

FOOD FORUM *

Dorothy Johnson

The ole' saying history repeats itself, is really running true to form. Remember the lemonade stands years ago. In the past two weeks, I've noticed several youngsters with lemonade and kool-aid stands. On one stand, as well as I could figure out the writing it said "Think Cool With Cool Lemonade 15 cents." So we give you some recipe's for thirst quenchers so you can enjoy the "Good Ole' Summer Time." Another thirst quencher is Tea. Tea has been the drink in China for 5000 years, in Europe for 450 and in America 320. There are 3,000 varieties of tea, and in China, where there are 250, tea costs may vary from a few cents to hundreds of dollars per pound. When the Dutch first brought Tea to the United States it cost between \$30 and \$50.00 per pound in non-inflated dollars. Today Tea is the least expensive natural beverage in the world. Here a pitcher of Iced Tea only cost pennies.

ORANGE BREAKFAST COOLER

1 CAN (5 1/2 oz.) sweetened orange juice
1/2 cup vanilla ice cream
1 egg
1/8 tsp. vanilla
Dash nutmeg or cinnamon
Blend all ingredients in blender.

BANANA BREAKFAST SHAKE

1 can (6 Oz.) unsweetened pineapple juice
1 small ripe banana peeled
1/2 cup vanilla ice cream
1 egg
Dash cinnamon
Blend all ingredients in blender Serve in tall glass.

MOCK SANGRIA

1 cup lemon juice
2 cups orange juice
2 cups cranberry juice
1/4 to 1/2 cup rock candy crystals
1 bottle (1 quart) sparkling water chilled
Thin orange spirals or lemon slices

PINEAPPLE SMASH

2 cups pineapple juice
1/4 cup lime juice
1/4 cup rock candy crystals
1 bottle (12 oz.) quinine water
Combine fruit juices and rock candy crystals in blender container. Cover. Blend at high speed. 1 minute. Add chilled quinine water. Pour over ice in tall glass.

SPICED ICED TEA

Strain hot tea into heat proof pitcher with several cloves and/or 1/3 tsp. powdered ginger. Let steep 30 minutes before straining into pitcher with 1 qt. freshly drawn tap water. Pour into iced filled tall glasses, sweetened to taste and garnish with cinnamon stick stirrer, lemon slice or peel.

APPLE KNOCKER

Pour apple jack, apple cider or apple juice into ice filled tall glass about 1/4 of the way up. Fill with iced tea and garnish glass with apple slice or ring.

PINEAPPLE TEA ADE

Pour canned pineapple juice into ice filled glass about 1/4 of the way up. Fill with iced tea, sweetened with sugar or honey. Garnish with fresh pineapple sticks, strung on bamboo skewer and top with melon ball.

RUM ICED TEA

Pour 1/2 jigger of rum into ice filled glass, fill with iced tea. Add sugar and lemon to taste.

CRANBERRY COOLER

Pour cranberry juice cocktail into ice filled tall glass about 1/4 of the way up. Fill with iced tea and garnish with a small bunch of grapes threaded on skewer.

Headquarters For
MENS FINEST SHOES
Stetsons - San Remo
Savoy - Imports -
Florsheim Shoes
Complete Stock Of
ALLIGATOR SHOES
Doc's
Las Vegas Bootery
306 FREMONT ST.



A VOTE
FOR COUNCIL
IS A VOTE
FOR THE
COMMUNITY
ELECT

James **COUNCIL**
ASSEMBLY
District No. 7

Pd. Pol. Adv.

NO. LAS VEGAS CITY COUNCIL WITH AARON WILLIAMS



WITHOUT AARON WILLIAMS



COUNTY COMMISSION WITHOUT LEON CARTER



WITH LEON CARTER



DON'T WASTE YOUR VOTE!

The Law says My Opponent, if elected,
must resign
as City Councilman

A WHITE MAN WILL BE APPOINTED
TO TAKE HIS PLACE

A VOTE FOR CARTER
WILL GIVE BLACKS A VOTE IN
BOTH

CITY AND COUNTY GOVERNMENT

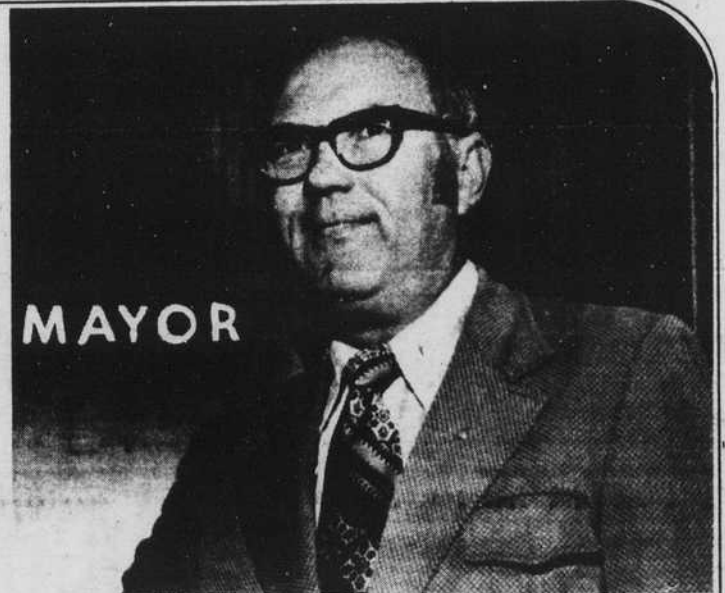
ELECT LEON CARTER
YOUR
COUNTY COMMISSIONER

Pd. Pol. Adv.

Responsive
Government **MAYOR**

**GENE
ECHOLS**

**FOR
SENATOR**



- Mayor of NORTH LAS VEGAS since 1969
- Chairman of North Las Vegas Housing Authority
- Member of Legislative Government Study Committee
- Member of Clark County Board of Equalization
- Member of Economic Opportunity Board

...of the people

Pd. Pol. Adv.