

# On lazy summer days, try an ethnic salad

Saled days are summer days. You can keep cool with a light meal, take it easy while "cooling," and even stay on a diet if you choose a salad.

Whether it's the main dish, or a complement the entire, salads are pleasing to the eye and palate. Here are some international salads for you to try, from the cookbook "Round the Table, Round the World." If you want more ethnic recipes, order the cookbook by sending a check for \$3.50 plus 90 cents postage to: Reader City and Country School, 228 N. Woodward, Bloomfield Hills 48301. Make check out to "Cookbook."

**VINAIGRETTE SALAD—ARMENIAN**  
Alo Radabady

45 large boiled potatoes  
44 large boiled carrots, skinned after boiling  
2 small cans navy beans  
1 small can red beans, drained and dried  
1 large onion, diced  
1 small can sauerkraut, well drained  
1 cup sour cream or mayonnaise  
2 large apples  
Salt and pepper

Cut all vegetables except beans into small pieces. Mix well with sauerkraut. Refrigerate for several hours or up to 3 days. One or 2 hours before serving, add mayonnaise or sour cream.

To make this salad more piquant, add small pieces of marinated herring. Serve cold with turkey slices or cold meats and a dry or semi-dry wine. Serves 8-10.

**TOMATO-WEDGES PROVENCAL—FRANCE**  
Louise Anayre

1 small onion, finely chopped  
1/2 cup chopped parsley  
1 small clove garlic, minced  
2 tablespoons butter or margarine, softened  
1/2 tablespoon fine dry bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon dried basil  
Dash pepper  
4 firm ripe tomatoes

In a small bowl, mix all ingredients but tomatoes. Cut each tomato into 8 wedges. Place in a greased shallow two-quart baking dish. Sprinkle with herb mixture. Bake in 325-degree oven for 8-10 minutes or just until tender. Makes four servings.

**ROTER-BLUMENSALAT (HEET SALAD)—AUSTRIAN**  
Louise Schaepp

1/2 cup wine vinegar  
1 tablespoon sugar  
1/2 teaspoon salt  
2 teaspoons caraway seed

1 tablespoon grated horseradish  
Cooked, sliced beets.

Cook the first three ingredients together. Add remaining two ingredients and pour over sliced, cooked beets. Marinate two hours or more in refrigerator.

**LOMO SATIV (STIRRED BEANS IN WALNUT SAUCE)—BULGARIAN**  
West Bloomfield Gourmet Club

1/4 cup chicken stock  
1/4 cup finely chopped onions  
3 tablespoons chopped garlic  
3 tablespoons imported sweet paprika  
2 tablespoons salt  
1/4 cup red wine vinegar  
1/2 tablespoon finely chopped parsley  
1/4 pound walnuts, ground in a nut grinder  
1 1/2 pound string beans

In a large serving bowl, combine all ingredients but the string beans. Over high heat, bring four quarts lightly salted water to a boil in a large saucepan. Drop in the

string beans and boil briskly, uncovered, for about 9-10 minutes, or until they are tender but still slightly resistant to the bite.

**GREEK SALAD—GREEK**  
Louise Anayre

Chopped parsley  
Anchovies Peta cheese, crumbled  
Greek black olives

Dressing:  
1 part wine vinegar  
3 parts olive oil  
Salt and pepper  
Dash of oregano  
Pinch of mustard

Arrange ingredients on a plate and sprinkle mixed dressing over top.

## Food stamps may cost more

Social Security recipients who also qualify for food stamps may find they will have to pay more for their food stamps beginning in July when a 4.4 percent hike in Social Security benefits takes effect.

Because the cost of food stamps depends on the amount of net income household income, the boost in Social Security may also increase the amount a family must pay for food stamps.

However, the increase in the Social Security check will not affect the cost of stamps for those households who received less than \$200 from Social Security before July.

For any household whose total income in income amounts to less than \$25 a month, a U.S. Department of Agriculture regulation permits delaying the adjustment in the cost of stamps until the next certification or until other changes occur which make the total more than \$25. The \$25 limit applies to the total benefits of all household members.

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## McAlpine earns law degree

Frank D. McAlpine, son of Mr. and Mrs. William H. McAlpine, of 3685 Ivywood Drive, Farmington Hills, graduated from the John Marshall Law School in Chicago, Ill. Graduation ceremonies were held in Chicago's McCormick Place.

## mm.memos

A couple of blows for the cause of women's liberation were struck by members of our family in the last week or so. Maybe not a la Betty Friedan or Martha Griffiths, but I guess every little bit helps.

The first involved our senior at an area technological college—a school that until the last few years has been almost exclusively male—and the mighty management of Detroit's professional baseball team.

Seven Tiger & Co. for some years had been hiring students from her school to go to the stadium on occasions like Bat Day, hand out free bats to young customers and enjoy the game in the process.

When the call for volunteers came in, our true-blue Tiger fan said she'd be delighted to go.

THAT BROUGHT from the student handling arrangements an "over-oh" response and a suggestion that girl students probably wouldn't be exactly welcome.

She bristled and wanted to know exactly why not. She thought someone should put this question to the baseball team management. A few others began backing her up.

Several telephone calls later, it was agreed that girls could make the Bat Day event—as long as there was not an "exclusive number" of them.

Apparently a 20-to-three ratio wasn't considered excessive, because the contingent was invited to come back for Cap Day. And our girl found that as the game went on, she was explaining what was happening on the field to a couple of her male counterparts.

I have to admit I took particular pleasure in her experience. I still am rankled a bit by the memory of a world series that occurred when I was working for one of the major wire services and all the men on the staff were invited to view a game from the press box. A woman writer couldn't contaminate that sacred place, and a couple of decades ago it never occurred to anyone that this was not right and proper.

OUR RECENT GRADUATE achieved the second victory for feminism.

The only member of the family who enjoys gardening, she's been doing a few odd jobs while hunting some permanent employment, and she called a houseowner who had let it be known he'd like to have some yard help.

Accustomed though he was at the idea of hiring a young woman to yard work, he asked if she could run a power mower. Yes, she could. (As someone pointed out, not too many girls grow up in suburbs these days without learning that art.)



By MARGARET MILLER

Anyway, she reported that his lawn was big and there was a sloping spot that tried her strength, but she made it and apparently in less time than some previous workers.

And when she collected her wages, she also received an invitation to cut the grass and weed again the next week.

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## Films tell history in OCC classes

Films will be the basis of teaching history during Oakland Community College's Orchard Ridge Campus summer session.

American History II will examine many of the most significant events, issues, ideas and personalities of 20th century America utilizing films. Students will study topics such as the struggle for civil rights, Indian wars in the West, Babe Ruth as a popular American hero, the decision to drop the atomic bomb during World War II, the Great Depression, the Civil Rights movement, McCarthyism, the Cuban Missile Crisis, Vietnam and others.

Students will view a film on one topic each class period and will discuss and assess it in connection with assigned readings, according to course instructor, Tim Koerner.

These are not the type of films that passed as educational movies 15 or 20 years ago. All of our films were made within the past five years and could be shown on prime-time television," Koerner added.

History 232, a three-credit-hour course, will be offered for seven weeks beginning July 1. It will meet on Tuesday and Thursday evenings from 8 a.m. to 12 noon at the Orchard Ridge Campus.

Instructor Koerner is a member of the Historians Film Committee, a national organization of history teachers interested in more effective use of films and movies in the teaching of history.

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