

## BEEF BOURGUIGNON MAKES A PERFECT WINTER WARM-UP



Apres ski or just off the ice rink, warm up with Beef Bourguignon. By using choice cuts of meat and a fine table wine, a simple French stew turns into a meal fit for family or special company. Easily prepared ahead of time, this dish can cook while you play. As mittens dry by the fire, warm your guests with a hearty glass of Reine Pedauque Chantespan, imported by the Dennis & Huppert Company from the Rhone Valley. Top off this hearty meal with steaming crescent rolls and a crisp salad.

### BEEF BOURGUIGNON

- 6 slices lean bacon
- 2 1/2 pounds choice grade boneless rump or chuck cut into 1 1/2-inch cubes
- 1 large onion, chopped
- 3 tablespoons brown sugar
- 14 or 16 small white onions
- 6 young carrots, cut into 1-inch chunks
- 3 tablespoons flour
- 2 cups strong beef broth or canned condensed broth
- 1 1/2 cups Reine Pedauque Chantespan, Côtes-du-Rhône
- 2 cloves garlic, minced
- Salt and pepper to taste
- 2 tablespoons tomato paste
- 1/2 pound button mushrooms or larger ones cut in half
- 2 tablespoons butter
- 1/4 cup fresh parsley, snipped

In a large skillet, fry the bacon until crisp, dry on paper toweling and reserve. Sauté beef and onion in the bacon fat until beef is browned on all sides. Remove to a large casserole. Add brown sugar, small onions and carrots to the skillet. Brown and glaze the onions. Remove the onions and carrots to the meat in the casserole. Add flour and stir, scraping up all the brown particles from the bottom and sides of the skillet. Over low heat, gradually stir in broth, raise heat and add wine. Stir well so the sauce will not be lumpy. Add minced garlic, salt and pepper, remaining brown sugar and tomato paste, stirring until mixture is smooth and thickened. Pour over meat and vegetables in the casserole. Cover and place in preheated oven, cook at 325°F., about 2 1/2-3 hours, or until meat is tender. Sauté mushrooms in the 2 tablespoons butter for 3 minutes. Add to casserole. You may wish to serve with buttered noodles, a salad and some homemade bread. Serves 8.

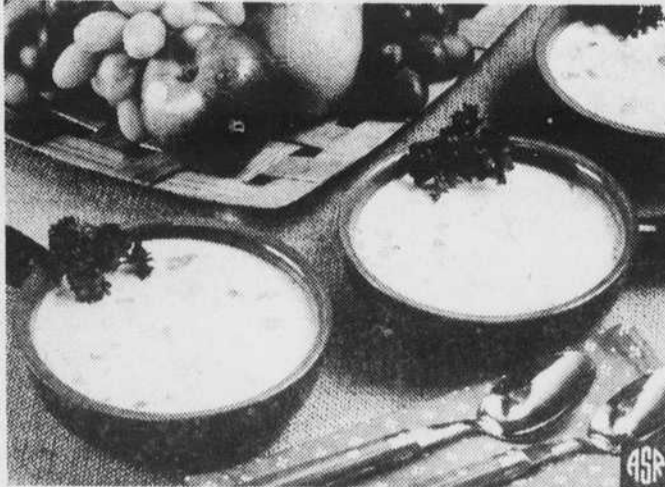
### SUNNY SEAFOOD

- 2 pounds skinless thick fish fillets, fresh or frozen
- 1 cup flour
- 1 cup orange juice
- 1/4 cup salad oil
- 2 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon finely chopped garlic
- 1/4 teaspoon pepper
- Lemon slices

Thaw frozen fillets. Cut fillets into 6 portions. Roll fillets in flour. Place fish in a single layer in a well-greased baking dish, 12 by 8 by 2 inches. Combine remaining ingredients except lemon slices. Pour sauce over fish. Bake in a moderate oven, 350 degrees, for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with lemon slices.

## It's Easy...

### WITH EVAPORATED MILK



### A Soup For All Seasons

Most soups, have their time to shine. Gazpacho adds a cool note to summer menus, while a hearty Bean Soup is preferred in winter. But this Creamy Chicken Soup knows no season. It is light and delicious warm weather fare with light sandwiches, yet finds favor, too, on blustery days with salisbury steaks.

This soup's secret is in its base ingredient — evaporated milk. Evaporated milk lends a rich flavor that is unbeatable, a smooth texture that is pleasing year 'round. And it is easy on the budget. If time is of the essence, try adding evaporated milk to canned soups for a hearty, creamy soup.

#### Creamy Chicken Soup

- |                              |  |
|------------------------------|--|
| 1 (2 1/2 to 3 pound) chicken | 1 cup chopped onion                                      |
| 3 cups water                 | 1/2 cup chopped celery                                   |
| 1 teaspoon salt              | 2 tablespoons butter or margarine                        |
| 1/8 teaspoon pepper          | 1 tall can (13 fl. oz.) PET Evaporated Milk (1 2/3 cups) |
| 1/2 cup uncooked rice        |  |

Put chicken, water, salt, and pepper in soup kettle. Heat to boiling. Cover. Lower heat. Simmer 30 minutes. Remove chicken from soup. Skim fat from soup. Add rice to soup. Cover. Simmer 15 minutes. Meanwhile, take chicken meat off the bones. Cook onion and celery in butter until tender. Add cooked onion mixture and chicken meat to soup. Stir in evaporated milk. Heat to boiling. Serve immediately. Garnish with parsley. Makes 6 servings (1 cup each).

## Hints For Homeowners

### Home Improvement, Safety And Economy TIPS TO HELP YOU

Here are some "little known facts" about hand tools for home repair and improvement you may find helpful as well as interesting.

Many of us have heard the term "crescent" wrench and think of it as simply a type of hand tool. While it is, it's the name that's interesting because it came into common usage following the introduction many years ago of America's first adjustable wrench. The company which made it is named Crescent. Like many "firsts," the item and its maker's name became one and the same, and still are. An adjustable-jaw wrench is a toolbox essential because it does the work of a whole set of fixed-opening tools at a fraction of the cost.

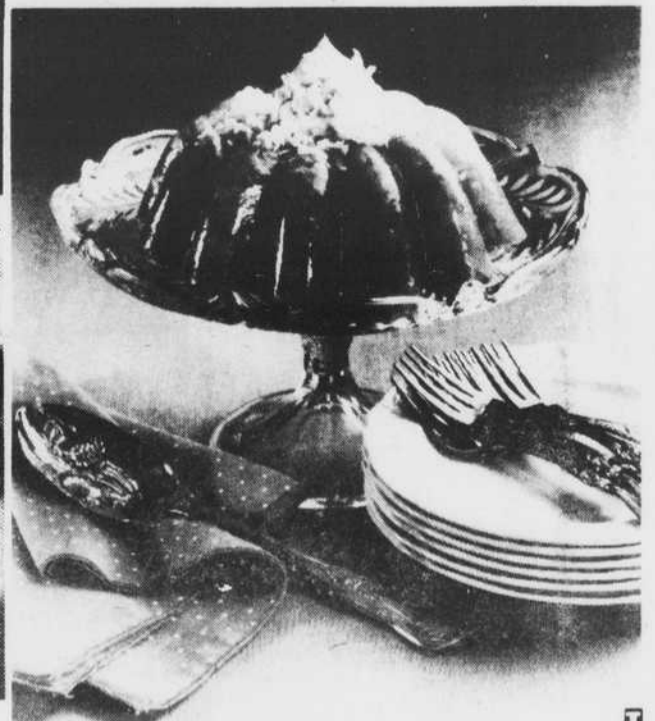
Measuring is somehow necessary with almost every job we tackle. A steel tape with a positive non-slip blade locking device and an end hook that frees one hand for marking is best for maximum accuracy and convenience. A popular type is a "Two-Way" which Lufkin designed so that the blade graduations read left-to-right or right-to-left, and are never upside down or backwards.



Chain saws are handy to prune trees or keep the woodbox filled, but like all cutting tools must be kept sharp to be efficient—and expert sharpeners are scarce. So Nicholson, makers of saws for 100-plus years, developed a chainsaw file guide with a built-in angle that gives professional results in the hands of a beginner. At under \$9, it pays for itself the first time used.

Perhaps the most practical advice makers of tools offer is that they be used only for the purpose intended, and that top quality is true economy. That means, for example, that a good screwdriver should last an owner's lifetime, but it won't if used as a pry bar! There are fine tools for every use at your hardware dealer's, and he can help you select the right tools for whatever job is at hand.

## Ambrosia For Everyone



The entertaining mood carries on with this light refreshment that's a welcome change from the holiday fare. The combination of Jell-O brand orange flavor gelatin, crushed pineapple, flaked coconut and slivered almonds is true ambrosia, and a dessert treat for any occasion.

### AMBROSIA MOLD

- 1 package (3 oz.) orange flavor gelatin
- 1 cup boiling water
- 2 cans (8-1/4 oz. each) crushed pineapple in syrup
- 1/4 cup flaked coconut
- 2 tablespoons slivered almonds (optional)

Dissolve gelatin in boiling water. Add pineapple with syrup; chill until thickened. Stir in coconut and almonds. Pour into 3- or 4-cup mold or serving bowl. Chill until firm, about 4 hours. Unmold. Garnish with prepared whipped topping and additional coconut, if desired. Makes 3 cups or 6 servings.

## MAKING FAMILY LIFE MORE FUN

### Keeping Love Alive

We can learn from young lovers. They care so much about each other and are not afraid to show their feelings. They concentrate on each other! We should, too!



### Aerosol Fragrances Are Welcome Gifts.

Keeping romance alive isn't so easy when we're coping with career or family. We keep so busy that it's

possible to develop a take-him-for-granted attitude.

#### Helpful Ideas

Here are some suggestions from marriage counsellors on how to build a better romantic relationship:

- Keep yourself as attractive and appealing as possible. Stay in shape with regular exercise and sensible diet.
- Shampoo and condition your hair with efficient aerosol spray, and keep your hairdo gently in place with aerosol hairspray. For safe and effective use of aerosols, always follow label directions.

• Use other aerosol grooming aids, such as deodorants and perfume. (Never underestimate the emotional impact of a fragrance that can be identified with you!) Aerosols deliver exactly the right amount of product just where you want it.

- For special occasions, plan dinner by candlelight. Surprise him or her with tickets to a show or sporting event.

It's a lovely way to live!

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