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**FOOD FORUM**  
 Dorothy Johnson  
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**Giving MOM The Day Off**

The weather is beautiful and its time to go out of doors or on your patio, if you're not taking Mother out to a restaurant. Your out of door parties will be ideal as father can do outdoor cooking. Dad and the children take over meal preparation for one whole day. Getting each member of the family involved is part of the fun. Even the smallest member can help.

**HERB-FRIED CHICKEN**

- 2 (2-1/2 to 3 lb.) broiler fryer, cut up
- 3/4 cup oil
- 3/4 cup flour
- 2 tsp salt
- 1 tbsp paprika
- 1/4 cup toasted sesame seeds

Line a 15 x 10 inch shallow baking pan with foil with ends extending to edge of pan. Pour oil into pan. Place in 425 degree oven to heat, about 10 minutes. Meanwhile, combine flour, salt, paprika and sesame seeds. Dip chicken pieces in flour mixture. When all pieces have been coated, return pan to oven and bake 30 minutes. Turn chicken. Bake 20 to 30 minutes longer or until golden brown. Chill immediately. Wrap in plastic bags or foil and take to picnic in insulated cooler.

**SAUCY BEANS AND FRANKS**

- 2 cups canned baked beans
- 2 cups apple sauce
- 1/4 cup ketchup
- 1/4 cup chopped onion
- 1/4 cup dark molasses
- 1 lb. frankfurters

Combine baked beans, applesauce, ketchup, onions and molasses. Pour into a 1 quart casserole. Place frankfurters on top. Cover and bake in preheated oven (375 degrees) 30 to 40 minutes.

**ORIENTAL SPARERIBS**

- 2 lbs. lean spareribs cut in serving sizes.
- Seasoned flour
- 1 tsp shortening
- 4 cups apple juice
- 1 tsp soy sauce
- Cornstarch
- Fried noodles
- Boiled Rice

Roll spareribs in seasoned flour, brown in shortening. Remove spareribs to kettle. Add apple juice, cover and simmer until spareribs are tender, about 1-1/2 to 2 hours. Skim off excess fat. Add soy sauce. Remove spareribs and thicken stock with a little cornstarch mixed to a smooth paste in cold water. Arrange spareribs and gravy on platter. Place boiled rice on one side and fried noodles on other.

**CRANBERRY ROSE CHICKEN**

- 1 broiling chicken, cut in serving pieces
- salt and pepper
- 1 cup commercial cranberry-orange relish
- 1/2 cup apple sauce
- 1/2 cup rose wine
- 1/4 cup commercial Italian salad dressing.

Place pieces in a shallow pan. Combine remaining ingredients; stir until well-blended. Pour mixture over chicken and let stand in refrigerator overnight. Drain chicken and broil for about 20 minutes, basting occasionally with remaining marinade. Spoon heated marinade over chicken before serving.

**VIENNE CUCUMBER**

- 8 cucumbers

**COMMUNITY RANCH TRIP**

Community Ranch for Boys is sponsoring a trip to Magic Mountain on May 11, 1974. The proceeds from the tour will be used to support our summer program for problem youth in the community.

Summer program proposed:

1. Summer School
2. Gardening Project
3. Produce Farming Projects

Sign below the number going on the tour. Fee \$18.00. Includes Transportation to Park and all rides.

- 1.
- 2.
- 3.
- 4.
- 5.

For reservations contact: Mrs. A.G. Guy, 648-4151 or 648-5866.

- 2 tbsp salt
- 3 tbsp lemon juice
- 3 tbsp vinegar
- 6 tbsp oil
- Dash dry mustard
- Salt
- Paprika
- Pepper
- Sugar

Peel cucumbers and slice paper thin. Mix with salt and let stand 2 hours. Squeeze out excess liquid, using a dry, clean towel. Toss cucumbers with lemon juice, vinegar, oil, mustard and salt and pepper to taste. Sprinkle with paprika and serve.

**KIDNEY BEAN RELISH**

- 1 (15 oz.) can red kidney beans, rinsed and drained
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 2 tbsp sugar
- 1/2 cup wine vinegar
- 2 tsp finely chopped green pepper
- 1 tsp whole allspice
- Salt
- Pepper

Place in refrigerator to marinate 8 hours. Makes about 2-1/2 cups.

**CARROT CUP CAKES**

- 2-1/4 cups sifted flour
- 2 tsp baking powder
- 1 tsp soda
- 1 tsp allspice
- 1/2 cup butter or margarine
- 3/4 cup granulated sugar
- 3/4 cup brown sugar, packed
- 2 eggs
- 1/2 tsp vanilla
- 1/2 cup milk

Sift together flour, baking powder, soda and all spice. Cream together butter and sugars. Add eggs and beat until light and fluffy. Stir in vanilla and carrots. Add milk alternately with dry ingredients, stirring until smooth after each addition. Turn into muffin cups which have been greased or lined with paper liners. Bake at 350 degrees 30 to 35 minutes or until top springs back when touched lightly. Cool on wire racks. If wished, frost with fluffy or confectioners sugar icing, or leave plain. Makes 16 large or 18 medium cup cakes.

**God is hope. God is now.**

\* PHIL DAVE \*

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**West Las Vegas Library**  
**"Nothing But A Man"**

Ivan Dixon and Abbey Lincoln star in NOTHING BUT A MAN, Sunday May 12, at 2:00 p.m. The film, to be shown at the West Las Vegas Library, is part of the series "Black and White and Color: A Black Film History."

Made in 1964, NOTHING BUT A MAN is the moving drama of a Southern black and his wife in a society hostile to them. A young railroad worker gives up his job to marry a schoolteacher. His emotional adjustment to the problems of earning a living and living in peace and dignity becomes difficult because the place is Alabama today and the man will not conform to the expected black role.

Following the screening, a panel will discuss the impact of the film.

"Black and White and Color: A Black Film History" is made possible by a grant to the Clark County Library District from the Nevada Humanities Committee, a state affiliate of the National Endowment for the Humanities.

The program is free of charge. The West Las Vegas Library is located at 1402 North D. Street.

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