

It's Fun To Cook For One

BY JOYCE TOTTON

Due to vast changes in education, economics, and communication in society, there has been an increase of people living alone.

Unmarried and retired people are not as likely to remain with the family unit as they were 20 years ago.

Recent books deal with the problems that arise when living in a small apartment and preparing adequate, interesting meals for one person.

Most people who live alone also work fulltime, so they need to prepare meals quickly with little fuss and muss. Usually they are willing to increase the food budget slightly to achieve variety, and are glad to consider partially prepared foods to decrease cooking time.

IF YOU COOK for one, it's important to plan and shop carefully. Keep a detailed list, and shop once a week except for perishables. Buy in small quantities, and plan the use of leftovers. Variety packs are a big boon.

HERE ARE A FEW helpful hints for "solo" cooking and eating.

Clean and cut vegetables before storing (celery, radishes, carrots and greens).

Separate and freeze butter, margarine, rolls, bread.

Do longer preparations on weekends; use leftovers during the week.

Sauces, creamed dishes, wines alter flavor.

Buy potatoes, fresh vegetables, fruits and staples little at a time.

Frozen waffles are quick. Try refrigerator cookies—slice and bake a few at a time.

Plan cake only for company dinners, and select moist ones then freeze half.

Freeze soups, some one-dish casseroles, gravy, etc., in ice cube trays. (Remove and keep cubes frozen in plastic bags.)

Make use of stale bread in garlic sticks, croissants, crumbis, melba toast. You also can make your own TV dinners from a meal. Buy divided containers. Then, when cooking a roast, slice some for sandwiches and freeze, make up TV dinners and use the rest for hamburgers or hot roast beef sandwiches.

Here are some recipes to try.

CRANBERRY AND ORANGE APPETIZER

Add two parts of cranberry juice to one part orange juice. Mix and serve immediately.

INDIVIDUAL BEEF LOAVES

Mix 2 crumbled slices bread, 2 eggs, 3/4 cup tomato juice, minced 1/2 green pepper, 1 teaspoon seasoned salt, 1/4 teaspoon each pepper and celery salt, and 1 tablespoon instant minced onion. Lightly mix in 1 pound ground beef. Pack in eight 2 1/2 inch muffin-pan sections. Bake in very hot oven, 450 F., 20 minutes. Serves 4. Note: If cooking for one prepare only what you will eat. Freeze the rest, after shaped, to prepare at another time.

HASTY SKILLET BEANS AND FRANKS

Put 2 cans (1 pound each) Boston-style beans in skillet. Add 1/2 cup catsup, 1 teaspoon Worcestershire, 2 tablespoons brown sugar, and sliced frankfurters. Top with 1 cup shredded cheddar cheese. Cover, and heat. Makes 4 servings.

LEMON APRICOT PUDDING

With rotary beater blend: 1 box instant lemon pudding and 1 cup each apricot nectar and sour cream. Chill 10 minutes. Pile lightly in serving dishes and sprinkle with flaked coconut. 4 servings.

STRAWBERRY MINUTE PIE

Baked 9 inch pie shell 1 pkg. strawberry-flavored gelatin 1 c. hot water 1 pkg. unthawed frozen sweetened sliced strawberries

Dissolve flavored gelatin in hot water. Add unthawed frozen berries. Break up berries with fork. As berries thaw, gelatin thickens. When partially set, pour into cooled pie shell. Chill until completely set. Just before serving, garnish with sweetened whipped cream.

Observing The Sports Scene By George Maskin

Only the jet age makes it possible — One might you're in a hot, jammed dressing room in the Boston Gardens.

The Pistons have just beaten the Boston Celtics and now they're sweating out the result of a game at New York between the Knicks and the Cincinnati Royals.

A Knicks' victory would shoot the Pistons into the National Basketball Association playoffs. If the Royals won, the Pistons and Cincy would have to play off for the right to enter the playoffs.

The news of what was happening in New York came through a radio broadcast which faded in and out.

"The Knicks are four up," somebody said. "Oh, oh, the Royals have gone ahead by one."

"Hey... there are 15 seconds left... the Knicks lead by one."

All ears now turned closer to the radio.

Em Bryant of the Knicks had the ball and was fouled. He made a free throw. New York led, 109-106, with three seconds to go.

The broadcaster called the play. . . .

"Tom Van Arsdale has it... he passes it into Jerry Lucas... he shoots... misses... Reed has the ball... IT'S ALL OVER."

And in an instant, the Pistons en masse leaped and shouted. They hugged one another.

A tear dripped from coach Donniss Butcher's eye. After five years, the Pistons had made it into the playoffs again.

A COUPLE NIGHTS later, the scene shifts for this reporter. Now it was Jensen Field House, along side of the Red Cedar river into which in our college days of Michigan State we were tossed in as a freshman because a few baseball players didn't like what we said about them.

It was the night of the state high school semifinals. The Class B teams played first. . . Willow Run won and then Holland Christian.

Next the spotlight turned on the Class A semis.

First it was Ottawa Hills from Grand Rapids beating Detroit Austin... then No. 1 ranked Ypsilanti downing Detroit Catholic Central.

It made no difference which team won. The exuberance was the same each time.

Screaming cheerleaders began to cry... fathers and mothers hugged in the open... students roared to lift their basketball heroes and carry them from the floor.

Everybody patted somebody on the back.

If the coach were to ask for a raise in pay at the moment, the school superintendent he works for unquestionably would have shouted "How much do you want? We'll get it for you tomorrow."

THE SCENE AT JENISON hasn't changed over the years... and the days and months and years sure have rolled by since first we covered a state high school windup.

You realize how old you are when you see a couple of brothers by the name of McGolgan star for Our Lady of the Lakes from Waterford.

Cager's Shorts? They're OK Now

At long last, basketball players at Trevecca College in Nashville, Tenn. can look like basketball players.

The college board of trustees made an historic rule for that august school. They ruled that it was all right for male students to wear "standard athletic attire" such as gym shorts.

Previously, the male students were required to wear more modest attire such as slacks or sweat tops at the Church of the Nazarene-supported school.

However, women students are still required nothing less than a skirt while playing basketball.

E. J. Korvette

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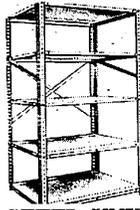
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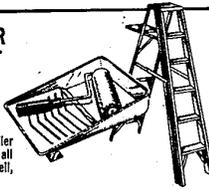


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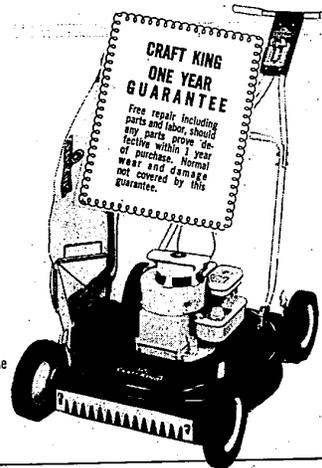
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