

FOOD FORUM

DOROTHY JOHNSON

MEN LOVE TO COOK



Eternity, someone has suggested, is two people with a whole baked ham. I find a whole Ham is a money saving way to provide your choice of varied interesting dishes for many meals. When you buy a whole ham, ask your butcher to cut a thick center slice about 1-1/2 pound, and two slices about 3/4 pounds each. Then the shank and the butt end. The Butt end can be served in many ways.

GLAZED BAKED HAM WITH PINEAPPLE RICE

1/2 fully cooked ham, shank end (about 5 lbs.)
1/2 cup butter, melted
6 tablespoons Log Cabin Syrup
1/2 cup chopped onion or sliced scallions
1/4 cup pineapple juice,
1 can (8-3/4 oz.) pineapple tidbits
3/4 teaspoon salt
1/4 tsp. dry mustard
dash of pepper
dash of ground ginger
1-1/2 cup minute rice

Trim rind from ham and score fat. Place ham, fat side up, on rack in shallow pan. Combine butter, syrup and pineapple juice; set aside. Bake ham at 325 degrees allowing 15 minutes per pound, or to an internal temperature of 140 degrees. Pour syrup mixture over ham after baking 1 hour. Continue baking until done. Transfer ham to serving platter; keep warm. Saute onion in 1 tablespoon of ham drippings until golden brown. Drain pineapple; measuring syrup. Add water to syrup to make 1-1/2 cups; add to the sauteed onion along with the pineapple, salt, mustard, pepper and ginger. Bring mixture to a boil. Stir in rice. Cover and simmer 5 minutes. Serve with sliced baked Ham.

PORK CHOPS AND CORN BAKE

8 pork chops 1/2 to 3/4 inch thick
salt and pepper
Shake and Bake
1 Tbsp. shortening
1/2 cup chopped onion
1/2 cup chopped green pepper
1-1/2 cups whole grain kernel corn
1 cup diced tart apples
1 cup diced orange sections or chopped dried prunes
1-1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. poultry seasoning.

Trim excess fat from pork chops; season to taste with salt and pepper. Put in paper bag with Shake and Bake. Brown chops quickly in heated shortening in a large skillet. Drain on absorbent paper. Pour dripping from skillet. Saute onion in butter in skillet; place in a lightly greased shallow 3-quart casserole. Add

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Helpful Hints For The Homemakers



Here are a couple recipe ideas to add to your cookbook planner.

STEAK DIANE

4 sirloin strip steaks, cut 1/2 inch thick
salt
freshly ground black pepper
1 tsp. dry mustard

4 Tbsps. butter
3 Tbsps. lemon juice
2 tsps. snipped chives
1 tsp. worcestershire sauce

Pound steaks to 1/3 inch thickness. Sprinkle one side with salt, pepper, 1/8 tsp. dry mustard. Pound into meat. Repeat with other side. Melt butter in chafing dish or electric skillet. Cook 2 minutes on each side. Transfer meat to hot serving plate. To chafing dish, add lemon juice, chives, and worcestershire, bring to a boil. Pour over meat. Garnish with cooked fluted mushrooms. Makes 4 servings.

BLUE-CHEESE-BACON POTATOES

4 med. Baking potatoes
1/2 cup dairy sour cream
1 oz. blue cheese, crumbled
1/4 cup milk

4 Tbsps. butter
3/4 tsp. salt
pepper
4 slices bacon, crisp-cooked, drained and crumbled

Bake potatoes 400 degrees for 1 hour, scoop out inside of each, mash. Add remaining ingredients, to mashed potatoes, except bacon. Beat with electric mixer till fluffy. Spoon mixture lightly into potatoe shells. Place on baking sheet, return to hot oven for 15 minutes or till heated through. Sprinkle each with crumbled bacon. Makes 4 servings.

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remaining ingredients; mix well. Arrange Pork Chops on top of corn mixture. Cover and bake at 350 degrees for 30 minutes until chops are tender.

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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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