Reducing

The Risk Of

Heart Attack



# **Outdoor Cooking**

Now that the picnic season is officially opened, it seems to signal summer family reunions, the beginning of the picnic season, and outdoor barbecueing.

Food is an important part of each of these festivities. For those fishermen, here is a delightful way, to fix Barbecued Trout.

## BARBECUED RAINBOW TROUT

6 pan-dressed rainbow trout (or other thick cut pieces of fish) 2/3 cups soy sauce, 1/2 cup catsup, 2 tablespoons lemon juice, 2 tablespoons salad oil, I teaspoon crushed rose-mary. Clean wash and dry fish. Place fish in shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand 1 hour, turning once. Remove fish, reserving sauce for basting. Place fish in a single layer in well greased wire grill. Cook about 4 inches from moderately hot coals for 5 to 8 minutes. Baste with sauce. Turn and cook 5 to 8 minutes longer or until fish flakes easily when tested with a fork.

#### BARBECUE SPANISH RICE

1 Package (16 oz.) minute spanish rice mix, 1 can (16 oz.) tomatoes, 1 cup water, 4 tablespoons butter. Measure two 18-inch square sheets of heavy duty aluminum foil. Place on top of one another in medium size bowl and press down to form a pouch.

Combine rice, contents of seasoning packet, tomatoes, water and butter in pouch.

Fold foil to seal tightly and remove pouch from bowl. Be sure leave room for rice to expand.

Place on grill over hot coals with grid at lowest position.

Cook for an additional ten minutes.

Remove from grill and open foil. Fluff rice. Makes about 3 cups.

#### MEXICAN CHICKEN

1 can (8 oz.) tomato sauce, 1 tablespoon parsley flakes, 1 tablespoon sugar, 1 teaspoon salt 1/2 teaspoon chilli powder, 1/8 teaspoon pepper, 1/8 teaspoon tabasco, 2 broiler chickens (2 to 2 1/2 pounds each).

Combine tomato sauce, parsley flakes, sugar

salt, chili powder, pepper and Tabasco. Split chickens in half, place bone side down on grill five inches from medium coals; cook 20 to 30 minutes.

Turn chicken and cook 30 to 40 minutes longer turning and brushing frequently with tomato mixture.

#### SMOKY BARBECUE SAUCE

1/4 cup butter or margarine, 1/2 cup finely chopped onion, 1/2 cup water, 1/2 cup catsup, 1/4 cup vinegar, 2 tablespoons sugar, 2 table-spoons worcestershire sauce, 1 tablespoon prepared mustard 1/2 teaspoons salt 1 1/2 teaspoons smoke salt 1/2 teaspoon pepper, 1/4 teaspoon cayenne pepper.

In heavy saucepan, cook onion in butter or margarine until tender. Stir in remaining ingredients and simmer for 15 minutes. Makes about 2 cups.

## **BARBECUE SAUCE NO. 2**

1 bottle catsup (14 ozs.) 1/2 cup cider vinegar 1 medium chopped onion, 1/4 teaspoon cayenne pepper, 3 tablespoons sugar, 1 teaspoon salt, 2 bay leaves, 2 tablespoons Wrights Bar-B-Q smoke.

Combine all ingredients and bring to a boil. Allow to simmer gently for 5 minutes, cool. Makes 2 1/2 cups.

### ROAST FRESH CORN ON COB

Nothing is quite as yummy as fresh corn on the cob swimming in pools of melted butter. For the juiciest foil roasted corn, select young tender ears. Remove the husks and corn



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## JEAN ANN MIX COLUMN COOKING

Enhance your lawn or patio cooking with all electric barbecue grill. Nothing builds your reputation as an expert chef like a perfectly cooked, elegant roast of beef.

There are several reasons why an electric grill is one of the finest indoor-outdoor cooking instruments in the world.

1. Heat setting which is so important for maintaining moderate temperature for meat cookery. Thermostatically controlled and operated the same as an oven, but designed and weather proofed for year round operation.

2. Reusable permanent briquets of lava rock which preheat in minutes and electric heating element, in combination, to furnish steady, radiant heat.

# **RANCHER'S BROILED STEAK**

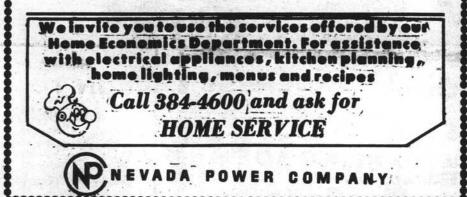
1/4 cup bottled creamy onion dressing

LAS VEGAS VOICE

2 tablespoons soy sauce

- 1 teaspoon mustard 1 3 1/2 to 4 lb. chuck steak

In shallow baking dish or pan, blend creamy onion dressing, soy sauce, and mustard. Add chuck steak and marinate 2 to 3 hours, turning meat several times. Broil or grill steak to desired doneness, brushing with remaining marinada. Yield: 6 to 8 servings.



Your Heart Association's nationwide program to reduce the risk of heart attack is broadly based on this premise: The individual, working with his physician, can im-prove his chances by minimizing the known and controllable risk factors -- high blood pressure, elevated cholesterol levels,

obesity, physical in-activity and cigarette we applaud these

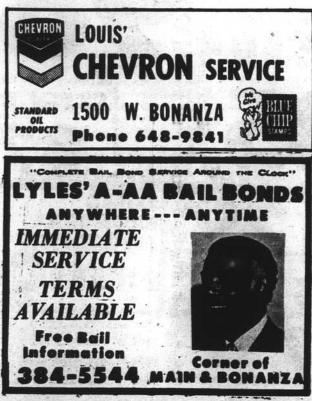
recommendations, but suggest that the list of "musts" should be extended. It isn't enough for a person to see his doctor for prompt treatment of any high blood pressure that may be present. There's more to it than eating fewer saturated fats and cholesterol-rich foods. Avoidance of excess slothfulness weight, and cigarettes still doesn't complete the picture.

Clearly, there is a missing element. What is it? Simply this: Give your Heart As-sociation all-out support through your con-tributions of money and volunteer services to the Heart Fund. Your Heart Association is the one agency mobilized to combat the nation's foremost health problem.

So give generously. Give -- so more will live

silk.

Place each ear on a piece of heavy duty aluminum wrap. Spread with softened butter or margarine and sprinkle with salt and pepper. Wrap ears in the foil, twisting the ends of foil to secure. Place on the grill and roast for 25 minutes turning often.



# What's keeping you from looking good? Damaged hair?

Over-processing isn't the only cause of damaged hair. All hair can be hurt by exposure to sun and extreme weather. Or by improper use of harsh chemicals or greasy compounds...or even just brushing your hair without a natural bristle brush.

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The beauty experts know how important natural "lubricants" are to your hair-they give it body, lustre and protection. Artificial bristles actually brush away the lubricants...the sun burns them away...chemicals dry them away. And before you know it, you have damaged hair-split ends, brittle, breaking, dry or dull, limp hair.

Now you can bring your hair back to beautiful. Trained beauticians know Clairol condition\*-The Beauty Prescription for Troubled Hair.\* It softens split ends. It makes dry, dull and time beit silve ables and stresser. These just have minister (for limp hair silky, shining and stronger. Takes just two Instant Lotion) or a few more minutes (for the Beauty Pack).

If you're concerned about the shape your hair's in, go to the expert, your professional hairdresser, to check it. You'll end up with a beautiful head of hair. And keep on looking good!

Your professional hairdresser has all the answers... ask for a free consultation today!