

Food Forum

Dorothy Johnson

Yesterday one of my readers asked, "do you ever make those things you write about?"

Of course that was a person that hasn't known me long. I answered her the only way I knew how, with a simple yes.

The recipes I give are neither expensive nor difficult to prepare. Their ingredients are found in supermarkets and grocery stores in any locality. The recipes are as traditional as your mother's, and as modern as tomorrow.

THE ART OF COOKING is incomplete without YOU. Recipes are the manufacturer's guide, but the style is YOURS. I'm not attempting to tell you how to cook; merely making suggestions.

QUICK MEALS FOR WORKING HOUSEWIVES

Chili Bean Bake

- 1 package dry chili mix
- 1 One pound 3 ounce can tomatoes
- 1 One pound 4 ounce can kidney beans
- 1 One pound can lima beans drained
- 1 12 ounce can luncheon meat sliced
- 1 cup crumbled corn chips

Combine chili mix, tomatoes and water in sauce pan; bring to a boil and simmer 10 minutes. Add undrained kidney beans and lima beans to sauce; pour into baking dish and arrange luncheon meat over top. Bake 25 to 30 minutes--sprinkle with crumbled corn chips.

Your time: 8 minutes
Cooking time: 40 minutes

Frankfurter-Noodle Casserole

- 3 cups uncooked broad noodles, boiling water.
- 1 envelope dry smoky green pea soup mix
- 3 cups hot water
- 1 cup shredded processed American cheese
- 6 frankfurters--cut into 1 inch pieces
- 1/4 cup finely chopped onion
- 1/8 teaspoon pepper

Heat oven to 350 F (moderate) Cook noodles in unsalted, boiling water until tender, about 10 minutes. While noodles are cooking, pour soup mix into sauce pan and add 3 cups water and cheese--add frankfurters, onion and pepper--mix well. Drain noodles and pour half into baking dish. Pour half the soup mixture over the noodles. Repeat the noodle and soup layers. Bake 20 minutes.

Your time: 11-1/2 minutes
Cooking time: 40 minutes.

Bean-Sausage Skillet Dinner

- 1/4 cup molasses
- 3 tablespoons catsup
- 2 tablespoons vinegar
- 2 tablespoons prepared mustard
- 1 21 ounce can pork and beans
- 1 20 ounce can kidney beans
- 2 4 ounce cans Vienna sausage

Blend molasses, catsup, vinegar and mustard in skillet; fold in beans and kidney beans. Arrange Vienna sausage over top. Cover and heat over moderate heat about 15 minutes--stirring occasionally until piping hot.

Your time: 6 minutes
Cooking time: 15 minutes

20 Minute Meat Loaf

- 1 tablespoon vegetable oil
- 1-1/2 pound ground beef (chuck)
- 3/4 cup commercial sour cream
- 1 package dry onion soup mix
- 2 eggs slightly beaten
- 3/4 cup fine dry bread crumbs

Heat oven to 450 F (hot) Heat oil in skillet. Add meat and brown lightly over moderate heat stirring frequently. Combine sour cream, onion soup mix, and eggs. Let stand a few minutes. Combine the lightly browned meat, sour cream mixture and bread crumbs. Pack into loaf pan. Bake 20 minutes. Remove from oven and cool slightly before slicing.

Your time: 7 minutes
Cooking time: 20 minutes

Chili Cabbage

- 7 cups shredded cabbage
- Boiling salted water
- 1/3 cup mayonnaise or salad dressing
- 1/3 cup chili sauce
- 1/4 teaspoon ground dill seed

Straight From The Hon. Senator's Desk

WASHINGTON--Senator Alan Bible of Nevada has co-sponsored a bill to extend benefits of the 1965 Elementary-Secondary Education Act to orphans and other dependent children.

"I'm sure that it was only an oversight by Congress and the Administration that assistance to these needy youngsters was not written into the original act," Bible said. "This must be corrected promptly as this historic program of federal assistance to public education goes into operation."

BIBLE POINTED OUT that assistance to school districts is based heavily on the number of pupils from families of low income. There is no provision for children without families and under public care--orphans, abandoned youngsters and the like--even though they are equally deserving and, in many instances, more in need

of assistance.

The bill co-sponsored by Bible calls for per pupil aid to school districts educating children not supported by their own families.

"This is part of the improvement and refinement work Congress must perform on its record legislative output of last year," Bible said. "This is essential in making certain these broad programs are applied effectively."

WASHINGTON--Senator Alan Bible predicts that Congress will support the President's policy on Viet Nam but will "look long and hard at his broad domestic program."

"President Johnson eloquently stated our nation's determination to keep its commitments while working for peace in Viet Nam," Bible

(See SENATOR, page 14)

In-Service Training Program For Adult Education Personnel



EDUCATORS IN ATTENDANCE at In-Service training session Saturday at Jo Mackey School are: Photo upper left (seated l-r) Herschel Williams, Shirley Satterfield and Joanne Pughley. (Standing l-r) Theron Goynes, Highland School; John Griffin, State Supervisor of Adult basic education; Ray Berry, Director of Education Services. LOWER LEFT (l-r) Lee Rayford, Acquilla Guy, Mary Meharry and Isaac White. LOWER RIGHT (l-r) Ray Berry, H. P. Fitzgerald, Principal Jo Mackey, and John Griffin.

Cook cabbage in boiling, salted water for 8 minutes or until tender. Drain well. Mix mayonnaise, chili sauce and dill seed; fold into cabbage and serve immediately.

Your time: 7 minutes
Cooking time: 8 minutes

Curried Rice

1-1/3 cups water

- 1-1/3 cups water
- 1 chicken bouillon cube
- 1/4 to 1/2 teaspoon curry powder
- 1-1/3 cups packaged pre-cooked rice

In sauce pan bring water, bouillon cube and curry powder to a boil. Stir in rice and remove from heat. Cover and let stand 5 minutes. Stir lightly with a fork before serving.

Your time: 3 minutes
Cooking time: 10 minutes

Tomato Pudding

- 1 cup tomato juice
- 1 8 ounce can tomato sauce
- 2 tablespoons dark corn syrup
- 2 tablespoons instant minced onions
- 1/4 teaspoon dried basil leaves
- 6 slices white bread
- 1/4 cup melted butter or margarine
- 2 tablespoons grated Parmesan cheese

Heat oven to 350 F. (moderate) Mix tomato juice, tomato sauce, corn syrup, onion and basil in sauce pan. Cut bread slices into quarters and arrange in bottom of baking dish. Brush with butter and cover with half of tomato sauce mixture. Repeat layers once again. Sprinkle with Parmesan cheese and bake 25 minutes.

Your time: 6 minutes
Cooking time: 25 minutes

FRIENDLY
INCOME TAX SERVICE
Golden West Shopping Center
Food Fair
\$5.00 AND UP "OUR 7TH YEAR"

EL RIO CLUB
GAMBLING CASINO
and
CHINESE-AMERICAN RESTAURANT

Wine
Liquor

It's a
NATURAL!

Beer
Barbecue

KENO - '21' CRAPS

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