

Hints for Homemakers

by SONDRA REID

Cabbage Improves Its Culinary Image

There is nothing lowly about cabbage. This high-caliber vegetable figures importantly in many cuisines around the world, yet improper cooking and unimaginative use have retarded its popularity here.

Cabbage comes in different shapes, color and leaf types, but most common in our markets are green or white cabbages with



Sondra Reid

smooth leaves and a round, compact head. Fewer of the other varieties, such as Savoy, the curly-leaved type, or red cabbage come to California markets.

Choose unbruised, solid, firm and fairly heavy cabbages. Avoid yellowing leaves, burst or soft heads. Store in the refrigerator wrapped in a plastic bag or covered container to preserve moisture.

Over-cooking and improper cutting can spell disaster for cabbage in taste and texture appeal as well as in vitamin and mineral retention. For best results, cabbage should be cooked in a small amount of water for a short period. Use of a sharp knife when cutting or shredding cabbage will prevent loss of vitamin C due to bruised tissues.

Popular as a cole slaw, cabbage shines as a creamed vegetable dish with a zesty bacon sauce, or as a simple steamed or fried vegetable accompaniment to a main dish.

CABBAGE WITH BACON SAUCE

- 1/2 lb bacon
- 1/4 cup bacon drippings
- 4 cups coarsely chopped cabbage

- 1/4 cup flour
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 tall can evaporated milk

Cook bacon until crisp in a large skillet, saving 1/4 cup drippings in the pan. Break bacon into small pieces and set aside. Add cabbage to pan drippings. Stir until cabbage pieces are well coated with fat. Cook over low heat 3 min., stirring frequently. Remove from heat and stir in flour, salt and pepper. Gradually stir in evaporated milk, mixing well. Add bacon pieces. Cook over low heat about 8 min., stirring occasionally until thickened. Makes 4 to 6 servings.

STEAMED CABBAGE

Wash and cut medium head cabbage into quarters. Remove most of the core but leave enough to hold the leaves intact. Add 1-in. water or stock to saucepan. Bring to boiling point, add cabbage wedges and cover pan. Cook rapidly until cabbage is just tender, about 10 min. Drain, dot with butter and season with salt and pepper. Grated cheese may be used, if wished. Serve piping hot. Makes 6 servings.

FRIED CABBAGE

3 tbsp. butter or margarine
6 cups shredded cabbage
Salt, pepper
Melt the butter in a heavy skillet and add cabbage. Cover tightly and cook 5 min. Uncover and continue to cook until cabbage is browned. Season to taste with salt and pepper. Make 6 servings.

Marc Wilkinson PRINTER

115 North 7th Street
JUST OFF FREMONT

All Forms of Printing from Business Cards to Publications
Wedding Announcements
Rubber Stamps — Laminating
Photocopying



Versatile Pudding Plays Double Role

This pudding can be a dessert or unusual breakfast when served with bacon or sausage.

COCONUT RICE PUDDING

- 2/3 cup instant rice
- 1/4 tsp. salt
- 1 2/3 cups milk
- 1/2 cup flaked coconut
- 1 tbsp. butter or margarine
- 1/4 tsp. vanilla
- Grape jelly

Combine rice, salt and milk. Bring to a full boil, remove from heat and add coconut, butter and vanilla, blending well. Cover and let stand about 15 min. Pour into serving dishes and top with grape jelly. Makes 4 servings.

SMART SALON for DISCRIMINATING LADIES

Ann Wilburn's LA FYEME Beauty Salon

For Appointments Phone: 642-9952

2029 Revere Rd.

(NEXT DOOR to BRUCE'S LIQUOR STORE)



MUSIC BAR
GIFTS
RECORDS

Phone 384-8261
1318 North "D" Street
PHONO GRAPHS

RADIO TV STEREO

EXPERT REPAIR SERVICE

FREE Pick-Up & Delivery

Open Daily 10 a.m. to Midnight

ONLY \$999 DOWN 4 BEDROOM HOME



CARPET and DRAPES
REFRIGERATOR and STOVE

LEXINGTON off SMOKE RANCH ROAD
384-1950 - 642-0463

WILD GOOSE BAR



PACKAGE
GOODS and

MIXED DRINKS

PAYROLL

CHECKS

CASHED

BUDWEISER

DRAFT BEER



'D' St. & LAKE MEAD BLVD.

604 W. Lake Mead Blvd.

NEXT DOOR to 7-II STORE

Town Tavern & Casino

600 Jackson Street

Excellent Chinese Food
& Generous Bartenders

Keno - Craps - Poker - 21

Generous Slots

GAMING

Clyde Johnson &
His Cookers

in the cocktail lounge

Phone: 382-1630

DIXIE MEAT MARKET

CORNER "H" AND WILSON STREETS

LOWEST PRICES IN TOWN