

FOOD FORUM *

Dorothy Johnson

Modern Day Picknicking

Today's picnic is a far cry from picnics I attended when I was a child. A vacuum bottle for hot coffee was just about the limit of available equipment for keeping anything at the right temperature.

On a modern picnic, you eat as comfortably as you do at home. Picnic trays with grooved serving places hold your hot dish, salad, or whatever, with built-in coasters for cup or glass. Or you can choose a set of heavy cardboard trays in a plaid design with round cut-out places to hold large plates, smaller cut-outs for little plates, and cup-sized ones for coffee or milk.

Plastic dishes and cups of all kinds, sizes and colors, plastic forks and spoons, or flatware of stainless steel, are deluxe additions to picnics. If you're budget-minded, stock up on paper plates and cups, forks and spoons. Of course, a fully-equipped picnic basket is luxury itself.

Because of the great variety of insulated bags, vacuum bottles and jugs, ice buckets and other types of coolers, hot or cold dishes, salad and desserts go on today's picnic without danger of spoilage. There are even large capsule refrigerants which, frozen overnight in the freezer tray of the refrigerator, can be packed with foods or beverages to keep them safe for hours. That way, you'll eat in carefree comfort, secure in the knowledge that properly-packed food has forestalled any disastrous after-effects of picnicking.

PICNIC SUGGESTIONS

Cold fried chicken--Potato salad--Tomatoes stuffed with salmon salad--Potato chips--Deviled eggs (sardine stuffed)--Deviled ham (canned) and chopped pickle sandwiches--Tuna fish sandwich filling--Corn Beef (can) and pickle filling--Ham and cheese sandwiches--Hotbaked beans--Macaroni and cheese (hot)--Bar-B-Que chicken, lamb shanks, ribs and brisket of beef--Tossed salad--Roasted corn--Potatoes in coals (pare and parboil potatoes, place in tin cans, cover well with foil, bury in hot coals and serve with leftover B.Q. sauce)--Hamburgers--Steaks--Pork chops--Bean salad (canned kidney beans with very thin onion slices and chopped cheddar cheese - oil dressing)--Assorted relishes--Cheese trays--Baked ham--Herb-buttered rye and white bread--Hard rolls, hamburger buns--Hot dogs, hot dog buns.

STRAWBERRY ICE CREAM

2 qts. strawberries, 2 c. sugar, 3 qts. heavy cream, pinch salt.

Clean and hull berries and sprinkle them with sugar. Cover and let stand for r-1/2 to 2 hours. Mash them lightly; mix cream with pinch of salt and pour into freezer; freeze until mushy. Remove cover of freezer and stir in strawberries. Re-cover, and continue freezing until solid. Makes about 1-1/2 gallons.

FRENCH VANILLA ICE CREAM

5 c. medium cream, 2-inch piece of vanilla bean or 1 tbsp. pure vanilla, 6 egg yolks, 3/4 c. sugar.

Scald cream with the vanilla bean. For more vanilla flavor, blend the piece of bean in blender with 1/4 c. milk, and add this to the cream. Then, beat egg yolks and sugar. Pour the hot cream on them gradually, beating constantly, then cook mixture in a double boiler over hot water until it thickens slightly. When cool, chill and freeze. This should fill the freezer can about 2/3 full, allowing plenty of room for expansion. When the crank resists completely, stop turning; the ice cream is frozen. Remove the dasher. Replace cover and pack. Let stand for three hours for the ice cream to ripen. This ripening is essential to smoothness, full flavor, and firmness.

DEVILED FOOD CAKE

Use Devil's Food mix to make the cake. Bake in shallow pan and take to picnic in pan.

VETERAN INFORMATION

Veterans Administration home loans help veterans sell their homes as well as buy them, but unless a veteran seller gets a "release of liability" when a buyer proposes to assume his G.I. loan, he might have problems later on, Gordon R. Elliott, Director of VA's Southern California Regional Office, cautioned recently.

Elliott says such a release could save the veteran considerable difficulty and worry should the purchaser ever default on the loan contract.

A veteran should request the VA office that guaranteed his home loan for release from further liability to the government before he signs the sales contract. Such a release may be issued if the loan is current and the purchaser agrees to assume all of the veteran's liabilities.

A lost birth certificate or marriage license no longer poses the problem it once did for veterans seeking veterans benefits, Gordon R. Elliott, Director of VA's Southern California Regional Office, reports.

Less Formal proof of marriage and birth is now acceptable, under a regulation initiated last October, when this information is needed to establish claims for higher benefit payments.

A veteran's or a widow's certified statement of marriage is now sufficient for applications for compensation and education benefits for veterans, widows and orphan children, provided neither he nor his wife has been married before, and VA has no contradictory information on file.

Prior to the change in regulations, VA required all statements of marriage and births to be supported by formalized documentary evidence.

A certified statement is acceptable also regarding the birth of a child of a veteran's marriage, and as proof of age and relationship, Elliott said.

In addition, the Veteran's Administration must be satisfied the person who buys the property is a good credit risk, and has sufficient income to meet the payments on the G. I. loan.

Unless a veteran specifically asks the VA for a "release of liability," and gets it, Elliott says, he still is responsible for satisfactory completion of the financial obligations of the initial G. I. loan -- should the new purchaser fail to make the monthly payments.

The veteran may sell his home to anyone -- another veteran, or to anyone who has never been in military service. In any case, however, he should ask for the "release of liability" from the VA.

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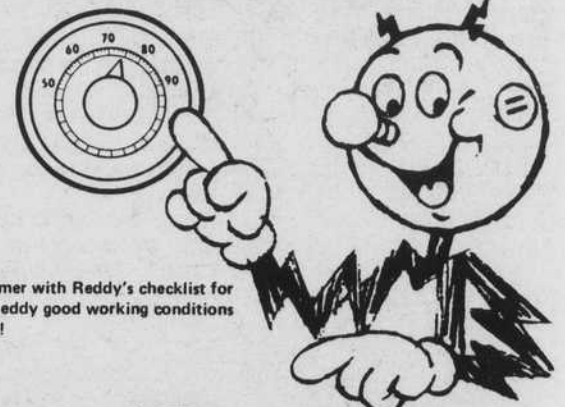
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REDDY'S CONSUMER TIPS ON... AIR CONDITIONERS



Take the heat off your budget this summer with Reddy's checklist for good air conditioner performance. Give Reddy good working conditions and give yourself a cool house at less cost!

- 1 Have your air conditioning equipment inspected and serviced at the beginning of the season. You could prevent an expensive repair bill later.
- 2 Outdoor sections of cooling equipment need space so Reddy can keep up a good air flow. Keep plants, walls or other obstructions away from them.
- 3 Leave space enough around return air grills inside the house. Air should be able to flow freely, or the compressor could be damaged.
- 4 Weatherstrip windows and doors, especially large glass ones. Keep them closed as much as possible.
- 5 Uninsulated ceilings can let in up to four times more heat than insulated ones do. The cost of insulation is usually recovered by lower cooling (and heating) costs.
- 6 Does your thermostat setting have to be as low as it is? 78 degrees is usually recommended as the ideal temperature for comfort and cost.
- 7 Once you decide on a setting, leave it there. If the entire family is away all day, however, you could raise the setting five degrees.
- 8 Reddy has to work extra hard to combat heat from direct sunlight. Awnings over windows provide the best protection from sun's rays. Drapes or venetian blinds also help. Keep them drawn during the sunniest part of the day.
- 9 Clean filters or replace filters at least once a month.
- 10 Use kitchen exhaust fans when cooking to get rid of excess heat and moisture. Clothes dryers should also have outside vents.
- 11 Study the manufacturer's instruction book - this tells you most accurately how to efficiently run your cooling equipment.

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