

FOOD FORUM

DOROTHY JOHNSON

ASSORTED RECIPES

SPINACH WITH SESAME SEED

2 bunches spinach (about 2 1/4 lbs.), 2 tablespoons soy sauce, 1 teaspoon sugar, 2 tablespoons toasted white sesame seed.
Wash spinach well to remove sand. Cut off roots. Put into a large pan, cover and steam over low heat for about 5 minutes or until spinach is limp. Drain well, and cut into 1-inch lengths, using clean kitchen scissors. Transfer to serving bowl. Combine the soy sauce and sugar and pour over the spinach. Sprinkle with the sesame seed and serve.

CREAM SPINACH SOUP

1 bunch fresh spinach, 2 tablespoons butter, 2 cups light cream or milk, 2 tablespoons flour, 1/8 teaspoon thyme, dash nutmeg, 1/2 tsp salt, commercial sour cream, croutons.
Wash spinach well and drain. Melt butter in a large pan, add the spinach, cover and steam over high heat for 5 minutes. Turn into electric blender and whirl until smooth or press through wire strainer to make a puree. Mix the cream or milk into flour and add to the spinach. Return spinach to pan, add the thyme, nutmeg and salt. Cook over medium heat, stirring until thickened. Serve hot with sour cream and croutons.

CHESS PIE

1 c. firmly packed light brown sugar, 1/2 c. granulated sugar, 1 tbsp. flour, 2 eggs, 2 tbsp. milk, 1 tsp. vanilla extract, 1/2 c. butter or margarine, melted; 1 c. chopped pecans, 1 unbaked 9-inch pie crust.
Mix first three ingredients. Beat in eggs, milk, vanilla, and butter. Stir in nuts and pour in pie pan lined with pastry rolled 1/8" thick. Bake in preheated moderate oven (375 deg.) for 45 minutes.

No picnic is complete without that tin tub filled with ice and one of those deep red with black seed watermelons.

PEACH SUNDAE PIE

1 can (1 pound 13-ounces) cling peach slices; 1 package (7 ounces) flaked coconut, toasted; 3 tablespoon cinnamon; 1 quart vanilla ice cream. Chocolate sauce, canned or homemade. Drain peaches. Combine toasted coconut, margarine or butter and cinnamon. Press into 9-inch plate. Place in freezer 15 minutes to set. Cover with half of peach slices and drizzle with chocolate sauce. Repeat for top layer. Freeze.

BLUEBERRY PANCAKES

1 1/4 cup sifted all-purpose flour; 2 1/2 teaspoons baking powder; 2 tablespoons sugar; 3/4 teaspoon salt; 1 egg; 1 1/4 cups milk; 4 tablespoons melted butter or oil; 1/2 cup sweetened blueberries.
In a small bowl, beat egg well, add milk, butter. Slowly stir into flour mixture and rest of dry ingredients. Add butter or oil.
Cook over low heat until rim of each cake is full of broken bubbles and underside is golden brown. Before turning each pancake sprinkle with 1 teaspoon blueberries. Serve with butter and your favorite syrup.

VICHYSOISE

4 medium leeks; 4 medium sized potatoes, peeled and dices; 2 cups boiling water; 4 chicken bouillon cubes; 1/4 teaspoon liquid red pepper sauce, optional; 3 tablespoons butter or margarine; 2 cups milk; 1 cup light cream; 1 teaspoon salt.
Remove and discard stem ends and green tops of leeks, leaving about 3 inches above the white portion. Slice very thin.
Add to deep kettle with potatoes. Add boiling water and bouillon cubes. Cover and cook until potatoes are tender.
Force potatoes and leeks with liquid through fine sieve. Add liquid red paper seasoning and salt.
Stir in milk, light cream and salt. Chill thoroughly to be served cold. NOTE: You may sprinkle chopped chives on top of each serving. If onion, is substituted for leeks use 1 1/2 cups fine chopped onion.

REDDY KILOWATT'S



Helpful Hints

For The

Homemaker

THE LIGHTHEARTED LUNCHBOX

Today's traveling lunch is wonderfully with it. Gone the stale bologna sandwich secreted an old show box. Gone the brown paper bag. The squished piece of cake. The sat-on candy bar.

It's a whole new wonderful portable food world. See-through plastic containers, plastic bags, aluminum foil and squatty thermos bottles offer vast new menu possibilities. And wild paper napkins, cups and plates make a fun and festive occasion out of what used to be "Dullesville."

No matter how pretty your lunch box, however, all is lost unless the food inside looks appetizing, your menu is varied and imaginative--and everything tastes good.

Mornings are always too hectic, so prepare as much food as possible the night before and refrigerate it. And to be really organized, plan your lunch menus by the week and shop on Saturdays.

Think of different food textures. Feature crispy crackers sometimes as a switch from sandwiches. Make carrot curls, radish roses. Tuck in little surprises like salted nuts, wrapped caramels, fudgies or chewy toffee for dessert. Pack miniature marshmallows in a separate plastic bag to top malted or cocoa, toss with fruit salad or just eat as a sweet.

Don't forget those wide-mouth vacuum bottles. Some like 'em hot things--chili, stew, soup or chowder. Some like 'em filled with icy cold things--slaw, vegetable salads, pudding, gelatin desserts or chilled fruit salad. Look for four good lunchbox ideas in the following two issues.

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



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NEVADA POWER COMPANY

MINT BASTE

In a saucepan, combine 1/2 c. each of Claret and beef stock and 1/4 c. chopped fresh mint. Simmer mixture over very low heat for 10 minutes. Use to baste chicken or veal.

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Reducing The Risk Of Heart Attack

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 improve his chances by minimizing the known and controllable risk factors -- high blood pressure, elevated cholesterol levels, obesity, physical inactivity and cigarette smoking.

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 weight, slothfulness and cigarettes still doesn't complete the picture.

Clearly, there is a missing element. What is it? Simply this: Give your Heart Association all-out support through your contributions 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!

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