

Dorothy Johnson's Food Forum

In one form or another, pancakes now appear almost everywhere on a menu. They may be the mainstay of a light luncheon, can be used as a vegetable or as a dessert.

Children love them, and if you are a mother that doesn't work, it makes a good snack for the young ones.

PATCHWORK PANCAKES
1/2 cup finely shredded cabbage
1/2 cup grated carrots
1/2 cup thinly sliced celery
1/2 cup diced onion
1/2 cup raisins
2 eggs, separated
1-1/2 tsp. salt
2 tbsps. brown sugar, packed
1 cup evaporated milk, warmed
1 cup whole wheat flour
Warm honey or soy sauce

Prepare cabbage, carrots, celery and onion. Plump raisins in hot water 5 minutes. Mix egg yolks with salt, brown sugar, milk and whole wheat flour. Add vegetables and drained raisins. Beat egg yolks until stiff and fold into batter. Spoon batter onto hot griddle and bake on both sides, turning when bubbles form. Serve with hot honey or soy sauce.

PANCAKES LATINO

1-(16 oz.) pkg. corn muffin mix
1 egg
1-2/3 cup milk
2 (4-1/2 oz.) cans deviled ham
1/2 cup minced green pepper
1 cup tomato sauce
1/2 to 1 tsp. chili powder
1 small onion
Sliced stuffed olives

Combine corn muffin mix, egg and milk to make pancake batter. Blend deviled ham, green pepper, tomato sauce and chili powder; simmer until well heated. Bake four 8 inch pancakes. Stack in 8 inch round cake pan, spreading generous layer of deviled ham mixture between each cake. Bake at 400 degrees about 15 minutes or until bubbling hot. Cut in wedges and serve garnished with diced onion and olives. Makes 4 to 6 servings.

RICE PANCAKES WITH CREAMED SHRIMP

1 cup sifted flour
1 tbsps. sugar
1 tsp. baking powder
1/2 tsp. salt
2 eggs, separated
1 cup milk
2 tbsps. melted shortening or oil
1-1/2 cups cold cooked rice
Creamed shrimp filling

Sift together flour, sugar, baking powder and salt. Beat egg yolks until lemon colored. Combine with milk and shortening and add to sifted dry ingredients blending well. Stir in rice. Beat egg whites until stiff but not dry. Fold into rice mixture. Spoon onto hot lightly greased griddle, making 4 inch pancakes. Bake until golden brown on both sides, turning once. Serve topped with Creamed Shrimp Filling or with shrimp mixture and roll up.

CREAMED SHRIMP FILLING

1 can mushroom soup
1/3 cup milk
1/2 tsp. worcestershire sauce
Dash of cayenne
3/4 cup chopped cooked shrimp

Combine soup, milk, worcestershire sauce and cayenne in saucepan. Heat but do not boil. Add shrimp and heat through.

MARMALADE CAKES

1-1/2 cups pancake mix
1-1/2 cups milk
3 eggs
3 tbsps. oil
1/2 cup marmalade

The Thinking Woman

Beauty
by-lines

Tips from the experts
for a more beautiful you

Tips For The Perfect Hairdo

To do your hair like a professional, you can benefit from advice from a pro. One such expert is Alfred Fornay, famed New York beauty consultant who has worked with a number of the top black fashion models.

Mr. Fornay offers a five step plan to help a woman make the most of her crowning glory, easily and simply. This advice, and more, is offered to young women around the country--via tapes and slides as part of the "Discovery Studio" course offered at selected Sears Stores.

Here's Mr. Fornay's Master Plan:



1. Determine the kind of hairstyle that's best for you by really studying your face shape. To do so, tie a scarf around your head, concealing all the hair. Keep in mind that your "do must not only suit your face shape, but must balance your height and frame.

Combine pancake mix, milk and eggs in a bowl and stir in oil and marmalade. Drop by 1/4 cupfuls onto hot lightly greased griddle or frying pan and bake until undersides are browned and turn and brown other side. Serve with favorite syrup or whipped cream or plain butter if desired.

POTATO PANCAKES WITH APPLE SAUCE

3-lbs. potatoes
1/4 cup milk
2 or 3 tbsps. flour
Salt to taste
1/4 cup shortening

Peel and grate potatoes; pat dry. Combine the potatoes with milk, flour and salt. Melt fat in pan and fry pancakes crisp and brown on both sides. Serve with lukewarm applesauce.

ZUCCHINI PANCAKES

1-lb. zucchini
2 eggs, slightly beaten
1 tsp. sugar
1/4 tsp. baking powder
4 to 6 tbsps. Matzo meal or cracker crumbs
Salt
Shortening or bacon drippings

Scrub zucchini and trim ends. Grate as for potato pancakes and drain. Mix squash pulp with eggs, sugar, baking powder and enough Matzo meal to make batter. Add salt to taste. Fry in skillet turning to brown both sides. Serve as vegetable.



2. Get a good haircut and have your hair trimmed regularly. Find a salon that understands your hair type and knows how to work with it.

3. Care for your hair by combing it -- but never with a metal "Afro" comb. If you start with dry hair, comb very lightly from the top in short strokes. After the hair is untangled, use long strokes to shape the hair.

4. Read the labels on shampoo carefully, and select one that's formulated for your hair type. It should be thorough, yet gentle.

5. Deep-condition your hair about once a month. When applying a hair sheen, use one with a built-in conditioner.

As Mr. Fornay sums up, "A black woman's hair is delicate -- and so must be treated with Tender Loving Care."

MS. MASON FEATURED

University Regent Brenda Mason who works as a coordinator with the Teachers Corps at the University of Nevada, Las Vegas has been featured in the magazine "Many Ways to Beauty," circulated principally in California.

A two-page article in the February issue tells

of Ms. Mason's regent race and her professional activities in Las Vegas since 1966.

Ms. Mason, who became the first black to serve on the board with her victory last November, earned her bachelor's degree in sociology in Dec. from UNLV. She is 27 and resides in North Las Vegas.

WOMENS POLL

American women want fewer children than their mothers did, but they are far from ready to give them up.

These attitudes of women to their role in the family and society emerge sharply from the Virginia Slims American Women's Opinion Poll, Volume III, which has just been released. Virginia Slims commissioned the Poll to the Roper Organization, Inc., which interviewed a cross-section of 3,000 women and 1,000 men and compared the results with 1941 and 1952 data culled from the Roper Archives.

The Poll reveals that in 1941 and during the post war "baby boom" in 1952, two of every three women thought the ideal family contained a mother, father and three or more children. Today, however, less than half of women (46%) think families should have three or more children, while the percentage advocating two-children families has nearly doubled from 25% in 1952 to 45% currently.

Growing acceptance of the two-child family is underscored by the fact that sizeable numbers of women with less than two children would like more. However, nearly one third of women with three or more children, one half with four or more and nearly three fifths with five or more think having fewer children is better.

Opinions of the men correspond closely to those of women. Male advocacy of the two child family has increased from about one third in 1952 30% to nearly one half currently, 48%. Approval of the one child family has remained very low among men--at 3% or less.

People least able economically to afford large families are most in favor of them. About four of every five women in each of the four income groups agree that the high cost of living is a good reason for having "only one or two or no children." Young women most frequently express concern about the cost of living, blacks the least.

According to Thomas Keim, Virginia Slims manager, "The Virginia Slims Opinion Poll, Volume III, continues our in-depth comprehensive study of the American woman and takes a profound look at her changing attitudes; and examines the influence and the effect of her thinking on the shape of the American family in the future."

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