-Recipes

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portable blender. If you don't have this appliance and are not counting calories, fold the berry mixture into beaten egg whites or whipped cream.

Waldorf Salad

	1/2 cup including dressing —	98 calories
	Turkey Breast	
	31/2 ounces	176 calories
ļ	Natural Turkey Sauce (Gravy)	
	2 tablespoons	22 calories
	Cranberry Mushroom Stuffing	

3 tablespoons Acorn Squash Puree

3 tablespoons topped with 3 Brussels Sprouts

Cranberry Rosperry Mousse 5 tablespoons

48 calories **TOTAL CALORIES** — 509 calories

100 calories

65 calories

WALDORF SALAD

- 1/4 cup lemon juice Water
- 5 red delicious apples
- 3 sticks celery, peeled and diced 1/3 cup coarsely chopped walnuts
- 5 tablespoons Spa Low-Cal Mayonnaise (see below)

Butter lettuce leaves

Combine lemon juice and 1 cup water. Cut apples into eighths; remove seeds and place immediately in lemon water. Add water to cover apples.

At serving time, strain and discard all liquid from apples. Combine drained apples, celery, nuts and mayonnaise. Gently toss salad and serve in butter lettuce cup. Garnish with fresh mint sprig.

Makes 8 servings. 1/2 cup per serving: 98 calories, including dressing.

CRANBERRY-RASPBERRY MOUSSE

- 1/4 cup Ocean Spray fresh or fresh frozen cranberries
- 1/4 cup frozen raspberries, drained
- 1/4 teaspoon barley malt sweetener*
- 2 tablespoons honey
- 2 dates
- 1/2 tablespoon arrowroot
- 1 tablespoon fresh orange juice
- 3/2 cup non-fat skim milk

Place cranberries, raspberries, sweetener and dates in a saucepan.

Over medium heat, bring to boil and simmer 1 minute. Dilute arrowroot in orange juice and add to simmering mixture. Blend well. While hot, pass mixture through a fine sieve to remove seeds and pulp. Place in refrigerator to cool. Whip milk to whipped cream (with tausus whip). Combine with fruit mixture and return to refrigerator.

Makes 7 servings. 5 tablespoons per serving: 48 calories.

*Available in health food stores.

SPA LOW-CAL MAYONNAISE

- 1/2 clove garlic
- teaspoon lemon juice
- raw egg
- teaspoon Dijon mustard
- 2 small shallots Pinch of salt
- grind white pepper
- hard-cooked eggs

1/2 cup low-fat yogurt Put first seven ingredients together in blender container. Add hard-cooked eggs and blend until smooth, adding 1 tablespoon yogurt if necessary. Remove from blender container and fold remaining yogurt into egg mixture. Cover and chill.

Makes 3/4 cup. 21 calories per tablespoon.

CRANBERRY MUSHROOM STUFFING

- teaspoon barley malt
- cups spring water
- 2 tablespoons honey 11/2 cups Ocean Spray fresh
- large onion, diced
- tablespoon butter
- 1/2 cup fresh chopped sage or 1 teaspoon dried sage
- stick celery, diced
- 2 pounds small mushrooms, quartered
- egg, beaten
- 1/2 cup non-fat skim milk
- 1/2 loaf whole wheat bread, cut into 1/2-inch cubes and dried for croutons

1/2 cup pecans, coarsely chopped Combine barley malt, water and honey. Add cranberries and let stand 2 hours.

In large skillet saute the diced onion in butter until tender. Add chopped fresh sage and celery. Remove from heat and add mushrooms. Toss and set aside to cool.

Mix egg and milk together. Strain and discard liquid from cranberries.

Toss croutons with onion-mushroom mixture in large bowl. Add cranberries and pecans; toss again. Add milk-egg mixture and toss 30 seconds. Stuff turkey and bake as directed.

Makes 16 servings. 3 tablespoons per serving: 100 calories.

TURKEY SAUCE

- Neck and wing from 1 turkey* quart chicken stock
- onion, quartered
- 2 carrots, cut into 1-inch pieces
- stick celery, cut into 1-inch pieces 1 sprig parsley

Salt and pepper Brown turkey parts in 350° F oven. Place browned turkey parts in stock pot; add chicken stock and vegetables. Bring ingredients to a boil; cover simmer for 3 to 4 hours. Strain and set aside.

After whole turkey is roasted, pour off the grease and de-glaze the pan with 2 cups

turkey stock. Add to remaining turkey stock and boil rapidly to reduce to half. Pour for second time through a fine strainer. Taste and add salt and pepper as needed. Sauce should be consistency of a syrup.

Makes 2 cups. 2 tablespoons per serving: 13 calories.

*Remove the bony wing tips from raw turkey before baking. Leave remainder of wing attached to bird.

ACORN SQUASH

- 4 medium acorn squash
- 1/2 cup tofu, mashed
- egg
- 2 egg whites
- 1/8 teaspoon allspice 2 tablespoons honey
- Fresh ground white pepper 1 tablespoon butter, melted

Preheat oven to 350° F. Cut acorn squash in half and place cut side down on a baking sheet in oven. Cook until soft, about 1 hour. Hollow out cooked squash and mash well. Add tofu and mix well. Beat egg and egg whites slightly. Add squash mixture, allspice, honey, white pepper and butter. Mix well. Divide into 8 individual ramekins or baking dishes. Bake at 350° F for 20 minutes. Serve hot. Sprinkle with cinnamon, nutmeg or allspice if

Makes 8 servings. 3 tablespoon serving — 65 calories.

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Appointed as director of the Women's Bureau by President Reagan in 1981, Dr. Alexander described a variety of studies and programs funded by the Women's Bureau.... Among these are major programs involving employer sponsored child care, nontraditional jobs for women and efforts to expand the pool of women in high level management.

If there were more appointments like Doctor Alexander in the Reagan administration, perhaps there would not be as much fear about conditions for minorities in the next four

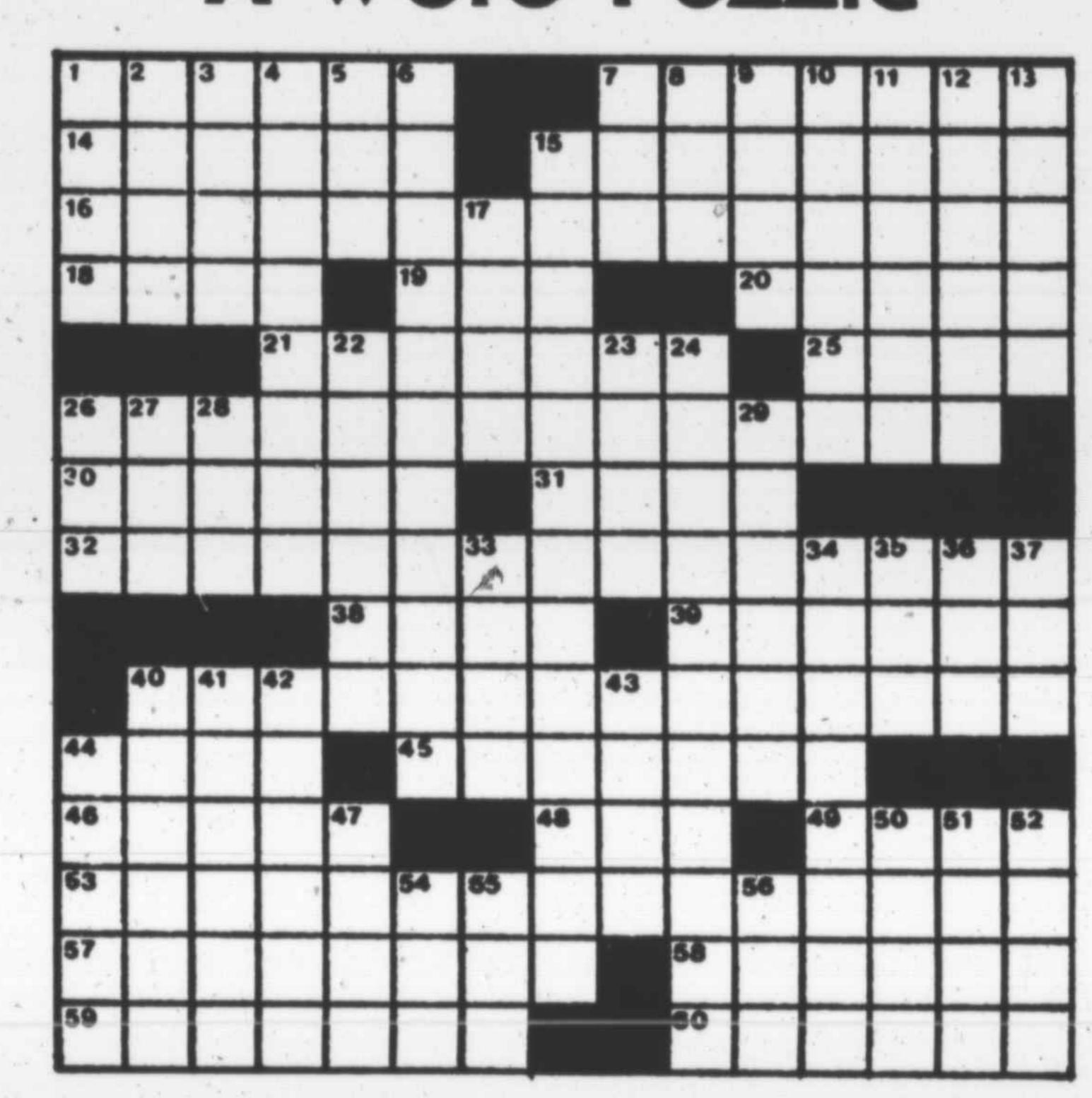
NOTES OFF THE CUFF: James Troy, a native of Whiteville, N.C., has been appointed director of the Office of Program Operations at the **Equal Employment Opportunity Commission** (EEOC). Troy, who took over the post on Oct. , replaces Odessa Shannon, who retired on Sept. 30. Stokely Carmichael, now using the name Kwame Tuve, has rejoined the political circuit and is declaring "We must win the fight by ourselves as no one will do it for us"....The Independent Funeral Directors Association of Washington, D.C., now headed by Joseph B. Jenkins, is celebrating its 50th Anniversary. Judge Luke C. Moore of D.C. Superior Court recently spoke at the IFDA's annual banquet at which charter and life members were honored.

ACROSS

- Squadron and the 332nd Fighter Group
- 7 Ms. Jadi Z. ____ : DAWN book reviewer 14 Speed indication for Col. Guion Bluford (1st Blk. U.S.
- 6 DAWN founder and V.P.; his middle initial is "O" omitted in grid)
- 18 Nautical term: Com. Oliver Hazard Perry (Afr. ancestry), hero of Lake Erie, 1812, knew this word 19 The 'Third Rail' invented by Granville T. Woods
- (1856-1910) is used here (abbr.) O Feminine noun
- Again, oozes juice through John T. White's lemon
- 25 Shoe sizes made on the shoe-last inv. of Jan E.
- 26 Radio news dir.; reporter; Balt. TV sta. manager; CBS-TV news reporter; NBC-TV news manager; NBC radio bureau chief/news manager, D.C.; and now Executive editor DAWN
- 30 Turkey mass or Australian (Bushmen's land) area
- Militant Afro-American org. 2 DAWN magazine chairman; his middle initial is "H", it's
- 38 Hautbay (Not the area in the Central African Republic!) 39 Marris de la Pailleterie (Frenchman) to Marie Assette Dumas (Haitian): parents of the famed Dumas trio
- 40 Mr. ____ : DAWN staff artist 44 Pleasurable interjections: may be uttered following a massive voter turnout! 45 Recipient of sarcasm? Numerous public figures could
- be dubbed as such 46 Mr. ___ F. Barnes Jr.: DAWN account executive, NY
- 48 Mrs. ____ Peters: DAWN "Celebrity Roundup" columnist
- 49 Comb. form for bristle: as the suture developed by Dr. Daniel H. Williams; 1st open heart surgeon (1893) 53 DAWN "Black History Crossword Puzzle" constructor
- 57 American Indian route: late-coming Europeans discovered, oops! Rediscovered ready-made trails
- 58 Term for the space camera inv. by Dr. George Carruthers (much awarded Dr.) 59 Distress signal/site: O.S. (Ozzie) Williams (1921developed the 1st airborne radar beacon for finding it
- 60 Ms. ____ Dorsey: DAWN graphic and production/coordinator, NY office

- "Mammy Pleasant", e.g., abbr.: she financed John Brown's incursion on Harpers Ferry, VA (1859)
- 2 Mr. ____ Matthews: DAWN Magazine disc rater ____ren, Belgium: brother Beethoven's (Afr. ancestry) grandfather came from this country (Yes, Ludwig van!) Sea cliff fowl or Dr. Ernest E. Just (pure biologist a
- Howard U., 1915) 2 wd 5 Profiles of Moors are found on European c.____s 6 These saxhorns are used in LA jazz funeral dirges: 2
- ____ello, the Moor of Venice (Shak.): all Blacks were referred to as Moors 8 History books do this to Black achievements (not the
- 'That's,' is depicted as 'that is:' ____ (2 wds.); 52 DOWN would've used the last
- 10 Judge ____ Whiting: she presides in Cook County, I Too, ouch! (synonymous phrase): maybe expressed by
- Beethoven fans, after learning of his ancestry! 12 Freetown is Sierra ____ capital: land of many liberated
- 13 Wilhelmina Delco is this TX city's Rep.: it's found near the Lavaca River
- 15 Blue Nile R. croc or white Nile R. hippo? 2 wds. 17 School for Blacks (abbr.) est. 1774 by the Quakers of
- 22 Epoch mother (2 wds.): such as the lady in 33 DOWN (not the org.) 23 Father of gods, goddesses and all people: Egyptian
- 24 Invitation from John H. Evans to use his settee/bed invention (pat. 1897) 4 wds.
- 26 ___put: member of an E. Indian caste: Africans propagated the 'so-called' pure races 27 ___ Grande, CA: it's on the Mojave R., in
- Assemblywoman (L.A.) Gwen Moore's ST 28 Contemptuous word uttered by foes of the civil rights
- 29 Diamonds that are stolen from the Africans in despicable S. Africa (2 wds.)

X-Word Puzzle



33 Mrs. — Louise Parks (AL bus boycott) truly fanned the liberty flame: her statue, holding aloft the symbolic torch, should be set beside the other

34 N.E. fish migration (2 wds.): W.E.B. Du Bois (1868-1963) was born in this part of the U.S. (Great Barrington,

35 Chem. Suf.: Donald Cotton (1939-) holds an M.S. from Yale U.; Ph.D., Howard U.; and has patents 36 Royal Court (abbr.): Queen Margaret of Scotland has

- 2 Blk. ladies-in-waiting 37 Mil. group: Emmett J. Scott, sec. to Booker Washington est. this in schools and colleges (WW1)
- 40 ____ tank: steam boiler furnace invented by Granville T. Woods (pat. 1884) 41 Antarctica mountain: which way on this mountain

basketry, furniture, etc.

- 42 American dogwoods: slaves used these trees for
- 43 Musical tie: brother Franz Joseph Haydn (he, too, was of Afr. ancestry!), Beethoven's teacher, knew this well 44 Lady Rep. Arie Taylor is this CO city's pol-47 Some are overtly trying to do this to the hard-earned
- 50 ____e, Island, Italy: Africans conquered and ruled this country (700s, B.C.)
- 51 Poetic contraction: it was Gwen Brooks who won the Pulitzer prize in 1950, for 'Annie Allen' 52 Concerning (Latin): Terence (famed Blk.
- playwright) had ken of this term 54 Abbr. for John: King John VI of Portugal and Brazil was of Afr. ancestry (the pure race is nanexistent)

the Virgin Islands

55 Mr. ____ Carter: 1st editor of DAWN and writer of "National Roundup" 56 Archie Alexander, 1888-1958, received this deg. in 1912; and in 1954 was named Territorial Governor of

-Celebrity lookout

Charles Lyons

Baltimore, MD

Continued from Page 4

friend says he is a graduate of the Yale Drama School. I say he grew up in Latrobe Housing Projects in East Baltimore and served time.

A. — You are both right. Dutton says he grew up in Latrobe Housing Projects in East Baltimore and dropped out of Lombard Junior High School at 14. He spent his time on street corners; was convicted for a stabbing at 18 and was a hardened criminal by the time he was 20. While in prison a friend sent him a book of plays and he got his social science teacher Diane Weaver, an amateur actress to help him found an inmate drama group at the prison. He began reading the classics;

enrolled in prison school; finished high

school equivalency and graduated from Hagerstown Junior College with a 3.6 grade average. In the late 1970's, on release from prison, he enrolled in the drama program at Towson State College under Paul Berman. After graduation he applied to Yale Drame School and was

Q. — How old is the young man who plays Bill Cosby's son and how old is the teenage daughter? Where can I write to them?

> Olivia Jones Chicago, IL

A. — Malcolm Jamal Warner, the son, is 13; Liea Mornay, the daughter is 18. You may write them both: "The Bill Cosby Show," NBC, 30 Rockefeller Plaze, New York, NY 10112.