

THE THINKING WOMAN

FOOD FORUM

Dorothy Johnson

Whether they are fresh, frozen or canned, oysters are available and delicious year round. Raw or cooked, oysters make delightful and nutritious eating. We offer some favorite recipes that are always in season.

OYSTER PARMESAN

- 1 cup oysters, drained
- 1 tbsp. chopped onion
- 1 cup milk, divided
- 1-1/2 tbsp. butter margarine
- 2 tbsps. flour
- 1/4 tsp. salt
- Dash of pepper
- 1/4 tsp. celery salt
- 1/4 cup grated Parmesan cheese
- 1 tsp. parsley
- 3 hard rolls
- Paprika

Combine oysters, onion and 1/2 cup milk in a saucepan. Cook over medium heat for 15 minutes. Melt butter and blend in flour, salt, pepper and celery salt. Add remaining 1/2 cup milk and cook until thick, stirring constantly. Add Parmesan cheese and parsley. Combine cheese sauce with oyster mixture and cook for an additional 5 minutes. Serve hot over hard split rolls. Sprinkle paprika over each serving.

FRIED OYSTERS

- 3 dozen large oysters
- Salt & pepper
- 2 cups cracker crumbs, crushed fine
- 2 eggs, beaten
- Shortening

Drain oysters between absorbant paper. Season with salt and pepper. Dip in cracker crumbs then beaten eggs and back to cracker crumbs again. Fry in shortening until golden brown.

SCALLOPED OYSTERS

- 1 pint oysters
- 2 cups cracker crumbs
- 1/2 tsp. salt
- Dash of pepper
- 1/2 cup melted butter
- 1/4 tsp. worcestershire sauce
- 1 cup milk

Drain oysters. Combine cracker crumbs, salt, pepper and butter; sprinkle a third in a buttered 1-quart casserole dish, and cover with a layer of oysters. Repeat layers, reserving a little of the crumb mixture for topping. Add worcestershire sauce to milk; pour over casserole. Sprinkle remaining crumbs over top. Bake at 350 degrees for 30 minutes or until golden brown.

SEA COAST DIABLE

- 1-(27 oz.) can spinach, well drained
- 1/2 cup cream of celery soup
- Dash ground nutmeg
- 2 (8 oz.) cans oysters, drained
- 2 (4-1/2 to 6-1/2 oz.) cans shrimp, drained
- 1 clove garlic, minced
- 1/4 cup butter or margarine
- 1/2 tsp. worcestershire sauce
- Dash tabasco sauce
- 2 tbsps. grated Parmesan cheese

Combine drained spinach, soup, and nutmeg. Line a greased shallow 1-1/2 quart baking dish with spinach mixture. Arrange drained oysters on spinach. Cover oysters with drained shrimp. Saute minced garlic in butter; add worcestershire sauce and tabasco sauce. Drizzle butter mixture over oysters and shrimp. Cover and bake at 350 degrees for 35 minutes or until heated through. Remove cover; sprinkle with Parmesan cheese and place under broiler several minutes to brown the cheese.

OPINIONS OF BRENDA MASON

Who are the State Board of Regents?

The Regents are the top governing body of the entire higher education system in the State of Nevada. The Board controls both the University Campuses in Reno, Las Vegas, and all three Community Colleges in the State. It consists of nine elected members throughout the State, five from Clark County and four from Washoe County.

The Regents make such decisions as capital improvement on the University campuses, budget expenditures, tenure procedures, faculty salaries, classes offered, approval of gifts and grants tuition cost for students. It will control more than \$80 million dollars in the next biennium if 1975-77.

What kinds of changes do you envision in the University system in relation to minorities?

It is in my opinion that Nevada is losing most of its minority students to other states, and other colleges, primarily due to scholarships, grants, and financial assistance; to say the least about atmosphere, classes offered and job opportunities. Even though the University system is changing in Nevada and gearing toward the needs of the students, it still remains stagnant in a real sense. It is my suggestion that more minority faculty members are placed in all levels of the system and more financial assistance be allocated to students. I also suggest, that multi-cultural education become an essential part of the total instructional curriculum. However, I think that programs such as, Upward Bound, are doing a terrific job with recruitment of minority students.

Explain the Affirmative Action Register and state your feelings about the Register.

The Affirmative Action Register "reaches experienced as well as newly qualified minority and female candidates."

"Recognizing the difficulties encountered by employers in reaching qualified minority and female candidates effectively, to comply with Federal Guidelines regarding equal employment opportunity, The Affirmative Action Register was established:

-- To provide an opportunity for female and minority candidates to learn of professional and managerial positions throughout the nation for which they may be qualified and;

-- To assist employers in implementing their Affirmative Action Programs by reaching potentially qualified females and minorities."

(Affirmative Action Register, Warren Green, editor, St. Louis, Missouri).

Being both a female and of a minority, I can definitely see the need for this amendment in the University System. The quotas of female and minority instructors in my opinion are far below desirable standards.

OYSTERS MARIO

- 2 dozen select oysters, in shells
- 1 clove garlic
- 3 tbsps. butter
- Dash salt & pepper
- 1 cup bread crumbs
- 2 tbsps. olive oil
- 2 tbsps. chopped parsley
- 1/2 tsp. oregano
- Juice of 1 lemon

Scrub shells, rinse in cold water. Remove oysters from shells. Rub the half shell with garlic and butter; replace oysters. Sprinkle with salt and pepper. Mix bread crumbs, olive oil, parsley and oregano. Sprinkle this mixture on each oyster. Arrange in shallow baking dish; bake at 350 degrees for about 10 minutes or until edges of oysters curl. Serve very hot with lemon juice.

MELON FOUNDATION GRANT

The Richard King Mellon Foundation has made a grant of \$100,000 to Wilberforce University, Wilberforce, Ohio. President Rembert E. Stoles announced that the grant would be used to help construction of the Learning Resources Center on the New Wilberforce Campus, which will begin this spring.

Wilberforce University, the oldest institution of higher education for minorities in the United States, was founded five years prior to the Civil War and is operated under the auspices of the African Methodist Episcopal Church. A four year liberal arts college, Wilberforce offers a mandatory cooperative educational program which provides students with an opportunity to enrich their academic education through practical job experience.

MISS YOUTH FAIR PAGEANT

Girls between the ages of 13-18 who have not reached their senior year in high school and have never been married, are urged to enter the Southern Nevada Youth Fair, Miss Youth Fair Pageant. Miss Youth Fair will be judged on Poise and Personality and competition is scheduled for Thursday, March 6, 1975 at the Las Vegas Convention Center. Applications can be obtained from Clark County Junior and Senior High Schools, through local modeling agencies or thru the Copperative Extension Service Office, 953 E. Sahara or by calling 385-6411. Deadline for entries is February 19. The young woman selected as Miss Youth Fair will receive gifts and will reign throughout 1975-76 and help with promotion for the 1976 Southern Nevada Youth Fair by representing the Youth Fair with personal appearances throughout the year.

VOLUNTARY ACTION CENTER NEEDS HELP

Are you bilingual or can you do secretarial work?

Perhaps your interests lie in public relations and working with our local media.

It doesn't matter what you like to do because all of your talents can be put to use by the Voluntary Action Center (VAC) which is located at 319 S. Third Street. Call 382-5260 and we'll find a place for you.

Secretaries are desperately needed during the weekdays and on the weekends. People who can file and work with books can volunteer to work as few or as many hours as they wish to give.

Volunteers are needed immediately to do phone work. The volunteer would have to contact local businesses concerning the upcoming cyclethon to aid the heart fund.

People are also needed to participate in this cyclethon.

Other volunteers are needed to answer phone inquiries concerning cancer and to work with the media doing public relations.

People willing to contact local groups who want information on this dread disease, present programs and show films about cancer are urged to call the Voluntary Action Center.

Bilingual volunteers 18 years of age and older are needed during the day time to assist Spanish speaking youngsters receive drug information.

Would you like to work in a school setting helping mentally retarded children? Volunteers are needed now at various schools throughout Clark County to act as teacher's aides and help with these handicapped children.

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