

Who's Who In The Kitchen

Sheila Giles Of Garinger High Thinks Cooking Is "Almost A Game"

By Audrey C. ...
 "I love to cook," Sheila Giles, 18, of Garinger High School, says. "I think I've been watching my mother cook a game almost since I was born."

at about 12, she "experimented" with spaghetti. "My family liked it, and since then I've cooked a lot," she remarks.
 Since her parents often work late at their jobs at Johnson C. Smith, Sheila frequently fixes supper for her little sisters, Phyllis and Holly. There is something, though, about

kitchen work she despises. "I hate having to go back and clean up the mess," Sheila confesses. She also doesn't much like following recipes. "I'd rather experiment. Sometimes it turns out a disaster, but it's fun."
 One such "experiment" with not-so-disastrous results is fried pies. "I got the idea to fry dough from SpringFest," Sheila recalls. "My grandmother told me she'd been doing it for years, and she showed me how to make it into pies with filling."

Sheila and her mom, Dr. Francine Madrey, cook together on Sundays. "We have pork chops a lot, with gravy, mashed potatoes, cabbage, green peas, rolls, and iced tea," the young cook recites.

Other favorites include fried chicken and oatmeal-raisin cookies. "I'm going to try to get my grandmother to show me how to bake rolls," Sheila adds. "It's her specialty."

What are her plans for the future? Sheila expects to attend Johnson C. Smith University next year and major in journalism. Journalism interests her because "it gives you a chance to know about people."

Farther down the road, she has ambitions to start a black fashion magazine for teens. While in college, she hopes to do an internship at Johnson Publishing Co. in Chicago, publisher of EBONY and JET.

"My parents are behind me all the way as far as my career in journalism goes," Sheila reports. "They'll help me as much as they can. They push me to do my best," she adds.

Sheila came by her journalistic ambitions via an earlier desire to become a fashion designer. "My mother told me I'd have to know someone in order to get a big break," she says. And besides, "I've never been able to draw," the would-be designer admits.

Fortunately, Sheila does like to write, "especially if I have an interesting subject."
 The not-quite-18-year-old is a new

comer to Charlotte. Except for two years spent in Ohio while her mother worked on a Ph.D. in student personnel—she's now vice president of student affairs at Smith—Sheila grew up in Tennessee, where one grandmother still lives.

Here since summer '84, Sheila enthuses, "I love Charlotte! We moved from a small town, and this is a whole different ball game. I lived in cities before, in Ohio and when I was younger in Tennessee. Moving to Charlotte was like a dream-come-true."

With both parents working at Smith—her stepfather, Dr. Bill Madrey, is assistant professor of physical education and tennis coach—and herself planning to attend the university, chances are good Sheila will be in Charlotte for some time to come.

She's a member of Friendship

Baptist Church, where she works in the infant nursery on Sunday mornings. At Garinger, she's involved in the Science Club, Future Business Leaders of America, the Keyettes, and the AKA Leadership Conference. This is her second year working on the staff of the school paper, The Rambler. Sheila is also listed in "Who's Who Among American High School Students."

After hours, she works part time at the Beatties Ford Rd. Burger King. Of her boss, Nasif Majeed, Sheila says, "He's a real nice person with a great sense of humor. I admire him for doing all that he can to help build up the black community."

This holiday season, Sheila plans on making lots of wassail and trying a few other recipes. Here are some of her favorites.

TURKEY N' STUFFING CASSEROLE
 (A great way to use leftovers!)
 1 1/2 Tbsp. flour
 1 tsp. minced onion
 1 c. light cream or evaporated milk
 Salt and pepper
 1 1/2-2 c. cooked turkey, cut up
 1 (10-oz.) pkg. frozen green peas and pearl onions, cooked and drained
 Chopped pimiento (optional)
 Stuffing

Combine flour and seasonings in saucepan. Over heat, gradually stir in cream. Heat to boiling, stirring constantly. Boil and stir 1 min. Add turkey, peas, and pimientos. Heat through. Meanwhile, press stuffing against bottom and sides of large casserole, reserving a small amount. Pour turkey mixture into center of casserole. Sprinkle with reserved stuffing. Bake 5 min. at 425 or til heated through. Serves 4-5.

WASSAIL
 3 c. apple juice or cider
 1 stick cinnamon
 1/4 tsp. nutmeg
 1-2 Tbsp. honey
 1 1/2 Tbsp. lemon juice
 1 tsp. grated lemon peel
 1 c. unsweetened pineapple juice
 Heat apple juice and cinnamon stick to boiling, then reduce heat. Cover and simmer 5 min. Uncover and stir in remaining ingredients; simmer 5 more minutes. May use additional cinnamon sticks as individual stirrers.

EASY FRUITCAKE
 1 pkg. date bar mix
 2/3 c. hot water
 3 eggs
 1/4 c. flour
 1/4 tsp. baking powder
 1 tsp. cinnamon
 1/4 tsp. nutmeg
 1/4 tsp. allspice
 1 c. chopped nuts
 1 c. dried apricots, cut up
 1 c. candied cherries
 1/2 c. candied pineapple
 1/4 c. apple jelly
 Blend date filling from mix with hot water. Add crumbly mix, eggs, flour, baking powder, and spices. Mix thoroughly. Stir in nuts and fruits. Spread evenly in greased and floured loaf pan, 9x5x3 inches. Bake in preheated 325 oven about 1 hour and 20 minutes or til wooden pick inserted into center comes out clean. Cool thoroughly. Wrap in aluminum foil or plastic wrap, then refrigerate. Just before serving, heat jelly over low heat til smooth, stirring occasionally. Spoon over cake to glaze.

COOKIE CANDY CANES
 1/2 c. shortening
 1/2 c. margarine
 1 c. confectioners' sugar
 1 egg
 1 tsp. vanilla extract
 1 1/2 tsp. other flavoring
 2 1/2 c. self-rising flour
 1/2 tsp. red food color
 Thoroughly mix first 6 ingredients. Blend in flour. Divide dough in half. Blend food coloring into half of dough. Shape a teaspoon of each dough into ropes 4 inches in length. Place one white and one red rope side by side and press lightly together. Working on one cookie at a time, twist for candy cane pattern. Place on ungreased cookie sheet and curve top down to form cane handle. Bake cookies in preheated 375 oven about 9 min. or til very light brown. Makes about 48 cookies.



"Cookie Critters"

Treat Santa To Holiday Cookies

Santa deserves special consideration. Leave him a snack that will make him happy that he dropped in on your family.

"Cookie Critters" are friendly little animal cookies that will delight both Santa and the younger members of your family.

Graham cracker, gingerbread and sugar cookie doughs are used for a variety of animal shapes and a festive Christmas tree. All are "sandwich" cookies with fillings of fresh cranberries or cranberry sauce. Each cookie is finished off and decorated with an easy-to-make icing.

GINGERBREAD COOKIES
 (Makes about 2 dozen)
 2 1/2 c. sifted flour
 1/2 tsp. salt
 2 tsp. ground ginger
 1/4 c. butter
 1/4 c. sugar
 1/2 c. molasses
 1/4 tsp. baking soda
 1/4 c. hot water
 Cranberry Filling
 1 c. Fresh or Frozen Ocean Spray Cranberries, coarsely chopped
 2 Tbsp. water
 3 Tbsp. sugar
 1 c. sifted flour
 1/4 tsp. salt
 1/4 tsp. vanilla
 1 Tbsp. honey
 Onto a sheet of wax paper, mix flour, salt and honey in a large bowl. Add butter over low heat; remove from heat and add sugar and molasses. In small bowl dissolve baking soda in hot water. Add dry ingredients to molasses mixture alternately with baking soda water, beginning and ending with dry ingredients. Chill dough 2-3 hours. Preheat oven to 350 degrees F. Roll out dough, a small portion at a time, 1/4-inch thick. Cut with floured animal cutters. Place cookies on ungreased cookie sheets. Bake 10-12 minutes or until lightly browned. Cool 2 to 3 minutes on the sheet. Remove to wire racks, cool thoroughly. While cookies cool, prepare icing and cranberry filling. In medium saucepan combine cranberries, water and sugar; cook until thickened. Cool. Spread small amount of filling between two cookies. In medium bowl, combine sugar, salt, vanilla, and heavy cream; blend well. Decorate and outline animals with icing.

sheet. Bake in oven for 8 to 10 minutes or until lightly brown. Remove from oven to cooling rack. Sandwich cookies together with a small amount of whole berry cranberry sauce.

GRAHAM CRACKER COOKIES
 (Makes about 3 dozen)
 1 c. flour
 1/2 c. whole wheat flour
 2 Tbsp. sugar
 1/2 tsp. baking soda
 1/4 tsp. salt
 1/4 tsp. ground cinnamon
 1/4 c. vegetable shortening
 1 Tbsp. butter
 2 Tbsp. PLUS 1 Tbsp. water
 1 Tbsp. honey
 1 Tbsp. molasses
 1/2 tsp. vanilla
 1 jar Ocean Spray Cranberry Orange Sauce

In medium bowl, combine flours, sugar, baking soda, salt and cinnamon. Cut in shortening and butter until mixture is crumbly. In small bowl, combine water, honey, molasses and vanilla. Sprinkle over dry ingredients, tossing with a fork until particles cling together and resemble small peas. Shape into a ball. Cover with plastic wrap. Chill in refrigerator for 1 hour. Preheat oven to 350 degrees. Divide dough in half. Between two sheets of wax paper, roll out half the dough to 1/4-inch thickness. Cut with floured animal cookie cutters. Prick with a fork. Place cookies on ungreased baking sheets. Bake in oven for 8 to 10 minutes or until lightly browned. Remove to cooling rack. Sandwich cookies together with small amount of cranberry orange sauce.

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CRANBERRY FILLED SUGAR COOKIES
 (Makes about 4 dozen)
 3 1/2 c. sifted all-purpose flour
 2 1/2 tsp. baking powder
 1/2 tsp. salt
 1 c. soft butter
 1 1/2 c. sugar
 2 eggs
 2 Tbsp. vanilla
 1 can (16 oz.) Ocean Spray Whole Berry Cranberry Sauce
 Preheat oven to 400 degrees F. In large bowl sift flour, baking powder and salt together. In a separate bowl, beat butter, sugar, eggs and vanilla together until light and fluffy; add to sifted dry ingredients gradually; blend thoroughly. Chill for 2 hours. On a floured surface roll out dough to 1/4-inch thickness. Cut with animal shape cookie cutters. Place dough on lightly greased cookie