

**(MENU, from page 9)**

Leg of Lamb Mediterranean

Glazed Beets with Mandarin Orange Rice

Brussel Sprouts with Water Chestnuts

Cheddar Cheese Bread Egg Nog Pie

4 to 5 lb. leg of lamb, 2 tsp. salt, 1 tsp. pepper, 1 tsp. oregano, 1 small lemon sliced, 1 c. water, 1 (8 oz.) can (1 c.) tomato sauce, 1 clove garlic minced, 1 (9 oz.) pkg. frozen artichoke hearts.

Combine salt, pepper and oregano; rub into lamb. Roast lamb on rack in shallow pan in slow oven (325 deg.) for 2-1/2 hrs. Remove from oven; remove meat and rack from pan, set aside. Drain excess fat from juices in pan. Place roast in pan without rack.

Arrange lemon slices atop lamb. Combine water, tomato sauce, and garlic; pour over roast. Surround roast with artichokes and roast for 30 to 60 minutes more. Baste occasionally with sauce. Serve artichoke sauce over hot rice.

**GLAZED BEETS with MANDARIN ORANGES**

1 c. orange juice, 1/4 c. butter or margarine, 1 tsp. salt, 1/4 tsp. ground cardamon, 2 tsp. cornstarch, 2 tbsp. water, 2 cans (1 lb. ea.) small whole beets drained, 2 cans (11 oz. ea.) mandarin orange sections, drained.

Combine orange juice, butter or margarine, salt and cardamon in 2 quart saucepan. Bring to a boil. Mix cornstarch with water until smooth. Stir into sauce. Boil 2 or 3 minutes or until sauce is clear. Add beets. Heat thoroughly. Just before serving, add orange sections.

**BRUSSEL SPROUTS with WATER CHESTNUTS**

1/4 c. butter or margarine, 1 can (8 oz.) water chestnuts thinly sliced, 2 pkgs. (10 oz. ea.) frozen brussel sprouts cooked and drained, 2 tbsp. chopped parsley.

Melt butter or margarine in large saucepan. Add water chestnuts; cook 3 minutes over medium heat. Add brussel sprouts; toss lightly. Sprinkle with parsley.

**CHEDDAR SPOON BREAD**

3 c. milk, 1 c. yellow cornmeal, 1 c. shredded sharp cheddar cheese, 1 tsp. salt, 1 tsp. baking powder, 3 egg yolks well beaten, 3 egg whites stiffly beaten.

Heat oven to 325 deg. Heat 2 cups milk in 3 quart saucepan. Add cornmeal gradually, stirring about 5 minutes or until thickened. Remove from heat; stir in cheese. Mix until cheese melts. Add remaining 1 cup milk, salt, baking powder, and egg yolks. Mix well; fold in egg whites. Pour into lightly greased 2 quart casserole. Bake 1 hour until set.

**EGG NOG PIE**

1 baked 9-inch pie shell, cooled; 1 envelope unflavored gelatine, 3 tbsp. cold water, 2 c. dairy eggnog, 1 c. heavy cream, 1/4 c. sugar, 1/4 tsp. salt, 2 tsp. vanilla extract, 1/2 tsp. almond extract, ground nutmeg.

Prepare and cool pie shell. Soften gelatine in the cold water. Heat eggnog in saucepan over moderately low heat (about 225 deg.) 1 to 2 minutes. Stir in softened gelatine and continue heating until gelatine is completely dissolved (about 1 to 2 minutes longer). Chill until the consistency of unbeaten egg whites. Beat with a rotary beater until smooth.

Combine heavy cream, sugar and salt in a chilled bowl. Beat until cream holds its shape. Stir in vanilla and almond extracts. Fold whipped cream mixture into gelatine-eggnog mixture. Pour mixture into baked pie shell. Chill 2 to 4 hours until set. Serve sprinkled with nutmeg.

**San Diego School Suit**

SAN DIEGO - (NPI)--A suit has been filed in Superior Court against the Board of Education on behalf of 10 school children, seeking to have the school system integrated.

The suit, on behalf of three Negro, five white, one Mexican and one Oriental pupils, seeks an injunction against the school board and a petition for a writ of mandate requiring the board to adopt an integration plan.

**Suggestions For Crime Prevention By LVPD**

To help prevent your becoming a Christmas crime victim, the Las Vegas Police Department suggests the following precautions be taken to protect your home.

1. Never leave your door unlocked. Keep it locked and bolted when you are in. Lock it and carry your key even when you take out the trash or go next door for only a few minutes.
2. If any window in your house or apartment affords access from the outside, keep it closed and locked at all times.
3. If you live alone in an apartment house with a mail box or directory on the outside, it is wise to list your name using your first initial only (i.e. M. Smith for Mary Smith). Would be intruders will then be doubtful as to whether the occupant is male or female.
4. Even if you have called for a repairman or a tradesman, do not let him in until he has identified himself to your complete satisfaction.
5. If you plan to be away from home for any period of time, do not let the whole world know about it. Stop delivery of milk and newspapers and arrange to have a neighbor pick up your mail.
6. Be neither embarrassed nor lackadaisical about reporting obscene or other annoying phone calls to both the Police and the Telephone Company business offices. They have special numbers to handle these complaints. 382-7171 - Use it if you have to.

**MANPOWER NEWSLETTER**

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DEC. 19, 1967

OPERATION INDEPENDENCE THRIFT SHOP WILL HAVE A CHRISTMAS THRIFT SALE on Friday, December 22nd and Saturday December 23rd. The Thrift Shop is located at 813 W. Owens, for further information call Mrs. Letha Mobley, at the Thrift Shop--Phone 382-5914.

SUPPORT YOUR COMMUNITY PROGRAMS THEY SUPPORT YOU

P.S. See the Thrift Shop fashions at the Christmas Festival on SATURDAY, DECEMBER 23rd at the Doolittle Center.

The ManPower Staff will provide transportation for 100 Westside youth, for the Christmas Party Movies, sponsored by McDonald's on this SATURDAY MORNING, DECEMBER 23, 1967.

First come first served. We have 250 tickets to pass out. The young ones should be in front of the ManPower Development Center no later than 9:00 A.M.

OPERATION INDEPENDENCE and MANPOWER DEVELOPMENT CENTER will assist the local NAACP Chapter in providing assistance for the needy of the Westside Community.

**FULL SPEED AHEAD**

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*Manor House*

**PROTEST AT THE POLLS**  
**REGISTER TO VOTE**

Many motorists make the mistake of driving with all the windows tightly closed during the winter, says Nevada Highway Safety Coordinator, E.H. (Bud) Miller. He points out that this increases the danger of carbon monoxide poisoning, and recommends keeping one window open "just a little" to admit fresh air. It's a good way to stay alert and awake!

**Paying Too Much For Auto Insurance?**

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