

Food Forum

Dorothy Johnson

YUMMY SKILLET SUPPERS

We postpone the German-Austrian portion of "A Guide to Dining Out in Another Language", scheduled for this issue, in order to bring to you easy-to-make recipes (involving a minimum of cooking and elimination of oven) when they should be the most welcome. With the onset of hot summer weather, these meals, gleaned from recipes by home economist Carol Manuel, are a boon to the homemaker, and offer a refreshing variety to her family's dulled palates.

BRAISED BREAST OF LAMB WITH VEGETABLES

Brown 2 lbs. lamb breast, cut into serving pieces, slowly in skillet. Pour off all fat and sprinkle meat with salt, pepper, and rosemary to taste; add 1 slice onion (1 pod garlic optional). Cover and simmer 1-1/2 hours or until tender. Remove more fat if necessary.

Add a little water to pan drippings, then add 1 pkg. frozen whole green beans, wax beans, and limas. Sprinkle with salt and pepper. Cover and simmer about 20 minutes, or until vegetables are tender; add whole red cherry tomatoes and heat gently.

SWEET AND SOUR MEAT BALLS

Mix 1/4 cup fine dry bread crumbs, 1 tsp. each instant minced onion and salt, dash pepper, 1/2 cup water. Add 1 lb. ground beef and 1 egg. Shape into about 16 balls. Brown slowly in a little oil. Remove from heat. Cook 1 cup celery and 1 each red and green pepper (cut in wedges) 5 minutes.

Mix 1-1/2 cups water, 1/3 cup each brown sugar and vinegar, 2 tbs. soy sauce. Add 2 tbs. corn starch mixed with a little water and cook 3 minutes. Add meat balls, celery and peppers, 4 halved pineapple slices, and a few pickled cauliflower. Serve with crisp noodles.

HASH-STUFFED PEPPERS WITH CABBAGE

Allow 1 pepper per serving. Cut tops from 4 or 5 large green peppers and remove seeds. Cook 4 to 5 minutes in boiling water--drain.

In skillet, saute 2 cans (16 oz. ea.) corn beef hash, stirring often. Fill peppers.

Melt 4 tbs. margarine or butter in skillet and cook 1 chopped onion until golden brown; add 2 cans tomato sauce, 1/2 cup water, 2 tbs. brown sugar and salt and pepper to taste. Add stuffed peppers and wedges of cabbage. Cover and cook slowly until caggage is tender. Top each pepper with sauch or catsup.

SPEEDY SPANISH RICE

Heat 6 tbs. margerine in large skillet. Saute 1 large chopped onion and 1/2 chopped green pepper slowly until lightly browned. Push vegetables to side of skillet and put in ground beef (1 lb.); cook until meat is browned.

Add 1 can mushrooms (4 oz.), 1 can tomato sauce, 1-1/2 cups tomato juice, 1 pkg. 'Minute' Rice, 1 tbs. brown sugar, garlic salt, and pepper to taste. Mix thoroughly. Cover and cook over medium heat until mixture boils; then cook slowly for 10 minutes.

WEINER-NOODLE CASSEROLE

Heat 2 tbs. oil. Brown 1 lb. weiners cut in 1 inch pieces. Push weiners aside in skillet and add 1 large chopped onion, 1/2 cup chopped green pepper, and 1/2 cup sliced celery. Cook and stir vegetables until browned.

Add 1 can tomato soup, 1-1/2 cups water, 1 tbs. brown sugar, 1 tbs. vinegar, 1 8-oz. pkg. wide noodles, salt and pepper to taste. Bring to boil over hot fire, then slowly cook until noodles are tender.

NEW O.I. FUN PROGRAM ON THE JOB TRAINING FOR HOTEL INDUSTRY BEGINS

Tomorrow night, July 1, Operation Independence will open a new program. Everyone is invited through the OPEN DOOR to participate in music, dancing, discussion, dramatics and hobbies for all ages.

Folk Music will be featured. Mrs. Esther McGlothen, an accomplished and well-known musician, will explain different varieties of music and illustrate with recorded songs. A singing group will offer spirituals. An attractive group of instruments will be on display.

This is the first of a series of programs to be featured designed for fun, recreation and the pursuit of happiness.

HELP US TO OPEN THE DOOR.....

Nicholas N. Podar, Project Director for Fair Practice and Training Council, Inc., announced, this week, that the first classes of a series which will start every three weeks for the next 18 months to conduct on-the-job training in Kitchen, Dining Room, and Housekeeping Service for 351 new and up-graded positions in the hotel and restaurant industry will begin about July 11, 1966.

The Fair Practice and Training Council, Inc., is a California non-profit corporation which has a prime contract with the United States Department of Labor for the purpose of developing and promoting an on-the-job training program for the hotel and restaurant industry in Clark County. Offices are located at 110 New York Ave., Las Vegas, and the telephone number is 384-7651.

IN ORDER TO apply, it is necessary to be a resident of the United States, have an interest in this particular industry, and have the background which will afford an opportunity for employment in on-the-job training.

Interested persons should obtain and file an application form with the Fair Practice and Training Council. As jobs are developed, applicants will be called in for interview and those selected will be placed in one of the forthcoming classes, and as jobs are developed, will be assigned to on-the-job training.

The program for each class will consist of: a 3-week course to be held at the Nevada Building, 109 South Third Street, Las Vegas. Classes start at 8 a.m., and continue until 2:30 p.m. After the completion of the 3-week course, and when specific job assignments have been developed, trainees will be assigned to on-the-job positions in one of the hotels or restaurants in Las Vegas. During the 3-week Training Class, trainees will receive a special subsistence allowance which will vary from \$41 to \$70 per week; the exact amount to be determined by the Department of Employment, based upon the number of dependents, etc.

For the following 12 weeks, the Trainee, while working on the job, will be paid at the Union scale for the particular classification in which he or she is assigned. At the completion of 12 weeks, the Trainee should qualify to continue employment in the hotel-restaurant industry. This employment may or may not be with the same business where he worked during the 12-week training period.

TO RECEIVE TRAINING ALLOWANCE (3-week), you must be a citizen of the United States or a resident alien. You must have a set of work experiences which add up to two years, at just any type job: paper boy, window washer--anything, anywhere. The work experience does not have to be consecutive. There will be no Youth Training allowance.

Trade classifications are Kitchen Help Trainee, Dining Room Help Trainee, and Housekeeping & Service Trainee. Trainees assigned to positions in Food Service must have a valid Health Card, and a Las Vegas City Police card or a Clark County Sheriff's card.

Tax And Exemption Notice

J. A. Bilbray, Clark County Assessor, hereby notifies all residents of West Las Vegas, Nevada to PLEASE contact his Branch Office located at 310B E. Lake Mead Blvd., for the purpose of validating their Exemption Records. Those eligible for receiving exemption credit on property tax assessments MUST validate their record each year. The Branch Office is now open and ready to serve the public for their exemption requirements, plus other property tax matters. Owners wishing to use their exemption on their Real Property may now complete their application prior- to July 1st Boat and Trailer Licensing periods, thus avoiding possible waiting in line during that peak rush period.

CLARK COUNTY, NEVADA
J. A. BILBRAY, ASSESSOR

NAACP CITES PUBLISHER

NEW YORK - (NPI)--John H. Johnson, founder-president Johnson Publishing Company--publishers of Ebony and other magazines--was named winner of the annual Spingarn Medal of the NAACP.

The Chicago publisher joins a select list of previous winners of the coveted award, which was set up by the late J. E. Spingarn in 1914 to honor "distinguished merit and achievement among American Negroes."

Previous winners have included singers Marian Anderson, and Leontyne Price, writers Langston Hughes and Richard Wright and Dr. Martin Luther King, Jr.

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S.S. Office Closed
Saturday & Monday

ED COCKS--Social Security District Office Manager in Las Vegas announced today that their office will be closed on SATURDAY, July 2 and ALL DAY Monday, July 4 because of the National Holiday.

FRIENDLY LIQUOR SPECIAL

Blue Line Gin

\$1.93 pint

616 W. BONANZA



... DOT'S TIPS ...

When screws - or - nails work loose, wrap them in cotton, dip into glue, replace in original holes.

* * *

Grapefruit seeds, if planted thickly in rich earth about an inch thick and kept well watered, will sprout into a beautiful green centerpiece in about two weeks.

* * *

Tip for car-washing shorties: Use a string mop to wash the top of the car.

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