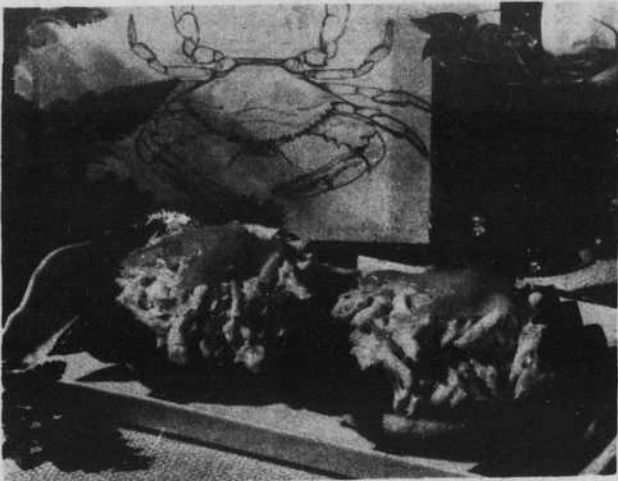


# the THINKING WOMAN



## Sunny Crab Sandwich

2 pkgs (6-ounce each) frozen crab meat  
1 cup sliced almonds  
1/2 cup chopped celery  
1/2 cup mayonnaise or salad dressing  
2 tbsps. lemon juice  
6 toasted buttered English muffins  
12 cooked asparagus spears (or more, as desired)  
6 slices (1 ounce each) Cheddar cheese  
Paprika  
Tomato wedges

Thaw frozen crabmeat; drain. Remove any remaining shell or cartilage. Combine almonds, celery, mayonnaise or salad dressing, lemon juice, and crabmeat. Arrange muffin halves on a cookie sheet, 15 by 12 inches. Place one or more asparagus spears on each muffin half. Cover asparagus and muffin with crab mixture. Cut each cheese slice diagonally into quarters. Place two triangles on each sandwich. Sprinkle with paprika. Bake at 400 F., for 15 to 20 minutes or until heated through and cheese is melted. Serve with tomato wedges. Makes 6 servings.

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## Dorothy Johnson's Food Forum

People nowadays often need short-haul help to keep weight down. Usually Sunday and holidays friend and relatives gather for a merry weekend, and of course that means festive feeding. Recently Anderson Dairy was given permission by Coronet magazine to reprint a Blitz Diet as a very valuable service to their customers. Lose 5 pounds in 2 days with the amazing Blitz Diet using Anderson cottage cheese.

With vacation starting and warm weather here, there is an incentive to try this Blitz Diet. When you aren't busy you tend to snack. If you happen to like cottage cheese you're in luck. No other ready prepared food contains so many balanced nutrients, and so much protein for fewer calories. Remember, cottage cheese is milk, "the perfect food," in semi solid form, with most of the fat removed.

Thanks to its unique magic, in two days you can take off not less than two pounds—and maybe even as much as five pounds.

Eight ounces of Anderson's fresh creamed cottage cheese; two or three Elberta peach halves and juice. Also, if you like, two pieces of Norwegian flat bread spread with diet butter, cinnamon and sugar substitute, toasted under a broiler. Coffee or tea. Breakfast, lunch and dinner are the same. And that's it.

Instead of peaches (Diet Sweet puts them up, Sucaryl sweetened) have a sliced orange or fresh berries, a whole cup of them, or all the cantaloupe you can; or Tasti Diet's prune-plums, or apricots, or a few stewed prunes in Sucaryl

## Seafoods faring well

Rachel Carson wrote of seafoods that "scarcely any food offers so great a variety so rich an opportunity for gustatory adventure." These words appeared on a 1943 Fish and Wildlife Service bulletin but they are still timely some three decades later. Thanks to variety, there is ample product available at prices substantially below a year ago. Gustatory adventure can be enjoyed at a discount.

The National Marine Fisheries Service reports that certain items are particularly attractive buys. Frozen Cod Fillets—Inventories remain high nearly 16 million pounds compared with 11 million pounds the same time last year. Prices at wholesale and retail have been dropping and in mid-May they were 14 percent below a year ago.

Fish Sticks and Portions—Inventories are being trimmed but supplies remain heavy. Also, there is an ample stock of fish block on

hand to assure a fairly heavy production of sticks and portions in the coming months. Wholesale prices are stable after early year declines, and retail prices are inching downward. Frozen Crabmeat, represents one of the better buys compared with last year. Continuous heavy supplies are still keeping wholesale prices a dollar or more per pound below prices quoted in early May 1974 despite some tendency upward.

Outlook—Supply outlook for seafood products generally is good. Present shortages will ease as the new fishing season gets under way, taking the pressure off prices that have begun to climb. The market, overall, will be considerably firmer than last year. Inventories are in better alignment with sales, and meat and poultry prices appear to again, variety will make good buys available to the resourceful and adventurous some purchaser.

sweetened syrup or any fresh fruit. Anderson's carry two different cottage cheese besides 30 different kinds of other cheeses.

### CREOLE CHOWDER

1/2 cup finely chopped green pepper  
1/4 cup chopped onions  
2 cups (1 lb. can) cooked tomatoes  
2 cups small curd cottage cheese  
3 cups stock or bouillon  
1 cup (7 1/2 oz.-can) crab meat  
1/2 tsp. salt  
1/4 tsp. freshly ground pepper  
1/4 tsp. file or thyme  
Dairy sour cream  
chopped parsley

In mixer or blender mix green pepper, onion, tomatoes and cottage cheese until well blended. Place in a saucepan, add stock and bring to simmering point. Stir in crab meat, salt, pepper and file. Serve hot or chill and serve cold with a topping of sour cream and a sprinkling of chopped parsley.

### COTTAGE CHEESE SPOON BREAD

1 1/2 qt. buttered baking dish  
1 3/4 cups Anderson's milk  
1/2 cup corn meal  
1 tsp. salt  
1 tbsp. sugar  
3 egg yolks, slightly beaten  
3 tbsp. butter  
1 cup Anderson's small curd cottage cheese  
3 egg whites  
melted butter

In a medium-size saucepan scald milk. Add cornmeal and cook, stirring constantly, until thickened. Mix in salt and sugar. Blend a small amount of hot cornmeal mixture with egg yolks, then return to saucepan, mixing thoroughly. Stir in butter and cottage cheese. Beat egg whites until stiff but not dry; then gradually fold in cornmeal mixture. Pour into casserole and bake 35 minutes. Serve immediately with plenty of melted butter.

### SOUR CREAM BISCUITS

2 cups flour  
1 tbsp. baking powder  
1/4 tsp. baking soda  
1 tsp. salt  
1 cup Anderson's dairy sour cream  
1/4 cup milk  
melted butter

Sift together flour, baking powder, baking soda and salt. Blend in sour cream. Stir in milk to make soft dough. Knead gently on lightly floured board. Roll or pat 1/2 inch thick. Cut with biscuit cutter; place on baking sheet. Bake 10 minutes. Brush tops with melted butter. Serve immediately.

### MUSHROOMS ROMANAFF

1 1/2 lbs mushrooms  
1/2 cup (thick Andersons butter)  
1/2 tsp. salt  
1 tbsp. lemon juice  
1 cup dairy sour cream  
3 tbsp. chopped, fresh dill  
Freshly ground pepper, to taste  
Freshly grated nutmeg, to taste  
Toasted bread crumbs

Trim off tough portion of stems and wash mushrooms and drain. In a shallow pan, melt butter; add mushrooms, salt pepper and lemon juice. Saute mushrooms until lightly browned. Fold in sour cream (Anderson's) which has been allowed to come to room temperature, dill and nutmeg. Pour into baking dish, sprinkle on bread crumbs and serve.

Las Vegas, Nevada 89106

TR

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