

Hints for Homemakers

by SONDRA REID

Easy Meals for Career Wives

Career wives and mothers have to be culinary magicians to meet the her-



Sondra Reid

tic family schedules and provide nourishing meals.

This dinner menu can be ready in 30 minutes from start to finish.

AFTER-FIVE MENU

- Tossed Green Salad
- Lemon Broiled Fish
- Crisscross Potatoes
- Buttered Green Peas
- Hard Rolls
- Strawberry Cup

Greens for the salad and strawberries for dessert can be washed and dried then refrigerated before work or the night before. Potatoes for broiler-browning should be baked or boiled with potatoes for a previous dinner.

The fish is quick, but also one of the least messy ways of preparing fish with delicate tenderness and flavor.

LEMON BROILED FISH

- 4 to 6 fish fillets
- Juice of 1 lemon
- 1 4 cup butter or margarine
- Salt, pepper
- Paprika
- Sprinkle fish with le-

mon juice and let stand 5 or 10 min. Meanwhile place butter in large shallow pan and melt in broiler 8 in. from source of heat or with heat set at 400 deg. Turn fish in the butter to coat both sides and then arrange in the pan. Broil 10 to 15 min. or until fish flakes easily with a fork. Baste once or twice with pan juices and sprinkle with salt and pepper to taste and paprika for color 2 or 3 min. before fish is done. Makes 4 to 6 servings.

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CRISSCROSS POTATOES

- 2 to 3 large potatoes, baked or boiled
- 2 tbsp. butter or margarine, melted
- 1 2 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. garlic salt

Cut potatoes in halves lengthwise and score cut side about 1/4 in. deep in crisscross pattern. Brush with melted butter and sprinkle with salt, pepper and garlic salt. Broil 8 to 10 min., until lightly browned and heated. Makes 4 to 6 servings.

STRAWBERRY CUP

- 1 box strawberries
- 1 to 2-tbsp. confectioners' sugar
- 1 2 tsp. mint flakes
- 1 cup orange juice

Wash and cap strawberries. Sprinkle with sugar and mint flakes and mix gently. Add orange juice and mix gently again. Chill until ready to serve. Garnish with whipped cream or dessert topping, if wished. Makes 4 to 6 servings.

Self-Helpers Open New Economy Shop On Owens Saturday

OPERATION INDEPENDENCE will open its new and unique Economy Shop at 10 a.m. on Saturday, July 31, at 813 Owens Ave. (opposite the Golden West Shopping Center), under the supervision of Margot Miller.

In announcing the West Las Vegas community improvement agency's latest project, Director Lubertha Johnson said the new variety store eventually will feature low-priced items made or refurbished by local residents in conformity with Operation Independence's "self-help" objectives.

These items will be accepted by the Economy Shop from their owners on a consignment basis, with Operation Independence receiving a small percentage of the sale price as a handling fee.

At the outset, however, items offered for sale will consist largely of donated articles of clothing for men, women and children. The stock will be expanded during the coming weeks to include new and used household goods and toys. Necessary repairs of used articles will be done by persons connected with the Operation Independence program.

Mrs. Johnson said local residents also are invited to display their arts and crafts work in the shop for possible sale at a small handling charge.

Miss Miller and members of the Neighborhood Youth Corps have been working at the shop since last Monday in preparation for Saturday's opening. All profits realized by the project will go toward the 10 per cent local contribution required by law for federal grants to various welfare projects administered by Operation Independence.

We have found wealth when we have found enjoyment in unbought pleasures

(WILKINS, from page 3)

barriers and restrictions. He was concerned, also, that beset and deprived as he was, the Negro citizen must muster from the hidden wells that give life and majesty to the world's men, those qualities and procedures which would speed the freedom of both the nation and the minority.

Others brought bluntness or momentary pragmatism or suavity or deftness or warmth to this great human problem of the races in America. Adlai Stevenson brought to it a clear and comprehensive concept, a firm conviction born of his moral precepts and an action based upon his love of freedom and his passionate affection for his country.

On a thousand occasions since 1952, whether denouncing apartheid, conferring on high policy, or offering gracious comment at a United Nations function, Adlai Stevenson served the human race, beckoning it, in his time and through his magnificent gifts, to a higher plateau, to, as he put it, "a vision of things that are to be."

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