

the THINKING WOMAN

Dorothy Johnson's Food Forum

Food Price Helpers

Fund-raising projects are one means of helping worthwhile organizations in your community meet the high cost of living. In planning for such events, you must keep in mind a way to make the most money possible for the charity involved. One such fund-raising event could be a buffet dinner. Two excellent recipes to keep you within budget, satisfy those in attendance, and make money for your favorite charity, are Kaleidoscope Punch and Tuna Patio Salad. The punch recipe uses unsweetened Kool-Aid, the soft drink mix that is economical, tasty, enjoyed by both adults and children but also contributes some vitamin C, A, calcium, and phosphorus at the same time. Tuna Patio Salad provides a nutritious entree that extends the tuna by using Minute Rice and Birds Eye 5 Minute Sweet Green Peas. These stretchers not only minimize the total cost of the salad, but also make preparation easy with a minimum amount of time spent. All of these factors, as well as nutrition, are important to homemakers whether they are preparing food for the family or outside the home.



TUNA PATIO SALAD

- 8 packages (10 oz. each) Birds Eye 5 Minute Sweet Green Peas
- 4 tsp. salt
- 3 quarts water
- 1 package (28 oz.) Minute Rice
- 1 quart chopped dill pickle, about 1-1/2 pounds
- 1/2 tsp. pepper
- 6-1/4 pounds flaked drained tuna
- 2 quarts mayonnaise

Bring peas, salt, and water to boil in large saucepot; boil 2 minutes. Stir in rice. Cover. Remove from heat; let stand 5 minutes. Stir in pickle and pepper; fluff with a large fork. Cover loosely and chill. Just before serving, add tuna and mayonnaise; mix lightly but thoroughly. Serve on crisp greens and garnish with tomato wedges. Makes 3-1/4 gallons or 50 servings, about 1 cup each.

NOTE: 11 cans (13 oz. each) tuna equals 6-1/4 pounds drained tuna.

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KALEIDOSCOPE PUNCH

- 1 envelope each Kool-Aid Strawberry, Cherry, Raspberry, Orange, and Grape Unsweetened Soft Drink Mix
- 5 cups sugar
- 2-1/2 gallons water with ice

Dissolve soft drink mixes and sugar in 1 gallon of water with ice in a large container. Add remaining water with ice. Serve in punch cups or small glasses. Makes 2-1/2 gallons or 80 servings.

NOTE: Kool-Aid Unsweetened Soft Drink Mix should be prepared in a plastic or glass container.

MARINATED GARBANZO AND KIDNEY BEANS

- 1/3 cup red wine vinegar
- 6 tbsp. vegetable oil
- 1 tsp. each sugar and salt
- 1/2 tsp. seasoning salt
- 1/4 tsp. oregano powdered or crush
- DASH PEPPER
- 1/3 cup chopped green onions including tender green tops
- 3 tbsp parsley, chopped
- 1-15/2 oz. can each garbanzo and kidney beans, drained

Combine all ingredients except beans and mix. Place drained beans in appropriate size bowl and stir in Marinade. Marinate several hours, or overnight, stirring occasionally. Serve undrained.

WINEDERFUL MEAT LOAF

- 2 lbs. ground beef
- 1-(1 3/8 oz.) pkg. onion soup mix
- 1 cup California Burgundy
- 1 cup tomato juice
- Bacon slices.

Mix meat, soup mix, 1/2 cup wine, 1/2 cup tomato juice. Shape into loaf. Bake in moderate oven (350 degrees) for 45 minutes. Drain off fat; add remaining wine and tomato juice. Bake and baste 15 minutes longer. If desired, thicken pan juices slightly with a little cornstarch mixed with cold water or additional wine.

Centel now offering Touch Call

Central Telephone Company's Nevada Division is now offering the modern convenience of Touch Call, where push buttons replace the telephone dial, in a greater area of the Las Vegas Valley, it was announced by Chuck Anderson, Division Commercial Manager.

The modern telephones are now available to customers whose telephones have the prefixes, 870, 878, 451, or 458. The expansion of Touch Call service was made in response to an overwhelming demand, Anderson said.

Centel's residential customers can order the new push button telephones in a wide variety of styles and colors, including decorator models. The change to Touch Call can be made at a non-reoccurring charge of \$5 for a single telephone or \$10 for a telephone and any number of extensions on the same line.

Touch Call is available to residential customers for an additional \$1.50 a month and to business customers for \$2 a month plus the normal service charge.

To order Touch Call, customers can call their business office, as indicated on page 3 of the telephone directory.

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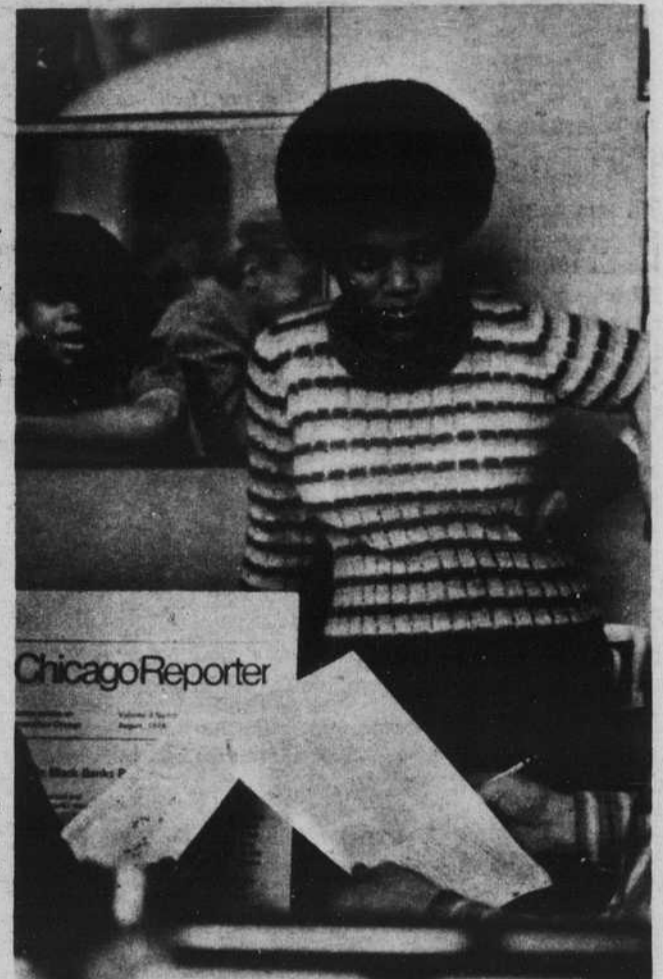
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Sharron Kornegay, one of GLAMOUR Magazine's Top Ten College Women, of 1975, writes for The Chicago Reporter and has been a general assignment reporter for the Washington bureaus of Newsweek, Jet, and the Macon (Georgia) Telegraph.

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