

# New Frontiers of Western Heritage

by Odessa Kellum McClary for Kraft, Inc.

San Diego has a history of settlement by Indians, conquest by the Spaniards, periods of wars and turmoil and latter settlement by Mexicans.

The oldest and most historical section of San Diego is said to be Old Town which was first settled in 1846, went through a dormant period and then was resettled and incorporated in 1872.

Buildings from that period and section of San Diego are being dismantled and moved to an area designated Heritage Park where they are being restored. The history of each building is being documented and will be preserved for future San Diegans to enjoy.

San Diego has the Mexican border as its southern city limits, which explains the large number of Mexicans who now live in the city. But, the presence of the Naval District Headquarters and the almost perfect year-round temperatures are the two things said to have induced Blacks to relocate there.

The Kraft Kitchens have developed a recipe for this southern favorite which is traditionally eaten with fish and other seafood.

Another San Diego couple fitting the pattern of marital and business partnership is Lee and Beverly Majors. They have been in business for the past 27 years, mostly as Majors Bar-B-Que restaurant.

The Majors have a tantalizing menu which includes smothered steaks, Bar-b-que Ribs, greens and beans, pork and beef neck bones, cornbread and, the item they are famous for, Savannah Sweet Potato Pie.

They use a recipe long in the family to give a distinct authentic taste to the pies. Mr. Major said one of their secrets to success is the yams they use. He says he diligently scours the market to get the sweet potato or yam which most closely resembles the Georgia yam.

Restaurant hours now are somewhat limited, because the pie business keeps members of the family -- mother, father and



Joyce Gray-Gibson and her husband Edward prepare their famous Cajun Maid Sausage.

tinuing to the back yard which is designed in the shape of a map of Africa.

The traditional food was mixed with other dishes. The most outstanding was "Irish Potato Pie". Charles explained that it was made from a recipe which had been handed down through generations of his family.

Some of the guests had lived in El Cajun when the area was sparsely settled and the land was farmed by migrant white workers in contrast to today's migrant Chicano workers in the area.

Obviously, reading about the food and the everyday living of Blacks in Phoenix and San Diego does not replace the experience of actually being there but perhaps this description and the recipes provided will serve as one way to gain some understanding of Black culture as it has emerged in the Southwest.

### IRISH POTATO PIE

- 1 cup flour
- 1/2 teaspoon salt
- 1/2 cup Parkay margarine
- 3 tablespoons cold water
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice
- 1/8 teaspoon mace
- 1-1/2 cups mashed potatoes
- 1 cup milk
- 4 eggs, beaten
- 1/2 cup Parkay margarine, melted

Combine flour and salt; cut in margarine until mixture resembles coarse crumbs. Sprinkle with water while mixing lightly with a fork; form into ball. On lightly floured surface, roll out ball to 12-inch circle. Place in 9-inch pie plate. Trim and flute edge; prick bottom and sides with fork. Bake at 450°, ten minutes.

Combine sugar, salt and spices. Add remaining ingredients; mix well. Pour into pastry shell. Bake at 350°, 45 minutes or until knife inserted halfway between center and edge comes out clean.



Drs. Charles and Shirley Thomas explain the significance of one of the many historical artifacts in their El Cajun home. The brick they hold, made by slaves at night, comes from the oldest Black church in Baltimore which became one of the stations in the Underground Railroad.

And, there was one other important enticement. Most couples interviewed by the "Heritage of Cooking" team said the females had migrated to the area with their families when they were very young girls.

On the other hand, the males were mostly ex-sailors. While stationed in San Diego these "gobs" met and courted the grown-up girls, got out of the Navy, married the girls and made San Diego their new "home town."

Ford for many Blacks in San Diego is more than a home-cooked meal or a night of eating out. It is a business, and, in most instances, a family business. Some couples who originally operated small restaurants have expanded their business and became food preparators and distributors.

Joyce Gray-Gibson and her husband Edward are such a couple. Their Cajun Maid Sausage business enjoys widespread reputation and acceptance. Their reputation comes from its menu of food with an authentic Louisiana taste.

Mrs. Gray-Gibson said a chance tasting of the "Louisiana" food while she was on vacation led her into her present business. "Once I tasted the sausage, I said 'wow, do these people realize what they have here?'"

Cajun Maid Sausage is sold through their restaurant and on the retail market. "The secret to the taste is in the seasonings," Mrs. Gray-Gibson says to people who eagerly satisfy their taste for her Poorboys, Hush Puppies, or freshly fried fish among other items.

The Kraft Kitchens has developed a Sausage Poorboy using Italian sausage in its rendition of the Cajun Maid Poorboy.

Another delight on the Cajun Maid menu are the Hush Puppies. They live up to every claim the Gibsons make for them. Light, crisp, and crunchy. A bite of the Cajun Maid Hush Puppies is like a letter from home, "warm, wonderful and welcome."

children -- busy making sure the crust and filling is "just so".

Many of their hours are spent filling orders for pies for a number of major supermarkets in the San Diego area, the naval commissary, smaller outlets and the restaurant.

Because of the involvement of the Major children, the 27 year old Major tradition of cooking and catering various affairs in the San Diego area, is very likely to continue for many more years.

San Diego is not all restaurants and businesses. Most Blacks there, as elsewhere, serve the traditional dishes in their homes.

But traditional food never enjoyed a more casually elegant setting than that food served to the "Heritage of Cooking" team by Charles and Shirley Thomas in their home, "Dom Bella" in El Cajun, right outside San Diego.

Using the red, black and green of the liberation flag the Thomases placed greens in jet black bowls, bright tomato sauce in black cast iron dishes and other appropriately contrasting foods and dishes on a table adorned with a dramatic table covering. The result was food tastefully prepared, colorfully displayed, and almost, (but not quite) too beautiful to eat.

The first course, mellow brown in color, tastefully spiced and served warm in cups, was the old standby, "pot likker".

Dr. Charles Thomas, a faculty member at the University of California at San Diego and a practicing psychologist, was perfectly delighted to tell his impressed guests that his recipe involved combining the broth of the black eyed peas and the greens and simmering the mixture until it reached the right consistency.

Dr. Shirley Thomas, his wife, is a faculty member in the Black Studies Department at San Diego State University. The two surrounded themselves in a home bursting with pieces of Black art and African art and artifacts. Tradition and heritage is the setting for their lives beginning at the front entrance and con-



### HUSH PUPPIES

- 1 cup white cornmeal
- 1/2 cup flour
- 1/2 cup (1 oz.) Kraft grated parmesan cheese
- 1 tablespoon imitation bacon bits
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 1/2 cup buttermilk
- 1 egg
- 1 tablespoon chopped green onion

Combine dry ingredients. Add combined buttermilk, egg and onion, mixing until well blended. Drop rounded teaspoonfuls of batter into 1-1/2 inches of hot oil. Fry 1 to 2 minutes or until golden brown, turning once. Drain; serve warm. 2 dozen.

### SAUSAGE POORBOY

- 1 lb. hot Italian Sausage
  - 1/2 cup water
  - 4 individual French bread loaves, baked, split
  - Kraft sandwich spread
  - 2 cups shredded lettuce
  - 12 thin tomato slices, halved
  - 1/2 cup green onion slices
- Place sausage and water in 10-inch skillet. Cover; simmer 30 minutes. Drain; brown sausage. Cut sausage into 6-inch pieces; slice in half lengthwise. For each sandwich, spread bread with sandwich spread; fill with lettuce, tomato, onion and sausage. 4 servings.

## Strong joins health committee

Portland homemaker Opal Strong has been appointed by Gov. Vic Atiyeh to the Oregon Statewide Health Coordinating Council.

Mrs. Strong will complete the unexpired term of Martha Warren, a consumer representative who died Feb. 1979. Mrs. Strong's term ends Oct. 23, 1982.

Mrs. Strong is vice-chairperson of Humboldt Neighborhood Association, third vice-president of the Coalition of Neighborhood

Council. She is a past chairperson of the Albina Art Center and a past member of the Police Budget Review Board (1973-1974) under former Portland Mayor Neil Goldschmidt. Mrs. Strong attended Booker T. Washington High School in Tulsa, Oklahoma.

Duties of the 31-member council include adoption of a State Health Plan and approval of state applications for federal health funds.

<b>GROUND BEEF</b> LEAN Fresh lb. <b>\$1.58</b>	<b>CHUCK ROAST</b> ARM CUT, U.S.A. Choice Beef lb. <b>\$1.58</b>
<b>SLAB BACON</b> Oregon Chief Old Fashioned By-the-Piece 8 to 10 lbs. lb. <b>88¢</b>	<b>SAUSAGE</b> FRESH PORK Oregon Chief Link Sausage lb. <b>\$1.58</b>
<b>SLICED MEATS</b> Lond O' Frost 2 1/2 oz. & 6 Varieties 3 oz. Pkgs. ea. <b>45¢</b>	<b>SNAPPER</b> Fresh Fillet lb. <b>\$1.58</b>

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In Oil or Water

1st 2; Add'l.  
of Reg. Price

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6 1/2-oz. Tin

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<b>Dream Whip</b> Dessert Topping Mix 6 oz. <b>\$1.33</b>

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NE 15th & FREMONT  
W BURNSIDE at 21st  
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Forest Grove—2329 PACIFIC  
Oregon City—878 MOLALLA  
Candy—1051 SW 1st  
LOYD CENTER

14410 SE DIVISION  
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<b>TRULY FINE Towels</b> Assorted 1-Ply Roll of 120 <b>2.91</b>	<b>AQUA-FRESH Toothpaste</b> 29-oz. Tube 4-4-oz. Tube <b>99¢</b>

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**\$1.18** lb.

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<b>TOMATO Juice</b> Scotch Buy 46-oz. Can <b>2.91</b>	<b>LUCERNE Yogurt</b> Assorted 8-oz. Cn. <b>3.85¢</b>
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<b>Red Ripe Watermelon</b> Cut in slices lb. <b>19¢</b>	<b>Fresh Cauliflower</b> lb. <b>59¢</b>
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