

Hints for Homemakers

by SONDRA REID

PREPARING SANDWICHES

Cold sandwiches that are sufficiently rich in calories for main dishes are made chiefly of protein foods. They may be served with a green salad on which an appetizing dressing is used. Adding a vegetable and a beverage makes a complete luncheon meal. With a cold sandwich as the main dish, a hot vegetable adds contrast to the menu.

Suitable meats to use in cold sandwiches are sliced roast beef, pork, ham, tongue, corned beef and bacon. Finely cut meat, poultry, hard-boiled eggs or fish, combined with pickles, seasonings and dressing are good sandwich fillers. Other protein foods to use is main-dish sandwiches are cheese and nuts.

Raw vegetables, with or without meat, add flavor, food value and texture to sandwiches. Lettuce, spinach, parsley, grated carrots, chopped celery, onions, cucumbers and red and green peppers may be used in combination with hard-boiled eggs, cheese or nuts.

The following rich fillings and breads are among the main-dish sandwich combinations that are appetizing served cold.

1. Sliced roast meat, green pepper,



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FASHIONS and SOCIETY



SHOW MANNEQUINS--Shown above are four of the lovely young ladies who modeled latest in fashions at recent Jefferson Center show for teenagers and sub-teens. From left: Johnnie Hoye, Emily Groce, Debra Roberts and Brenda Simon. (See story this page)

horse-radish, and mayonnaise or cooked salad dressing on rye or cracked-wheat bread.

2. Tuna, chopped apple, celery, lemon juice and mayonnaise on whole-wheat bread.
3. Shredded cabbage, dried apricots, walnuts and mayonnaise on white bread.
4. Swiss cheese, bacon, tomato and lettuce on rye bread.
5. Chopped hard-boiled egg, canned tongue, grated cheese, mustard and mayonnaise on whole-wheat rolls.

Cold main-dish sandwiches may be garnished as a means of adding food value. Garnishes should be eaten with the sandwiches. Among those quickly prepared and served are the following:

1. Dill, sweet or cucumber pickles.
2. Pickled onions, beets or beans.
3. Ripe, green or stuffed olives.
4. Cucumber sticks or rings.
5. Slices of radish, tomato, green pepper

JEFFERSON CENTER IN FASHION SHOW

JEFFERSON RECREATION Center teenagers and sub-teens staged an interesting fashion show recently.

Glamorous in the very latest styles were the Misses Helen Grey, Brenda Simon, Debra Roberts, Emily Groce and Johnnie Hoye. Escorting the lovely models were Elgin Holbert and Elgin Simpson, handsome in stylish garb for young men furnished by Beau Gentry, 414 W. Bonanza Rd.

Providing elegant raiment for the models were Miss Bobbie's, 110 N. Fourth St., and King's Ladies wear, 412 W. Bonanza Rd.

Entertaining parents and friends proved a joyous task for the Girl Scouts of Troops 21 and 22. Regina Jones and Winifred Jackson kept the younger set happy by serving a delicious fruit punch.

Lovely Dee Allen narrated the show, which was efficiently coordinated by Mrs. Shirley McDaniel.

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