

Tired of dull eating? Try a fondue for fun

By SUE DAVIS
Battalion Women's Editor

Tired of eating canned spaghetti and hamburgers? Why not try a fondue? It is simple to make and easy and fun to eat and serve at a party. Whether you prefer cheese, meat or a dessert fondue, you and your guests will enjoy this delightful Swiss meal.

Whether you have an electric fondue pot or one that is heated by a fire underneath it, fondue can be a great conversation piece as well as just plain fun.

The origin of fondue is obscure, but many believe that the word "fondue" comes from a French word which means "to melt," while others believe the word means "to dip."

In any event, dipping is a necessity when fondueing. Equipped with individual forks, everyone dips into the same pot, creating a gay, congenial atmosphere.

In this country, probably the best known is the Swiss cheese fondue, although abroad meat and dessert fondues are equally as popular.

Fondue lore provides for festivity as well as feasting. If a would-be dunker loses a piece of food from his fork while dipping into the pot, he can be held accountable for the next bottle of wine or can be more pleasantly "penalized" by having to kiss the person of his choice.

The classic cheese fondue is made by melting a natural Swiss cheese in dry white wine. Each guest spears a cube of bread (from the soft side through the crust) and dips deeply into the pot with a swirling or figure-8 motion. This motion insures ample coating of the cube and also stirs the fondue—a must if it is to keep its creamy consistency.

The brown crust which may form at the bottom and sides of the fondue pot is a coveted delicacy, and can be awarded to the person who has not lost a bread cube in the pot.

Cheese fondue can be served as an appetizer or main course. Simple accompaniments for a main course can be a tossed green salad

or relishes with fresh fruit for dessert. Great dunkers for this fondue are French and Italian bread, hard and Rye rolls and onion or garlic bread.

Ingredients for the classic Swiss fondue are:

- 1/2 clove garlic
- 2 cups dry white wine
- 1/2 cup kirsch
- 1 1/2 tablespoons cornstarch
- 1 1/2 lbs. natural Swiss cheese, grated
- 1/4 teaspoon baking soda
- Dash of white pepper, paprika, nutmeg

Rub the inside of the fondue pot well with garlic, then discard. Mix cornstarch and kirsch, set aside. Put wine into fondue pot and heat at highest setting until bubbles start to rise to the surface. Add cheese by thirds, stirring constantly until all cheese is melted. When mixture starts to bubble, quickly add cornstarch mixture, stirring constantly until thickened. Reduce heat to medium, add baking soda and spices, mixing well. For serving, adjust the heat to maintain a bubbly consistency.

This fondue will serve four to six persons as a main course, 10 to 12 as an appetizer.

If you cannot afford all the ingredients for the above fondue or if you just prefer not to bother with it, try one of the packaged fondues. Just fix according to package directions.

Meat fondues make cooking as much fun as eating. Beef fondue, sometimes called "Beef Bourguignonne," has been featured for years in European restaurants. It consists of raw beef tenderloin cut into bite-size pieces and cooked in hot oil to the desired degree of doneness by each guest. Any number of zesty sauces, such as Bordelaise and Bernaise or the ones given below, are served as accompaniments.

Provide each guest with a plate, preferably a sectioned one for meat and sauces, a fondue fork for cooking and a fork for eating. The sauces are passed by the guests at the table. Each guest spears a cube of meat on the fon-

due fork and cooks it from 15 seconds "rare" to 60 seconds "well done." Transfer meat from fondue fork to plate and dip into one or several of the sauces and condiments. To complete the dinner, serve a tossed green salad with garlic bread.

All a beef bourguignonne requires is:

- 1/3 to 1/2 lb. beef tenderloin per person
- 3 cups peanut or corn oil
- 1 teaspoon salt
- 1 teaspoon salt

Cut meat into bite-size cubes. Let stand at room temperature 30 minutes. To prevent splattering, blot off excess moisture, especially if frozen. Lightly salt and pepper.

Set fondue pot on a tray or place mat in center of a small table. Put oil into pot and add salt (to prevent splattering). Set control at highest setting and heat about 15 minutes. Then you are ready to eat.

My favorite sauces for the beef

fondue are the traditional Brown and White Sauce.

All the Brown Sauce requires is:

- 2 tablespoons butter
- 1 thin slice onion
- 2 tablespoons flour
- 1 cup beef broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Heat butter in skillet over low heat until golden brown. Add onion; cook and stir until onion is tender. Discard onion. Blend in flour. Cook over low heat, stirring until flour is deep brown. Remove from heat. Stir in broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in salt and pepper. It yields one cup.

Beef broth can be made by dissolving one beef bouillon cube in one cup boiling water, or use canned beef broth.

A medium White Sauce contains:

- 2 tablespoons butter
- 2 tablespoons flour
- 1/4 teaspoon pepper
- dash paprika

1 cup milk or half and half cream

Melt butter in sauce pan over low heat; add flour and seasonings and stir until blended, but not browned. Add milk slowly, stirring constantly, and continue to stir until smooth and thickened.

For a special taste, try adding one of these seasonings:

- 1/2 teaspoon Worcestershire
- 1/2 teaspoon grated onion
- 1/2 teaspoon celery seed
- 1 teaspoon sherry

These dishes are guaranteed to please the menfolk, for both the flavor and the good things it does for his wallet. Your guy will really appreciate the thought and you.

So go ahead, be daring. Try something different. Fondues are a delightful change and great for getting a party going. The Swiss are past masters at the art of conviviality, and more often than not, it is over the traditional cheese fondue.

WOMEN NOW

Ramp Ten Girls join hall activities

Since the establishment last October of the "Ramp Ten Girls," women have become an integral part of the activities of Law Hall, Donald Hackler, chairman of the Publicity Committee, said.

The Ramp Ten Girls, so called because Law Hall has only nine men's residence ramps, are honorary members of the hall. When they were first organized, the girls attended only normal hall functions, such as steak fries and speaker programs, Hackler said. "But as the organization grew more popular, the activities took on a distinctly unique appearance."

"The first successful powderpuff football team in the University history" was formed by the Ramp Ten Girls, Hackler commented. They have twice defeated teams from the University Women. The two games were augmented by a special Midnight Yell Practice and a series of steak fries.

The female members of Law Hall also planned and organized the hall's Christmas dance. This is the first successful dance held

with women only from A&M, Hackler said.

Activities already under way this semester include the formation of two powderpuff basketball teams, a "live-in" and various social activities.

"The success of the Ramp Ten Girls is the explicit result of considering the women as full members of the hall, with all the associated privileges and responsibilities," Hackler said.

Because programs are planned for the benefit and enjoyment of all members of the hall, women have begun to participate on hall committees, he added. The committeewomen include Mary Beth Beard and Cindy Crane on the Hall Council; Cindy Crane, Grace Crane and Carole Key on the Publicity Committee and as contributors to the hall newspaper; and Engle Harrock as the official hall photographer.

The program continues to grow at a steady pace, Hackler commented. Last week eight new members were added, bringing the total membership in the Ramp Ten Girls to 24.

California

(continued from page 1)

some families refused to leave. Police equipped with loudspeakers rolled through neighborhoods, passing the word, and said any persons refusing to leave would be removed forcibly.

Authorities estimated that 75 per cent of the 80,000 people in the area had left voluntarily. Earlier Gov. Ronald Reagan had asked for evacuation of 250,000 residents of a wider section of the valley before he flew from Sacramento for a first-hand view.

However, the 250,000 figure was scaled down after dimensions of the threat of any possible flood became more apparent.

Despite the quake it was business almost as usual in downtown Los Angeles on Tuesday, with some exceptions. At the central library, for example, they offered free parking to anyone who would come in and help restore to shelves 100,000 books scrambled on floors.

Except for a few buildings closed for inspection, most were open for business, shattered windows and all. There was heavy absenteeism as many workers stayed home to clean up quake damage.

Employees arriving early heard scores of burglar alarms still ringing, the shriek of fire sirens and found sidewalks littered with glass.

Elsewhere, three dead were found at Olive View Sanitarium, a new \$23-million country structure that was pronounced almost a total loss after walls collapsed. It is a mile from the veterans hospital.

Two others were killed when a freeway overpass collapsed at Sylmar, another died in a bridge collapse at Newhall and another in the collapse of a roof at a skid row mission in Los Angeles.

Psychiatric worker to speak Thursday

Mrs. Helen Haft Goldstein, chief psychiatric social worker for the Brazos Counseling Service, will speak at an educational psychology colloquium Thursday.

Mrs. Goldstein's topic is "Promoting Mental Health of School Children Through Group Work," said Dr. Arthur J. Roach, head of the Educational Psychology Department.

He said the 3:30 p.m. colloquium will be in Room 224 of the Academic Building.

Dean Benson to address 13th secretaries seminar

Dean Fred J. Benson of engineering and Dr. Raymond P. Witte of St. Mary's Dominican College, New Orleans, will address 200 persons attending the 13th annual Seminar for Secretaries Saturday at the Memorial Student Center.

The program, which begins at 8:30 a.m. is sponsored by the Bryan-College Station Chapter of The National Secretaries Association.

Benson's speech, "How Open Is The Door?," highlights the program theme. His talk is preceded by welcomes from Mrs. Bettye Kahan, chapter president, and Gen. A. R. Luedcke, executive vice president.

Dr. Witte, executive vice president of St. Mary's speaks at 11:10 a.m. on "I'm the Door-

keeper." He is past president of the Police Scholarship Foundation, Inc., of New Orleans, a group dedicated to upgrading the police force through higher education.

The seminar is designed to provide new innovations in office relations and procedures. Mrs. Kahan said the program promotes "professionalism in the secretarial field."

A business machine show includes exhibits of the latest office equipment demonstrated by leading manufacturers.

Mrs. Pauline H. Peters of Dallas will moderate the afternoon "buzz session." Mrs. Peters is corporate secretary and administrative assistant to the president of General Packaging Corp.

tonight on the tube

Numbers in () denote channels on the cable.		6:00 3 (5) Evening News
2:30 3 (5) Edge of Night	15 (12) Sesame Street (PBS) (Repeat of Tuesday)	6:30 3 (5) Courtship of Eddie's Father
3:00 3 (5) Gomer Pyle	15 (12) University Instructional	15 (12) Campus and Community Today
3:30 3 (5) Town Talk	15 (12) That Girl	7:00 3 (5) Room 222
4:00 3 (5) That Girl	15 (12) Bewitched	15 (12) NET Playhouse
4:30 3 (5) Bewitched	15 (12) What's New (NET)	7:30 3 (5) To Rome with Love
5:00 3 (5) General Hospital	15 (12) Misterogers' Neighborhood (NET)	8:00 3 (5) Stand Up and Cheer
5:30 3 (5) CBS News	15 (12) Sesame Street (PBS)	8:30 15 (12) Soul (PBS)
		9:00 3 (5) Hawaii Five-O
		9:30 15 (12) Hollywood Television Theatre (PBS)
		10:00 3 (5) Final News
		10:30 3 (5) The FBI
		11:30 3 (5) The Law and Mr. Jones

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