

FOOD FORUM

DOROTHY JOHNSON

Kids Love To Cook

Keeping your children occupied during the summer months, sometimes can be a problem. Children can spend many happy hours learning to cook, if mothers will only let them.

Besides being fun, there are skills this hobby develops. Little hands become more dexterous, and mental skills improve, because recipes must be read and understood before cooking begins.

Good results pleases a youngster. Or, if there's a failure, to try again with success is very important in the scheme of learning.

As skills develop, it becomes evident that learning to cook and bake helps satisfy a persons creative needs. Artistic abilities are developed. We hope that girls especially, will take advantage of classes in home economics. For this is an opportunity to broaden out into phases of home-making. A child's interest in cooking can be stimulated by using "The Storybook Cookbook" by Carol Mac Gregor. Recipes are based on foods from the classics of children's literature. Robinson Crusoe's Homemade Over Bread, Mrs. Cratchit's Christmas Date Pudding, Captain Hooks' Poison Cake and Queen of Hearts Strawberry Tarts. Lists of all utensils needed for each recipe and an easy-to-read glossary, make this a most appropriate "First" cook book for young aspiring cooks.

DOUBLE HEADER PEANUT SQUARES

- 1/2 cups soft butter or margarine
 - 1 cup firmly packed brown sugar
 - 1/2 cup granulated sugar
 - 2 eggs
 - 1-1/2 tsp. vanilla flavoring
 - 2/3 cup peanut butter
 - 1/8 tsp. salt
 - 3 packets (1-ounce each) instant oat meal, uncooked or 1-1/2 cups instant oat meal uncooked
 - 1 cup sifted all-purpose flour
 - 1 cup chopped salted peanut
- Heat oven to 350 degrees.

Beat butter until creamy and gradually add sugars beating until fluffy. Blend in eggs and vanilla. Stir in peanut butter, until blended.

Have flour and salt sifted together. Add to creamed mixture and blend thoroughly. Stir in instant oat meal and chopped peanuts by hand. Evenly press mixture into well-greased 13x9 inch baking pan. Bake in preheated oven 20 to 25 minutes. Cut into squares.

CHEESY APPLES

- 4 medium size apples
- 1/2 cup grated cracker barrel cheddar cheese
- 1/2 tsp. cinnamon
- 2 tsp. sugar

Cut apples in quarters, removing seeds and core. Cut heavy aluminum foil into squares to make 4 packets for apples. Put 4 apple quarters in center of each packet. Sprinkle with cheese, cinnamon and sugar. Seal packet tightly. Put on grill over, medium hot charcoal. Cook for 10 to 15 minutes, turning several times. Makes 4 servings.

TOSTADAS

Crisply fried tortillas, refried beans (canned), Grated Monterey or cheddar cheese, shredded lettuce, sliced tomatoes, Mexican hot sauce or taco sauce.

Begin with crisply fried corn tortilla. Cover it with a layer of hot mashed refried beans; then the grated cheese, shredded lettuce and slice tomato, season with salt and pepper. Add a dash or two of Mexican hot sauce.

BAKED HAM SLICE

- 1(2lb.) slice ham
- 3 tbsp. smooth peanut butter
- 2 tsp. prepared mustard
- 1 cup milk

Place ham in shallow baking dish. Spread ham with mustard and peanut butter. Cover all with milk. Bake in 350 degree oven 1-1/2 hrs. Makes 4 servings.

FITZGERALD, from page 1

ed program in the district.

Fitzgerald served in the US Army from 1940-46 as a master sergeant in administration and was awarded the Bronze Star and eight Battle Stars, as well as the Expert Rifle Marksman Medal.

He is active in several Las Vegas area civic and service groups, including the United Fund of Clark County, the Boulder Dam Council, Advisory Board of the Boy Scouts of America, the Boys Club of Clark County and the Selective Service Board No. 2.

Fitzgerald lives in Las Vegas with his wife Virgie Lee and son Ronald.

Advertisers buy ads so you'll read them!

LEMON TOPPED MIDGET MEAT LOAVES

lemon topped midget meat loaves
 1 tsp. freshly grated lemon peel, 1 lb. lean ground beef, 1/2 lb. fresh pork sausage, 2 tsp. salt, 1/8 tsp. thyme. 1/8 tsp. oregano, 2 tbsp. instant minced onions or 1/2 onions, finely chopped, 4 slices old bread, finely crumbled, 1/4 cup freshly squeezed lemon juice, 1/2 cup water, 1 egg, slightly beaten, Quickie Sauce(see below), 1 California lemon, unpeeled, thinly sliced.

QUICKIE SAUCE

1/4 cup brown sugar, 1/2 cup catsup, 1 tsp. dry mustard, 1 tsp. reserved lemon peel. Grate lemon peel before squeezing lemon juice. Reserve peel for Quickie Sauce. Thoroughly mix beef sausage, seasonings, and onions. Add bread, lemon juice, water and egg. Mix together thoroughly. Lightly pack mixture into 8 custard cups or 10 sections of large size muffin pans. Top each loaf with Quickie Sauce and lemon slice. Turn lemon slices over to coat both sides with sauce. Place cups or muffin pan on cookie sheet to catch any drippings. Bake in 375 degree oven for about 35 minutes. Makes 4 to 6 servings. To make Quickie Sauce: Blend together brown sugar, catsup, dry mustard and lemon-peel. Make 2/3 cup. Note: To make a large meat loaf, combine ingredients and bake in 350 degree oven for 1 hour.

JOIN THE NAACP TODAY

Office - 1040 West Owens Avenue
 Hours - 9:00 a.m. until 5:00 p.m.
 Days - Monday thru Saturday
 Telephone - 648-2880

(Tear off and return to your local Chapter.)

NAME _____ Date _____
 ADDRESS _____
 TELEPHONE _____ SIGNED _____
 TYPE OF MEMBERSHIP
 Minimum.....\$4.00 Youth (under 17).....\$1.00
 With Crisis Magazine.....\$6.00 Youth (17 to 21).....\$2.00
 Gold Certificate.....\$10.00 Junior Life Membership
 Contributing.....\$25.00 (to age 13).....\$100.00
 Senior Life Membership.....\$500.00
 (Payable in installments of \$50.00, \$100.00)

Las Vegas

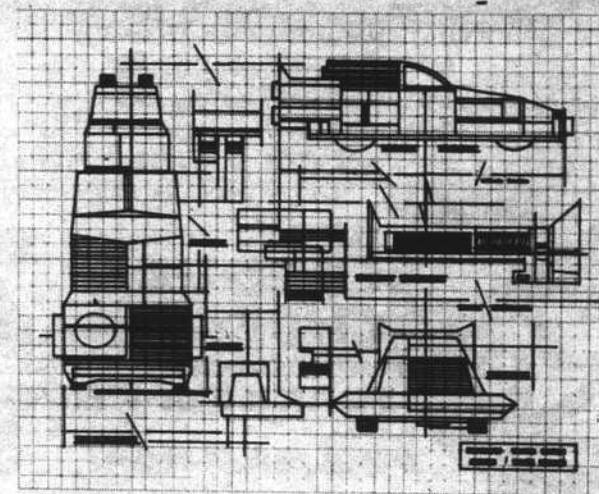
BEAUTY COLLEGE

- * Learn European & American Hair Fashion
- * Internationally Known Style Director
Ann-Mari Lappalainen

- * Enroll Now For Sept. Classes.
Scholarships Available

- * We Teach All Phases Of Cosmetology.
Including Hot Work

• CLOSED SUNDAY & MONDAY •
 821 LAS VEGAS BLVD. SOUTH
 382-5851



Would you like Tomorrow's car. today?

We wish we could bring it to you. It may even be powered by electricity! We also wish we could bring you tomorrow's power plant today... silent, invisible and pollution free. That's our problem. We at Nevada Power Co. must be concerned about the future, and it takes years, from the beginning of design to completion, to get a new power plant "on the line." We desperately need tomorrow's technology... today. But we sincerely believe that a nation that can take a man to the moon and back can solve these problems, and we're working on them, because...

We live here, too!



NEVADA POWER COMPANY