

FOOD FORUM *

Dorothy Johnson

QUICK MEALS

MODERN COOKING is the inspiration of the moment. Little of it roots in the past. Grandma's hand-me-down recipes aren't merely out of date --some of them actually won't work. As our mode of living has been drastically transformed, not only have our food preferences changed, but food itself has changed.

Such basic ingredients as flour, sugar, and butter have appeared in new forms designed for expediency in cooking, and food manufacturers have revolutionized the whole concept of the culinary art. The busiest housewife or career woman, if she chooses, can turn out the finest meal with minimal time and effort.

The packaged cake mix has its own canned frosting; the frozen vegetable, and in many instances, even the canned one, has its sauce already applied. Now one buys already prepared colé slaw dressing, hollandaise sauce, and potato salad mixings; sauces and gravies come in packets.

A hundred kinds of biscuits, rolls and breads may be baked fresh from the package. Orange juice, dairy dips and egg nogg are delivered by the milkman. There are barbecued chicken, crisp fried fish, ready cooked corn beef available at the supermarket to make meal getting easier and infinitely quicker.

OUR MODERN homemaker has more "things to do" than her mom had. Even if she doesn't have a job, she is the family shopper, launderer, errand runner, chauffeur and housekeeper. She needs all the meal getting helps to be had. The day of the instant meal has long since arrived freeing the little woman from the bondage of kitchen slavery... Here are a few quick snappy suggestions for women involved in careers, children's activities, volunteer community work, or even time-consuming hobbies.

MACARONI SAUTE

1 pkg. spaghetti mix, 1 (8 oz.) can tomato sauce, 1/2 tsp. seasoned salt, 2 c. water, 8 oz. rippit, krinkle, or elbow macaroni, 2 tbsp. butter or margarine, 1 green pepper cubed, 6 frankfurters sliced.

Combine spaghetti sauce mix, tomato sauce, seasoned salt and water in large skillet. Bring to a boil--reduce heat, simmer covered for 15 minutes. Add uncooked macaroni, frankfurters and butter. Simmer 8 to 12 minutes longer, stirring often. Add green pepper and simmer 5 to 10 minutes longer.

SWIFTY STUFFED GREEN PEPPERS

2 (14 oz.) pkg. frozen sirloin tips, 1 (10-3/4 oz.) can tomato soup, 1/2 c. water, 1 c. instant rice, 6 med. green peppers.

Heat sirloin tips in skillet according to directions on package. Add soup and water--cover and bring to boil. Stir in rice and let stand 5 minutes. Remove tops from peppers, scoop out seeds, then cook peppers in a small amount of boiling water until tender, but still firm enough so peppers hold their shape. Drain peppers and fill with meat mixture. Makes 6 servings.

DEVILED FISH STICKS

1/4 c. butter or margarine, softened; 1/4 tsp. dry mustard, 1-1/2 tsp. worcestershire sauce, 1/2 tsp. lemon juice, dash hot pepper sauce, 1/8 tsp. onion salt, 2 pkgs. frozen breaded fish sticks.

Combine butter, mustard, worcestershire sauce, lemon juice, pepper sauce and onion salt. Arrange fish sticks in a single layer in shallow pan. Spread with the butter mixture. Bake in 450 degree oven until brown and well heated.

Sam Armstrong Birthday Party Festive & PRETTY



In living, beauteous color are five good reasons why the April 20 birthday party Mrs. Marilyn Armstrong threw for hubby, Sam, Sugar Hill's popular bartender was such an unqualified success... From left are Angela Messinger, Patty York (Star of the Thunderbird Watusi Stampede), Marilyn Armstrong, Sam's lovely wife, Sandy Wyand, and Suzanne Padilla.

Hues And Cries

By NEGRO PRESS INTERNATIONAL

DAUGHTER-LESS RITES

CINCINNATI - (NPI)--Interracially married William Kappelhoff, 71-year-old father of movie star Doris Day, died and was buried last week without the benefit of Miss Day's presence at the final rites. The liberal and semi-wealthy Kappelhoff had married a Negro woman named Luvenia who previously worked for him as a waitress, and said at the time that Miss Day had disapproved of the marriage. She is his only surviving child.

DIXIELANDER DIES

NEW YORK - (NPI)--Henry (Red) Allen, a former member of the jazz bands of Louis Armstrong, Fletcher Henderson and King Oliver, died and was buried last week at the age of 60. A Dixieland-style trumpeter, Allen had graduated years ago from New Orleans and riverboat jazz circles to big time jazz in Chicago and New York.

U.S. TAKES POLICY ABROAD

CHICAGO - (NPI)--The mother-in-law of a Negro soldier stationed in Germany has asserted that Negro troops in Germany "have been stripped of all their rights as American citizens." Mrs. Elizabeth M. Melcher, 39, whose son-in-law, Harold Dukes, was stationed in Germany for 18 months, said Negro soldiers face resentment from Germans and mistreatment from white American personnel. Mrs. Melcher made her charges after returning from a four-month stay in Germany.

DEFLECTIONS

WASHINGTON - (NPI)--White liberals' deflections from the civil rights movement are forcing Negroes to assume more responsibility for running the movement, according to Carl Rowan, former director, U.S. Information agency. The open housing section of the defeated 1966 Civil Rights Bill drove many white liberals out of the movement, he said. As a result, the Negro is "going to have to make more sacrifices" for the civil rights movement, Rowan added.

OJT Council Offers Basic Ed Training

ATTENTION--All Persons: No Age Limit!

Henry P. Miller, OJT Job Coordinator, advised the VOICE today that a special training program for those who need their three "R's" --READING--WRITING and 'Rithmetic will commence on May 15, 1967.

All interested individuals who need basic education, grades 1 through 5 or grades 5 through 8 in Reading, Writing, or Arithmetic, please contact Pat Whittaker or Marie McMillan at Adult Opportunity Center, 627 Las Vegas Boulevard North.

CLOSING DATE for all applicants is May 10, 1967... There will be compensation for attending these classes.

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To Complete Dubois' Encyclopedia Africana

ACCRA - (NPI)--Work on the massive 10-volume Encyclopedia Africana originated and initially carried out by the late Dr. W.E.B. DuBois, with the presidential blessing of Kwame Nkrumah, is still being pursued, despite Nkrumah's ouster and exile. After Dr. DuBois' passing, the job of compiling the encyclopedia was successively in the hands of Dr. W. Alphaeus Hunton, Miss Shirley Graham--DuBois' wife--and now, Prof. I. N. Ofusu-Appiah, Ghanaian graduate of Oxford and Cambridge, who once taught at Dillard University, New Orleans.

NLV Housewife Wins First Diet-Pepsi Beauty Stakes



Mrs. Lee Wittwer, 2819 Webb Ave., North Las Vegas, Nev. mother of five (5) children was the lucky winner in the first Diet-Pepsi Beauty-stakes drawing, winning a \$350 imported wig from the Pepsi-Cola Bottling Co. of Las Vegas. Happy and excited, Mrs. Wittwer's biggest problem is deciding whether to become a blonde, redhead or brunette. And because Mrs. Wittwer shops at Safeway store College Park, Manager Richard Bigham wins a beautiful wiglet for his wife.

Pictured with the lucky housewife is Bob Stahl (left) President, Pepsi-Cola Bottling Co. of Las Vegas and Leonard Bennett, local Company Sales Manager.

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