## Linda Johnson

## This cook likes to experiment



A concentrated January cam- the March of Dimes are developing
paign warned pregnant 'omen that new knowledge of the processes by alcoholic drinks can cause miscar- which alcohol affects the fetuss. One
riage on the



Preparing lunch
Linda Johnson of Beaumont, our cook this week, places
individual bowls of French Onion Soup in the oven in preparation for her family's lunch.
serving plate and use for the dip
desired
FRENCH ONION SOUP
$\xrightarrow{\text { FRENCH ONION SOUP }}$
 1. TT. flour
3. water
$1 / 3$ s. sherry
2. beee sheorilion cubes
Few dashes Worcestern Few dashes Worcestershire sauce
Dried bread sices or melba toast Dried bread sices or melba toast
Saute onins until golden brown in
margarine; stir in flour, add water,
margarine, stiri in flour, add water,
sherry buillo
tershire saulue. Subes and tershire sauce. Simmer for approxi-
mately 20 minutes or until
tasteren of sherry is sone, add salt and
pepper, if desired.
Pour soup ind indidual oven-
bake soup bowls, half to three
 Swiss oheese. Bake at 350 degrees
till cheese is metted and is bubbling hot. REUBEN CASSEROLE 18.02. can sauerkraut
fig. sices corer heef




## -School menus

(Following are cafeteria menus butter, choice of milk or juice for area school districts for the Bonus: Fruited jello.
following week)
FRIDAY - Spicy chili con carne roll, peas-carrot medley, cinnam appplesauce, choice of milk or ujice
bonus: Soft chewy warm pretzel bonus: Soft chewy warm pretzel.
MONDAY - Crunchy taco shells stuffed w-beef-cheese-lettuce shells (hot sauce optional), or frankfurter on
bun, Mexican corn kernals, choice bun, Mexican corn kernals, choice
of milk or juice. Bonus: Blueberry tart. on roll ow-lettuce-tomato-spectal
sauce or Italian hoagie w-lettuce cheese, fluffy rice pilaf, green beans
almondine, choice of milk or juice. almondine, choice of milk or juice
Bonus: sugar cookie.
GATE OF HEAVEN SCHOOL Jan. $22-28$
WEDNESDAY
wich, cheese, green beans, fruit Cocktail, milk.
THURSDAY - Chili dogs, home THURSDAY - Chili dogs, home
fries, pineapple pudding pops, milk.
FRIDAY - Pizza, salad, pears, Cookies, milk. Flying sauce, French
MONDAY - Flo MONDAY - Flying sauce, French
fries, ineaples, astycake, mik.
TUESDAY - Hot dogs, baked eans, pears, scooter pie, milk. Good driver can save gas The thinking man's driver can
save hundreds of dollars a year in gasoline costs, car maintenance
specialist Ross Onney asserts There are maintenance and driv
ing techniques that can help yo increase your gas mileage by a
much as 30 percent, and sometime much as 30 percent, and sometimes
more," he writes in the December Reader's Digest, "provided, you
don't mind working at the task." don't mind working at the task."
Maintenance procedures includ Maintenance procedures include
keeping your engine well-tuned and
your tires fully inflated your tires fully inflated. Check your
oil every time you buy fuel, olney oil every time you buy fuel, Olney
advises. "Without adequate lubricaadvises. Without adequate lubrica-
tion, your engine will struggle
against extra friction, burning extra against extra friction, burning extra
gasoline." Check your wheel alignment too,
at least once a year. "Just as it takes more effort to push a shoppakes more from the engine to push
car with wheels out of aligna car with wheels
ment,", he observes Driving techniques include not
warming up the engine-this alone warming up the engine-this alone
can save up to two percent of our
fuel, if you drive every day. Give fuel, if you drive every day. Give
the engine a few seconds for the fluids to circulate and the oil to get
in around the bearings then drive in around the

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