

the THINKING WOMAN



Compensation Talk

WASHINGTON--A Black who is one of the high ranking women in the U.S. Department of Labor wants to be sure that victims of work-related injuries and illnesses--or their survivors--are fairly compensated under two Federal worker protection laws.

She is Ruth V. Washington, an attorney and chairperson of the Labor Department's Benefits Review Board.

Among her responsibilities as chairperson of the three-member board, which hears appeals under two basic federal workers' compensation laws and their extensions' Ms. Washington presides over hearing and meetings and delegates administrative duties.

Ms. Washington feels the "pendulum of progress" is swinging away from equal employment opportunity for Blacks.

She says that because of worsening economic conditions and changing racial attitudes, Blacks have passed the zenith of their progress toward equality.

However, she is sure that things will not go back to where they were 22 years ago, when she began her law career.

"Twenty years ago there weren't many Black women entering the legal profession. When I first entered New York University, I was the first Black woman." She was graduated from NYU in 1946.

"Black women are now going into law. Fortunately, with women's lib and the changing times, women have a greater opportunity now," Ms. Washington says.

Ms. Washington feels professional women have a double-barred advantage over men. "If you are a minority woman in a profession, you have an advantage over men--especially Black men--in getting new opportunities in your chosen field."

The articulate lawyer says her family was the initial motivating force behind her success.

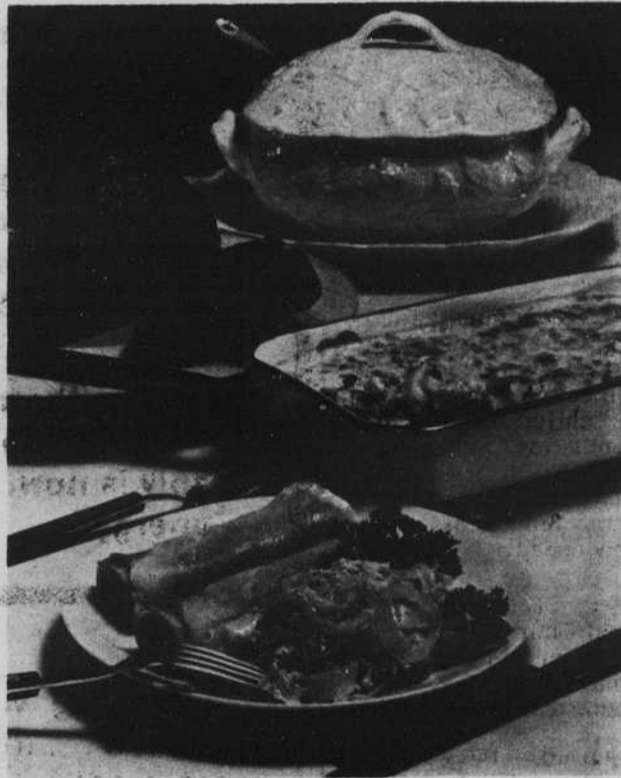
Dorothy Johnson's Food Forum

SUMMER COOKING

Summer is the season to liven up your menus with new and exciting dishes for your family or entertaining.

Balmy days spur the desire to get outdoors and enjoy bicycle riding and hiking. Pack your picnic basket with plenty of sandwiches, fresh fruits, and cookies, and you're off for the day. Not only are appetites more ravenous in the outdoors, but all food seems to taste extra special.

One very important thing to remember at all times is the urgent necessity of keeping all foods properly refrigerated. Everybody knows that the danger of food poisoning is greatly increased during hot weather, but not many realize how important it is to be constantly on guard. The truth is that a great many protein foods are potential trouble-makers, particularly in the form of salads, hash, sandwich fillings and other mixtures.



ONION CUSTARD BAKE

2 cups sliced onions
1 1/2 cups milk
2 tbsps. butter
1 1/4 tps. salt
1/8 tsp. crushed rosemary leaves
1/2 cup nut-like cereal nuggets
1 tbsp. unsifted all-purpose flour
4 eggs, well beaten
Dash of pepper

Combine onions, milk, butter, salt, rosemary, and pepper in saucepan. Bring to a boil and simmer gently for 1 minute. Stir in cereal. Sprinkle flour over eggs; beat until blended. Stir a small amount of the hot mixture into the eggs, mixing well. Return to remaining hot mixture in saucepan. Blend well. Pour into a 1-quart greased casserole. Place casserole in larger pan containing about 1 inch of hot water. Bake at 350 degrees for about 45 minutes or until knife inserted in center comes out clean. Makes about 3 cups or 6 servings.

ONION CUSTARD PIE

Prepare Onion Custard Bake as directed, pouring mixture into a 9-inch unbaked pie shell. Bake at 400 degrees on lower oven rack for 15 minutes. Reduce temperature to 350 degrees and continue baking 20 minutes longer.

HAM SALAD SPREAD

1 cup ground cooked ham
2 ozs. Swiss cheese, cubed
2 tbsps. chopped green pepper
2 tbsps. chopped celery
2 hard boiled eggs, sliced
2 tbsps. mayonnaise

Combine ingredients for filling, mix until well blended. Spread on favorite bread.

CHEESE STUFFED EGGS

2 eggs, hard boiled
2 tbsps. blue cheese, crumbled
1/4 cup cream cheese, softened
1 tbsp. chopped parsley

Cut eggs in half lengthwise and remove yolks. Combine yolks, cheese, and parsley and mix until well blended. Stuff whites with mixture.

TUNA SPECIALS

1 (8 oz.) pkg. cream cheese, softened
1 (8 1/2 oz.) can crushed pineapple, drained
1/4 cup chopped nuts
1 (6 1/2 oz.) can tuna, drained and flaked

Combine ingredients for fillings: Spread on bread.

FOUR BEAN SALAD

1 (16 oz.) can kidney beans, drained
1 (16 oz.) can cut wax beans, drained
1 (16 oz.) can blackeyed peas, drained
1 (16 oz.) can cut green beans, drained
1/2 cup sugar
1/2 cup white wine vinegar
1/2 cup salad oil
1 tsp. salt
1/4 tsp. tarragon
1/4 tsp. basil
1/2 tsp. dry mustard
1 tbsp. parsley
1 medium onion, thinly sliced
Lettuce

Place beans and peas in large bowl. Combine all remaining ingredients except onion rings, and lettuce; pour over beans and chill for several hours or overnight. Add onion rings before serving; toss lightly and drain, transfer to large lettuce lined salad bowl.

SPICY BEET SALAD

1 (16 oz.) can diced beets
1 (3 oz.) pkg. lemon-flavored gelatin
1 cup boiling water
1/2 tsp. salt
3 tbsps. vinegar
3/4 cup beet juice
1 1/2 cups finely chopped cabbage
1 1/2 tsp. grated horseradish

Drains beets, reserving 3/4 cup liquid. Dissolve gelatin in boiling water; stir in salt, vinegar, and beet juice. Chill until slightly thickened. Stir in beets, cabbage, and horseradish. Pour into 1-quart mold and chill until firm.

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