

# FOOD FORUM

DOROTHY JOHNSON

## SUMMER VEGETABLES

Nutrition experts say that vegetables are the least liked of all foods. They can be prepared in many appealing ways that you will find appetizing. With the abundance of fresh vegetables during the summer season, it isn't difficult to obtain the four or more recommended servings each day for the vegetable and fruit group of the Basic 4.

Take advantage of the opportunity to enjoy old favorites; but also experiment with new varieties or exciting recipes to vary preparation.

### BROCCOLI QUICKE

Pastry for single 9-inch pie 1/4 cup grated parmesan cheese, divided 2 cups chopped fresh broccoli, 1 cup shredded swiss cheese, 1/4 cup sliced scallions, 3 eggs 2/3 chicken broth, 1/2 cup heavy cream, 1/2 tsp. salt, 1/4 tsp. red pepper sauce. With pastry line 9-inch pie plate. Prick bottom and corners of pastry with fork. Bake in 450 degree oven for 5 minutes. Remove from oven and sprinkle with 2 tbsp. parmesan cheese. Layer half the broccoli over parmesan cheese. Continue with layer of half swiss cheese and scallions. Repeat with remaining broccoli, swiss cheese and scallions. Beat eggs. Add chicken broth, cream, salt and pepper sauce. Mix well. Pour over broccoli mixture in pastry shell. Sprinkle with remaining 2 tbsp Parmesan cheese. Bake 10 minutes at 450 degrees. Reduce heat to 325 degrees and bake 20 to 25 minutes longer or until knife inserted in center of pie comes clean.

### CARROTS AND ONIONS

3 to 4 pounds young carrots, 1 large onion, chopped salt basil, wash and scrape carrots. Cut into finger - length sticks. Mix with onions and pack into clean, hot jars, leaving 1-inch head space. Add 1/2 tsp. salt to each jar; 1 tsp. salt to each quart jar. If basil is used, add 1/8 tsp. to each pint jar. Fill jars with boiling water, leaving 1-inch head space. Adjust lids. Process pints for 25 minutes; quarts for 30 minutes at 10 lbs. pressure.

### CORN RELISH SALAD

2 quarts fresh corn, 2 sweet red peppers cleaned and chopped, 2 sweet green peppers seeded and chopped, 1 cup chopped onions, 1/2 cup chopped celery, 1 tbsp. salt, 1tbsp. mustard seed, 1/4 cup sugar, 2 cups cider vinegar. Combine all ingredients add water to cover and bring to a boil. Pack into clean hot jars. Fill jars with hot cooking liquid add boiling water if necessary to within 1-inch of top. Adjust lids. Process pints 55 minutes at 10 pounds pressure.

### LAZY SUSAN SALAD

2 heads Iceberg lettuce, 1 cup dairy sour cream, 1/2 cup mayonnaise, 2 tbsp. lemon juice, 1 tsp. dry mustard, 1/2 tsp. salt, 1/4 tsp. onion powder, 3 cups cooked vegetables, marinated in corn oil, vinegar and seasoning to taste, 1 cup red onion rings, 1 pint cottage cheese, 2 cups julienne cooked ham corn rinse drain lettuce. Chill in plastic or crisper until ready to use. Just before serving, blend sour cream with mayonnaise, lemon juice, mustard, salt and onion powder. Place in a bowl in center of large round platter. Cut lettuce in wedges, and arrange alternately with marinated vegetables, onion rings, cheese and ham around edge of platter.

## PLANNED PARENTHOOD

Planned Parenthood of Southern Nevada, Inc. has served over 200 people in the first two months' operation of the part-pay clinic.

Over 100 people have received counseling concerning birth control, problem pregnancy, premarital and marital problems, infertility, and sterilization. Another 100 people have been seen in the part-pay contraceptive clinic. Persons visiting the clinic at 1380 East Sahara, # C, ranged from a 32-year old mother of seven who did not want to become pregnant again to a young wife who wanted an IUD removed so that she could have a baby. Others who sought advice on birth control measures included youths trying to avoid unwanted pregnancies.

The women who attended the clinic were given pap smears, pelvic examinations, blood pressure testing, breast examinations, and pregnancy verifications upon request. A birth control device was chosen by the woman with the consultation of the physician.

Planned Parenthood is not just for women, since June, Planned Parenthood has referred 18 men for vasectomies and is presently providing counseling and information for men interested in sterilization.

The clinics are staffed by understanding Obstetrician/Gynecologists, staff and trained community volunteers. Planned Parenthood's Executive Director, Mrs. Linda Totty, says, "Having or not having children is a very serious and personal decision, and at Planned Parenthood, it is treated as one."

Mrs. Totty said she is anxious to serve anyone who wants information on any aspect of

birth control or family planning. She can be contacted at 732-3998 or at the clinic at 1380 East Sahara, Suite #C, between 9:00 a.m. and 5:00 p.m., Monday through Friday.

## ATTENTION

**PERSONAL MESSAGE TO PARENTS AND FRIENDS OF SCHOOL CHILDREN IN SCHOOL BOARD DISTRICT "C"**



B. Bernice Moten

**I would appreciate an opportunity to discuss with you and your friends the problems of Education in our school district, and how they affect our children.**

## B. BERNICE MOTEN

Candidate for Clark County School District Trustee — District "C"

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## Why should we care how much electricity you use?

What's the catch — why should an electric company care whether or not its customers use electricity wisely?

No catch. We're not trying to discourage uses you consider important. Even though electricity is one of the best bargains you buy, we're asking that you use it with care.

It's just that the production of electricity consumes resources which, unfortunately, are limited — land for generating plants and high

voltage transmission lines, fuels, such as natural gas and coal, and water. It's the responsibility of all of us to use these resources wisely. It just makes good common sense to conserve the nation's resources when large amounts of electricity are going to be needed to clean up the environment and power a healthy economy.

In the box below are listed many appliances and the approximate amount of electricity they use, along with some suggestions to guide you in their more efficient use.

CLIP AND SAVE

The unit of measurement used in computing your electrical usage is the kilowatt-hour. 1,000 watts used for an hour equals one kilowatt-hour. For instance, a 100 watt light bulb used for 10 hours equals one kilowatt-hour. The wattages and consumption figures in the following list are averages, based on a family of four living in a 1200-square-foot home in our service area. The amount of electricity used by a family will vary, of course, because of size, living habits and personal tastes. As a general suggestion, use your appliances only in the manner described in the manufacturer's literature.

Appliance	Average Kilowatt-hours per month	Average Monthly Cost	Hint
Clothes Dryer (20 10# loads)	78	.94	Sort clothes for washing according to fabric. Set water level and temperature selectors according to fabric and size of loads. Dry only full loads. Clean lint filters regularly.
Washer (automatic) (20 10# loads)	6	.072	Fully load before using.
Dishwasher	30	.36	Plan ahead so you get all the food you need out at one time. Open door as few times as possible. Follow manufacturer's recommendation for thermostat setting.
Food Freezer (16 cu. ft.)	112	1.34	Turn off lights when not in use.
House lights	300	3.60	Remove clothes immediately from washer or dryer so wrinkles don't set. Fold clothes when handling rather than jamming or bunching — this way many fabrics require only touch up or no ironing at all.
Iron (12 hrs.)	6	.072	Be sure to turn off when no one is in the room.
Radio (130 hrs.)	4	.048	Thaw meats before cooking. Bake two cakes or pies at the same time (freeze one for later use). Plan oven meals choosing dishes requiring the same temperature. Start surface units high and when boiling starts, turn down to point where proper temperature is maintained. Double check range after use to make sure all units and oven are off.
Range	90	1.08	Plan ahead so door is opened minimum number of times. Follow manufacturer's recommendation for thermostat setting.
Refrigerator (16 cu. ft.)	70	.84	It's difficult to estimate an average, because use varies considerably with size & construction of home, windows, shade available, family habits, etc. However, a 3-ton air conditioning unit in our service area costs approximately 5 cents per hour to operate. Keep filters clean and the fan on for better circulation.
Refrigerated air conditioning	...	...	Turn off when no one is in the room watching.
Television (150 hours) Black & White	23	.276	Fix leaking hot water faucets promptly. Take showers — they use less water than baths.
Color	40	.48	
Water Heater	310	3.72	

We make these suggestions, because at Nevada Power Company ... we live here, too!



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