

Food Forum

Dorothy Johnson

SCHOOL BELL MEANS LUNCH BOXES, TOO

Mothers, how many times have your youngsters returned their lunch box to you, and you found the fruit, perhaps, and/or cookies gone, but there is the sandwich, hardly touched. This usually begins to occur after a few weeks of the school session, and it is completely understandable. Too often, we mothers overlook the fact that, like us, children tire of the same, monotonous lunch fare, and simply have no appetite for the same "hearty" sandwich we are likely to prepare for them day after day.

NO DOUBT, all of us are acquainted with the story of how the Earl of Sandwich (nearly two hundred years ago) called for a piece of meat between two slices of bread so that he could satisfy his hunger without leaving the gaming table, thus innovating a whole new form of eating.

The Earl would not recognize the many variations we have today of the comestible that bears his name, for sandwiches have long ceased to conform even, in general, to the pattern of a simple filling between two slices of bread. Only the school child's or the working man's lunch box sandwich bears any marked resemblance to its first ancestor.

Necessarily, school lunch sandwiches are of the simple, rather than the fancy variety, but even so, there are many ways to add zip, flavor and eye-appeal to some of the standards.

BEGINNING WITH Peanut Butter, loved by all children, here are a few suggestions for "dressing up" the old stand-bys.

PEANUT BUTTER - FIG & RAISIN

1/2 c. figs, 1/2 c. raisins, 1/2 c. peanut butter, 2 tbs. lemon juice, 2 tbs. light corn syrup. Wash figs and raisins and put through a food chopper; add pinch salt and all ingredients--Mix well.

PEANUT BUTTER & ORANGE MARMALADE

1/2 c. peanut butter, 1/4 c. cream, 1/2 c. orange marmalade. Mix well until all ingredients are completely blended.

PEANUT BUTTER & BANANA

1/2 c. peanut butter, 1/4 c. cream, 1/2 c. mashed bananas, lemon juice to taste. Mix bananas and lemon juice well. Add to peanut butter and cream--blend well.

CREAM CHEESE

Philadelphia cream cheese may be mixed with chopped dates and nuts or pimiento for a good spread.

GROUND BOLOGNA

Bologna ground in food chopper mixed with sweet pickle relish and mayonnaise goes a long way, and is very popular with the youngsters.

HAM

Ham may be ground in food chopper with hard-boiled eggs, mayonnaise and pickles for a good spread, also.

EGG SALAD

Hard boiled eggs, salt, pepper, pickles (if desired), and mayonnaise is especially nourishing, and most kids go for it.

TUNA FILLING

Tuna fish, hard-boiled eggs, pickles, and mayonnaise is a sandwich favorite with everyone, and, of course, is usually the Friday sandwich--indispensable to Catholic children and even to those who usually have fish on Friday 'cause they just like fish.

DENVER

Eggs, chopped onion, chopped green pepper, chopped ham, salt and pepper to taste. To slightly beaten eggs, add onion, green pepper and ham. Pour into buttered skillet--sprinkle with salt and pepper. Cook until egg is done, turning once.

Vegetable sandwiches are surprisingly good, too. Here are a couple.

CARROT - RAISIN

Scrape carrots clean, rinse off in water and shred. Cream small amount of butter (or mayonnaise), softened raisins and salt--blend ingredients.

LEFT-OVER BEANS

JUDGE COLLINS HONORED



OPEN HOUSE HONORS JURIST--Mr. and Mrs. Hamilton Jackson recently held an informal reception in honor of Supreme Justice Jon Collins in the garden of their home at 333 Recco. Approximately fifty guests enjoyed a lavish buffet supper and following the dinner Justice Collins, who is returning to Reno in September when the Court reconvenes, gave a short talk to the assembled guests on the importance of judicial elections. Here, Justice Collins and Mrs. Hamilton Jackson are assisted at the buffet by 'guest-chef' Willie Clark.

NEGRO HISTORY DEMAND

NASSAU, Bahamas - (NPI)--Calls for the teaching of Negro history are old stuff in the United States, where Negroes are a largely unrecognized minority. But when the same calls were issued in the Bahamas, where the majority of the population is black, that's news.

"MAKING THE CALL" was the Afro-Bahamian club, which urged the minister of education to start teaching the black man's history in government schools. Such instruction, said Edmond S. Moxey, chairman of the club's education committee, "would be of tremendous benefit in raising the educational standard of the Bahamian people, opening the door to better understanding and instilling in our people a greater sense of pride."

"As the great majority of Bahamians are of African origin, we feel that it is absolutely essential to teach African and the black man's history and culture which has up to now been very largely neglected."

"We are sure that you will agree that in a racially-mixed society such as ours, there is an immense cultural reservoir which can be drawn upon from the various ethnic groups to enrich the cultural development of the Bahamas and accelerate the development of the Bahamian personality."



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Drain well, mix and mash with sweet pickle juice, chopped sweet pickle and onion. If not wet enough, add a little mayonnaise for right consistency.

Remember that left-over chicken or beef make really wonderful sandwiches and are regarded as a real treat. Also, most any meat, left-over, makes a good sandwich--meat-loaf, tongue, even stew meat can be ground with mayonnaise and seasoned and is very tasty. Don't forget cheese--many youngsters like cheese, and for those who do, an occasional cheese sandwich is a welcome change--good to them and good for them..

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