

the THINKING WOMAN

Dorothy Johnson's Food Forum

JIFFY MARKET WHERE IT'S AT

It is not unusual-The modern supermarket, more and more, is becoming a central locale where neighbors and acquaintances run into each other, and the encounters lend a pleasurable social aspect to the day's marketing. It is even less unusual for these encounters to take place where knowledgeable shoppers can safely take advantage of advertised bargains because they know that market offers quality merchandise.

Such was the case last week when talking to my friend Eva Carr singing praises of the beautiful beef she had purchased at Jiffy Market on H Street.

SAUSAGE MUSH SLICES

Mush:

- 1 cup enriched corn meal
- ½ teaspoon salt
- 1 cup cold water
- 3 cups boiling water
- 12 pork sausage links, cooked and drained
- Sauteed Apple Rings:
- 2 tablespoons butter or margarine
- 2 medium-sized apples, pared, cored and sliced in rings
- 1 tablespoon firmly packed brown sugar
- 2 tablespoons granulated sugar

For mush, combine corn meal, salt and cold water. Pour into boiling water, stirring constantly. Cook until slightly thickened, stirring frequently. Cover; continue cooking over low heat 5 minutes, stirring occasionally. Pour mush into 13x9-inch baking pan that has been rinsed with cold water. Split each sausage in half lengthwise. Lightly press split sausage links into mush, spacing sausage about 1-inch apart; cool thoroughly. Cover loosely with waxed paper and chill several hours or overnight.

To serve, cut chilled mush into rectangular slices. Slowly fry each slice on lightly buttered griddle or in buttered fry pan, turning only once. Serve hot with sauteed apple rings (see below).

For sauteed apple rings, melt butter in large skillet. Saute apple rings in butter. Combine sugars; sprinkle over apple rings. Cover and continue cooking over very low heat until sugar mixture is melted and apples are tender.

CHILI BEAN BAKE

- 1 pkg. dry chili mix
- 1 lb. 3 oz. can tomatoes
- 1 lb. 4 oz. can kidney beans
- 1 lb. can lima beans, drained
- 1-12 oz. can luncheon meat, sliced
- 1 cup crumbled corn chips

Combine chili mix, tomatoes and water in saucepan according to pkg. directions bring to a boil and simmer 10 minutes. Add undrained kidney beans and lima beans to sauce; pour into baking dish and arrange luncheon meat over top. Bake 25 to 30 minutes sprinkle with crumbled corn chips.

BEAN SAUSAGE SKILLET DINNER

- ¼ cup molasses
- 3 tablespoons catsup
- 2 tablespoons vinegar
- 2 tablespoons prepared mustard
- 1-21 oz. can pork and beans
- 1-2 oz. can kidney beans
- 2-4 oz. cans vienna sausage

Blend molasses, catsup, vinegar and mustard in skillet; fold in beans and kidney beans. Arrange vienna sausage over top. Cover and heat over moderate heat about 15 minutes, stirring occasionally until piping hot.

20 MINUTE MEAT LOAF

- 1 tablespoon vegetable oil
- 1-½ lb. ground beef, (chuck)
- ¾ cup commercial sour cream
- 1 pkg dry onion soup mix
- 2 eggs slightly beaten
- ¾ cup fine dry bread crumbs

Heat oven to 450 degrees (hot). Heat oil in skillet. Add meat and brown slightly over moderate heat stirring frequently. Combine sour cream mixture, bread crumbs, soup

mix, and eggs. Pack into loaf pan. Bake 20 minutes. Remove from oven and cool slightly before slicing.

CHILI CABBAGE

- 7 cups shredded cabbage
- Boiling salted water
- ½ cup chili sauce
- ¾ cup mayonnaise or salad dressing
- ¼ teaspoon dill seed

Cook cabbage in boiling salted water for 8 minutes or until tender. Drain well. Mix mayonnaise, chili sauce and dill seed; fold into cabbage and serve immediately.

FRANKFURTER NOODLE CASSEROLE

- 3 cups uncooked broad noodles
- Boiling water
- 1 envelope dry smoky green pea soup mix
- 3 cups hot water
- 1 cup shredded processed American cheese
- 6 frankfurters, cut into 1-inch pieces
- ¼ cup finely chopped onion
- 1/8 teaspoon pepper

Heat oven to 350 degrees moderate cook noodles in unsalted boiling water until tender about 10 minutes. While noodles are cooking, pour soup mix into sauce pan and add 3 cups water and cheese--add frankfurters, onion and pepper. Mix well. Drain noodles and pour half into baking dish. Pour half the soup mixture over the noodles. Repeat the noodles and soup layers. Bake 20 minutes.

CURRIED RICE

- 1-½ cups water
- 1 chicken bouillon cube
- ¼ to ½ teaspoon curry powder
- 1-½ cups packaged pre-cooked rice

In sauce pan bring water, bouillon cube and curry powder to a boil. Stir in rice and remove from heat. Cover and let stand 5 minutes. Stir lightly with a fork before serving.

All the above ingredients may be purchased at your Jiffy Market.



CAROLYN REAM

Mrs. Carolyn Ream, job developer with the Las Vegas Area Rehabilitation Office, has been named executive secretary of The Governor's Committee on Employment of the Handicapped at an annual salary of \$16,000.

The appointment was announced today by Mrs. Kathleen Olson, executive director of the Committee, who said that Mrs. Ream will remain in Las Vegas, and continue to recruit employers for the handicapped in addition to her new duties as executive secretary.

A native of Tulsa, Okla., Mrs. Ream graduated from the Oklahoma School of Business, Law and Finance, and has studied personnel psychology at the University of Nevada, Las Vegas and Sacramento State. She is a member of the Special Olympics Committee, an organization which sponsors sports events for the mentally retarded; the American Society for Personnel Administration; and the Southern Nevada Personnel Association. A resident of Las Vegas for 21 years, Mrs. Ream is married and has one son.

Mrs. Olson credited Mrs. Ream for her "devotion and drive in securing employment for the handicapped in Nevada."



GLENDA WILLIAMS

With the women's lib movement, many women have found justification in wanting more rewarding and liberated careers. Glenda Williams, 26 year old physical security assistant for the Engery Research and Development Administration, Nevada Operations Office, is a living example.

Glenda was born in Martinez, California, and is the middle child in a family of three. When she was graduated from McClatchy High School in 1966, she accepted her first full-time job as a key punch operator in Sacramento at McCellan Air Base. Meanwhile, she enrolled in City College where she studied police science with the intention of becoming a policewoman.

While attending school, she applied for and later secured a job as dispatcher with the city police department. On this job Glenda received experience in many areas. She participated in line-ups, did skin searches, was a bench fine cashier, teletype operator, and transcribed tape calls from call boxes.

Though she became very involved in her job at the police department, Glenda never ceased to realize the importance of a degree in her chosen field. Thus, she continued her schooling at California State University where she was graduated in 1972 with a B.A. degree in criminal justice.

In December 1973, she married. And moved to Las Vegas with her husband. In her search for employment, Glenda found that most agencies considered her either under or over-qualified; but she soon began working for Reynolds Electrical & Engineering Company, Inc. as a processing clerk and after two months became an eligibility certification specialist with the Nevada State Welfare Department. For more than a year, Glenda worked devotedly with the Department, but deep inside she still yearned to work in an area related to her educational background.

Today, as a Security Assistant, Glenda conducts surveys of the ERDA, NV and Nevada Operations contractor facilities where there is a security interest, secure communication centers, and conducts security appraisals.

She seems satisfied in her new position and though the validity of women's lib is debatable, Glenda said, "I like my job and I love being a women." She wishes to become a Physical Security Officer and plans to remain with the Federal government.

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Ask for Bob Simpson