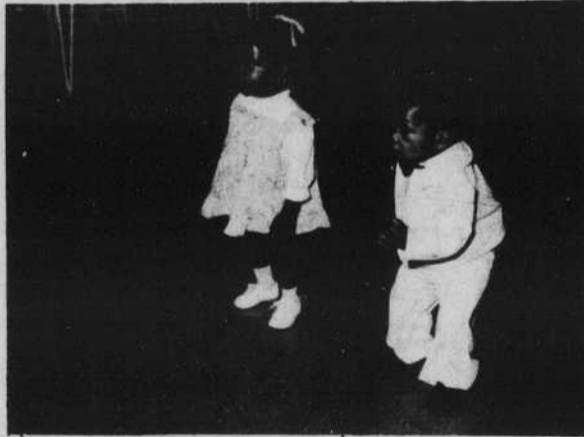


the THINKING WOMAN



Gwenda McCormick, Oliver Foy exchange vows

Gwenda McCormick and Oliver Foy became man and wife May 24 in a ceremony at Greater St. Paul Church. Below, left, the Rev. C. Hall congratulates the bride and groom. Below, center, Zatoya Jones and Jermain McCormick dance at the wedding.



Dorothy Johnson's Food Forum

June is Dairy Month - and Nevadans have special reasons to be proud of Anderson Dairy. Recently I took the lovely drive to Mesquite, Nev., and on our way there we passed Hidden Valley so we decided to explore a little. The Anderson Farm is wonderful. At the present there are 1500 milking cows.

Dairy products contain many valuable nutrients. Calcium is probably the first that comes to mind. The building of strong bones and teeth is most often associated with calcium, but it is also essential to good eyesight, regulates heart beat and enables blood to clot.

How much milk do you need in order to obtain adequate amounts of these nutrients? Children need three or more glasses daily; teenagers four or more; and adults two or more.

The above figures are based on eight ounce glasses of milk. Other dairy products are equivalent to: 1-oz. cheese, 3/4 glass of milk; 1/2 cup creamed cottage cheese, 1/3 glass milk; 1/2 cup ice cream - 1/4 glass milk; these may be used interchangeably to obtain your daily requirements.

In next week's issue I will give you the many products carried by Anderson Dairy.

Join the June Dairy Month celebration by preparing some of the recipes that can be made from Anderson Products.

YOGURT HERB DIP

1 carton (8-oz.) plain yogurt
1 tsp. rubbed sage
1/4 tsp. thyme
1/2 tsp. onion salt
Carrot sticks
Celery sticks
Cucumber sticks

Blend yogurt, sage, thyme and onion salt. Chill at least 2 hours to enhance flavor.

DELUXE MACARONI and CHEESE BAKE

1 pkg. (8-oz.) elbow macaroni
2 tbsps. vegetable oil
2 tbsps. flour
1 tsp. seasoned salt
1/4 tsp. pepper
1 cup milk
1/2 lb shredded sharp cheese(cheddar)
1 pkg. (1-1/2 oz.) dry spaghetti sauce mix
1 can (8-oz.) tomato sauce mushrooms
1-1/2 cups water

Cook macaroni according to pkg. directions; drain. In saucepan combine oil, flour, seasoned salt and pepper; heat until bubbly.

Stir in milk, stirring until thick, smooth and comes to a boil. Stir in cheese until melted. Combine macaroni and cheese sauces. Turn into oiled 1-1/2 quart casserole. Bake in 350 degree

oven until lightly browned and bubbly. Meanwhile, in saucepan combine spaghetti sauce mix, tomato sauce with mushrooms and water. Bring to boil; lower heat and simmer 25 minutes. Serve with macaroni. Makes six servings. Note: For extra attractive service, immediately after taking macaroni from oven pour on some of the tomato sauce and top with triangle of processed cheese.

The heat from the casserole will melt the cheese slightly. Serve the remaining sauce with casserole at the table.

PEACH MELBA ICE CREAM PIE

1 can (3-1/2 oz.) flaked coconut
1/4 cup chopped nuts
2 tbsps. butter, melted
1 quart peach ice cream
1 quart vanilla ice cream
1 cup peach slices
Raspberry Sauce (recipe follows)

Combine coconut, nuts and butter. Press firmly into buttered 9-inch pieplate. Bake at 325 degrees, 10 to 15 minutes or until lightly browned. Cool. Chill crust in freezer.

Spoon slightly softened peach ice cream into pie crust. Freeze. Spoon vanilla ice cream over peach. Wrap securely, freeze. Arrange peaches on top before serving.

RASPBERRY SAUCE

1 pkg. frozen raspberries (10-oz.)
1/2 cup sugar
1 tbsp. cornstarch

Drain raspberries, reserving syrup. Add syrup to sugar and cornstarch. Bring to a boil; cook until thickened, stirring constantly. Fold in raspberries. Cool. Use as directed in Peach Melba Ice Cream Pie.



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