

# Dorm chef

Eating alternative as good as Mom's:  
cook it yourself on your own hot plate

By PAM HILDEBRAN  
Staff Writer

Mom's home cooking—leaving it probably is the hardest thing to do when going off to college, right?

If visions of cheese crackers, peanut butter, monotonous cafeteria food and the expense of eating out turn you off, consider the increasingly popular alternative of cooking in the dorm.

If it is done with care, cooking can be cheap, fast, convenient and tasty.

Connor residents Susan Campbell and Katherine Caudle cook three times a day and prepare good, balanced meals.

Campbell said casseroles and pork chops are favorite dishes, and that their trick is to freeze foods at home, bring them back to school and simply reheat them.

"We've only been out to eat twice the whole year," Campbell said. "The things I like best about cooking my own meals are that I don't have any set time to eat, we don't have to go anywhere and it's good practice for the future."

Women aren't the only students who cook, however. Avery resident Jeff Gray, who is on a 10-meal-a-week Servomation plan, cooks breakfast, lunch and one dinner a week in his room.

"I don't always fill up my meal card," Gray said. "Doing my own cooking tastes better and I get more variety. Cafeteria food doesn't really taste like home, and I can get close to it."

Gray said quite a few of the men in his dorm cook and that he probably would cook a lot more if he had a larger refrigerator and "someone to do the dishes."

Intrigued with the idea of cooking? Some basic essentials and their approximate costs (available at hardware stores) are two sturdy plastic plates, bowls and mugs (\$9); silverware for two (\$2.30); a large, sharp knife (\$5); a spatula (89 cents); measuring spoon set (69 cents);

pint glass measuring cup (\$1.69); two-quart Pyrex baking dish (\$3.19); eight-inch Teflon frying pan (\$5.29); 2.5-quart stainless steel pot (\$19.99) and a four-cup hot pot (\$11.25).

*'Doing my own cooking tastes better and I get more variety. Cafeteria food doesn't really taste like home.'*

A full-size refrigerator runs anywhere from \$435 up. New ones of about three cubic feet start around \$100. Toaster ovens (a very useful item) check in at \$25 to \$30.

Four unspoken rules should be in the back of your mind when grocery shopping: (1) shop in the same store each time—the more familiar you are with a store, the more you know about its brands and prices; (2) never shop when hungry—you'll end up buying more junk than nutritious food and spending more money than necessary; (3) shop only once or twice a week—you'll save money and won't end up with more than need and (4) be wary of sale items—they may be outdated or you'll probably find yourself buying an oversupply of unnecessary items.

Next comes the actual cooking. Recipes can be found in magazines, at home and in books such as *The Impoverished Student's Book of Cookery, Drinkery, and Housekeeping* (copyright 1977 by Doubleday and Co.; available at local bookstores for \$2.95) by UNC philosophy Professor Jay F. Rosenberg. In addition, several residence colleges are compiling recipes from

residents for publication. Cobb and Joyner are putting together a cookbook as the result of a brainstorm at a beach retreat. Cobb President Joyce Green said.

"The recipes will be designed for one to two people, and the book will be distributed only in our two dorms for about a quarter," Green said.

The Cobb-Joyner cookbook will be divided into sections called "The Morning After Breakfast," "Quick Lunches and Suppers," "The Night Before the Big Game," "How Sweet it is to be a Tar Heel" (desserts), and "Happy Hour" (drinks and parties), Green said.

Henderson Residence College also is compiling a cookbook to be published sometime before Christmas, which probably will be sold campuswide. Campbell said.

The use of good seasonings comprises 98 percent of all cooking, according to the Rosenberg cookbook. Absolute basics (available at grocery stores) are salt, black pepper, sugar, paprika, garlic and onion. Useful spices include chili powder, ground allspice, ground cinnamon, nutmeg and curry powder. Basic herbs are oregano, basil leaves, cloves, rosemary, thyme and tarragon.

Not surprisingly, steak and baked potatoes are the overwhelming favorites of dorm cooks, especially men.

"Steak and baked potatoes are real easy to cook," Gray said. "A guy on my hall has a microwave and can cook a potato in five or six minutes."

Gray said he thinks it is safe to say that more upperclassmen do their own cooking than do freshmen. He said many of the upperclassmen have full-size refrigerators, toaster ovens and the full complement of cooking utensils.

So if you're tired of starving or suffering from indigestion, try cooking. Just don't neglect the biggest problem facing all cooks—cleaning up the mess afterward.



## Book lists survival food recipes

Whether you are a dorm gourmet or a struggling beginner, the following recipes will give insight into the secret of preparing nutritious dishes with a minimum of cost, time and worry. All recipes come from *The Impoverished Student's Book of Cookery, Drinkery, and Housekeeping* unless otherwise noted and serve approximately four persons.

### BROCCOLI CASSEROLE . . . Susan Campbell

Preheat oven to 350 degrees F. Prepare one cup rice and one package frozen broccoli. Place broccoli in a casserole dish; add rice, one cup grated sharp cheese and one-half can mushroom soup. Sprinkle enough breadcrumbs on top to cover mixture. Bake 30-45 minutes.

### PRIMORDIAL CHICKEN

Using one cut-up frying chicken for each two persons, rub each piece lightly with oil. Roll each piece of oiled chicken heavily with salt, pepper, garlic salt and tarragon. Broil for about 10-12 minutes on each side (coat broiler with aluminum foil first).

### CHILI "CON CASSERES"

In the bottom of a large pot, saute one pound ground beef in butter, onions and garlic. Add on large can chili beans. Add enough chili powder to attain the red coloration normally associated with chili con carne. Add lesser quantities of oregano, cumin and cayenne pepper. Add one cup of cooking sherry or cheap red wine. Add enough vinegar so you can smell it (although you cannot smell it after the chili has cooked). Simmer on lowest heat available for approximately one hour.

### FIFTY THINGS TO DO WITH LEFT OVER BREAD

Never throw out any dry, left-over bread. Slice it, dip it in a mixture of egg-milk-sugar-vanilla and a dash of salt, fry it in butter and you have French Toast. Cube it, sprinkle with melted butter and garlic salt, brown it under the broiler and you have Croutons. Roll it or grind it into crumbs, put them in a plastic bag and refrigerate, and you'll never have to buy breadcrumbs. Or just use it dry as a doorstop.

—PAM HILDEBRAN

## HEED 33 changes image, to lose reputation as slide

By PAT WOOD  
Staff Writer

What popular course closed out more than 300 students this fall, is affectionately known as "sex" and is bad news to next semester's slide-seeker?

Health Education 33, a course in human sexuality, taught this year by Brenda DeVellis, assistant professor in the department of health education, will undergo several schedule changes for the spring semester in an effort to place it on a little more scientific basis, DeVellis says.

"I don't see that human sexuality should be any different from botany or chemistry courses. A lot of research has been done in this area and the student should be exposed to it," she says.

The small group seminars will provide a chance for discussing personal attitudes and experiences, she adds.

DeVellis says she discovered earlier this semester that HEED 33 was meeting for one 90-minute discussion one night a week. Students were credited with three hours. The new schedule extends the amount of weekly discussion time required for HEED 33 but does not extend the credit hours.

Lecture will meet from 9-9:05 a.m. on Mondays and Wednesdays. Seminars will meet for two hours per week at a time arranged after the first lecture. HEED33 still will count as three credit hours.

DeVellis says the schedule was changed also because "people are pooped on Monday nights." Monday night is an inconvenient time for guest speakers to visit the class, she says, and with two lectures per week she can have slides or movies one lecture followed up by another lecture the same week.

DeVellis, who began teaching HEED 33 this fall, says she is not sure why the course has been so popular in the past. She was told that students regard HEED 33 as a slide.

"I'm not sure if that's part of the reason or not," she says. "I don't think it'll be a slide in the future."

DeVellis says she is "wrestling with the problem of making HEED 33 accessible to more students. Apparently last spring there were close to 500 that wanted to get in," she says "I may have some HEED 33 students from spring semester form an advisory board to see how more people could enroll."

HEED 33 pre-registration will take place Monday, Oct. 30 beginning at 8 a.m. in 323 Rosenau Hall at the School of Public Health.

**PIZZA DELIVERY SAVINGS**

1 free topping with pizza delivery.

**REAL PIZZA**

- Deep dish Sicilian.
- Hand tossed round.

CALL: 942-8512  
942-8513 942-8515

**Noble Roman's**

Delivery Hours  
Sun.-Thur. 5-10:30 p.m.  
Fri. & Sat. 5 p.m. to midnight

1703 Legion Road—Chapel Hill

**THE CAROLINA THEATRE**  
DOWNTOWN DURHAM 688-1939

**"DELIGHTFUL COMEDY!"**  
—Judith Crist, New York Post

**DONAFLO**  
and her two husbands  
**STARTS TODAY!**

Shows a 7:10, 9:10 p.m.

**NEW ITEMS AT... POOR RICHARD'S**

Down Vests & Parkas  
Wool Pants  
Leather Gloves & Mittens  
"Radar Hats  
Insulated Flight Suits  
Socks (Buy 3 pr. and get 1 pr. free)  
Commando 5-button navy crew neck and French O.D. sweaters  
Tar Heel Toboggans at a low \$1.99 (while they last)

**POOR RICHARD'S**  
The area's only authentic surplus store

Eastgate Shopping Center  
Around the corner next to Eckerd's

Monday-Friday  
10 a.m.-7:30 p.m.  
Saturday 10 a.m.-6 p.m.

Mastercharge  
VISA  
Phone 929-5850

**ATTENTION!**

Clubs,  
Fraternities, Sororities

**BIG BARN CONVENTION CENTER**  
Daniel Boone Complex  
Hillsborough

Now Available for:  
**Parties, Meetings Shows**

For information, contact:  
Donna Freeland  
732-2361 or 732-2823  
Make plans for Christmas now!

**THE Daily Crossword** by Helen Fasulo

ACROSS

- 1 Restraints
- 6 Shot in the dark
- 10 Fern spores
- 14 Macaw
- 15 She-bear: Lat.
- 16 Arabian seaport
- 17 Father or Clementine
- 18 Chance spectator
- 20 Elaborate parades
- 22 Scuffie
- 23 Molt
- 24 Star in Aquila

DOWN

- 1 Tent groups
- 2 — Heep
- 3 Wander
- 4 Type
- 5 A Teasdale
- 6 Mysterious
- 7 Rendezvous
- 8 Burro
- 9 Cotton fiber
- 10 Without: Fr.
- 11 Advantage
- 12 Section of film
- 13 Concerning
- 19 Nimbus
- 21 Place for polish

YESTERDAY'S PUZZLE SOLVED:

RODINS THINER  
MERITEE RECTIVE  
ONESPOT OLEANS  
POSSE MAY NIGHT  
ALL RELEASE  
SHAN MARLONS  
PUTT PIO ROABLES  
AGG BEGGARS GOV  
REPAIR ADD SARA  
HEI STER MEN  
WATERLOO SAI  
ACER URN INIRA  
AGNITES ADMIRAL  
TEGEME TEASETS  
SETONES LAYTES

10/25/78

© 1978 by Chicago Tribune-N.Y. News Synd. Inc. All Rights Reserved

**Plaza 3**  
SHOWS 3:30 5:30 7:30 9:30  
**"A MASTERPIECE."**  
—Gene Shalit, WNBC-TV  
**"AMAZINGLY BRILLIANT."**  
—William Wolf, Cue Magazine

**WOODY ALLEN'S "INTERIORS"**

KRISTIN GRIFFITH  
MARYBETH HURT  
RICHARD JORDAN  
DIANE KEATON  
E.G. MARSHALL  
GERALDINE PAGE  
MAUREEN STAPLETON  
SAM WATERSTON

**Plaza 3**  
SHOWS 3:15 5:15 7:15 9:15  
PETER SELLERS  
**REVENGE OF THE PINK PANTHER**

**Plaza 3**  
SHOWS 3:00 5:00 7:00 9:00  
Neil Simon's  
**THE CHEAP DETECTIVE**

**Varsity**  
SHOWS 3:00 5:05 7:10 9:15  
And it isn't even our damndest war!

**Up in Smoke**

It was the Deltas against the rules... the rules lost!

**NATIONAL LAMPOON'S ANIMAL HOUSE**

**Carolina Twin**

**Plaza 3**  
SHOWS 3:30 5:30 7:30 9:30  
**"A MASTERPIECE."**  
—Gene Shalit, WNBC-TV  
**"AMAZINGLY BRILLIANT."**  
—William Wolf, Cue Magazine

**WOODY ALLEN'S "INTERIORS"**

KRISTIN GRIFFITH  
MARYBETH HURT  
RICHARD JORDAN  
DIANE KEATON  
E.G. MARSHALL  
GERALDINE PAGE  
MAUREEN STAPLETON  
SAM WATERSTON

**Plaza 3**  
SHOWS 3:15 5:15 7:15 9:15  
PETER SELLERS  
**REVENGE OF THE PINK PANTHER**

**Plaza 3**  
SHOWS 3:00 5:00 7:00 9:00  
Neil Simon's  
**THE CHEAP DETECTIVE**

**Varsity**  
SHOWS 3:00 5:05 7:10 9:15  
And it isn't even our damndest war!

**Up in Smoke**

It was the Deltas against the rules... the rules lost!

**NATIONAL LAMPOON'S ANIMAL HOUSE**

**Carolina Twin**