

FOOD FORUM

DOROTHY JOHNSON

Seafood Specialty For The Season

Seafood is a natural for Lenten meals. The period of fasting, penitence, and prayer that precedes Easter is called Lent. It begins on Ash Wednesday and includes the forty days before Easter excluding Sundays. Why Lent is observed for a 40 day period has many different interpretations. Some sources relate to the length of time Jesus spent in the wilderness. Some Christians connect it to the time Moses stayed on the mountain, the number of days of the flood, and the years the Jews wandered in the desert. The standard food for the Lent has always been fish. But the strictness of keeping the Lenten fast has varied greatly during the centuries, just as it does today.

TUNA CHOP SUEY

- 2 tbsp. butter or margarine
- 2 medium onions (sliced)
- 1 green pepper (chopped)
- 1/2 lb. mushrooms
- 2 cups celery (cut in diagonal pieces)
- 1-1/2 cups water (liquid from bean sprouts to be used)
- 1/2 tsp. salt
- Dash of pepper
- 1 # 2 can bean sprouts (drained)
- 2 cans (7 oz.) tuna (drained and flaked)
- 1 tbsp. cornstarch
- 1 tbsp. soy sauce
- 3 cups cooked rice
- 1 can (3 oz.) Chinese noodles.

Melt butter in skillet; add onion, green pepper and mushrooms and saute until lightly browned. Add celery, liquid, salt and pepper; cover and simmer 5 minutes. Add bean sprouts, pimiento and tuna. Mix together cornstarch, water and soy sauce. Gradually stir into hot tuna mixture. Boil one minute, stirring constantly. Serve over hot, cooked rice and top with noodles.

CHOW MEIN TUNA CASSEROLE

- 1 can diced white tuna
- 8 oz. can chow mein noodles
- 1 cup cashew nuts
- 1 cup celery (sliced thin)
- 1/4 cup water
- 1 can cream mushroom soup
- 2 tbsp. onion juice

Mix all ingredients together except 1/2 cup noodles. Sprinkle these on top. Heat in 350 degree oven for about 30 minutes.

HADDOCK FILETS BAKED IN WINE

- 1-1/2 lbs. fish filets
- 1 tbsp. minced onions
- 4 tbsp. butter
- 1/4 cup grated cheese
- 1/4 tsp. salt
- Dash of pepper
- 1-1/2 cups fine soft bread crumbs
- 1/2 cup Sherry

Cut filets into servings, sprinkle with salt and pepper and place in a shallow baking dish. Saute onion in butter until lightly browned add salt, pepper, bread crumbs and cheese and toss with fork to mix well. Spread over filets and press on firmly. Pour wine around fish and bake in moderate oven (300 deg.) for 35 minutes or until done.

QUICHE FU YONG

- 1 clove garlic, (cut in flour pieces)
- 2 tbsp. salad oil
- 2 tbsp. diced celery
- 1/2 cup drained canned bean sprouts
- 1 can (7-1/2 oz.) crab meat drained
- 1/4 cup drained bamboo shoots, (diced)
- 4 eggs
- 1/2 pint light cream
- 1 tsp. soy sauce
- Dash liquid red pepper sauce
- 1/4 tsp. ground ginger

New Volunteer Needs Cited

Public response to fill volunteer needs in Southern Nevada has been most rewarding according to Margaret Purdue, Executive Director of the Bureau. In a new list of volunteer opportunities the Volunteer Bureau is looking for drivers in Henderson to take patients to doctor's offices in Las Vegas.

Volunteers are needed to sell tickets on February 26 at supermarkets to raise funds for retarded children. Volunteers may work mornings or afternoons as best fits their personal schedules.

Drivers are needed every day to pick up children on the west side and take them to nursery schools.

Volunteers are needed in a reading program to teach children below their grade level. Children must be picked up and the time required is two-and-a-half hours on Monday and Wednesday or Tuesday and Thursday. In-service training will be given to responding volunteers.

Time is all that is required for a two-week period in which kits must be assembled to raise funds for a very worthy cause.

Several arts and crafts teachers are needed in many organizations listed by the Volunteer Bureau.

Persons interested in becoming a part of the volunteer action program in Southern Nevada may contact the Clark County Volunteer Bureau at 382-5260 between 10:00 a.m. and 3:30 p.m. each week day.

uncooked nine-inch pastry shell

Cook garlic in salad oil over moderate heat until it begins to brown; remove and discard. Add celery and onion. Cook until just tender. Stir in bean sprouts, crab flakes and bamboo shoots. Cook until hot. Set aside.

Beat eggs, stir in cream; soy sauce, liquid red pepper sauce, salt and ginger. Combine with cooked vegetable mixture and turn into pastry shell. Bake in preheated oven (400 degrees) for about 25-30 minutes. Top should be firm except for about an inch circle in the middle. Cool on rack 15 minutes before cutting into wedges for serving.

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The heart and blood vessel diseases now claim the lives of more than 1,000,000 Americans yearly, being responsible for about 53 per cent of all deaths.
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how to
SAVE MONEY
on your heating costs

The Nevada Power Company brings you all the electric power you need, still at one of the lowest residential rates in the nation . . . but that's no reason to waste it. These simple tips will help you save money on heating costs and, at the same time, help conserve our vital resources, which are not unlimited.

- Make sure you have the right size unit. If it is too small, it will run almost constantly and still not do a complete job. If it is too large, money is invested needlessly and the unit will not do a good job of controlling humidity.
- Set thermostat at best level for comfort and economy. During heating season, for every degree the thermostat is set below 72 degrees, the heating bill should be reduced about 5 per cent.
- Avoid changing the thermostat from one setting to another. The system will automatically maintain the desired comfort level.
- Change filters at least once a month, preferably every two weeks.
- Encourage children to close doors when they enter or leave the house.
- If you have large expanses of glass, like picture windows or sliding glass doors, close drapes

or curtains over them in the evening to prevent heat loss.

- Use the unit's fan continuously by setting the control switch to the "ON" position. By letting the fan run constantly, air in your home will be recirculated and will eliminate hot or cold pockets. It will also provide more air filtration.
- When cooking, turn on kitchen ventilation fan.
- When using the tub or shower, keep bathroom doors closed and ventilator on. If there is no vent fan, open the window a crack. This helps exhaust excess humidity to the outside.
- Try to achieve good insulation. A full insulated home will normally require from 20 to 40 per cent less energy than a home that is insulated to minimum standards.
- Above all, consult the manufacturer's manual for the proper use and maintenance of your air conditioning unit.



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