

# FOOD FORUM \*

Dorothy Johnson

## Beef "Especially For You"

"Especially For You" was the theme of the National Live Stock and Meat Board Cooking School sponsored here at the Mint Hotel by the Las Vegas Sun, last week. As usual, at this annual event, there was a capacity crowd of housewives and professional cooks of all ages and origin eager to learn new ways to prepare beef.

Sun editor-publisher Hank Greenspun opened the culinary workshop by introducing Gerry Appleby, women's editor of the Sun, who coordinated the event. Miss Sandra Simes, Home Economist from the National Live Stock and Meat Board, director of the cooking school, was ably assisted by Southwest Gas Company Home Economist Mrs. Winter Meyer.

Among the many housewives noted from our local community, I recognized Susie Maufus, Alma Yates, and Carleen Peguese. Our delegation from Operation Independence included Esther Newsome from Child Care Center No. 1, Linda Lewis and Robbye Aldridge representing Center No. 2, and Eddie Mae Hurd and Frenzell Williams from Center No. 3.

BEFORE THE demonstration for preparation and cooking of recipes on the day's agenda began, Miss Simes explained the research production, processing, marketing, and retailing of beef which was highly informative. She also gave a brief discourse on the diversified and fascinating job opportunities available to Home Economists.

One of the popular features of the program was the presentation of various family-size cuts of choice beef as door prizes. Previously mentioned housewife Carleen Peguese was the lucky winner of an array of steaks. Frenzell Williams, an Operation Independence Cooking Class trainee was the lucky winner of a beautiful platter containing a delectable meal for the whole family consisting of one of the star recipe dishes of the day "Harvest Beef Short Ribs" with all the trimmings including vegetables.

This "different" short ribs recipe has my heartiest recommendation, and I am happy to present it to the readers of Food Forum.

### HARVEST BEEF SHORT RIBS

3 lbs. beef short ribs, 1-1/2 tsp. salt, 1/4 tsp. pepper, 2 med. onions, sliced; 1/2 tsp. dry mustard, 2 tbsp. lemon juice, 2 bay leaves, 1-1/2 c. water, 1/4 c. brown sugar, 1 pkg. (10 ozs.) frozen lima beans, 3 carrots, cut in strips; flour for gravy.

Brown short ribs in their own fat. Cover tightly, cook slowly 1 hour. Pour off drippings. Season with salt and pepper. Add onions, dry mustard, lemon juice, bay leaves and water. Cover tightly and cook slowly 1 hour. Add brown sugar, lima beans, and carrots and continue cooking 45 minutes longer or until vegetables are done.

Discard bay leaves. Remove short ribs and vegetables to warm platter. Thicken cooking liquid with flour for gravy. 4 to 6 servings.

### SWISS STEAK RELISH

2-1/2 lbs. beef blade steak, cut about 1 inch thick; 2 tbsp. lard or drippings, 1-1/2 tsp. salt, 1/4 tsp. pepper, 1 c. sliced onions, 1/2 c. sliced sweet pickle, 1 c. diced celery, 1/4 c. chopped pimiento, 2 tsp. minced parsley, 1/2 c. water.

Pound flour into both sides of steak. Brown well on both sides in lard or drippings. Season and cover with onions, pickles, celery, pimiento, and parsley. Add water and cover tightly. Cook slowly for 1-1/2 to 2 hours or until tender. 6 servings.

### ORIENTAL POT-ROAST

3 to 4 lb. beef arm or blade pot roast, 3 tbsp. flour, 2-1/2 tsp. salt and pepper, 1/2 tsp. garlic salt, 3 tbsp. lard or drippings, 1/4 c. water, 1/4 c. vinegar, 3 tbsp. brown sugar, 2 medium-size green peppers, cut in strips; 1 can (13-1/2 oz.) pineapple chunks, drained; 2 lge. tomatoes, cut in eighths; flour for gravy.

Combine flour, salt, pepper and garlic salt.



## REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

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Your home's insulation is important in reducing costs of both heating and cooling. Remember to check weatherstripping around doors and windows.

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Dredge pot roast in seasoned flour and brown in lard or drippings. Pour off drippings. Combine water, vinegar, and brown sugar and add to pot roast. Cover tightly and cook slowly 2-1/2 hours. Add green pepper and continue cooking 45 minutes or until meat is tender.

Add pineapple chunks and tomato wedges and cook until heated through, about 10 minutes. Thicken cooking liquid with flour for gravy. 6 to 8 servings.

## FASHIONS AT A GLANCE

By Mattie Smith Colin (NPI)

Come Fall, evening fashions will have lots of glitter and shine... After-five wear will have jewels and sequins...some of long gowns are completely jeweled and some only sparkle around the neck, wrist and hem...

Leading fabrics are crepe and chiffon, with velvet and wool as runner-ups. Many of the long be-jeweled gowns have long tight sleeves.

Daytime clothes also have shine...Jangling chains are an important part of the accessories, circling waistlines along with popular metal belt. Hips are chained.

The "in" hosiery is the sheer opaque, in all colors, with brown, black and gray leading the pack.

Shiny sheer stockings with shiny patent shoes in colors that match equal the daytime "Wet Look."

The shiny accessories show their polish best in gleaming metal, plated to look like gold, silver, brass or pewter. Plastic also makes the scene in novel versions, with tortoise making the biggest hit. Patent glows in "Pow" colors and neutrals. Chocolate brown is the number one color in accessories, with variations, such as rust, camel, oyster and teige (a taupe beige hue).

Gloves will glow... shorties have metal links and tortoise loops.

## SNCC "Heartbeat" Dies After Lengthy Illness

ATLANTA - (NPI)--Mrs. Ruby Doris Robinson, former SNCC executive secretary, has died at the age of 25, after a 10-month illness.

Elected to the SNCC position in May 1966, she had to curtail her work in January 1967 when she became critically ill. SNCC leaders called her the organization's "heartbeat."

Mrs. Robinson was married in 1964 to Clifford Robinson of Atlanta, and gave birth to her son, Kenneth Toure (named after President Sekou Toure of Guinea) in 1965.

In her memory, SNCC has set up the Ruby Robinson Fund.

Mrs. Robinson, along with State Rep. Julian Bond, helped organize the Atlanta movement.

In 1960, she attended SNCC's founding conference in Raleigh, N.C., was one of the original freedom riders to arrive in Jackson, Miss., and was imprisoned for 42 days in Parchman penitentiary as a result.

She later took part in the sit-in movement, was jailed again, and went on to hold several key positions in SNCC.

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