

Hints for Homemakers

by SONDRA REID

Hitting Vacation Road? Here's What to Take

Every woman masterminding the moving of housekeeping operations to a trailer or vacation cottage or camp knows the magic word is lists!

There's a list for clothes, a list for first aid and personal items, another for household items and still another for pantry shelf staples.

Experienced hands recommend a well stocked pantry, since shopping trips into town (or even a nearby market) are usually confined to once a week. Meanwhile, the foods you bring along take care of emergencies and, in some instances, may be less expensive.

Ready-to-eat products and easily stored mixes are a smart investment in more leisure for family fun or just lazy relaxation.

Here's a check list of basic shelf foods to augment the usual staples for a summer larder.

- 1—Breakfast cereals
- 2—Canned fruit juices
- 3—Canned fruit
- 4—Evaporated milk/dry skim milk
- 5—Instant potato products (scaloped, mashed, au gratin, etc.)
- 6—Instant omelets
- 7—Sauce mixes (creamy onion, mushroom gravy, souf-cream, spaghetti, a la king, curry, etc.)
- 8—Canned meat and fish (chicken, ham, bacon,



Sondra Reid

corned beef, Vienna sausages, tuna, salmon, shrimp, crab, sardines)

9—Canned vegetables (peas, corn, beans tomatoes)

10—Salad dressings

11—Mustard, pickles, catsup

12—Dehydrated and/or canned soups

13—Rice

14—Dried beans

15—Spaghetti

16—Cheese

17—Packaged puddings, gelatin

18—Preserves

19—Syrup

20—Peanut butter

21—Crackers, cookies

22—Mixes (pancake, biscuit, cake and icings)

23—Instant cocoa

Of course, you will remember to take coffee, tea, flour, sugar, shortening, seasonings, briquets for hibachi and matches.



THIS GLAMOROUS MEAL features low-cost stewing beef. Braised beef and vegetables are threaded on

skewers and garnished with crab apple for color accent. Serve on a bed of fluffy rice with rich brown gravy.

Unique Meats—Skewered

Meats on skewers lend glamour to a meal. Unique ways of preparing beef kebabs are given in three recipes.

One features stewing beef braised and served on skewers with vegetables. In another recipe stewing beef is tenderized, marinated and grilled with vegetables on skewers. Kebab and Rice Bake gets interesting meal-in-a-dish treatment baked in foil with rice.

STEW KEBABS

- 1 1/2 to 2 lb. boneless beef
- 2 tbsp. flour
- 1 tsp. garlic salt
- 2 tsp. paprika
- 1/2 tsp. pepper
- 1/2 tsp. rosemary, basil or oregano
- 2 or 3 tbsp. fat
- 3/4 cup sauterne, rose or Burgundy
- 1 tsp. wine vinegar
- 10 1/2-oz. can bouillon or chicken broth
- 4 small carrots

- 4 small zucchini
- Spiced crab apples
- Hot cooked rice

Cut meat into 1 1/2 to 2-in. chunks. Mix flour, garlic salt, paprika, pepper and rosemary. Roll meat in seasoned flour and brown slowly on all sides in hot fat. Sprinkle any remaining flour over meat. Add wine, vinegar and bouillon. Cover tightly and simmer over low heat until meat is tender, about 1 1/2 hr. Just before meat is done, pare carrots and cut ends from zucchini. Cut vegetables into generous chunks and cook in boiling salted water 20 min., or until tender-crisp. Drain and season with a little melted butter, salt and pepper. Skim any excess fat from pan gravy. Thicken slightly with a little cornstarch mixed with cold water. Thread chunks of meat and vegetables on skewers with a

crab apple for garnish. Arrange on bed of rice. Serve gravy separately. Makes 4 to 5 servings.

BEEF AND VEGETABLE KEBABS

- 1 lb. stewing beef
- Meat tenderizer
- 1/4 cup oil, preferably olive
- 1 tsp. lemon juice
- 1 tsp. grated onion
- 1/4 tsp. cinnamon
- 1/4 tsp. pepper
- Chunks of green pepper
- Mushroom caps
- Thick slices zucchini or yellow squash

Cut beef into 1 to 1 1/2-in. cubes. Apply meat tenderizer as directed on label. Combine oil, lemon juice, onion, cinnamon and pepper. Pour over meat. Marinate until ready to broil, turning meat several times. Thread skewers alternately with meat and vegetables. Place skewers over hot coals, about 2-in. from heat. Cook, turning often, until well-browned

on all sides, 10 to 15 min. Makes 3 to 4 servings.

KEBAB AND RICE BAKE

- 2 lb. sirloin steak
- Mushroom caps
- Small potatoes
- Carrot pieces
- Green pepper chunks
- Halved tomatoes
- 1 1/2 cups instant rice
- 1 1/2 cups water
- Marinade

Cut steak into 1 1/2-in. squares and marinate for about 1/2 hr. Tear 20-in. lengths of heavy duty aluminum foil for each skewer. Alternate steak squares and vegetables on skewers. Place skewers lengthwise on foil. Pour 1/4 cup instant rice around meat on each skewer. Baste with marinade and sprinkle 1/4 cup water over rice. Fold foil to cover food and make a snug package, folding ends together securely. Bake at 425 deg. 1 hr., turning every 20 min.

Fashion Corner

ELEGANT DINING MEANS FASHION DRESS-UP

ALMOST EVERY INVITATION extended or received includes dinner in one form or another. Not only is this hard on the figure, with all that tempting food, but it can put a strain on the wardrobe.

It boils down to the point that a girl has to consider where she will be dining, in what manner of style, and with whom, when she eyes prospective additions to her clothes closet.

You might go so far as to say there are basics for dress when dining as for using the proper fork or spoon. Of course, this doesn't mean anything like uniforms. Girls would never want to give up their individuality. But the tone is the thing and generally the tone can be expressed in many versions.

For a small informal affair with the accent on casual gaiety, let your dress be simple but

colorful.

WHEN YOU'RE INVITED to join your husband for lunch with his boss, you will want to honor the occasion with more fashion restraint.

When the dinner invitation calls for the cocktail type fashion, there is a change of pace this season. The short dress is fine but the long dinner gown is far and away the zingiest.

Let the invitation call for all out dress-up and you can meet the occasion in a full length lace of heavy cotton or silk with beaded top. Since this would be late evening, your favorite fur stole adds to your elegance.

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