

## "Pans" AND Pots Dorothy Johnson

WAITRESSES ARE HUMAN

DROPPING INTO VARIOUS eating places for lunch as I do while working in the West Las Vegas area, I notice how very unfairly those who serve our menus to us are sometimes treated. Patrons often use profanity and obscenity before them, try "to get fresh" and when politely rebuked, want to "get bad". It is positively disgusting!

On the other hand, waitresses frequently mistreat their customers by neglect, sloppy service, or by being entirely too familiar. Terms of endearment are not welcomed by everybody, and a waitress is presumptuous to call everyone "dear" or "baby". Some waitresses play too much.

I hope that a resolution to treat waitresses and other employed women with proper respect will be made by their customers, and that waitresses will resolve to conduct themselves with courteous, friendly dignity.

LET'S GO A STEP further and think of the behavior pattern of men (and often women) in public places. Vulgar and obscene talk is entirely too common. Granted that the present generation is less prudent and restrained in conversation, it is still obnoxious to hear a constant flow of pure dry rot.

People who want to be accepted in our modern society know that objectionable behavior begets a lack of respect.

### FLAVORFUL

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#### MEATING

\*One Pot Pork Chop Supper\*

4 pork chops (about 1 lb.), 1 can tomato soup, 1/2 cup water, 1 tsp. worcestershire, 1/2 tsp. salt, 1/2 tsp. caraway seeds or oregano (optional), 6 to 8 small potatoes, 4 small carrots (split lengthwise and cut into 2-inch pieces).

Brown chops in skillet; pour off fat; add rest of ingredients; cover and simmer 45 minutes until tender.

\*Peanut-buttered Pork Loin\*

Select a 5 to 6 pound boneless rolled pork loin roast. Brush roast with a mixture of 1/4 cup peanut butter and 1/2 cup orange juice. Cook in moderate oven about 1-1/2 hours--basting often. Here's an ideal accompaniment--Spread cooked sweet potatoes with apple butter; sprinkle with brown sugar and dash of cinnamon; dot with butter or margarine--seal in foil and cook about 30 minutes.

\*Baked Sliced Ham\*

Place a 1-1/2 inch thick slice of ham in baking pan and cover with prepared mustard. Sprinkle with brown sugar until ham slice is fully covered. Pour sweet milk in pan to the edge of ham. Bake 1/2 hour. Serve with Spirited Brussel Sprouts...

2 pkgs. frozen Brussel sprouts, 6 strips of bacon, 1/2 cup minced onion, 1 cup (1/2 pt) sour cream, 1 tsp. salt, 1/4 tsp. Tabasco sauce.

1. Cook Brussel sprouts as directed on package--drain, keep warm. 2. Fry bacon until crisp, drain on paper towel and crumble. 3. Pour off bacon fat, reserving enough to saute onions. 4. Saute onion until tender, drain off excess fat. 5. Blend onion, crumbled bacon, salt and Tabasco sauce with sour cream. 6. Pour over sprouts--reduce heat to low and stir lightly until well mixed. Do not boil! Sprinkle with paprika.

### GOOD TIPS

WHAT IF YOU DON'T HAVE WHAT THE RECIPE CALLS FOR?

IF YOU'VE BEEN CAUGHT off guard by unexpected dinner guests or you've overlooked an item while shopping--we know you will appreciate the following list! For best results, use the ingredients called for in a recipe. But, for those real emergencies--tuck this list away in a handy spot.

(Just a reminder: 1 tablespoon equals 3 teaspoons.)

If you don't have: 1 cup cake flour, you can substitute: 1 cup--minus 2 tablespoons all-purpose

# The ALLEGROES At The Cove "D" & Jackson Featuring JOEL "Chicago Sensation"

## It Will Be Better - That's What The Man Said

A MAJOR BREAKTHROUGH is underway in providing equal employment in the hotel industry for Southern Nevada Negroes, it was revealed today by William H. Bailey, Chairman of the Nevada Equal Rights Commission.

Talks have been underway with executives of the majority of Strip and downtown hotels along with Culinary Union leaders during the last month. "In every case, the hotels and unions have agreed to cooperate in upgrading Negro employees who have the qualifications to hold higher positions," Bailey stated, "and hotel executives have agreed that having Negro employees working with the public will not now affect customer relations."

One immediate effort will be to upgrade coffee girls to waitresses, busboys to waiters, and bar boys to bartenders.

A series of meetings with representatives of the hotel industry, Chairman Bailey, James Anderson, Executive Secretary of the ERC, and spokesmen for the Culinary and Bartender Unions have been held, and agreements reached by the conferees upgrading and broadening employment opportunities for Negroes.

"THE SUCCESS of these agreements, however", Bailey stated, "depends upon employees who feel they are employed beneath their capabilities and who wish to better themselves. They should, as soon as possible, discuss upgrading possibilities with their department heads."

Meetings began six weeks ago after the conclusion of a two-day equal rights conference explaining recently passed Federal and state laws on equal rights and opportunities.

One downtown hotel has already upgraded many employees over the past few months, and other hotels are eager to do the same.

flour.

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If you don't have 1 tablespoon cornstarch for baking, you can substitute: 2 tablespoons flour or 4 teaspoons quick-cooking tapioca.

If you don't have: 1 teaspoon baking powder, you can substitute: 1/4 teaspoon baking soda--plus 1/2 cup buttermilk or sour milk (to replace 1/2 cup of liquid called for in recipe).

If you don't have: 1 cake compressed yeast, you can substitute: 1 pkg. or 2 teaspoons active dry yeast.

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If you don't have: 1 cup whole milk, you can substitute: 1/2 cup evaporated milk--plus 1/2 cup water--or 1 cup non-fat dry milk--plus 2 teaspoons butter or margarine.

If you don't have: 1 cup sour milk or buttermilk, you can substitute: 1 tablespoon lemon juice or vinegar--plus sweet milk to make 1 cup.

If you don't have: 1 whole egg, you can substitute: 2 egg yolks in custards.

If you don't have: 1 square unsweetened chocolate, you can substitute: 3 tablespoons cocoa--plus 1 tablespoon butter or margarine.

If you don't have: 1 tablespoon fresh chopped herbs, you can substitute: 1 teaspoon dried herbs.

If you don't have: 1 small fresh onion, you can substitute: 1 tablespoon instant minced onion (dehydrated).

If you don't have: 1 teaspoon dry mustard, you can substitute: 1 tablespoon prepared mustard.

If you don't have: 1 clove garlic, you can substitute: 1/8 teaspoon garlic powder.

If you don't have: 1 cup tomato juice, you can substitute: 1/2 cup tomato sauce--plus 1/2 cup water.

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If you don't have: 1 cup catsup or chili sauce, you can substitute: 1 cup tomato sauce--plus 1/2 cup sugar and 2 tablespoons vinegar (for use in cooked mixtures).

There will be meetings in the near future with porters and housekeeping personnel in the hotels with an eye towards upgrading of job opportunities.

THE UNIONS WILL ALSO work with the ERC in compiling lists of employees who have the ability to be upgraded. All these people will then work together to bring this about. In many cases the ERC will make specific recommendations to the employees or the unions.

"This is an area of complex problems. Nothing is cut and dried. We have laws, but laws are not enough. It is up to each individual to seek opportunities, training and education. It is up to the executives to be fair and to give minorities these opportunities. This is all we ask," Chairman Bailey concluded.

IT IS MOST IMPORTANT that all prospective employees seeking job opportunities in the hotel and other industries in Nevada, keep a detailed reminder--including names of people spoken to, dates and times--so that, should they wish to lodge complaints, the information needed by management to correct violations of the law can be included on the ERC complaint form.

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