

FOR THE LADIES...

For Nona Carroll, serving as Senior Vice President for C.S.A., a major computer firm, and running the Las Vegas office, often means six days of work a week. Yet Carroll still manages to entertain. Her secret? Casual dinners for four or six with easy recipes and simple menus. Time saved on cooking goes into festive presentation. First she settles on a color scheme. Flowers are low enough for conversation. Staggered heights for candles, napkins tied with ribbons, keep the setting easy. Voila! a table fit for a king!

MENU

- Shrimp with White Beans
- Peach Salsa
- Home Made Bread
- Flambeed Cherries

Dishin It Out *By Nona*

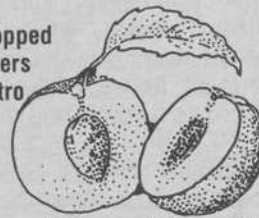


Nona Carroll

4. To serve, place bowl on a large serving platter. Surround beans with pepper strips and drizzle both with olive oil. Sprinkle ground pepper over peppers and beans to taste. Arrange shrimp on side of platter; serve with lemon wedges. Serves 6.

PEACH SALSA

- 3 medium-size firm peaches (about 1 pound), peeled, pitted and diced
- 1 tablespoon fresh lemon juice or lime juice
- 2 medium-size ripe tomatoes (about 1/2 pound), peeled, seeded and diced
- 6 scallion tops (green part only), chopped
- 1 tablespoon chopped jalapeno peppers
- 1 tablespoon coarsely chopped cilantro
- 3/4 cup extra-virgin olive oil
- 6 tablespoons sherry vinegar
- 2 tablespoons honey



1. In a medium bowl, toss peaches with lemon juice. Add tomatoes, scallions, peppers and cilantro, and toss to combine.
2. In a separate bowl, whisk together oil, vinegar and honey. Add to peach mixture and toss to mix. Makes about 2 cups.

WHOLE-GRAIN BUTTERMILK BREAD

Preparation time: 1 hr. Rising time: 2 1/4 hrs.
Baking time: 40 to 45 min. Oven temperature: 350°F.

Here is a full flavored, compact, nourishing whole-grain bread made with wheat germ, rye flour, and all-purpose flour, with a crunchy dusting of oatmeal. To make the bread extra chewy, use a stoneground dark rye flour.

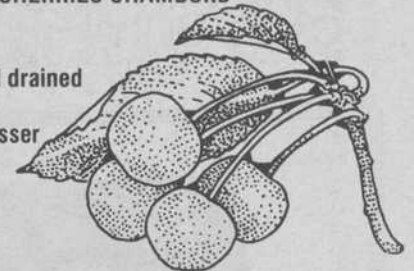
- 1 cup warm water(105°F to 115°F)
- 1 pkg. active dry yeast
- 1 tablespoon honey
- 4 cups unsifted all-purpose flour (approx.)
- 2 cups buttermilk
- 1 tablespoon salt
- 1 cup wheat germ
- 2 1/2 cups rye flour
- 1 egg white, slightly beaten with 1 teaspoon water
- 3 tablespoons rolled oats

1. Place warm water in large bowl; stir in yeast and honey, then 1 cup all-purpose flour. Let stand in warm place until bubbly, 20 to 25 minutes.
2. Mix in buttermilk and salt. Add 2 1/2 cups more all-purpose flour. Mix to blend, then beat until smooth.
3. Stir in wheat germ and rye flour to make a stiff dough. Turn out on a floured surface and knead until dough is springy, kneading in more all-purpose flour, if necessary. Place dough in greased bowl. Cover and let rise in warm place until doubled, about 1 1/2 hours.
4. Punch dough down, let rest 5 minutes. Divide in half. Shape each half into a loaf and place in a greased 9-by-5-inch loaf pan. Let rise until doubled, about 45 minutes.
5. Brush lightly with egg white mixture; sprinkle each loaf with 1 1/2 tablespoons of rolled oats. Bake at 350°F until loaves are well browned and sound hollow when tapped, 40 to 45 minutes.

Makes 2 loaves

FLAMBEED CHERRIES CHAMBORD

- 2 oz. Chambord
- 1 can cherries, pitted and drained
- 1 cup of the cherry juice
- 1 oz. Brandy or Kirschwasser
- 1/2 cup sugar
- Juice of 1 lemon
- Juice of 1 orange
- 1 oz. butter



Place the butter and sugar in a saucepan and heat until golden. Add the lemon, orange and cherry juices and cook until smooth. Add the cherries and Chambord and simmer for a few more minutes. Then add the Brandy or Kirschwasser and ignite — be sure not to burn yourself! Serve over crepes or vanilla ice cream. Serves 8.

SHRIMP WITH WHITE BEANS AND ROASTED RED PEPPERS

- 2 cups dried white navy beans, rinsed and picked over
- 1 medium onion, coarsely chopped
- 1 large garlic clove, minced
- 1 large imported bay leaf
- 1/4 teaspoon dried thyme
- Salt, freshly ground pepper, to taste
- 2 tablespoons olive oil
- 2 or 3 large red bell peppers (or a combination of red and yellow), roasted, peeled and cut into medium strips
- Olive oil, to drizzle
- 30 medium shrimp, peeled (tails intact), deveined and cooked
- Lemon wedges, to garnish

1. Soak beans in water 8 hours or overnight. (Or, quick-soak them: In a large pot over high heat, combine beans and enough water to cover by 1 inch. Bring to a boil, then lower heat to a simmer and cook 2 minutes. Remove from heat and soak 1 hour.) Drain and return to pot.
2. Cover beans with several inches of fresh water. Bring to a simmer, add onion, garlic, bay leaf and thyme. Skim off foam and simmer about 1 hour, or until beans are tender, adding hot water as needed, to keep beans covered.
3. Drain beans and transfer to a bowl. Season with salt and pepper, remove bay leaf, and stir in 2 tablespoons olive oil.

Children and Taxes

Q. Are children required to file income tax returns?

A. Generally, a child who can be claimed as a dependent on another taxpayer's return must file an income tax return if (1) all of the child's earned income (such as wages) totals more than \$3,100 (for 1989 returns) or (2) the child has any unearned income (such as interest or dividends) and his or her total income (earned and unearned) is more than \$500. Parents may be able to elect to report a child's interest and dividends on Form 8814, "Parent's Election to Report Child's Interest and Dividends." IRS Publication 929, *Tax Rules for Children and Dependents*, contains more information and can be ordered by calling toll-free 1-800-424-3676.

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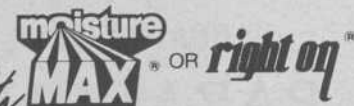


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