

the THINKING WOMAN

Dorothy Johnson's Food Forum

Many are the sounds of spring! Birds chirp out their special secret messages. Breezes rustle through the budding trees. And bees hum merrily on their way.

Listen carefully, and you'll hear the sound that spring elicits from humans: "Hey, what's for dinner?" Fresh air builds appetites satisfied by this filling budget fare.

Whopper Beef Pie, a double decker main dish, really packs a wallop! Beef cubes brown first, then bubble done in a savory sauce of tomatoes and green beans. A tempting "corn bread" topper, begin from economical enriched corn meal, crown it colorfully! Spicy Red Dressing brightens any tossed greens. Tongue-teasing flavors blend together: sweet maple-blended syrup, tangy catsup, piquant vinegar and pungent spices.

Even lured by sunshine, the family will stay at the table for dessert, Springtime Fruit Cobbler. The blueberry-apple blend is topped with a golden brown hearty oats crust. The return of the out door appetite is as inevitable as the return of the song of birds to the North. Prepare for ravenous hunger by planning budget menus that are delicious--like this one!

WHOPPER BEEF PIE Makes 6 servings

Base:

2-1/2 tsps. salt
1/2 tsp. pepper
1/4 cup all-purpose flour
1-1/2 lbs. beef stew meat, cubed
1 cup boiling water
1-(16-oz.) can tomatoes, chopped
1-(9-oz.) pkg. frozen cut green beans, cooked and drained*

Topping:

1 cup enriched corn meal
1/4 cup sifted all-purpose flour
2 tsps. baking powder
1 tsp. salt
1/2 cup milk
1 egg, beaten
2 tsps. liquid melted shortening

Heat oven to moderate (350) degrees. For beef base, combine 1-1/2 tsps of salt, 1/4 tsp. of the pepper and flour. Coat meat in flour mixture. Brown in hot oil in skillet. Transfer meat to 2-qt. casserole. Add water, tomatoes, remaining 1 tsp. salt and remaining 1/4 tsp. pepper. Bake covered in preheated oven (350) degrees about 1 hour; stir in green beans. Increase oven temperature to hot (425) degrees.

For topping, combine all ingredients. Spoon over hot beef base. Bake uncovered in preheated oven (425) degrees about 20 to 25 minutes.

*Use the cooking water drained from the beans as part of the boiling water called for in this recipe.

SPICY RED DRESSING Makes 1-1/2 cups

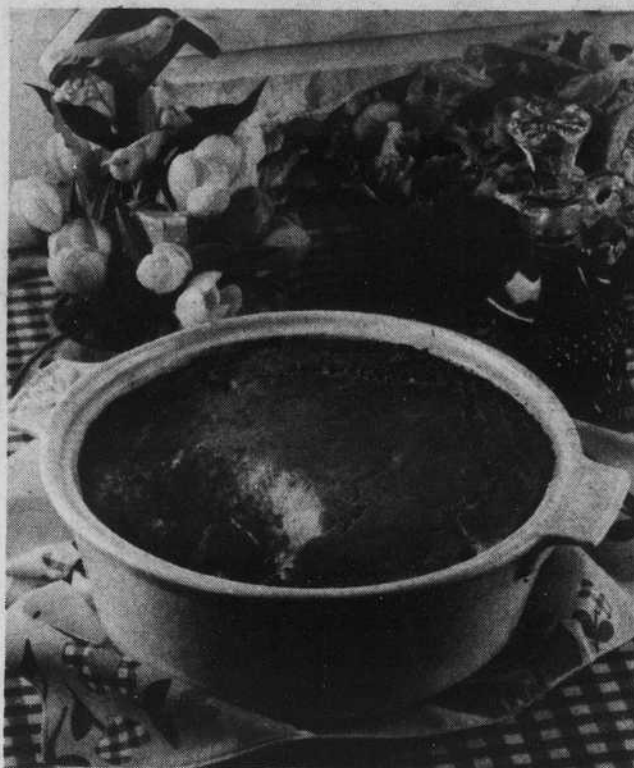
2/3 cup maple-blended syrup
1/4 cup salad oil
1/4 cup catsup
1/4 cup vinegar
1 tsp. garlic salt
1/2 tsp. onion powder
1/4 tsp. pepper

Combine all ingredients in covered container. Shake well before serving. Serve with tossed salad.

SPRINGTIME FRUIT COBBLER Makes 6 servings

Crust:

1 cup sifted all-purpose flour
1/2 tsp. baking powder
1/2 tsp. salt
1/3 cup shortening, soft
2/3 cup quick or old fashioned oats, uncooked
5 to 6 tsps. cold water



Filling:

1-(21-oz.) can apple pie filling, heated
2 tsps. butter or margarine
1-(21-oz.) can blueberry pie filling, heated

Heat oven to hot (400) degrees. For pastry sift together flour, baking powder and salt. Cut in shortening until mixture resembles coarse crumbs; stir in oats. Add water, a tablespoon at a time, mixing until dough can be formed into a ball. (If necessary to make dough hold together, add another tablespoon of water.)

Pour heated apple pie filling in 2-qt. baking dish; dot with half of butter. Divide dough in half. Roll out half of dough to fit over apple filling; top with heated blueberry pie filling; dot with remaining butter. Roll out remaining half of dough to fit top of baking dish. Cut slits to allow steam to escape. Adjust pastry over filling; turn edges under and flute. Bake in preheated oven (400) degrees about 35 minutes or until top crust is golden brown.



NASSAU, Bahamas --- Cypriana Munnings, former Miss Bahamas, models a shell-bordered bikini created by local fashion designer Jenny Rahming. The swimsuit was shown at a travel industry function in Nassau.

Big Fashion news for spring

Think Big for Spring '75. Soft, unconstructed, easy-to-wear shapes -- loosely defined, flowing and free. Pull a drawstring and you're set for the day. Or wrap yourself into a top and skirt (or pants) and tie your looks together with a soft bow. Cinch in your waist with a belt or a sash. Or simply slip something on over your head and go! That's the way GLAMOUR sees the season shaping up.

Spring brings a tone-on-tone approach to dressing that gives everything a refined casualness. There's a return to natural-looking fabrics with colors fresh as a rainbow, ranging from sun brights to eggshell whites.

Large-scale shapes are toned down by meticulous details. Top-stitching, seam-detailing, smooth yokes giving way to controlled fullness, a multitude of pockets, tucking, shirring touches of ruffles, lace or eyeletted flounce, fagoting, embroidery or crochet.

On the spring scene: uncomplicated clothes in switchable combinations of mix-and-match separates to stretch your fashion dollars. Looks are individualized with wardrobe-extending accessories. The consumer is buying fashion that's wide as a smock, spare as an undershirt or bare as a bandeau -- live-in good looks all based on proportion. It's a fashion season that promises the young contemporary customer more choices, more put-together potentials, more ways to use self-expression. The start of something very big!

There's a return of many traditional fabrics this spring -- and the use of natural fibers. On the dressier side are the refined fabrics that are smooth and sleek, fluid and supple, with controlled surface interest. Silks and silk-looks: Shantung, tussah, crepe de chine. Big news is the dominance of cotton -- woven or knitted. All summer whites in cotton and cotton blends.

On the sporty side are the no-nonsense fabrics in cotton and blends: crinkle and wrinkled, rough hewn and nubbed.

S & F Luxury Limousine Service

Phone (702) 876-6419



764 East Twain #24-H
Las Vegas, Nevada 89109

SAMUEL CRAIG
Res. Phone 732-1005

End Wash Day Worries
we are **TOPS** in DRY CLEANING!!
ROXY CLEANERS AND LAUNDRY
624 N. ST.
PH 648-3043

N. C. R.

Sales service & repair.

NEW & USED

Factory trained Salesman

GET YOUR NEW SMITH CORONAMATICS BEFORE PRICE INCREASE FEB. 15th.

212 STEWART 382-1110