

Food Forum

Dorothy Johnson

WINE DOES WONDERS FOR EVERY DAY COOKING

You'll find wine's so easy to use that special recipes aren't always needed--Just keep wine on hand and use it right along with your salt and pepper the way professional Chefs do. It's a quick economical seasoning that accents and enriches the natural food flavors, adding fun and flair to any dish.

Even prepared mixes and other convenience foods take on your own individuality when you cook with wine. For example, use white dinner wine or sherry instead of half the liquid needed in a cake, cookie, pudding, or pie filling mix.

(1) Flavor gelatin desserts or salad substituting wine for half the water in the recipe. (2) Choose red or white wines depending on color of the gelatin. Improve dry spaghetti sauce mix, or dry salad dressing mix, by substituting red or white wine for half the water specified on the package.

Corn beef, or pork, is mighty fine eating when cloved, glazed and baked. Make your glaze with Muscatel or Sherry wine adding brown sugar or honey, or any canned fruit nectar. It's a novel union of flavors, and MOST pleasing.

Wine flavored pan gravy makes a triumphant topping for almost any meat.

BUDGET COOKING THE GOURMET WAY is easy for the smart cook. She uses wine with low-cost meats for added flavor. For example, Veal steak, cubed and sauced in a mushroom soup gravy, made with a touch of Sherry is elegant on crusty cornbread.

VEGETABLES WITH WINE

Canned baked beans are a simple, delicious barbecue favorite. Give them new interest by seasoning as follows: To 1 tall can (1 lb. 12 oz.) of beans add 1/3 cup Sherry, 2 tbs. brown sugar, 1 tsp. dry mustard, 1 tsp. instant coffee powder. The Sherry and coffee add a rich nutty flavor which is impossible to identify, but very easy to enjoy.

Even "old stand-by" mashed potatoes can be "gourmet". Beat Sauterne (Chablis or Rhine wine) and a little cream into potatoes with butter and your usual seasoning. Pile into baking dish, sprinkle with Parmesan cheese (I prefer bleu cheese folded in) and brown under broiler. Quick, easy and different.

Season a one pound can of solid pack tomatoes excitingly with 1/4 cup chopped onion, 1/2 tsp. dried dill, 1 tsp. celery seed, salt and pepper. Add 1/4 cup Rose Wine; simmer few minutes. Top with Parmesan cheese.

For a show-off soup, serve Chicken Mongole. Mix (1 can each) condensed tomato soup, pea soup and chicken-rice soup. Add 1 cup cream, 1/3 cup Sherry. Heat to piping hot; add dash curry powder.

California wines are most economical, unless you make your own wine as I do. (It's legit).

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Title V Project Heads



SENIOR VARIETY CLUB LUNCHEON



Pictured at Senior Variety Club's recent Luncheon are (seated, from left) Leola Armstrong, special guest; Lillian Carter, Vista Worker; Nota Williams, Eula Watts, Mrs. Charlie Russau-- Standing (from left): Mattie Lexington, Madge Rugg, Vista Worker; Daisy Buffington, Jessie Hutchins, Sandra Crum, Vista Worker; Porter Troutman, Clara Bailey, Vista Worker; Leola Gray, Clara Green and Leola Williams.

The Senior Citizen Variety Group, organized by Lee Troutman, Doolittle Group Leader, and Miss Lillian Carter, a Vista Worker from Operation Independence, are having great social times and relaxation as they meet at Doolittle Center to chat and engage in their needlework and quilting.

Recently, 25 of the 'young' ladies were entertained at a Luncheon in the beautifully appointed home of Mrs. James Nealie who has become a

member of the group. Special invited guest was Mrs. Leola Armstrong who, along with everyone present, raved over the menu of fried chicken, string beans, salad, hot rolls, punch, coffee cake and Ice Cream.

The Senior Variety Group are welcoming interested persons to become members--for information regarding the group, call 385-1221, Ext. 365.

"Visiting Homemakers" Graduates

Clark County's first class in Visiting Homemakers celebrated graduation on July 28 at John C. Fremont Jr. High School with a brief ceremony.

Eva Houston, project supervisor of Title V, the work training program funded through the Economic Opportunity Board, and operating under the aegis of the Nevada State Welfare, stated that her hopes for this community service was motivated by the need in the community for temporary homemakers.

"Many a household falls apart during an emergency when the mother becomes temporarily incapacitated", Mrs. Houston pointed out. "A trained homemaker could aid greatly in caring for the home and children. The concern the sick mother must feel for her family in the

emergency is eliminated. The Visiting Homemaker's service aims to maintain the care of the home and family in its familiar setting and patterns. It certainly helps the morale of the entire family during times of stress", she explained.

Through the coordinated efforts of Mrs. Houston and the Adult Vocational Education Department, a 40-hour course was designed for women eligible for the work training program. A curriculum which covered such domestic factors as meal planning, food preparation, children's habits, home management, safety in the home, infant care, budgeting and care of the elderly and sick was taught by Home Economics teacher, Phyllis Robinson.



Students who successfully completed the Visiting Homemakers Course are shown in picture above with teacher Phyllis Robinson (left) are (from l-r): Vera Jamerson, Mary Smith, Bessie Potter, Lucille Antee, Ruthie Jones, Lucille Moreland, Elvina Young, Jennie Griffin, Myrtle Hornsby, Elizabeth Franklin, Beulah Jones, and Doris Bunn.

In left photo, Title V execs who make the wheels go round are from left: Robert Bauer, Chief of Special Project of Nevada State Welfare, Carson City; Elizabeth Tully, Technician; and Eva Houston, Project Supervisor.

O'CALLAGHAN FOR LT. GOVERNOR