

Hints for Homemakers

by SONDRA REID

Days Lazy; Cooking, Too

Summer days are lazy ones and cooking chores should be easy. The busy couple may be tempted to eat pick-up dinners which are not really adequate.

The convenience of canned and packaged food makes a simple task of cooking nourishing food for two. A one-platter arrangement of meat, vege-



Sondra Reid

tables and sauce saves work and time. A molded fruit combination may be served as salad or dessert.

MENU FOR TWO

- Clam Juice Cocktail
- Mint Glazed Luncheon Meat
- Vegetables with Sauce
- Spanish Rice (Canned or homemade)
- Sunshine Mold
- Dinner Rolls
- Ice Tea

The molded mixture may be turned into individual molds and served on greens with a dressing for a salad or topped with whipped cream for dessert.

MINT GLAZED LUNCHEON MEAT

- 2 tsp. butter or margarine
- 1 tsp. dry mustard
- 2 tsp. vinegar
- 2 tsp. mint jelly
- 12-oz. can luncheon meat

Combine butter, mustard, vinegar and jelly in skillet. Heat, stirring, until

jelly is melted. Slice luncheon meat, add to jelly and heat until meat is well glazed. Makes 2 to 4 servings.

VEGETABLES WITH SAUCE

- 8-oz. can lima beans
- 8-oz. can whole kernel corn
- 1 egg yolk
- 2 tsp. sugar
- 1 tsp. prepared mustard
- 2 tsp. catsup
- 1 tsp. butter or margarine
- 1 1/2 tsp. vinegar

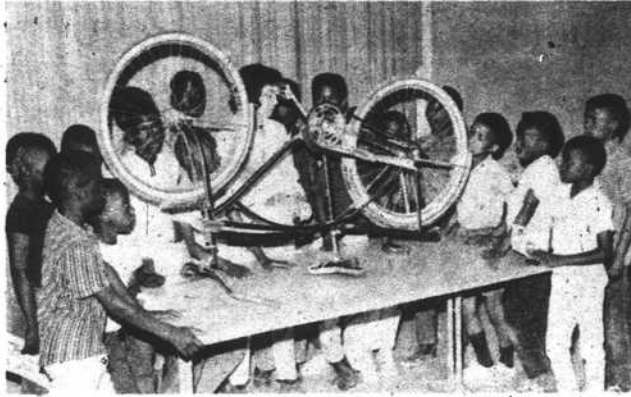
Drain beans and corn, reserving 2 tsp. bean liquid. Combine beans and corn with reserved liquid and heat. Combine slightly beaten egg yolk, sugar, mustard, catsup, butter and vinegar in saucepan. Cook over medium heat, stirring, for 2 to 3 min., or until slightly thickened. Serve mustard sauce over hot vegetables. Makes 2 servings.

SUNSHINE MOLD

- 3-oz. pkg. lemon gelatin
- 1 cup boiling water
- 8-oz. can crushed pineapple
- 1/4 cup mayonnaise
- Dash cinnamon
- Cold water
- 1 cup cubed canned spiced apple rings

Dissolve gelatin in boiling water. Drain syrup from pineapple into a measuring cup. Mix 1 tsp. of syrup with mayonnaise, add cinnamon and refrigerate. Add cold water to remaining syrup to make 3/4 cup liquid and stir into dissolved gelatin. Chill until partially thickened. Add pineapple and apple. Pour into individual molds and chill until firm.

For salad serve on salad greens with the dressing. For dessert top with whipped cream. Makes 5 to 6 servings.



JUST A REMINDER--With crisp, fall days just around the calendar, Doolittle Center director Joe Haynes reminds that the Boys Bike Club will be back in action shortly. Photo above shows Ann Hoover, of Willows Cycle Supply, 1500 North Main St. explaining bicycle mechanisms and their proper care to club members earlier this year.

Opportunity Board Meets

MONTHLY MEETING of the Economic Opportunity Board of Clark County is scheduled for tonight, Aug. 26, at 7:30 p.m. in the Rancho High School Library. Members of the board's Technical Advisory Committee are urgently requested to attend tonight's meeting according to EOB Chairman Harvey Dondero.

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