

# Hints for Homemakers

by SONDRA REID

## Nourishing Meal Ready and Waiting

These are busy days—the garden demanding attention, children to be taxed here and there, committee meetings to attend, extra housecleaning for spring.

Your family can still come home to a nourishing meal. This hearty meal-in-a-dish salad blends cooked macaroni, kidney beans, canneluncheon meat and

celery. The salad is held together with a mayonnaise-sour cream dressing for a fine mingling of flavors, color and textures. Keep the recipe handy for up-coming picnics to the park or beach.

If it is a bit too cool for a cold salad, here's a hot one that blends macaroni with tuna. It takes very little time to finish off the salad when the macaroni is cooked earlier in the day.

### MAC-MEAT SALAD

- 1 1/2 cups elbow macaroni
- 1-lb. can kidney beans
- 12-oz. can luncheon meat, diced
- 2 cups diced celery
- 3/4 cup mayonnaise
- 2 tsp. dry mustard
- 1/2 tsp. hot pepper sauce
- 1/2 cup dairy sour cream
- Paprika

Cook macaroni in boiling salted water until tender. Drain, rinse in cold water and drain again. Combine with drained beans, diced meat and celery. Combine mayonnaise, dry mustard and hot pepper sauce. Stir in sour cream. Toss with macaroni mixture. Sprinkle with paprika. Chill. Makes 6 servings.

### HOT MACARONI SALAD

- 1 cup elbow macaroni
- 1/4 cup oil dressing
- 1 tsp. celery seed
- 1/2 tsp. dry mustard
- 1/2 tsp. salt
- 6 1/2-to 7-oz. can tuna
- 2 tsp. finely chopped onion
- 1 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 2 tbsp. chopped pimiento
- 1/4 cup salad dressing

Cook macaroni in boiling salted water until tender. Drain. Combine oil dressing, celery seed, dry mustard and salt in a saucepan. Heat just to boiling. Add macaroni, tuna and tuna liquid, onion, celery, green pepper and pimiento. Toss ingredients lightly and heat through over medium heat. Remove from heat and stir in salad dressing. Serve immediately. Makes 6 servings.



Sondra Reid

## Wineburgers: Old Favorite With Class

This recipe gives a gourmet approach to an old favorite, beef patties. They are easy to prepare and much of the work should be done early in the day so flavors will have time to blend.

### WINEBURGERS

- 2 lb. ground lean beef
- 3/4 cup dry red wine
- 2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. grated onion
- 1/2 cup shredded American cheese
- 1 clove garlic
- 1/4 cup butter or margarine
- 2 tsp. minced parsley
- Mix meat, 1/2 cup wine, salt, pepper and onion. Refrigerate in covered container several hours. Form into 12 patties. Put cheese on 6 patties. Top with remaining patties and press edges together.
- Rub skillet with garlic. Heat butter in skillet, add meat patties and cook to desired degree of doneness. Place on heated platter. Stir remaining wine and parsley into pan juices. Heat thoroughly and serve over meat. Makes 6 servings.



### MEAL IN ITSELF

## Lettuce-Scallop Salad

Salad is a meal in itself when it combines hearty foods. Try scallops with mushrooms and hard-cooked eggs and a dressing of vinegar and oil.

### LETTUCE-SCALLOP SALAD

- 1 cup water
- 1/2 cup dry white wine
- Salt and pepper
- 1/2 bay leaf
- 1 green onion, sliced
- 1 lb. scallops
- 1/2 lb. mushrooms, sliced
- 1/3 cup wine vinegar
- 1/4 cup oil
- 2 tbsp. chopped parsley
- 1 med. head iceberg lettuce

2 or 3 hard-cooked eggs, quartered

Combine water, wine, 1/2 tsp. salt, dash pepper, bay leaf and green onion in saucepan. Simmer over low heat 5 min. Add scallops and mushrooms. Cover and simmer 5 min., or until both are tender. Drain scallops and mushrooms. Mix with vinegar, oil, parsley and 1/4 tsp. pepper in bowl. Chill. Line salad bowl or plates with lettuce leaves and cut remaining lettuce into 1-in. cubes. Toss lightly with mushrooms and scallops. Add salt to taste. Serve on lettuce leaves and garnish with quartered eggs. Makes 6 servings.

## School Sued As Teacher Claims Foul

LOS ANGELES—A suit for \$127,250 has been filed against a private school by a teacher who claims he was fired for writing a book with a racial theme.

Robert Kendall, 28, of Woodland Hills, alleges in the suit that operators of the Pinecrest Ranch School falsely informed the State Department of Employment he was discharged for "incompetency."

Kendall contends he was fired for writing a book, "White Teacher in a Black School," based on his earlier experiences in Los Angeles public schools. According to Kendall, his book points out inadequacies in teaching methods employed in predominant Negro schools in the Los Angeles area.

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