

FOOD FORUM *

Dorothy Johnson

ALL ABOUT MELONS

Late August and early September this year has given us an abundant crop of melons and they are excellent. Canteloupe, Persian melons, Casaba, Honeydew, Crenshaw, and the newest of melons to me, the Santa Claus Melon, also called Christmas Melon. These melons are so named because they are normally harvested green and put in storage until holiday time. However, some are now in the markets.

Melons are useful in appetizers, salads, desserts and with meat.

MINTED MELON SUNDAE

- 2 cups water
- 1/2 cup sugar
- 1/2 bunch mint
- 2 to 3 tbsp. lemon juice
- 1 small honeydew
- 1 small casaba
- 1 small crenshaw
- 1 qt. vanilla ice cream

Heat water in saucepan. Add sugar and cook until sugar is dissolved. Add mint leaves and crush them into syrup. Remove from heat and steep several hours or overnight. Remove and discard mint. Stir in lemon juice. Cut melon in thick slices and discard seeds, then cut into balls with melon ball cutter. Add melon to syrup and marinate at least 1 hour. Place large scoop ice cream in bottom of 6 small brandy snifters or glasses. Fill with assorted melon balls and add a spoonful of mint syrup.

WHEELER RIDGE PIE

- 2 tbsp. melted butter or margarine
- 1 tbsp. milk
- 1-3/4 cups shredded coconut
- 2/3 cup sifted confectioner's sugar
- 1 pt. vanilla ice cream
- 2 cups cubed canteloupe
- Allspice

Combine melted butter and milk. Combine coconut and sugar and stir in butter mixture. Mix well and pat mixture into a 9-inch pie plate. Bake at 350 degrees 5 to 8 minutes. Cool. Soften ice cream slightly and blend into pie shell. Garnish with canteloupe slices, if desired and sprinkle with allspice.

WINE MELON CUP

- 3 or 4 sprigs mint
- 1/2 cup orange juice
- 2 tbsp. lemon juice
- 1/2 cup light port wine
- 3 cups melon balls or cubes

Wash mint and crush between palms of hands. Combine mint, sugar and orange juice in small saucepan. Bring to a boil, stirring until sugar is dissolved. Simmer 5 minutes and strain. Add lemon juice and wine. Cool. Arrange melon balls in 6 sherbert glasses and pour syrup over melon. Chill. Garnish with additional sprigs of mint, if desired.

CANTELOUPE TOMATO SALAD

- 1 head of lettuce
- 1 large canteloupe
- 2 cups cherry tomatoes
- 1/4 cup bottled French dressing

Wash lettuce and tear into serving pieces in salad bowl. Cut melon in halves and scoop out seeds. Make balls to measure 2 cups. Arrange alternating clusters of canteloupe and tomatoes over lettuce. Serve with French dressing or Honey Celery Seed Dressing.

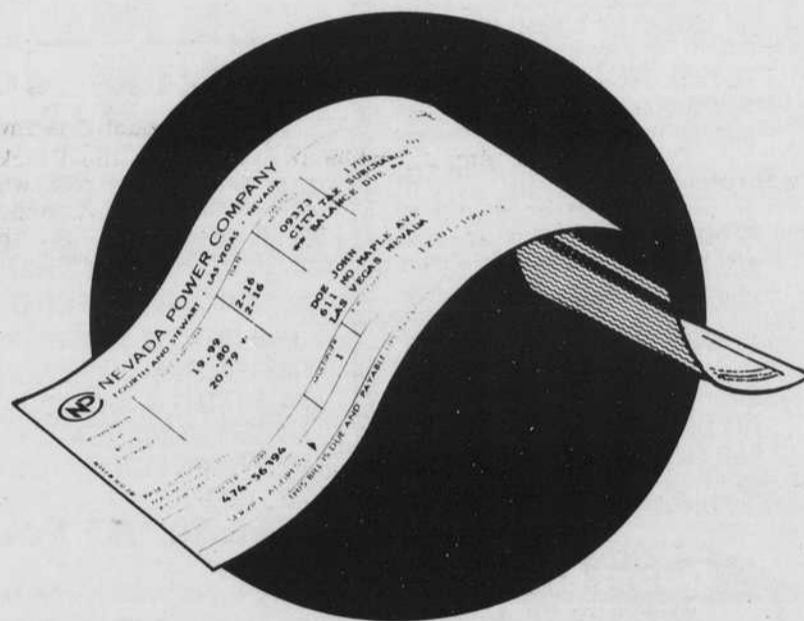


Mrs. Marjorie Taft of Kansas City, Missouri, leader of Women's Auxiliary to the National Medical Association stands beside American Cancer Society exhibit at recent convention.

NEW SYMBOL SIGNS



Thousands of youngsters have returned to classrooms for the fall semester, and with the new term come new warning signs for greater safety. New symbol signs are replacing the old lettered signs that have been used for years to warn approaching motorists of school zones (top) and crosswalks (bottom). The new signs simplify messages to motorists as they can be recognized at a glance. Motorists should be warned, however, that both types of signs may be encountered during the transition period and that caution should be exercised at all times.



IF THERE'S A HILL IN YOUR BILL, THE SEASON'S THE REASON!

If your electric bill has been high these past few months, it's because you have used more power for cooling. It's been that kind of summer . . . requiring a lot of air conditioning . . . day and night. We have tried to pass along a few tips during the summer, telling you how to cut your cooling costs. We hope they helped. Meanwhile, Nevada Power is delivering to you all the power you need . . . still at one of the lowest residential rates in the nation.



NEVADA POWER COMPANY

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