

Hints for Homemakers

by SONDRA REID

FOR MEATLESS DAYS

Fish Casseroles Brighten Meals

Fish casseroles take the drabness out of meatless day menus.

One casserole combines fish fillets, scallops, shrimp and lobster. Another recipe spotlights shrimp cooked in wine. If heartily



Sondra Reid

ness appeals to the family, fillets with spinach deserve a try.

Soup and salad are perfect accompaniments for any of these dishes whether they are homey or dressed up for a party.

NEW ENGLAND SCALLOPED FISH

- 1/4 cup butter or margarine
- 1/2 lb. mushrooms, sliced
- 1/4 cup flour
- 2 cups milk
- 2 tsp. Worcestershire
- 1/2 tsp. salt
- 1/8 tsp. paprika
- 3/4 lb. haddock, cod, flounder, sole or ocean perch fillets
- 1 lb. scallops, cooked
- 1 lb. shrimp, cooked
- 1 small lobster, cooked

Melt the butter and add mushrooms. Sauté until lightly browned. Remove mushrooms and blend in flour. Add milk and cook over medium heat, stirring constantly, until thickened and smooth. Add Worcestershire sauce, salt and paprika and cook 2 min. Cut fish fillets into bite-size pieces. Add to sauce with scallops, shrimp, lobster meat and mushrooms. Turn mixture into a greased casserole or individual casseroles and bake at 350 deg., 15 to 20 min., until mixture bubbles. Makes 6 to 8 servings.

SHRIMP AU GRATIN

- 1 lb. fresh or 14-oz. pkg. frozen shrimp
 - 2 cups dry white wine
 - 4-oz. can sliced mushrooms
 - 2 tbsp. chopped onion
 - 1/4 cup butter or margarine
 - 2 tbsp. flour
 - 2 tbsp. heavy cream
 - 1 tsp. salt
 - 1/8 tsp. pepper
 - 1/2 cup crushed saltines
- Thaw shrimp if frozen. Cover with wine and cook

gently 5 min., or until shrimp are opaque. Chop mushrooms and sauté with onion in 2 tbsp. butter until lightly browned. Blend in flour. Slowly add 1 cup hot wine in which shrimp were cooked. Cook over low heat, stirring until thickened. Add cream. Season with salt and pepper. Add shrimp to sauce and place in individual casseroles or scallop shells. Sprinkle crushed saltines over top. Dot with remaining 2 tbsp. butter. Brown under broiler. Makes 4 to 6 servings.

FISH AND SPINACH CASSEROLE

- 2 lb. spinach
- 2 tbsp. butter or margarine
- 1 tsp. minced onion
- 2 tbsp. flour
- 3/4 cup milk
- 1 tsp. salt
- 1/4 tsp. nutmeg
- 1/4 cup mayonnaise
- 1 1/4 lb. or 4 small haddock fillets
- 2 tbsp. oil
- 1 tsp. brown cooking sauce
- 1/2 tsp. salt
- Dash pepper

Trim coarse spinach stems, if necessary. Cook spinach in small amount of water until tender crisp. Drain and chop fine. Melt butter over moderate heat. Add onion and cook 1 min. Stir in flour. Add milk, 1 tsp. salt and nutmeg. Cook, stirring constantly, until sauce thickens and boils. Remove froth and stir in mayonnaise. Combine with spinach and turn into a greased casserole or four individual casseroles. Arrange fish fillets over spinach. Combine oil, brown cooking sauce, 1/2 tsp. salt and pepper. Brush over fish. Bake at 375 deg., 25 min., or until fish flakes easily with fork. Makes 4 servings.



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Social Security Head Advises Inquiry

(This is the second article in a four-part series on Social Security administration prepared for VOICE readers by Ed Cocks, district manager of the Bureau of Old Age and Survivors Insurance of the U.S. Dept. of Health, Education & Welfare. Additional Social Security information is available at the district office, 601 South 13th St.; telephone 382-6771.)

"INQUIRE BEFORE YOU RETIRE."

You may have heard or read this phrase before and wondered what it really means in connection with your social security.

What it means is that you should prepare for applying for social security benefits with the same care you prepare for all important events in your life. Inquiring before you retire will give you the facts on the documents, proofs, and the special information you will need to

bring along with you when you finally apply for your social security benefits.

Basically, you will need to prove your age. To do this, a birth certificate will be sufficient. If, however, you do not have one, a baptismal certificate can be used, or old insurance papers, school records, voting records, census records, etc. The type of document you need can be explained to you at your Las Vegas social security office if you inquire before you are ready to retire.

Another thing usually needed is the amount of your earnings for the year preceding your retirement. For this purpose, an income tax withholding statement (W-2) or statement from your employer can be used. You also will be asked how much you have earned during the year of application. The bookkeeper where you work would be a good source for this information.

Other things needed could be birth certificates for minor children and, in some cases, marriage certificates may be required.

Each case is different. Some people need just a few things; others may need more. The best thing is to inquire before you retire. This way, everything can be checked out in advance and you will receive your first check without delay.

Visit and inquire about your social security at your social security office at 601 South 13th St. The telephone number is 382-6771.

WLV Attorney Battles Rancho High Expulsions

A HISTORY-MAKING mandatory injunction action was filed in District Court this week by West Las Vegas attorney Robert Reid seeking to set aside the expulsions of four local youths from Rancho High School.

Reid's reportedly unprecedented move was directed at the Board of Trustees of the Clark County School District. The complaint was based on irregularities in the expulsion procedure used against the boys according to Reid.

The expulsions followed a wild brawl on and adjacent to the grounds of Rancho High which school and police officials described as having "racial overtones." Although some 25 students were involved in the scuffling leading to temporary suspensions, only the four West Las Vegas boys received the ultimate penalty of expulsion.

Child Care Center Benefit

HERE'S YOUR CHANCE to have a lot of fun and help a worthy cause at the same time.

Operation Independence is sponsoring a "Nite of Stars" cocktail party at the Playhouse, Jackson and 'E' Sts., Sunday evening (March 15) starting at 6 p.m. for the benefit of its West Las Vegas Child Care Center.

Mrs. Lubertha Johnson, supervisor of the local "self-help" project, said all receipts from the gala affair will go toward support of the Child Care Center, which is having a difficult time meeting its obligations pending receipt of promised federal aid.

And don't forget--if you want to donate more than a buck, it's deductible!



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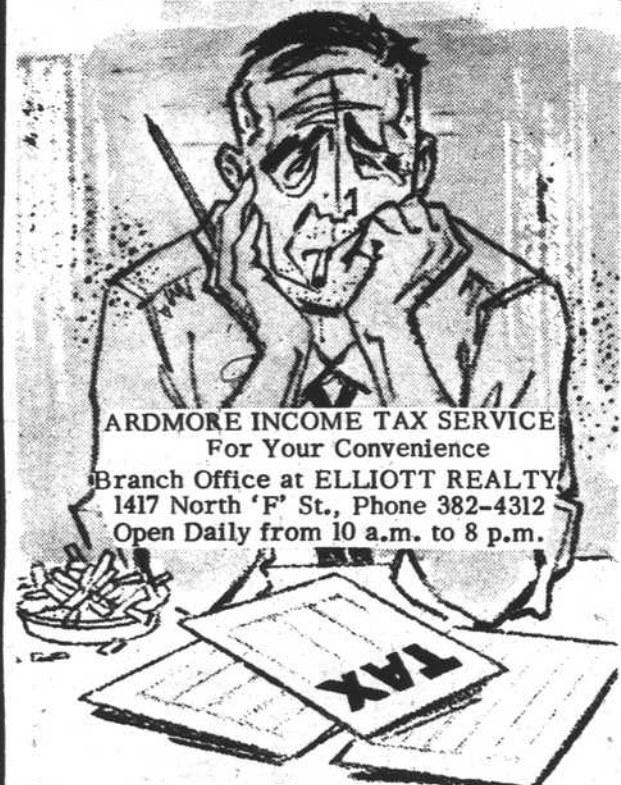
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