

FOOD FORUM *

Dorothy Johnson

HARBINGER OF SPRING

Strawberries are the most luscious of all our fruits. The name may have originated with the use of straw to keep down the weeds in the berry patch or from the specks on the fruit that resembled straw. Strawberries this year will soon be plentiful in the markets. There is an estimate that more than 300 million pounds will be picked this year, 80% to be marketed fresh. Because berries do not ripen after they have been picked, select ones that are fully ripe, of vibrant color, uniform in shape and plump. Heat is damaging to strawberries because it makes them spoil very rapidly. Therefore, berries must be kept refrigerated. Unlike other fruit however, they should not be washed and the caps removed until they are prepared for serving. Strawberries are an excellent source of Vitamin C and contribute nutritionally significant amounts of iron.

YOGURT SNOW WITH STRAWBERRIES

- 1-3 oz. pkg. lemon gelatin
- 3/4 cup boiling water
- 3/4 cup ice water
- 1-8 oz. carton orange yogurt
- 1 basket strawberries

Dissolve gelatin in boiling water. Add ice water. Chill until thick as unbeaten egg white. Whip gelatin over ice water until fluffy. Fold into yogurt. Wash and cap berries. Slice half of them and fold into snow. Pile into dessert glasses or bowl and chill. Garnish with remaining strawberries and if desired whipped cream.

STRAWBERRY BISQUE

- 4 cups dairy sour cream
- 1 cup sugar
- 12/ cup almond macaroon crumbs
- 1 tsp. vanilla
- Dash of salt
- 1 basket strawberries, sliced

Combine sour cream, sugar, vanilla, salt and macaroon crumbs. Fold in sliced strawberries. Spoon into dessert dishes and garnish with whipped cream. Can be frozen. Let frozen bisque stand at room temperature 10 minutes before serving.

STRAWBERRIES FLAMBE

- 1 basket strawberries
- 2 tbsp. currant jelly or bar le duc
- 1-oz. kirch
- 1-oz. brandy
- Vanilla ice cream

Wash, hull and drain strawberries. Place jelly in a shallow pan or chafing dish and melt, stirring now and then. Add berries and heat thoroughly. Warm kirsch and brandy, pour over berries and flame. Serve over vanilla ice cream.

CREAM CHEESE ALMOND MOLD

- 1 envelope unflavored gelatin
- 1/4 cup water
- 2 envelopes whipped topping mix
- 1 cup cold milk
- 1 tsp. vanilla
- 1 cup powdered sugar
- 3/4 tsp almond extract
- 2 pkgs (8 oz. each) cream cheese, softened
- 12/ cup toasted chopped almonds
- 1/4 cup macaroon crumbs
- 1 pint strawberries, sliced
- 1 tbsp. granulated sugar

Combine whipped topping mix, milk, and vanilla in a deep narrow-bottom bowl. Whip as directed on package. Blend in powdered sugar and almond extract, using medium speed of electric mixer or rotary beater. Add cheese, a small amount at a time, blending until smooth after each addition. Blend in gelatin mixture.



SCHOLARSHIPS FOR MINORITIES - Dr. Kenny Guinn (left) and Claude Perkins (Third from left) discuss details of scholarships to Carnegie-Mellon University for minority students with psychology profession Dr. Norman Johnson and Louis Overstreet, assistant director of the Carnegie-Mellon Action Project. The meeting finalized a \$25,000 grant from the Pittsburg school to provide from five to eight four-year scholarships to minority group graduates of Clark County high schools.

Fold in almonds and macaroon crumbs. Pour into 4x8 inch loaf pan which has been lined with wax paper. Chill at least 4 hours. Unmold on platter; remove wax paper. Combine strawberries and granulated sugar. Spoon over top of loaf.

STRAWBERRY ORIENTAL

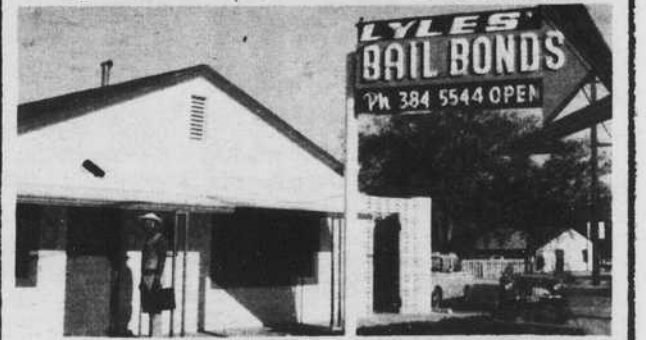
- 1 basket strawberries
- 1-8 oz. carton orange yogurt
- 1/4 tsp. coriander
- 1/8 tsp. cloves

Wash and cap strawberries. Gently mix yogurt with coriander and cloves. Spoon over strawberries.



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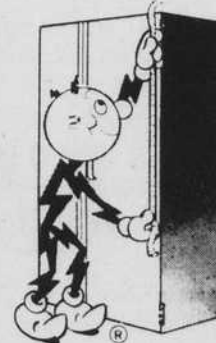


Your hair and scalp is either naturally OILY or DRY, because of secretions which your oil glands empty INTO THE CHANNELS THROUGH WHICH YOUR HAIR GROWS. Sometimes a steady warm climate or working in a room that is unnaturally dry or even being in the sun too much can produce DRYNESS. Years ago a Doctor Caruel produced a medicated formula with tar and other ingredients specifically for SCALP treatment. CARBONOEL SOOTHES AN IRRITATED SCALP, relieves itching, HELPS REMOVE DANDRUFF and aids in preventing SCRATCHING which could damage and cause sores and scabs on your scalp. ONE TREATMENT WITH CARBONOEL SCALP OINTMENT OFFERS QUICK TEMPORARY RELIEF. Cleansing your hair and scalp with CARBONOEL SHAMPOO removes loose dandruff, scales, and aids through your gentle massage, to stimulate circulation to the scalp. This method is intended to create the hygienic conditioning of your scalp to aid normal healthy hair to grow naturally, free from grime, sweat and clogging dust. CONDITIONING both your scalp and hair with LANOTRESS after your hair has dried must reflect the benefits of THIS 3-WAY CARE. YOUR SATISFACTION IS GUARANTEED. You must be delighted with this old reliable formula or YOUR MONEY CHEERFULLY REFUNDED. Hair and scalp deserve this fine care. SPECIAL INTRODUCTORY OFFER send \$3 for the CARBONOEL SCALP OINTMENT and the CARBONOEL SHAMPOO and also get FREE A TRIAL SIZE BAR OF LANOTRESS. If more convenient, mail \$1 deposit, pay the balance plus postage, C.O.D. charges when you get everything. Send to GOLD MEDAL HAIR PRODUCTS, Dept. 800, INWOOD, L. I., N.Y. 11696.

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When purchasing electric appliances, buy the size and model that best suits your family's needs. Select appliances that give you the maximum BTU's for every watt used (check with a salesman if the power rating is not readily available)—a more efficient, if slightly more expensive, appliance will save you money in the long run.

Turn radios, televisions, phonographs off when no one is listening or watching.

Check your hot water thermostat—is it unnecessarily high? Try to keep heating and cooling thermostats at one constant setting.

Keep all appliances clean and in good repair. Study instruction manuals; knowing what plugs, fuses and controls are involved could save you future service calls.



Plan to use once-a-day appliances (dishwasher, washer, dryer) after the evening meal or early in the morning. Save once-in-a-while appliances (vacuum cleaner, power tools) for weekends.



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