

the **THINKING WOMAN**

**Dorothy Johnson's Food Forum**  
**Get Hooked On Fresh Fish**

Every summer most Americans search for delicious foods that look appealing, offer good food value and are low in calories. It's no surprise that crabmeat is superb for slimmers, wonderful for waistline watchers. Crabmeat Cornucopia comes to the dieters' table, welcomed since they taste good, look pretty and total few calories.

In summer, cool salads are appetizing to everyone and the Cornucopia provides high protein as all fish and seafoods do. Low in saturated fats and calories, they meet all requirements of both dieters and those who don't have to watch their weight. The lucky ones who fit into the latter category can splurge and go for a roll and butter. Dieters concentrate on the hearty salad, filled with the best of low calorie foods. All enjoy tall glasses of iced tea or coffee.

The crabmeat, fresh or frozen, could be Dungeness, king, blue, or snow crab. It combines with crisp celery slices, tangy orange sections, pitted ripe olives, and sliced green onion. The tart-sweet dressing is a lemony, orange-rind concoction and it's good! To make the salads picture-pretty, the mixture is served in orange or grapefruit baskets, avocado halves or atop melon slices.

The people who concentrate on losing poundage during the summer enjoy a hearty salad - and the flavor belies its very low calorie count. Crabmeat Cornucopia comes to the dieters' table very often during the months of summer. And why not? Crabmeat is always a star.



**CRABMEAT CORNUCOPIA**

- 1 pound crabmeat, fresh, frozen, or pasteurized
- 2 cans (6-1/2 or 7-1/2 ounces each) crabmeat
- 1/2 cup salad dressing or mayonnaise
- 2 teaspoons sugar
- 1 tablespoon lemon juice
- 4 teaspoons grated orange rind
- 1 cup thinly sliced celery
- 1 cup orange section halves, well drained
- 1/2 cup sliced pitted ripe olives
- 2 tablespoons sliced green onion
- Crisp salad greens
- 6 avocado halves, or 6 1-inch slices of peeled cantaloupe, or grapefruit or orange baskets (optional)

Thaw frozen crabmeat. Drain crabmeat well. Remove any remaining shell or cartilage. Mix salad dressing or mayonnaise, sugar, lemon juice, and orange rind. Combine well-chilled

crabmeat, celery, oranges, olives, and onions. Add salad dressing mixture; toss lightly. Serve on crisp salad greens, plain or in avocado halves, center of melon slices, or orange or grapefruit baskets. Makes 5 cups salad mixture, about 6 servings.

**Buttermilk Pancake Mix-A-Box For Buisy Bakers**

What's in a box of buttermilk pancake mix? Well, if you read only the label, you'll answer "enriched wheat flour, corn flour, sweet cream buttermilk solids, etc." But once you've used it as an ingredient, you'll look at it and see baked goodies like Marmalade Coffee Cake.

It's a light spicy ring of flavor, rich with nuts. The marmalade spooned over top becomes a tangy, tantalizing icing on the warm cake. So good, you'll serve it to company!



**MARMALADE COFFEE CAKE**

- 1/3 cup chopped nuts
- 2 eggs
- 3/4 cup firmly packed brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3/4 cup milk
- 1-3/4 cup buttermilk pancake mix
- 1/4 cup butter or margarine, melted
- 1/4 cup orange marmalade

Generously grease 6-cup ring mold with vegetable shortening; sprinkle with nuts, coating surface evenly. Combine eggs, brown sugar, cinnamon and nutmeg; beat well. Gradually blend in milk. Stir in mix and butter. Pour into prepared ring mold. Bake in preheated moderate oven (350 degrees) 30 to 35 minutes. Cool 2 to 3 minutes. Loosen cake from edge of mold; invert onto serving plate. Spoon marmalade over top of warm cake; serve warm or cold. Makes 1 ring mold cake.

**Poetry By Nevadans**

The Thorn Apple Poets of Southern Nevada are an informal group of local poets who have been meeting for the past year to share their love of poetry.

They think that there is much poetic talent hidden in the local community which deserves to be recognized. Therefore, they are seeking poems by residents of Southern Nevada for the first issue of their publication the THORN APPLE.

Each poem should be typed and centered on a sheet of 8-1/2x11 paper, and the name and

address must be typed in the upper left hand corner of each page. Poems not accepted for publication cannot be returned unless accompanied by a self-addressed, stamped envelope. Send no more than five previously unpublished poems to Thorn Apple; c/o L. Crevelt, Co-Editor; 4836 Plata Del Sol Drive; Las Vegas, Nev. 89121.

Local poets interested in meeting with the group may obtain details by including a note and their phone number with their poems.

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