Cool Is The Rule For Summer

Cool is the rule for the most tempting foods on a very hot day!

It's an easy rule to follow with Banana Split Salads — the prettiest of the summer. And nourishing, too. To make a marvelous hot weather dish, the banana split idea is carried out with cottage cheese and fruits companionable to the banana.

Banana Split Salad

Lettuce leaves
4 bananas
2 cups (1 pound) cottage cheese
1 nectarine or peach, sliced
1 cup sliced strawberries

Line 4 banana split dishes with lettuce leaves. Cut bananas in half lengthwise and place 2 halves in each dish. Place 1 scoop (½ cup) cottage cheese in center of each split banana; arrange sliced nectarine and strawberries around cottage cheese.

YIELD: 4 servings.

Variations: Yogurt Banana Split Salad — Top banana with sliced peaches, blueberries and diced pineapple. Spoon ½ cup vanilla or fruit yogurt over fruit and sprinkle with sunflower seeds.

Double-Dip Banana Split Salad — Use 3 cups cottage cheese for 4 servings. Stir diced banana into half of cottage cheese; chopped peach into remaining cottage cheese. Place 1 small scoop of each "flavor" on split banana. Sprinkle with chopped nuts, if desired, and garnish with fresh cherries.

Tuna Banana Split Salad — Substitute a mound of tuna salad for cottage cheese. Garnish with green grapes and pineapple chunks.

Three Easy Ways To Make Iced Tea

The Boiling Water Method: Bring 1 quart of cold water to a full rolling boil in a saucepan. Remove from the heat and immediately add 15 teabags (or one-third cup loose tea). Cover and let stand 5 minutes. Strain into a pitcher holding another quart of cold water. Makes 2 quarts.

The Cold Water Formula: Fill a quart pitcher or container with cold water. Add 8 to 10 tea bags, cover and let stand at room temperature or in the refrigerator for 6 hours or overnight. Remove tea bags, squeezing against side of pitcher. Makes 1 quart. Recipe may be doubled.

The Instant Way: For each quart of cold water, use 2 rounde tablespoons of instant tea powder. Stir to dissolve. If using lemon-flavored iced tea mix, allow 2 envelopes (or ½ cup) of mix for each quart of cold water. Stir to dissolve.

Banana Tea Bread

½ cup soft butter or margarine
1 cup sugar
2 eggs
1⅓ cup mashed ripe bananas (3 large or 4 medium)
1 tablespoon milk
1 teaspoon vanilla
2 cups unsifted all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
1 teaspoon instant tea powder
1 teaspoon grated lemon rind

In large bowl cream butter and sugar until light and fluffy. Beat in eggs. Combine bananas, milk and vanilla. Mix flour, baking soda, salt, instant tea and lemon rind. Blend into creamed mixture alternately with bananas. Turn into greased 9 x 5 x 3-inch loaf pan. Bake in 350 degree F. oven 1 hour to 1 hour and 10 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes, turn out of pan and cool completely.

YIELD: 1 loaf.

Banana Chicken Salad

3 cups cut-up cooked chicken
1 cup pineapple chunks or cantaloupe balls
3 bananas, sliced
Lettuce leaves

In large bowl combine chicken, kidney beans and pineapple. Peel bananas, slice and add to salad; toss with Green Chili Dressing*. Serve on lettuce.

YIELD: 6 servings.

***Green Chili Dressing**

¼ cup lemon juice
¼ cup salad oil
1 tablespoon chopped canned green chilies
1 tablespoon chopped pimiento
2 tablespoons chopped parsley
¾ teaspoon salt
¼ teaspoon dry mustard

Mix all ingredients in small bowl; let stand 1 hour or longer for flavors to blend.

DAWN Readers

Hawkins, Not Diggs

In the May, 1977 issue of **DAWN Magazine** an article appeared entitled, "De Priest Paid Only $7,500, page twenty-three.

There was a reference to Representative Augustus Hawkins (D., Calif.), as the senior member of the Black Caucus, "being the last to serve with Dawson and Powell."

This is incorrect. Congressman Charles C. Diggs Jr. of Michigan also served with Messrs. Dawson and Powell. Moreover, Congressman Diggs, is the senior member of the Black Caucus, not Congressman Hawkins as suggested by the article.

According to the 1977 Congressional Directory, Congressman Diggs was elected to the 84th Congress in November, 1954. This same source indicates that Augustus Hawkins was first elected to the 88th Congress in November, 1962.

In addition to being the senior black member of the House of Representatives, Congressman Diggs was the founding chairman of the Congressional Black Caucus. He is also the dean of Michigan Congressional delegation and chairs a standing committee, i.e., the Committee on the District of Columbia.

Congressman Diggs is also chairman of the House Subcommittee on Africa.

MARGARET E. BAYLOR
District Office Manager
Congressman CHARLES C. DIGGS JR.,
Detroit, Mich.

We're Sorry, Too

I'm certain you have discovered the error in Al White's article in which he identifies Rep. Hawkins as the senior member in the Black Caucus.

Assur edly, Charles C. Diggs Jr.'s election in 1954 makes him senior. Additionally, he was the founder of the Black Caucus.

Eight years later, in 1962, Mr. Hawkins was elected.

The prominent place in journalism, rightfully assumed by DAWN magazine, prompts me to write. Yours is an important resource for the benefit of us all for which you can be justly proud.

R. S. BROWN JR.