

FOOD FORUM *

Dorothy Johnson

Playing It Cool

Out comes the freezer and with no hard to sell at all, you talk yourself into making ice cream like Mother used to make.

RICH VANILLA ICE CREAM

3/4 c. sugar, 2 tbsp. all purpose flour, 1/4 tsp. salt, 2 c. milk, 2 slightly beaten eggs, 2 c. whipping cream, 1-1/2 tsp. vanilla, crushed ice, coarse ice cream salt (rock salt).

Thoroughly mix sugar, flour, and the 1/4 teaspoon salt. Blend in milk. Cook and stir over low heat till mixture thickens and bubbles. Stir in a small amount of the hot mixture into eggs; mix well. Return to hot mixture; cook and stir for 1 minute. Chill thoroughly. Add cream and vanilla.

Pour chilled ice cream mixture into freezer can (fill can only 2/3 full to allow expansion of mixture during freezing). Fit can into freezer. Adjust dasher and cover. Pack crushed ice and salt, using 6 parts ice and 1 part salt. Turn handle at a constant speed till crank becomes difficult to turn.

Remove ice to below lid of freezer can. Thoroughly wipe cover and top of freezer can; remove lid, pull out dasher and scrape ice cream into can. Cover with heavy cloth or newspapers after lid has been replaced and pack ice around. Let ice cream stand 2 to 3 hours to improve and mellow flavor.

ALMOND FUDGE FANCY

For an out-of-this-world dessert, top homemade ice cream with this fluffy chocolate sauce.

1/2 c. whipping cream, 1 tbsp. sugar, 1/4 tsp. rum flavoring, 1 c. milk-chocolate fudge topping, vanilla ice cream, sliced almonds, toasted.

In small bowl, whip cream with sugar and rum flavoring. Fold in chocolate topping. Serve over ice cream topped with toasted sliced almonds.

STRAWBERRY FROSTED

Blend smooth in a jiffy

1 c. boiling water, 1 (3 oz.) pkg. strawberry flavored gelatin, 1 qt. milk, 1 qt. strawberry ice cream.

Place boiling water and gelatin in blender container; cover and blend until gelatin is dissolved. Pour 1/2 cup of gelatin mixture into measuring cup; set aside. Add half the milk to remaining gelatin mixture in blender container and blend on low speed till well mixed.

Add half the ice cream; cover and blend until smooth. Pour into tall glasses. Repeat with reserved gelatin mixture, milk, and ice cream. Garnish each glass with a fresh strawberry.

TANGY CITRUS FIZZ

3/4 c. cold orange juice, 1 c. vanilla ice cream, 1/2 c. lemon sherbet, 1 tsp. aromatic bitters, 1 (7 oz.) bottle (1 c.) lemon-lime carbonated beverage.

In electric mixer bowl or blender container, combine orange juice, vanilla ice cream, lemon sherbet, and the bitters. Beat or blend till smooth.

Pour into 2 tall glasses; carefully pour in carbonated beverage; stir gently. Garnish each serving with a twist of lime, if desired.



REDDY KILOWATT'S HELPFUL HINTS FOR THE HOMEMAKER

Food preparation is definitely the eighth lively art, and now, thanks to the electric blender, it can be speedy too. This recipe combines the talents of unflavored gelatine with those of our blender and there's no cooking involved. You have a recipe as fast as a box mix with all the full natural flavor of fresh and fresh frozen foods, plus their nutritional benefits. It seems impossible to make really fine dishes so fast, but the blender does all the work formerly done by hand, chopping, grating and of course blending.

Peach Melba Mold

2 envelopes unflavored gelatine	1/8 teaspoon salt
1/2 cup cold milk	1 pkg. (12 oz.) frozen peaches, thawed
1 cup milk, heated to boiling	1 cup heavy cream
1/2 lemon, peeled and seeded	1 cup ice cubes or crushed ice
1/4 cup sugar	

Sprinkle gelatine over cold milk in 5-cup blender container; allow to stand while assembling other ingredients. Add boiling milk and process at low speed until gelatine dissolves. Add lemon, sugar, salt, peaches and cream; turn control to high speed and process until smooth. Add ice cubes one at a time and continue to process until melted. Turn into 5-cup mold, bowl or individual serving dishes. Chill until firm, 2 or 3 hours. Unmold and serve with Melba Sauce. Yield: 6 servings

Melba Sauce

1 pkg. (10 oz.) frozen raspberries, thawed. Puree raspberries in blender; strain. Yield: 3/4 cup

TO UNMOLD: Dip the mold to the depth of its contents in a bowl of warm water. Run a small sharp knife around the rim, hold a platter tightly over the mold, and invert. If the mold doesn't slip out readily, repeat.

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes

CALL 384-4600 and ask for HOME SERVICE

Most Of Nation's Poor Not Black And Vice Versa

NEW YORK - (NPI)--Amid the concern about poverty generated by the Poor People's march has come the jolting revelation that most of the nation's poor aren't black, and most black people aren't poor.

This conclusion is being advanced by a Time magazine study. According to the report, two out of every three poor Americans are white.

This means that 33 per cent of the poor are black. And thus, Negroes have about three times their share of poverty, since they constitute about 11 per cent of the nation's population.

While this is particularly tragic in an affluent nation, it is a far cry from the often-repeated assertion that most black people are grinding in poverty, and that most poor people are black. If anything, the study pictures the trend as being in the other direction.

Since 1964, the number of poor people in the country has decreased from 34 million to 29.9 million--a 12 per cent decline in four years. At this rate, American poverty would be obliterated--it would seem--in 32 years.

Another myth about poverty, dispelled by recent studies, is that most Negroes are poor, whereas the median income for the nation's black families is about \$4,000 a year--well above the line below which poverty is said to exist.

In Chicago, for example, the average Negro family has about \$5,000 a year income, says the study.

The percentage of Negro families quietly moving out of poverty is said to be constantly rising.

According to the survey, white people have

an even larger percentage of the poor in rural areas than in cities.

"Of the 11 million rural poor, nearly nine million are white," says the study.

Sixty per cent of the poor live in urban areas; nearly half are 21 or younger; and a third are 65 or older.

While poverty is not the hopeless phenomenon it used to be, millions of Americans continue to live in squalor and hunger. Some 280 of the nation's 3,100 counties are critical hunger areas. Most are in the Deep South. In many of these counties, infant death rates are high and close to half of the people are below the poverty line.

"That poverty breeds poverty can scarcely be denied," the Time article says. "According to one recent study, 71 per cent of all poor families have four or more children--versus 1.35 offsprings for the nation at large--and though two-thirds of all poor mothers are married and living with their husbands, half of the husbands do not hold regular jobs."

FASHIONS

By Mattie Smith Colin (NPI)

Spring fabrics forecast a coming print explosion. The popular petti-prints are competing with the huge, bold floral and tribal prints, Indonesian prints and the newcomers which feature the much-heralded "IN" look--romantic.

Swingers prefer the primitive art prints--somber shades with some modernized touches of brightened color tones; also the abstract in cones, cubes, angles and arcs.

Flowers play a prominent role in the romantic spring and summer prints -- designs ranging from large full-blown blooms to dainty clusters of buds clinging to strips.

Stripes themselves vary, from pin to wide awning styles. Shadow, pale plaids and paisleys are popular. Stripes run the gamut from pencil - slim to wide, wide and wider--from one color to another. Checks are both window-pane and small and in numerous color combines.

For the "teen" set, stripes are horizontal or vertical, going both ways on one dress. Wide or narrow, a combination of two colors or a lot of screaming colors, awning stripes, barber pole stripes, pin stripes and stripes.

Newest stripe is the "chain." Rows of brown links are embossed on a dirndly - skirted patent-belted dress of white cotton.

SHAMROCK FURNITURE
Quality At Warehouse Prices
 Mon. to Fri. 9 a.m. 8 p.m.
 Sat. 9 a.m. 6 p.m.
 Sun. 11 a.m. 5 p.m.
Main Bonanza -- 384-2911

No Charge for Checking Sets in Shop
 USED TVs \$19.95 and up
UNITED TV
TELEVISION & CAR RADIO
Catering to All Former Customers of Bud's TV
 Same Day Service 2438 Las Vegas Blvd., No. North Las Vegas, Nevada
 Call 642-5073