

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--Hot baked 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 1-1/2 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.

God is hope. God is now.

DUNN FILES FOR ASSEMBLY SEAT 7

The late Dr. Martin Luther King, Jr., said that, "American cannot save itself if it does not confront itself on the level of Blackness." He said over and over again the new values were needed and that it was up to the black man to provide "a new soul force for all Americans."

I am seeking the political office of assemblyman in District #7. I am doing only what history requires and honor demands, we must institute Blackness into the political arena of Nevada's politics. We need strong, and courageous men as our representatives. Never before has there been a greater need for young and old Black courageous men and women to go to the polls and vote out the depths of their hearts for their own Black man, and not the white man's black man.

The storm clouds of police brutality are still moving our way and in the distance the thunder of racism still reverberates in the nightmares or our dreams. We need strong Black men to confront the Structure of whiteness, and organize the Community of Truth and Blackness, the Community of Power, against police brutality, while at the same time demanding the Black Brothers and Sisters to quit inflicting destruction on one another in the Black Community.

My Pledge to Black People in District 7 I pledge, that as I campaign, and if I am elected, I will conduct the daily affairs and decision making of my activity as an assemblyman to reflect the actual, explicit desires and concerns of the Black Community beyond question. In this manner I will constantly act out my accountability to the manifest interests of the Black Community. In regard to this pledge I will do the following:

1. Without fear I will raise controversial issues, when the raising of such issues will serve the needs and interests of the Black Community.
2. I will constantly seek to expose the corrupt aspects of the system, as such exposure will raise the level of awareness in the Black Community.
3. I will support the right of the Black Community to control its own areas and the institutions thereof as this principle of control relates to political empowerment, economic empowerment, and human development.



Buying A Car? or Leasing...
GRAND PRIX....\$115.87
 CHECK WITH
AMOS BROWN
 6 Years at
PAT CLARK PONTIAC
 457-2111 2515 E. SAHARA AVE. LAS VEGAS

Breakfast Anytime
 2 Eggs (any style)
 Choice Of Ham Bacon Sausage and Toast
49¢
Lady Luck CASINO & SALOON
 DOWNTOWN 3rd. and OGDEN

"COMPLETE BAIL BOND SERVICE AROUND THE CLOCK"
LYLES' BAIL BONDS
 ANYWHERE.. ANYTIME
 Free Bail Information
384-5544 - Free Parking
600 No. 1st. St.

GOLD MEDAL SUPERB QUALITY WIGS AND THINGS!

MONEY BACK GUARANTEE! NATURAL PART LOOK	"FREEDOM" AFRO WIG! 18kt. gold Finish with every order	FREE Golden Cross	FREE! Afro Pick Comb! with every afro wig
 Style "G" \$9.98 Stretch Wig Tapered sides & back.	 Style "F" \$9.98 Stretch Wig Permanently curled, even in rain..	 Tiffany Wide-Band textured \$599 \$6.98	 sterling silver Pre-Engagement \$591 Tiny twin simulated diamonds! \$4.98
 #755-\$19.50 Stretch Wig	 Style "J" \$9.98 Stretch Wig	 18kt. gold electro plate \$2-\$3.98	 "WAIST CINCHER" \$494 - \$4.98 cinches away inches

Has the perfect look, shape, feel. It has texture - feel and shape!! 100% human hair Top Piece gives you hair you need Comes in White, Black Sizes: 24,26,28,30,32

GOLD MEDAL PROD. Inc. Dept. 3 Inwood, Long Island, N.Y. 11696
 Style # Color Girdle/Ring Size Price
 Jet Black Off Black Dk. Brown
 Dk. Auburn Mixed Grey
 Dk. Frosted Lt. Frosted
 Enclose Full Payment: Cash Reg. Money Order and we pay all postage charges.
 Send C.O.D. I enclose \$1. and I will pay on delivery to me plus postage and C.O.D. charge.

Name _____
 Address _____
 City _____ State _____ Zip _____

FREE! - Send me the Giant Brand New 72-Page Hair & Beauty Catalog - 2 full years (8 big issues) of all the latest Wigs, Girdles, Bras, Jewelry, Hair and Skin Aids etc.