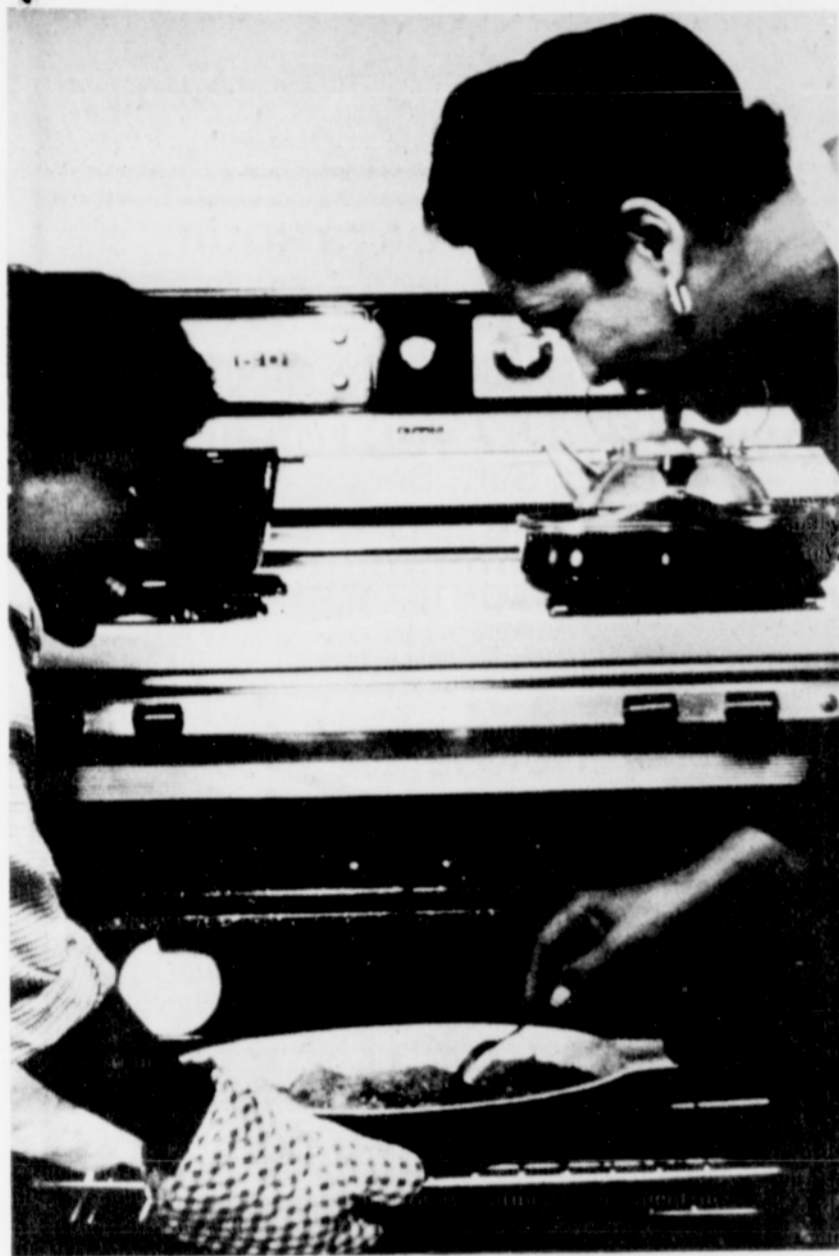


Della Reese is cookin'



UP-BEAT CHICKEN- Della Reese and her friend and backup vocalist Rose Beard team up in preparing a new number--Up-Beat Chicken. This recipe stars condensed Cream of Chicken soup, harmonizing with onions, parsley and herb-seasoned stuffing.

Singer-actress Della Reese is carrying on a family tradition, and this time it's in the art of cooking.

Learning to cook in her mother's kitchen when she was a young girl, Della is now taking time out to beef up the family food repertoire with some recipes of her own.

And the essential ingredients that make her a successful singer, make her a superb cook.

"The way I sing is very personal to me. My songs have to mean something to me. Then I pass along the meaning to you and you will hear that and draw your own feelings about me from that," she said.

"I cook the same way. I want what I serve to say something about me. I

care about it, take pride in it. I just don't throw it together; I use my experience and imagination."

Starting a singing career at the age of six in the junior choir of her Baptist church, Della knows the insights that only experience can teach the beginning cook or singing artist.

"The willingness to experiment, improvise and be creative is just as important in making a meal as it is in making music," she said. "This comes from experience. As your confidence grows, so does your willingness to take risks and so do the rewards."

Della realizes the combination of variety and discipline is akin to both music and cooking.

"Music is a very interesting field because there is a lot of variety and discipline in it. There are a lot of things that have to be in certain places to make it effective," she said. "That's also true with cooking. You have the freedom to have a variety of spices, but you must have the discipline to use them with the foods they complement."

But how does the hectic schedule of a woman who has toured the world, recorded Gold Records and hosted her own television variety series allow her time to create a tasty meal?

"The key is what you do on a shopping day. Instead of just putting away groceries when you come home from the supermarket, you should think ahead," advised Della. "Wash the potatoes and season the meat on the spot, wrap it and store it in the freezer so it's ready for the oven when you want to cook it later on."

"The secret is to keep the basic things on hand, like all your seasoning and a variety of canned soups. Soups are always good for casseroles, stews, even salad dressings and desserts, or just when you need a particular flavor," she continued. "The cream varieties are ideal for making meatloaf or pouring over warmed-over chops. Often I use a can of onion soup when I don't have time to chop onions," added Della. "It's easy and all the flavor and seasoning I need are already in that can of soup."

Who reaps the benefits, then, of the enticing aroma surrounding her sumptuous cooking?

"It's important to me to be able to share my talents and creativity with other people--especially my family and people who are close to me," she said. "I love to sing and I love to cook, and I'm very good at both because I work at both."

So, whether she's on stage singing a new blues tune or teaching her 19 year old daughter the nuances of a

new recipe, singers and gourmet cooks better beware--Della Reese is cookin'!

JAZZY CHICKEN

2 pounds chicken parts
2 tablespoons shortening
1 can (10 1/4 ounces) condensed tomato soup
1/4 cup water
1 cup sliced onion
1 large clove garlic, minced
2 teaspoons chili powder
1/8 teaspoon ground cinnamon
generous dash crushed red pepper
1/4 cup sliced pimiento-stuffed olives
1 large green pepper, cut in strips
cooked rice
In skillet, brown chicken in shortening; pour off fat. Add remaining ingredients except olives, green pepper, and rice. Cover; cook over low heat 35 minutes. Add olives and green pepper. Cook 10 minutes more until done. Stir occasionally. Serve with rice. Makes 4 servings.

Variation: Omit cinnamon and olives. Increase to 1 teaspoon chili powder and 1/8 teaspoon crushed red pepper.

UP-BEAT CHICKEN

1 can (10 1/4 ounces) condensed Cream of Chicken soup
1 tablespoon finely chopped onion
1 tablespoon chopped parsley
2 pounds chicken parts
1 cup finely crushed packaged herb-seasoned stuffing
2 tablespoons melted butter or margarine.
Mix 1/3 cup soup, 1/4 cup milk, onion, and parsley. Dip chicken in soup mixture; roll in stuffing. Place in shallow baking dish (12X8X2). Drizzle butter on chicken. Bake at 400F. for 1 hour or until tender. Meanwhile, combine remaining soup and milk. Heat; stir occasionally. Serve over chicken. Makes 4 servings.

Feminist discusses changing role of Cuban women

by Stephanie Michael

The effects of differing social trends and the women's movement, has played a tremendous role on cultures and societies, on an international scale. In particular the civil rights and women's movements, have asserted the question as to whether women should be allowed to perform in non-traditional roles affecting the future of a country.

Black feminist, Cathy Sedwick recently completed a tour of two Latin American countries, that have changed their laws effecting traditional sex roles. Ms. Sedwick, guest speaker at the Militant Bookstore this weekend, 711 N.W. Everett, said changes are being made in both Nicaragua and Cuba, to meet future needs.

"Right now women are not allowed to be a part of the regular combat troops in Cuba. But women there are strongly voicing their opinion in opposition of that decision. On the other hand, in Nicaragua, women have a strong role of participation in that country's revolution. Women are allowed to participate in all levels of fighting and other policy making decisions. In fact, women there don't think they are acting in positions associated with different role playing. The main concern, of both men and women, is building and rebuilding their society and country," said Sedwick.

When taking a look at class organization and the ethnic/racial status of both countries, Sedwick says classism and racism are being eliminated as the revolution develops on a full scale. Sedwick stated, "Cuba is an excellent example of what a country, its people and its government can do in building a strong society. Illiteracy is almost wiped out in Cuba. The educated young and old went around the countryside joining in the campaign. I feel it has resulted in a longlasting

effect. Also racism is almost obsolete. Cuba has traced the building of its country, through the history of Africa and its people. The descendants of Africans and other cultures have been socialized to be proud of their past and the ancestors that helped build Cuba. Any type of racial discrimination displayed, regardless of the extent, is reported to authorities. Authorities then take measures to resocialize those individuals the complaint is against."

The young feminist says the United States government has put an economic and trade blockade on Cuba. She says many of the persons that are now protesting and staging boycotts against Castro believe in classism. Sedwick says Castro's sister is one of the many who fled the country when he came into power; that his sister was one of the many who belonged to the privileged class. She says the elimination of all forms of discrimination is something Castro has worked to bring about.

"There are a great number of people who flow frequently between the U.S. and Cuba. People come to see family members still living in Cuba and have found the country nearing a Utopia. These people are trying to lift all blockades against Cuba and open up diplomatic terms between the U.S. AND Cuba. One of the biggest complaints used against Cuba has been its troop and war equipment support in Africa. Castro and the people of Cuba feel a sense of obligation because of the linkage of history between Africa and Cuba.

Ms. Sedwick is a member of the Socialist Workers Party. She is campaigning internationally for candidates of the 1980 election for her party. She says, a Black Chicago steelworker, Andrew Pulley, is running for President, and Matilde Zimmermann, his white running mate, is seeking the Vice-Presidency. Sedwick is National Chairperson for the Young Socialist Alliance, claims the Pulley and Zimmermann campaign, will be providing emphasis for working people. She says the candidates will be campaigning against Washington's war drive, for affirmative action and equal rights for Blacks, Latinos and women, working against the draft of kAmerican youth and for an end to the development and use of Nuclear power and nuclear weapons.



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