

FOOD FORUM

DOROTHY JOHNSON

Okra Good This Month

Okra is very good this month, so take advantage of this good vegetable. The African name for okra is Gumbo, and of course we know of Gumbo as a favorite dish of the south. This famous Gumbo stew, name applied because it is made with Okra. Sometimes okra is not added to Gumbo. In this case, the dish may be made with Gumbo file, a condiment of powdered sassafras leaves. If you haven't acquired a taste for okra, try fixing it in different ways.

PICKLED OKRA

2 lbs. small okra
5 pods hot red peppers
5 cloves garlic
1 qt. white vinegar
6 tbsp. salt
1/2 cup water
1 tbsp. mustard seed

Wash okra and pack upright in 5 hot sterilized pint jars. Place a pepper pod and garlic clove in each jar. Bring vinegar, water, salt and mustard seed to boil and pour over okra within 1/2 inch of top of jar. Seal jars and let stand 8 weeks before using. Makes 5 pints.

FRIED OKRA

1 lb. okra
water
1 cup cornmeal
1/2 tsp. salt
1/4 tsp. pepper
1/4 cup oil
2 tbsp. chopped parsley.

Wash okra and cut off stem ends.

If large, cut into lengthwise halves. Cook in boiling salted water 3 to 4 minutes. Drain. Combine cornmeal, salt and pepper. Roll each okra pod in seasoned cornmeal and brown in oil. Drain on absorbent paper and garnish with parsley. Makes 4 to 5 servings.

OKRA CREOLE

1 lb. okra
3 slices bacon, cut in 1/2 inches pieces
1 onion, diced
1-1lb. can tomatoes
1/4 cup water
1 tsp. chili powder
salt & pepper, monosodium glutamate.

Wash okra and remove stems. Cut crosswise in 1 inch pieces. Fry bacon until crisp and remove from pan. Fry okra in bacon drippings over medium heat, 5 minutes, stirring frequently to avoid browning. Remove okra and cook onion in drippings until tender but not brown. Add tomatoes, breaking them into pieces, water, chili powder, salt, pepper and monosodium glutamate. Bring to a boil, add okra and bacon and simmer until vegetables are tender about 15 minutes. Serve with Rice. Makes 4 to 5 servings.

SCALLOPED OKRA AND CORN

4 tbsp. butter or margarine
3 cups sliced okra
2 tbsp. flour
1 tsp. salt
pepper to taste
1 cup milk
1/4 lb. sharp cheese, shredded
2 cups whole kernel corn
1 cup fine dry bread crumbs.

Melt 2 tbsp. butter in skillet, add okra and fry until lightly browned, stirring frequently. Melt rest of butter in saucepan and blend in flour, salt and pepper.

Gradually stir in milk and cook and stir in cheese until melted. Alternate layers of okra and corn in a greased 2 qts. baking dish. Pour cheese sauce over vegetables and cover with bread crumbs. Bake at 350 degree. 15 minutes or until bread crumbs are browned. Makes 6 servings.

Minority Group Teachers: WE NEED MORE

About 185 of the 3,000 teachers in the Clark County School District this fall will be black, and the district hopes more qualified blacks can be placed before school opens September 7.

This year school district recruiters so far have hired 38 new black instructors and last year 35 joined the staff. Last year 160 blacks were numbered among teachers, counselors, coaches, and administrative staff.

But 185 represents only six percent of the certificated staff, and district officials feel the percentage should be higher. They point out that just over 9,000 of the district's 75,300 students are black, representing about 12 percent of the total school population.

Trouble is that every other school district has the same idea, thus making qualified black teachers hard to find and hard to attract to Las Vegas. One school district, San Francisco, has even gone as far as to announce that only black candidates will be considered until its staff represents the same ethnic proportions as the student population.

The 38 black teachers hired this year represent 14.5 percent of the new teachers employed. But getting them represented one-third of the out-of-state recruiting effort, which took recruiters to 22 states to interview 1,525 candidates.

Eleven blacks will be serving in administrative capacities this year, each high school will have at least one black counselor, and at least one black coach will be working in each high school athletic department, including Ted Scott, who will be head football coach at Las Vegas High School.

MESSAGE FROM C.C.W.R.O. PRESIDENT

Come and learn your rights about how you can get your rent paid, your utilities paid and food. Your Clark County Welfare Rights office is here to serve you. Help us, Help you.

Moulin Rouge Hotel, 900 W. Bonanza, Welfare Rights Office. 648-0012 or 648-0013.

NEW LAW REQUIRES INOCULATIONS

Students entering school for the first time this fall must be immunized against diphtheria, pertussis (whooping cough), tetanus, polio and rubella (German measles) under legislation sponsored by the Nevada Parents-Teacher Association and passed by the 1971 session of the legislature.

Inoculation records will be required for all kindergarten students and for older youngsters. Parents may sign waivers for students if the family has religious objections to immunizations, and physicians may sign exemptions for students who cannot take injections and vaccines for health reasons.

Parents have 90 days after registration to present proof that the required inoculations have been administered. Forms are available in all schools, which should be signed by a physician or nurse, and returned to the school.

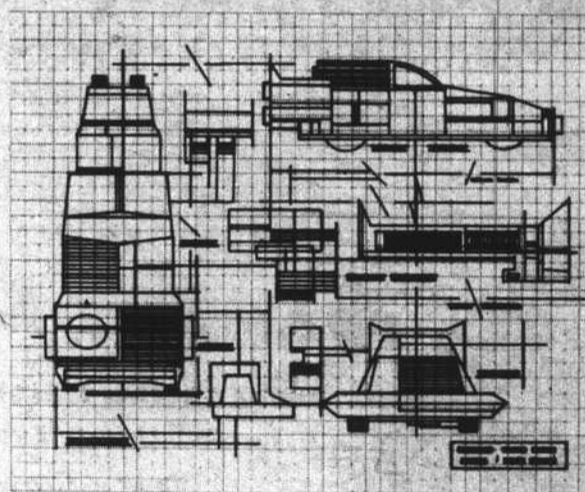
The Clark County District Health Department has scheduled a series of free immunization clinics at elementary schools beginning September 27. Until then, parents may take their children to the District Health Office, 625 Shadow Lane, between 1:00 and 4:00 p.m. Monday, Tuesday, Thursday and Friday, or from 8:00 a.m. to noon and 1:00 to 4:00 p.m. Wednesdays. Parents should bring the child's medical record with them. And, of course, the inoculations may be administered by any private physician. Students enrolled in both private and public schools are affected by the new law.

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)	



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