

FOR THE LADIES...

Dishin It Out By Nona

Country Kitchen Cookout

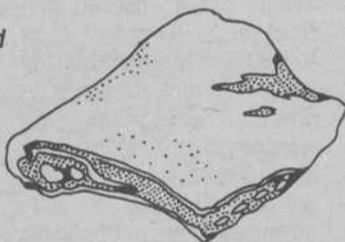
Summertime and the grilling is easy! Gourmet on the grill, starting with Barbequed Pork Ribs surrounded by zesty array of garden vegetables, spaghetti garden salad, savory mixed greens and strawberry shortcake, all prepared with reduced fat and sugar.



Nona

Pork Ribs

- 6 lbs. pork ribs
- 21 cloves garlic, crushed
- 1 1/2 cups cider vinegar
- 3/4 cup fresh lemon juice
- 1 1/4 tsp cinnamon
- 1 1/4 tsp cloves
- 2 tbs onion powder
- 1 1/2 tsp salt
- 2 tsp black pepper



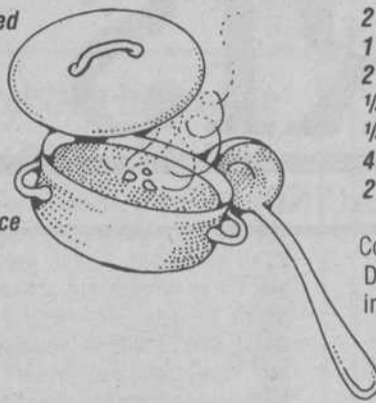
In a bowl combine 1/2 one half of last eight ingredients and mix well. Place fat trimmed ribs in a large pan, pour marinade over and turn the ribs two or three times. Marinate for 4 hours or over night. Cook the remaining half of the ingredients for one half hour. Reserve for basting.

Cook pork ribs over charcoal until brown and tender, basting and turning as often as needed. During the last 20 minutes of cooking, baste with Barbeque sauce.

Barbeque Sauce

- 2 stalks celery chopped
- 2 medium onions chopped

- 1 large green pepper chopped
- 2 cloves garlic chopped
- 2 tbs olive oil
- 1/2 cup cider vinegar
- 2 lemons squeezed
- 1/2 cup fructose sugar
- 1 cup lit beer
- 1/4 cup worchestershire sauce
- 2 bay leaves
- 2 cups water
- 2 tbs chili powder
- 1 tsp cinnamon
- 1 tsp cloves



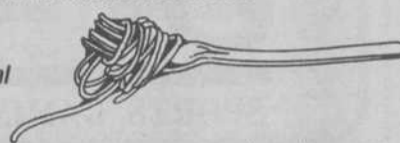
Saute first four vegetables in a medium sized sauce pan until transparent. Add all other ingredients and cook over low fire stirring occasionally for approximately 45 to 60 minutes or until thickened. For more spicy sauce add 1/8 cup cayenne pepper or to taste.

Spagetti Salad

- 1 medium onion chopped
- 1 medium green pepper chopped
- 1/2 medium red pepper chopped
- 1/2 medium yellow pepper chopped
- 1/4 tsp oregano
- 1/4 tsp pepper
- 1/4 tsp basil
- 1/4 tsp majoram
- 1/2 tsp salt
- 1/4 cup chopped parsley



- 2 chopped tomatoes
- 1 medium chopped cucumber
- 2 cups each brocolli and cauliflower flowerettes
- 1/4 cup olive oil
- 1/4 cup wine vinegar
- 4 to six envelops Equal
- 2 lb. pkg. spagetti



Cook spaghetti as directed on package to medium doneness. Drain twice in cold water. In a large salad bowl mix all ingredients and toss well.

Greens

Prepare your greens as usual except use smoked turkey parts for meat. (Cuts down on fat.)

Strawberry Shortcake

Prepare as usual except substitute sweetener for sugar. Use sliced angel food cake and low calorie chilled substitute whipping cream.

Salad

Prepare your favorite garden salad, using low calorie dressings.



United At Unity

--by Freida Pyles

Alice Massey Carter and William Moses Percy, Jr. were united in Holy Matrimony on August 19, 1989 at the Unity Baptist Church by Rev. Harris. Lois Ice gave greetings to the crowded church of well wishers. The Ceremonial Program was under the direction of Ms. Zyra Thomas. Music was provided by Anthony Thomas and a number of noted soloists.

The beautiful bride made her entrence by the tune of Chariots of Fire. The bridal party consisted of Matron of Honor, Wyomie Watson; Maid of Honor, Betty Thomas-Orr; Bridesmaids, Venus A. Carter, Mary Rogers and Maxine M. Smith; Flower Girl, Vacheral Marie Carter. Best men were Ralph Percy and Joe Mosley; Groomsmen were Arthur Percy and Ken S. Rogers; Urshers/Candlelighters were Robert F. Carter, David Phillips, Dorothy J. Dickerson and Jean Jackson; the Trinity Circle, Alvin & Jenfle



Mr. & Mrs. William Moses Percy, Jr.

Pollard, Thomas & Lela Dickinson and Rev. Larry and Mary Burton; Fences Rufus Gipson and Zoeretta Smith, Alfred and Nora Reid, Merlene Rapley and Benjamin Abington. The bride is the daughter of Robert & Cora Massey,

and owner of Flowers by Alice. Following the church ceremonies, the wedding reception was held at Nellis Air Force Base under the direction of Rosaline Guy, wife of the Honorable Judge Guy.

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