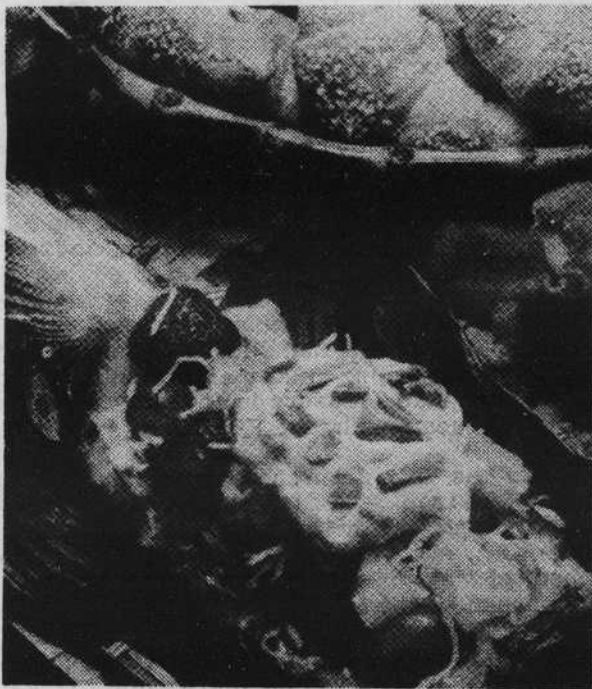


# the THINKING WOMAN

Dorothy Johnson's ~~XXXXXXXXXX~~  
~~XXXXXXXXXXXXXXXXXXXX~~ Food Forum

## Main dish salad has entertaining ways



Celebrate the salad season with an outstanding main dish salad creation which couples good nutrition and economy with beauty.

Polynesian Chicken Salad combines chicken with fresh fruits and coconut in a pineapple shell. This picturesque salad is set off with a creamy mayonnaise dressing and topped with toasted almonds.

For four servings you'll need only one pineapple, which is quartered, cored and hollowed out to make a serving shell. When chopping chicken, use both light and dark meat - it's more economical than using all white meat. To save personal energy when the thermometer rises, cook chicken on a cool day; chop and freeze for use during warm weather.

Complement the main dish chicken salad by beginning the meal with a light cream of vegetable soup, served warm or cold. Rolls, butter and a beverage will effectively round out the menu.

### POLYNESIAN CHICKEN SALAD

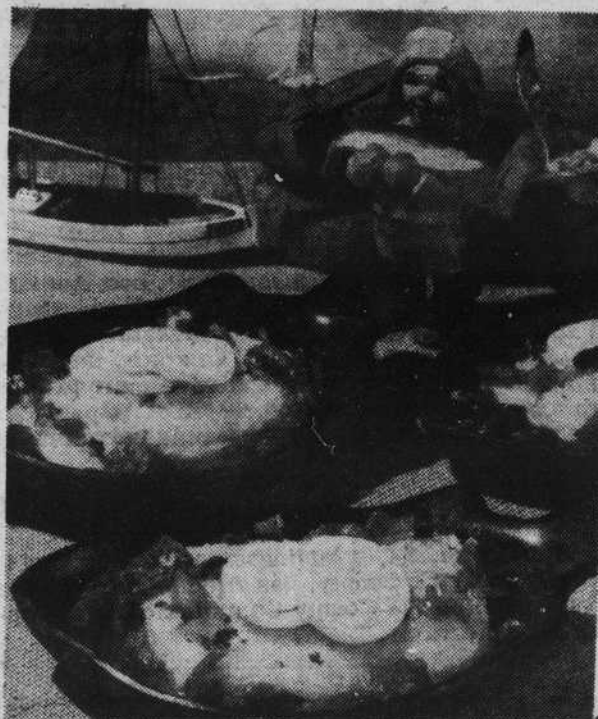
- 1 pineapple
- 2 cups chopped cooked chicken
- 1 cup strawberry halves
- 1 cup grapes
- 1 cup shredded coconut
- 1 cup Miracle Whip salad dressing
- 1 tablespoon milk
- 1/3 cup slivered almonds, toasted

Cut pineapple lengthwise in quarters. Remove fruit of each quarter, leaving 1-inch shell. Core and cube pineapple. Combine with chicken, strawberries, grapes and coconut; toss lightly. Fill pineapple shells with mixture. Chill.

Combine salad dressing, milk and almonds. Serve over salad. Garnish with additional almonds, if desired.

**Twin Lakes Laundromat**  
**ALL NEW WASHERS**  
**TOP LOADERS 35¢ DRYERS 5¢**  
TWIN LAKES SHOPPING CENTER

## New World Diners Savor Old World Delight...



The rush of summer activities keeps most homemakers hopping. Preparing quick-and-easy meals that offer variety can be a real challenge. Meet this challenge with seafood. Baked Fish Fiesta is easy to prepare and bakes in only twenty minutes.

### BAKED FISH FIESTA

- 2 pounds cod, or other firm fish fillets, fresh or frozen
- 3/4 cup fine dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 small garlic clove, minced
- 1/4 cup cooking oil
- 3 slices bacon, diced
- 1 can (8 ounce) stewed tomatoes, chopped
- 2 hard-cooked eggs, sliced

Thaw frozen fish, cut into 6 equal portions. Combine crumbs, 2 tablespoons cheese, parsley, salt, pepper, and garlic. Dip fish in oil, drain and dip in crumb mixture. Place fillets in individual baking dishes or individually-sized foil trays; place on shallow baking pan or baking sheet. Fry bacon pieces until half done; drain well. Top fish in each casserole with an equal amount of bacon, tomato pieces, and egg slices. Sprinkle with remaining 2 tablespoons cheese. Bake in moderate oven, 375 degrees, 20 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

## EOB Title XX Day Care Program

Recruitment for the Economic Opportunity Board's Title XX Day Care program is now taking place. Title XX Day Care is an opportunity for low-income working parents to have their children cared for at no charge by trained personnel.

The class limit is thirty and there are openings for 15 children at present. When the class limit is reached, children will be placed on a waiting list until an opening occurs.

Children who are 3-5 years of age whose parents are working or are in some type of training program and are from low-income families, may be eligible to attend the OEB program.

To enroll your child, complete an application at the EOB office, 900 West Owens ave., Las Vegas - phone 648-3280, Ext. 48 from 8:00 a.m. to 5:00 p.m. daily, Monday thru Friday.



**A WOMAN'S COURAGE** - Fourteen years ago, Ms. Theodora Crittenton lost her hearing. She taught herself how to read lips, took driver education and now drives her own automobile. Her story is one of courage. She believes that with goals and objectives anyone can overcome handicaps. She's proving it every day.

### Overcoming Handicaps Key to Success in Life

Ms. Theodora Crittenton is unique. She's wife, mother, holds a full-time job and sells Avon part-time to supplement her income. And she manages to do this with impaired hearing.

She became deaf some 14 years ago while talking on the telephone with her father, and cannot use a hearing air. However, she hasn't let that stop her.

The mother of four children, and a wife, she devotes herself to her family. While at home, she started to think how she could overcome her handicap and expand her life's activities. She went to a Vocational Rehabilitation Service and was told she did not need to know how to read lips if she was a housewife. Ms. Crittenton, not satisfied with this answer, decided to teach herself how to read lips.

She taught herself how by watching television, and then prepared for the high school equivalency test, passed the test and received her equivalency from the Atlanta Evaluation Center.

She took courses, tested and passed the clerk's examination, and is now employed full time in the Child Support Recovery Unit of the State of Georgia Dept. of Human Resources.

From a high school drop-out in the 11th grade, she has been motivated to improve herself and her community, and Atlanta has to be the richer for it.

Ms. Crittenton believes that with goals and objectives anyone can overcome handicaps. If one keeps busy, gets his mind off his problems, he can make it, she believes.

## SUBSCRIBE TO THE LAS VEGAS VOICE

One Year \$12.50

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Las Vegas Voice**

P. O. Box 4686  
Las Vegas, Nevada 89106