

Collegian Cookbook:

Plants in the pantry

By Ed Golomb

September is one of the few months of the year when fresh vegetables are both plentiful and cheap. Although you do not have to become a vegetarian for the rest of the month, a diet of vegetables will not only save you money, but also will add to your body's vitamin level.

The most plentiful vegetables now are cabbage, squash, cucumbers, tomatoes, peppers, lettuce and potatoes. Properly prepared, these vegetables can substitute nutritionally as meat replacements, and your body will be none the wiser. Who knows? Maybe you will learn to like the vegetarian life...

Green squash, zucchini, is probably one of the least experimented-on vegetables grown today. It can be substituted for eggplant in most recipes, and since it is usually cheaper than eggplant, you will save money. Here are two ways to prepare zucchini as a main dish.

Stuffed Zucchini

4 firm zucchini
1 cup rice, dry

2 cups cold water
½ tsp. salt
4 cups tomato sauce (or leftover spaghetti sauce)
sliced cheese for topping
Zucchini is just right when it is about 8 to 10 inches long and not more than 2 inches in diameter. If the ends are soft, do not buy it; it is old and has lost much of its original vitamin content.

Peel the zucchini, leaving several strips of skin running end to end on the squash. Split the squash in half, and using a spoon, scoop out the seeds, making two canoe-shaped pieces.

To prepare the rice stuffing, wash the rice in a colander using warm water. Continue to wash until the rinse water runs clear. This removes most of the rice's surface starch and keeps it from sticking together. Put the water and salt in a pot to boil. Add the rice and turn the heat down. Place a lid on the pot and cook for 15 minutes or until all the water has been absorbed.

Place the cooked rice in a bowl and pour one cup of tomato sauce over it. Mix well, then use the mixture to fill the scooped-out areas in the squash.

When all four squash have been stuffed, place them in a shallow baking pan and cover with the remaining tomato sauce. Bake at 350 degrees for 45 minutes or until the squash is penetrated easily by a fork. Immediately before serving, place several slices of cheese on top of the squash and allow them to melt.

Calories per serving (2 squash) — 300.

If you live in an apartment, you should have no trouble preparing and serving these menus. They contain no exotic foods or cooking utensils, and require a minimum cooking knowledge.

But dorm residents may find themselves without cooking facilities. In most of the newer dorm areas, (East, South and Pollock) there are kitchens whose equipment ranges from two-burner electric stoves to complete cooking ranges.

Science Fiction Books
To coincide with the sixth annual Science Fiction Research Association conference at the University this weekend, an exhibit of science fiction materials will open today in Pattee's Rare Books Room.

The exhibit traces science fiction from the 17th Century represented by authors such as Jonathan Swift and Cyrano de Bergerac, to distinguished science fiction writers of the 20th Century.

The display includes a collection of Utopia novels as well as pulp magazines dating from 1928, boys' books and posters.

Also on display are books and manuscripts by Philip Klass, associate professor of English, who writes science fiction under the name William Tenn.

Esperanto

A collection of materials on Esperanto, an international language created in 1887 by L.L. Zamenhof, will be on display in Pattee's Main Lobby until Oct. 8.

Esperanto is used for publishing literary and scientific works, international meetings and personal contacts. The exhibit, which consists of magazines,

records and letters, shows its possible uses in daily life.

The materials on display are part of a collection prepared by Cornelius McKown, a University librarian and the local delegate of the Universal Esperanto Association.

"Retrospect"

"Retrospect," a collection of multimedia drawings and paintings by Janet I. Dougherty, will continue in Pattee's Circulation Lobby until Oct. 1.

Ceramics by Paul Jay

Stoneware and porcelain pottery by Paul Jay will continue at Kern Commons Gallery through Sept. 30.

Jay is professor of ceramics, art history and drawing at the Community College of Allegheny County in Pittsburgh.

A display of jewelry, prints and paintings by Shirley Sturtz also will continue at the gallery until Sept. 22.

Chambers Gallery

Prints and pottery, including hanging planters, by Howard McWhinney will

continue on display at Chambers until Sept. 28.

Zoller Gallery

An art work exhibit by new faculty members will close tomorrow at Zoller Gallery.

The collection includes photography by Patricia Carroll; sculpture and design by Rob Fisher; graphic designs by William Kinser; sculpture by Stephen Porter; prints by Joseph Ramos; and paintings by Nina Rosenblum.

Museum of Art

A graphics display by faculty members will close Sunday at the Museum's Gallery A.

The exhibit includes ink and pencil drawings by George Toretich, professor of art; pencil and felt-tip pen drawings by Yar Chomicky, professor of art education; ink drawings by Harold Altman, professor of art; and lithographs and serigraphs by Lanny Sommese, instructor of art.

All three Museum galleries will reopen Sept. 23 with the exhibit "Three Swiss Painters."

Now on display

Campus gallery hours

Chambers Gallery	1 to 5 p.m. 9 a.m. to Noon	Monday through Friday Saturday
Kern Commons Gallery	7:30 a.m. to 11 p.m. 8 a.m. to 5 p.m. Noon to 11 p.m.	Monday through Friday Saturday Sunday
Museum of Art	Noon to 5 p.m.	Daily except Monday
Pattee Main Lobby and Circulation Lobby	7:45 a.m. to Midnight 7:45 a.m. to 5 p.m. 1 p.m. to Midnight	Monday through Friday Saturday Sunday
Pattee Rare Books Room	8 a.m. to 5 p.m.	Monday through Friday
Zoller Gallery	8 a.m. to 5 p.m. Noon to 5 p.m.	Monday through Friday Saturday and Sunday



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