

Hints for Homemakers

by **SONDRA REID**

BREAKFAST AND THE SEASON

FOODS SERVED AT BREAKFAST should correspond to the season of the year in which they are plentiful and appropriate.

Chilled applesauce is delicious with buttered toast on a sultry summer morning. The same fruit, served hot with biscuits and butter, is equally appetizing on a wintry day. When melons are plentiful and inexpensive, they may be made into chilled melon balls for a hot-weather breakfast. Cooked dried fruit is a better choice for a cold day than a hot one as it contains the high-energy value you need in the winter for warmth as well as growth.



Sondra Reid

Because activities vary with the seasons, the kind and amount of food should vary to fit the activities. When activities lessen in hot weather, energy needs are reduced; therefore foods lower in calories should be served. Although the calorie need is reduced in warm weather, the requirements for protein, vitamins and minerals remain the same. Wise

planning on the part of the homemaker is needed if the diet is to be adequate during hot-weather periods. A breakfast of fruit juice, lean bacon or poached egg, toast and skim milk is a good low-calorie meal for such a season, because it includes the needed minerals and vitamins as well as protein.

The season of the year influences the kinds of food on the market and their cost. In cold months, the supply of fresh fruits is limited and the price of these fruits may be high. This makes it desirable to use canned fruits or frozen fruits to supply vitamin C.

Where summers are especially hot, as in Las Vegas, food problems increase. There is a tendency to serve too much cold food with the mistaken notion that it reduces body heat. Actually, one or two hot dishes served at each meal stimulate digestion and increase loss of body heat. Freshly baked muffins and a hot beverage are as good for hot-weather breakfasts as for winter ones.

Greater care must be given to foods in hot weather: Breakfast fruits should be prepared and placed back in the refrigerator unless served immediately. Only the milk, eggs, and meat required for the meal should be taken from the refrigerator, and any left-overs should be returned immediately. The best of care for food in hot weather safeguards health and prevents loss of supplies.

Fashions & Social Events



JUDGE MEETS PRESS
—Hon. Vaino Hassan Spencer (center) is shown at left being greeted by guests attending cocktail party in honor of noted Los Angeles Municipal Court judge and civic leader at Las Vegas Press Club last Friday. From left: Press Club president Joe Digles, Women's Democratic Club West president Gwen Weekes, Judge Spencer, Press Club steward Jim Roberts, Judge Spencer's uncle, and former Clark County district attorney George Foley. (See 'Who's Who')

Fashion Corner

JEWELRY IN DEMAND

EMPHASIS IN 1964 is on jewelry accents for the modern classic soft suits and easy living shifts. American and French designers have agreed that the interlocked Chanel initial pins are chic with the cardigan jackets. You will also see the demand for a conversational pin on lapels of cutaway suits and coat dresses. The all-new scarfed neckline and sashed waistline call for the new favorite—an "anchor pin." The ever-popular long sleeve blouses will feature the textured gold dome ring strewn with tiny diamonds or imitation rich-colored stones. Just one important jeweled piece can spark elegance and add the right feminine touch to the uncluttered dress or tailored suit.

Soft rippled collars and "V" necklines offer an open invitation to fancy neckline clasps worn in center front of the throat.

One should remember that the bold spring patterns of florals, paisley and abstract prints call for careful selection of jewelry. The size of a jeweled piece should be on a large-enough scale to be noticed as part of the costume accent. Fabrics that are busy in design tend to overshadow small, delicate jewelry. For this type of fabric, good-sized pins with textured surfaces are desirable so that they do not become "lost" or unrecognizable.

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