

FOR THE LADIES...

CRAB AND CHEESE CASSEROLE

Preparation time: 20 minutes
Oven temperature: 400°F
Baking Time: 10 to 15 minutes

This cheese-gilded crab meat casserole is an elegant choice for a make-ahead supper. Accompany it with a favorite green vegetable and a leaf lettuce salad.

For 4 servings you will need:

- 1/2 lb. cooked crab meat
- 1/4 cup finely chopped onion
- 1/2 cup chopped celery
- 3 Tbsp. butter or margarine
- 2 Tbsp all-purpose flour
- 1/2 tsp. each salt and dry mustard
- 1/8 tsp. white pepper
- 1-1/3 cups milk
- 1/2 cup each shredded Swiss and Cheddar cheeses
- 1/4 cup grated Parmesan cheese
- 2 hard-cooked eggs, sliced

Tips: For flavor variety, mix 1/4 tsp. dry dill weed into onion mixture before adding milk to sauce.

Preparation:

1. Flake crab meat, removing any shell or cartilage.
2. In a medium saucepan cook onion and celery in butter over medium heat until soft. Stir in flour, salt, mustard and pepper. Cook, stirring, until bubbly.
3. Remove from heat and gradually blend in milk. Cook, stirring, until thickened. Add 1/4 cup each of the Swiss, Cheddar and Parmesan cheeses, stirring until melted. Remove cheese sauce from heat.
4. Fold in crab and hard-cooked eggs. Spread crab mixture in greased shallow 1 1/2-quart casserole or 4 individual 1 1/2-cup casseroles.
5. Mix remaining 1/4 cup each Swiss and Cheddar cheeses. Sprinkle evenly over crab mixture.

CALIFORNIA COLESLAW

Preparation time: 25 minutes

This colorful coleslaw is dressed with a slightly sweet vinaigrette-type dressing. You'll find it a perfect addition to both summer and winter menus. For a different taste, add a little freshly crushed garlic.

For 4 servings you will need:

- 1 small head cabbage, shredded
- 1 small white onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 small carrot, grated
- 3 Tbsp. minced parsley

DRESSING:

- 1/2 cup cider vinegar
- 3 Tbsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. white pepper
- 1/2 cup salad oil

Tips: This slaw will keep for several days in the refrigerator.

Preparation:

1. Combine cabbage, onion, green and red peppers, carrot, and parsley. Toss to mix.
2. Combine the vinegar, sugar, salt, pepper and oil in a jar or shaker. Shake to blend.
3. Pour mixed dressing over slaw. Cover and chill.
4. Gently toss at serving time.

Good served with: This coleslaw goes well with fried chicken, spareribs, or any barbecued meat.

Dishin It Out By Nona



Nona Carroll

MENU

- Crab and Cheese Casserole
- California Coleslaw
- Pound Cake
- Fruit Punch

APRICOT BRANDY POUND CAKE

Preparation time: 25 minutes
Oven temperature: 325°F
Baking time: 1 hour
Cooling time: 15 minutes

This memorable cake with a luscious flavor, makes a great dessert for any club, church group or buffet luncheon. Serve with coffee. For a more attractive presentation use a fancy 10-inch pan.

For 1 cake, 20 to 22 slices, you will need:

- 1 cup butter, softened
- 3 cups sugar
- 6 large eggs, room temperature
- 1 cup sour cream
- 1/2 cup apricot brandy
- 1 tsp. dark rum
- 1 tsp. vanilla extract
- 1 tsp. orange extract
- 3 cups all-purpose flour measured after sifting
- 1/2 tsp. salt
- 1/4 tsp. baking soda

Preparation:

1. In large mixing bowl cream butter until light and fluffy on medium speed of electric mixer, about 5 minutes.
2. Gradually add sugar, 2 to 3 Tbsp. at a time, beating until mixture is very light.
3. Add eggs, one at a time, beating well after each addition.
4. Add sour cream, brandy, rum and extracts and continue beating.
5. Sift dry ingredients onto waxed paper. Stir these gently into creamed batter until well blended.
6. Spoon batter into greased, floured and wax paper-lined 10-inch tube pan.
7. Bake at 325°F for 1 hour or until cake tests done.
8. Cool on wire rack for 15 minutes, then remove from pan and finish cooling on rack.

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ALZHEIMER'S DISEASE — Support Group Meetings: Cannon Center, 340 North 11th Street, Las Vegas, NV., Time: 10:00 A.M., Date: Second Wednesday of each month. Phone: 384-2273.
Hollyhock Adult Day Care, 380 N. Maryland Parkway, Las Vegas, NV. Time: 6:30 P.M. Date: Fourth Thursday each month. Phone: 382-0093.

BEAUTY TIPS

Lemons

One of nature's most frequently used additives, lemons have a bleaching, astringent action. They can be too drying for sensitive, parched skins, but very good for oily, blemished ones. Add milk and lemon juice to oatmeal to make a mask that will deep cleanse and lighten your skin color.

After a shampoo, put lemon juice in the final rinsing water to brighten blond hair. Use a mixture of 1 teaspoon lemon juice and 2 tablespoons rose water to whiten grey elbows or to lighten dingy skin.

For dry skin: a honey and egg mask: 1/2 teaspoon honey, 1 egg yolk, 1 tablespoon dry skimmed milk. Mix to a paste with a little fresh milk if necessary. Apply to the face and neck. Leave on for 15 minutes. Rinse off with tepid water.

For oily skin: Mix 1/2 teaspoon honey with a dessertspoon lemon juice. Mix to a paste with fuller's earth or powdered barley, adding a little water if necessary to get the right spreading consistency.

Marigolds

Marigolds are one of the oldest aids to beauty. For a skin tonic: Make an infusion of marigold flowers: 1 oz. of petals to 1 pint of water. Heat them together slowly (in an enamel or stainless steel pan). Keep the pan covered so that no steam escapes. Let the liquid cool for some hours. Strain it into a glass container with a screw-top. Use as a cleansing and healing lotion.

Melons

Melons have a cooling effect, wonderfully refreshing on a hot day. Slice off thin pieces and rub them over the face or put slices between layers of gauze and use as a face compress - relaxing with the compress over your face for 15 minutes.

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