. This is the reason that one of the largest purchases by USDA for use in school programs is cling peaches, and one of the reasons that these peaches appear in almost every menu.

Today's schools are offering a wide variety of America's agricultural bounty at the lowest price around. The result is that America's students are better fed than ever and that they are learning how to choose wisely what foods will guarantee them healthy bodies and minds.

And that's what National School Lunch Week is all about. It is a time to emphasize to students, parents and the community the benefits of eating right.

As the students across the country participate in this food festival, they will learn even more about proper choices for their lifetimes during this "Salute to Freedom" celebration.



Menu includes students' favorite foods.



By the way...

By Joe Black

A group of famous people in the entertainment world came together and blended their voices in song and said:

"We are the world
We are the children
We are the ones to make a brighter day."
This unselfish act was motivated by the famine and starvation in Ethiopia. It is a classic example of: "Black and White together, we shall overcome."

Today, I want to remind you of a challenge to Black Americans. It is finding a cure for Sickle Cell Trait and Sickle Cell Anemia. Why? Because one of 12 Black Americans has Sickle Cell Trait; one of 500 Black Americans has Sickle Cell Anemia. Sickle Cell Anemia does not affect one's intelligence, but it can cause growth retardation, leg ulcers, pneumonia, strokes, decreased exercise tolerance and sometimes causes pain.

If you are born with this tendency from one parent, you have Sickle Cell Trait. If you are born with this tendency from both parents, you have Sickle Cell Anemia. You will not know whether you have Sickle Cell Trait unless you take a simple blood test. So help combat and support the fight against Sickle Cell Disease by:

1. Having a blood test to learn if you have the Trait.
2. Riding Greyhound, because in 1985 a percentage of each ticket will be donated to the National Association for Sickle Cell Disease.
3. Mailing a contribution to your local Sickle Cell Chapter, or to:

The National Association for Sickle Cell Disease
3460 Wilshire Boulevard
Los Angeles, California 90010-2273

Joe Black
Vice President
The Greyhound Corporation



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DIXIE CHILLED FRUIT SALAD

1 can (16 oz.) California cling peach slices
1 c. seedless green grapes
1 red apple, thinly sliced
1 Tbsp. lemon juice
4 curly green lettuce leaves
2 Tbsp. flaked coconut
2 Tbsp. peanuts

Drain peaches reserving liquid for another use. Toss peaches with grapes, apples and lemon juice. Line 4 serving plates with lettuce; top with fruit mixture. Sprinkle with coconut and peanuts. Makes 4 servings.

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