THE KNOW-HOW

(in the freezer!)

Dorothy Johnson ...

HINTS ON STORING MEAT

Unwrap poultry, roast or cut-up fresh meat as soon as you get home from shopping. Rewrap loosely in waxed paper, foil or transparent wrap and place in the meat compartment or on a shelf in the coldest part of your refrigerator to chill quickly.

Keep cured or smoked meats--bacon, ham, sausage or frankfurters--in their store-wrap

and chill.

Check the label on canned ham; it will tell you if the ham should be kept in the refrigerator.
WHEN YOU COOK EXTRA

Make a note how you plan to use your cooked meat before it goes into the refrigerator or freezer and you'll save yourself time and effort leter.

Wrap what is left of a small dinner roast, cut-up chicken or meatloaf loosely in waxed paper, foil or transparent wrap just as it comes from the table and chill.

Strip turkey or a large roast from the bone
--leave in chunks or small pieces--or cut into
slices for sandwiches, wrap and chill or freeze.
WHEN YOU FREEZE MEAT

Keep meat bought in its own wrapper and store at once. Unwrap fresh meat and discard backing board or tray. Trim any excess fat to save storage space, then rewrap tightly in transparent wrap, heavy foil or freezer paper. Label date, and freeze.

Layer family-size packages of steaks, chops or ground meat in patties with foil or transparent wrap between so they'll come apart more

Cook raw meat that has been frozen and thawed at once. Never refreeze it.

SKILLET LAMB "ROASTS"

4 lamb shanks (about 3 lbs.), l cup minced onion, 1 clove garlic (minced), 1 cup water for lamb, 1 tablespoon lemon juice, 1 teaspoon salt, 1 bay leaf, 1 tablespoon flour, 1/4 cup water (for gravy)

1. Brown lamb in a dutch oven or an electric

1. Brown lamb in a dutch oven or an electric skillet; push to one side - add onion and garlic; saute just until soft. Stir in the 1 cup water and lemon juice, salt and bay leaf--cover.

2. Simmer 3 hours, or until very tender.

Remove meat and keep hot.

3. Blend flour with the 1/4 cup water; stir into liquid in pan. Cook, stirring constantly until gravy thickens and boils about 1 minute; remove bay leaf. Serve gravy in separate bowl.

PLAIN GOOD POT ROAST

1 (4 lb.) boneless beef pot roast, 1-1/2 teaspoon salt, 1/2 teaspoon marjoram, 1/4 teaspoon ground cloves, 1 can (6 oz.) tomato paste, 1/4 cup water.

1. Brown meat in its own fat in a dutch oven or electric skillet; add remaining ingredients; cover tightly.

Simmer, turning once--2 to 2-1/2 hours,

or until very tender.

3. Remove meat and keep hot. Strain liquid pressing onions through sieve; skim off fat. Measure liquid, return to pan. For each cup, blend 1 tablespoon flour with 2 tablespoons water, stir into liquid in pan and cook-stirring constantly until gravy thickens-boil 1 minute.

SKILLET TOMATO SCALLOP

1 can (11b. - 12 oz) tomatoes, 1 tablespoon sugar, 2 tablespoons butter or margarine, 1 teaspoon salt, 1/2 teaspoon basil, 2 slices white bread.

1. Combine all ingredients except bread, in a medium-size saucepan. Cover and simmer-about 5 minutes (stirring once) or just until bubbly hot. Spoon into a heated serving dish.

2. Toast bread and cut into tiny cubes;

2. Toast bread and cut into tiny cubes; sprinkle around edge of tomatoes. Fold in just

before serving.

CREAMED SPINACH
2 pkgs. (10 oz. ea.) frozen spinach, 2 tablespoons
butter or margarine, 2 tablespoons flour, 1/2
teaspoon salt, 1-1/2 cups milk, 1/2 cup dairy
sour cream (8 oz. carton)

1. Cook spinach, following label directions;

drain well.

2. While spinach cooks, melt butter or margarine in a small saucepan; stir in flour and salt; cook, stirring constantly, just until bubbly.

EL RIO CLUB GAMBLING CÁSINO

CHINESE-AMERICAN RESTAURANT

Wine Liquor



Beer) Barbecue

KENC

'21' CRAPS

"Slots That Pay"
REVERE & "H" STREET
LAS VEGAS, NEVADA



Be A Selective Buyer

A selective buyer is one who spends his money with those firms which employ Negroes and which advertise their products in the Negro press-A selective Buyer is careful that his money continues to circulate in his community-Is Your Money going to be put back into your Community? Two Safety Checks are: Does the Company advertise with the Negro Press? Does' the Company employ Negroes in any other than menial positions, if at all?





Eddie McKenney Otis Clark George Grundy Henry Campbell

> Bar Whiskey, Gin, Vodka .50 Bar Scotch, Rum, Brandy .60 12 Oz. Glass Beer .25

604 W. Lake Mead Blvd

EVEN MORE SOULFUL than their eyes is the "Soul Food" served-up at Lenny's Coffee Shop in the Cove Hotel every day by Chefs Sevelt Kelly (left) and Sylvester Mason.

School of Performing Arts
815 W. Owens 382-9290

MURL
RICHARD

*
Full-Time
Funeral
Director
and

Counselor

INVESTIGATE THESE



\$195 \$276 \$348 \$397 \$449 \$493

STANDARD METAL CASKET FUNERALS FROM ... \$595

Bunker Brothers Mortuary

phone 385-1441

Stir in milk; continue cooking and stirring until sauce thickens and boils 1 minute.

3. Stir about 1/2 cup into sour cream in a small bowl, then stir back into remaining sauce in pan. (Combining sour cream this way keeps it from curdling.) Heat very slowly until hot.

4. Spoon drained spinach around edge of heated serving dish; pour sauce in center. Garnish with lemon wedges sprinkled with paprika--if you wish. Art's Shell Service

TIRES, BATTERIES Free! Free! GENERAL OVERHAULING
ACCESSORIES With This Coupon

Brake Adjustment

With Lube, Oil Change & Filter ... 800 WEST BONANZA ROAD 384-3020-