



Bennie Nelson (Malecha), accomplished artist and homemaker, honed her culinary talents as a foods major in college.

## Food Is Center Of Hospitality

By Paula R. Materre  
For Kraft, Inc.  
Special To The Post.

Bennie Nelson (Malecha) is a working mother who has very little time to cook, but who knows that the Memphis tradition of hospitality centers around food. An artist-potter, Nelson is the founder and Executive Director of the Memphis Black Arts Alliance. She is also the coordinator for continuing education at Shelby State College where she took time out of her busy schedule to offer us her special dish.

"Memphis is the barbecue capital of the world," she exclaimed. Even though she doesn't have the time required for those slow-cooked delights, her contribution to most barbecue outings is a perfect addition to the pork. A foods major in college, she worked as a salad girl during her school days at a hotel where the coleslaw left a lasting impression. Bennie mixes her shredded cabbage with vegetable oil, vinegar, dill, sugar, onions, and salt. Simple, but distinctive and absolutely delicious.

Bennie is a native of Memphis who especially enjoys the Memphis hot tamales. Reflecting on her childhood, she says the hot water cornbread has certainly endured the test of

time. It's only white corn meal and hot water mixed and fried on top of the stove. "But the older women make it best," she laughs before dashing off to her next appointment.

### — DILLED COLESLAW —

- 1½ qts. shredded cabbage
- ½ c. chopped onion
- ½ c. vinegar
- 2 Tbsp. oil
- 1 tsp. sugar
- ¼ tsp. dill weed
- ¼ tsp. salt

Combine cabbage and onions. Add combined remaining ingredients; toss lightly. Chill. Toss again just before serving. Makes 10 servings.

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## Recipe Booklet Simplifies Holiday Preparation

As the holidays rapidly approach, many women are caught between the desire to do that little something special and the reality that time is at a premium. Perhaps this new recipe booklet, "Quick & Easy Entertaining Ideas," developed by Dian Thomas, "First Lady of Creativity," and The Kraft Kitchens can help.

Dian Thomas has been a food consultant and regular guest on NBC's "Today

Show" for several years and has given more than 1,000 local TV and radio interviews as well as 1,500 lectures and demonstrations throughout the world. This year during the holiday season Dian will be making radio and TV appearances in several cities across the U.S. demonstrating many of the ideas contained in this booklet.

Dian's claim to fame has always been innovation, whether she's constructing a flaming Christmas tree

dessert from muffin-like cheesecakes or transforming a wicker basket into an unforgettable salad bar. Dian tries to look at the ordinary from a new perspective and the result is always an extraordinary and exciting new experience.

If you want to find innovative yet convenient food ideas that shorten time in the kitchen without cutting out the fun of the occasion, write for your free copy of "Quick & Easy

Entertaining Ideas." Send a postcard with your name and address to: Dian Thomas, Kraft Kitchens, Dept. FE, Kraft Court, Glenview, IL 60025. Please allow four to six weeks for delivery.

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