

FOR THE LADIES...

Dishin It Out *By Nona*

ORIENTAL PORK ALMANDINE

Preparation Time: 20 minutes
Cooking Time: 45 to 50 minutes

Sliced almonds add crunch to this pork dish. It's equally good served on rice, chow mein noodles or egg noodles. It can also be prepared ahead and reheated at the last minute.

For 4 servings you will need:
1 lb. boneless pork chops or cutlets
1/3 cup all-purpose flour
2 cups chicken broth
3 Tbsp. soy sauce
1/2 cup sliced almonds
2 Tbsp. butter or margarine
1/4 lb. mushrooms, sliced
1 medium onion sliced lengthwise
2 cups diagonally-sliced celery
Sliced green onions, optional
Hot cooked rice, chow mein noodles or egg noodles.

Preparation:

1. Trim excess fat from pork chops. Cut meat in 3/4-inch cubes. Roll in flour.
2. Put in 3-quart saucepan and saute over high heat, stirring frequently, until lightly browned.
3. Stir in broth and soy sauce.
4. In small skillet, toast almonds lightly in 1 Tbsp. butter. Remove from skillet and set aside.
5. Melt remaining butter in skillet. Add mushrooms and onion. Saute until onion is tender.
6. Add mushrooms, onion and celery to pork. Bring to a boil and simmer, covered, for 30 minutes or until pork is tender.
7. Stir in almonds. Turn into serving dish. Garnish with green onions, if used. Serve with rice or noodles.



Nona Carroll

MENU

Oriental Pork
Succotash
Broiled Tomatoes
Tossed Salad
Fresh Lemonade (Sweetner)

SUCCOTASH

A typically American vegetable combination. Our recipe offers you the freedom to mix fresh, canned or frozen varieties.

3 lbs. fresh lima beans*
4 ears fresh corn**
1/2 cup light cream
2 Tbsp. butter or margarine
1/2 Tsp. salt
1/4 Tsp. pepper

**Or, use 1 pkg. (10 oz.) frozen whole kernel corn, cooked, and drained, or 1 can (1 lb.) whole kernel corn, drained.

In medium saucepan, combine cooked beans and corn with remaining ingredients. Heat through, stirring occasionally.

BROILED TOMATOES

Wash 4 medium tomatoes (about 1 1/2 pounds). Remove stem end from each; cut tomatoes in half.

Set oven control at broil and/or 550°. Dot each half with 1/2 teaspoon butter or margarine. Season with salt, pepper, basil leaves, oregano leaves or ground savory. Broil tomato halves cut side up 3 to 5 inches from heat 5 minutes or until tops are golden brown.

4 servings.

Variation

Cheesy Broiled Tomatoes:

Dot tomatoes with butter but omit seasonings. Broil tomato halves cut side up 4 to 6 inches from heat 5 minutes. Sprinkle cut sides with 1/3 cup shredded Parmesan cheese. Broil 1 to 2 minutes longer until cheese begins to melt.

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BEAUTY TIP

Strawberries

This fruit is both delicious and beautifying. Mash fresh strawberries and rub over your skin - they are said to lighten it. Make up a face mask with strawberries, lemon juice and cream. Mash strawberries to press out the juice and smooth this on oily skin every day for two weeks.

Honey

An item used in many beauty treatments. It is excellent for smoothing the skin and softening lines. You can spread it as a film all over the face. Leave on for 15 minutes and remove with cotton wool pads and warm water.

HEALTH HINT

Use lemon juice in place of salt on veggies, fish and meats.

SPEECH

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hard, you do well; you sell drugs, commit murders or robberies, you go to jail; you do drugs, you go to H ELL.

So look at the good in everyone and aspire to be that which is good, and do that which is right.

For the rest of us, Dr. King said that "no lie can live forever" and that is evident in what has happened in Berlin, Russia and South Africa. Now is the time for it to happen here in America with the African-American people. Now is the time for us to start "doing whatever it takes" for us to progress. And we can start right here, RIGHT NOW.

As you are all aware, the Clark County School District is rezoning because of gangs. This would be a travesty of injustice to our children because they will once again bear the burden of bussing. If we allow this to happen, this Summit was for nothing. Flood the CCSD with letters of opposition. Get as many parents as humanly possible to fill the meeting room on June 14. Also, a long time ago Dr. King stated that "the most significant step the Negro can take is the SHORT WALK to the voting booth." What was true then, is still true now. As Wendell (Williams) always says, "Bad people get elected when good people don't vote."

I am part of the Las Vegas Political Education Committee

and we are getting ready to begin an all-out-effort on voter-registration, education, seminars, voter process, ect. We plan to target youth, seniors, Hispanics and Indians. Surely, we could use your help as registrars and drivers, because "we are the deciding factor."

Paul Robeson... We realize that "our future lies chiefly in our own hands." We know that neither institution nor friends can make a Rare stand unless it has strength in its own foundation; that races, like individuals must stand or fall by their own merit; that to fully succeed, they must practice virtues of self-reliance, self respect, industry, perseverance and economy. Brothers and sisters, it's time to "put up or shut up." Time to stop planning and start acting. Stand tall or continue to fall. How can you open your eyes to the love and glory of our Father, if they are closed to the need for love that lies within the heart of your fellowman?

Malcolm X stated: "The greatest mistake of the movement has been trying to organize people around specific goals. You have to wake the people up first, and then you'll get action." He was speaking about waking them up to "their own humanity, to their own worth, their own heritage."

Isn't it ironic that 25 years later we are still trying to "wake the people up."

Brothers and sisters, "we are the deciding factor."

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