

# the THINKING WOMAN



## Portland Rose Festival Princesses

Angela Dyton gets an opportunity to use her new Kodak pocket Instamatic camera as she snaps photos of Lydia Tjaden (left) and Greta Fields. The three are princesses in the queen's court, part of the annual Portland, Ore., Rose Festival set for June 6-14.

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## Dorothy Johnson's Food Forum

Tuna fits into the low-calorie, moderate-cost category. Tuna, fast sleek, and streamlined so they can move through the water with great speed, provide a storehouse of good nutrition for dieters or non-dieters. It rates high for versatility too, because it may be enjoyed just as it comes from the can, or combined with other foods in a myriad of delightful entrees. Tuna is packed in different styles; chunk-style for casseroles or skillet dishes, and flaked for sandwiches, canapes, or dips. Most tuna styles may be interchanged and the compactly packed cans assure value to the purchaser. Tuna is packed in either a light oil or in water.

Tuna Salad For Slimmers, a taste-delight from the National Fisheries Education Center, is a year-round good recipe that every member of the family will enjoy. The savory tuna is combined with celery, green pepper, and green onion for flavor and crunch, and a zippy salad dressing mixture highlighted with catsup, lemon and horseradish. Chill until the flavors mingle and serve on crisp salad greens in tomato shells, or with cherry tomatoes, tomato slices or wedges. Try it -- you'll like it!



TUNA SALAD FOR SLIMMERS

2 cans (6-1/2 or 7 oz. each) tuna  
2 cups thin, bias-cut celery  
1/2 cup chopped green pepper  
1/4 cup sliced green onion  
1/4 cup diet or regular salad dressing  
2 tbsps. catsup  
2 tbsps. lemon juice  
1 tsp. prepared horseradish  
1 tsp. salt  
Dash pepper  
Crisp salad greens  
Cherry tomatoes or tomato slices or wedges  
Low-calorie toast or crackers

Drain and flake tuna. Combine celery, green pepper, onion, salad dressing, catsup, lemon juice, horseradish, salt and pepper; mix well. Fold in tuna; chill well. Serve on crisp salad greens in tomato shells, or with cherry tomatoes or tomato slices or wedges. Serve with low-calorie toast or crackers. Makes six servings.

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## CREAMED HAM ON CORN BREAD SQUARES

Corn Bread:

1 cup enriched corn meal  
1 cup sifted all-purpose flour  
2 tbsps. sugar  
4 tbsps. baking powder  
1/2 tsp. salt  
1 egg  
1 cup milk  
1/4 cup liquid or melted shortening

Sauce:

2 tbsps. butter or margarine  
2 tbsps. all-purpose flour  
1/4 tsp. salt  
1/2 tsp. dry mustard  
1-1/2 cups milk  
3/4 cup grated mild cheddar cheese  
1-1/2 cups chopped cooked ham

Heat oven to hot (425 degrees). For corn bread sift together dry ingredients; add egg, milk and shortening, mixing only until dry ingredients are moistened. Pour into greased 8-inch square baking pan. Bake in preheated oven (425 degrees) 20 to 25 minutes; cool.

For sauce, melt butter in medium-sized saucepan. Add flour, salt and mustard, stirring until smooth. Gradually stir in milk. Cook over medium heat, stirring constantly until thickened. Add cheese, stirring until melted. Stir in ham; heat thoroughly. Remove from heat.

To serve, remove corn bread from pan and cut into 6 squares. Split each square horizontally. Brush with melted butter or margarine. Broil corn bread pieces until golden brown. For each serving, top two corn bread pieces with sauce. Garnish with sprig of parsley.

## WHEAT GERM YOGURT BRAID

8 to 9 cups unsifted flour  
3/4 cup instant nonfat dry milk solids  
5 tbsps. salt  
1 package Fleischman's Active Dry Yeast  
2-3/4 cups water  
1 cup yogurt  
1/4 cup honey  
2 tbsps. margarine  
1 cup wheat germ  
1 egg, beaten  
Wheat germ

In a large bowl thoroughly mix 3-1/2 cups flour, dry milk solids, salt and undissolved yeast. Combine water, yogurt, honey and margarine in a saucepan. Heat over low heat until liquids are very warm (120-130 degrees). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in 1 cup wheat germ and enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down dough; divide in half. Divide each half into 3 equal pieces. Shape each into a 16-inch rope. Braid 3 ropes together; pinch ends to seal. Place on greased baking sheet. Repeat with remaining ropes. Cover; let rise in warm place, free from draft, until double in bulk, about 1 hour.

Brush with beaten egg and sprinkle with wheat germ. Bake at 350 degrees for 35 minutes, or until done. Remove from baking sheets and cool on wire racks. Makes 2 loaves.

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