



## Ethel's Cookery

by Ethel Moore

The versatility of chicken is almost endless, as most of you know, but perhaps often overlooked are the many good and nourishing dishes you can make with chicken wings. Here are a couple of examples. Spanish Wings with Rice is a hearty main dish and the Ming Wings - a 1-2-3 tasty surprise - can easily double for hors d'oeuvres at party time. Enjoy!

**Spanish Chicken Wings and Rice**  
 3 lbs. Chicken wings  
 1/2 cup all-purpose flour  
 1 teaspoon salt  
 1/4 cup salad oil  
 1 large onion, chopped  
 1 green pepper, chopped  
 1 clove garlic, minced  
 1 can (4 ounce) sliced rooms (drained)  
 1 cup regular rice, uncooked  
 1 can (16 ounce) tomatoes  
 1 can (10 1/2 ounce) condensed cream of mushroom soup  
 1/2 cup water, if needed  
 1/4 teaspoon chili powder  
 In a plastic bag, mix flour, salt and pepper. Add wings, three or four at a time; shake to coat. In a large skillet, heat oil over medium heat. Add chicken wings and brown. Remove chicken from skillet

and place in casserole. Add onion, pepper and garlic to remaining oil in skillet. Saute about 5 minutes; add mushrooms and continue cooking for 5 minutes more. Stir in rice, tomatoes, tomato sauce, mushroom soup, water and chili powder. Pour mixture over chicken; cover and bake at 350° for 1 hour or until chicken is fork tender and rice is done. Makes 6 servings.

**Ming Wings**  
 3 lbs. chicken wings  
 1/4 cup cooking oil  
 1/4 cup honey  
 4 tablespoons dijon style mustard  
 3 tablespoons sesame seed

In fry pan heat oil over medium heat. Add wings, 6-8 at a time, and brown on all sides. Remove browned wings to long baking pan. Mix together honey, mustard and sesame seed. Spread half of sauce over wings. Bake at 350° for 20 minutes. Turn wings; spread with remaining sauce. Continue baking 20 minutes or until chicken is brown and fork tender. Makes 4 servings as a main dish meal. Ming Wings are delicious as an hors d'oeuvre if disjointed for finger handling at party time.



## At Home

By Cal Williams



One of the most dangerous places we go is our very own home. It is the most dangerous place for children under five because that's where they spend most of their time.

Statistics show that accidents are the largest single cause of death among children among the ages of one and fifteen. They cause more deaths and serious injuries than the six leading fatal childhood diseases.

The majority of fatal and crippling accidents in the home can be prevented by the observation of simple precautions for the protection of infants, toddlers, and preschool children.

When children begin to walk parents need to look carefully at the home environment. The world becomes a challenge that invites exploration to these toddlers. They want to look at, taste, and touch

everything whether it's within reach or not.

It takes a lot of time for toddlers to learn what is dangerous and what is not. In the meantime all efforts to remove danger should be observed.

In the spring children spend more time outdoors. Traffic does not seem dangerous to children until they are repeatedly taught to respect automobiles. Repeated warnings against running into roadways chasing objects such as balls or other toys and crossing the street alone are not enough to minimize the danger. Unwatched toddlers are as apt to play in the middle of the road or behind parked cars as anywhere else.

Children hear so many "no's" and "don'ts" that they remember only those that are explained, repeated, and firmly enforced. Your child will not pay close attention if you tell him he must never run into the street where the cars go. Even if the warning includes the fact that he could be run over by cars, he still won't realize the danger.

It is undesirable to frighten children, but in this case that kind

of control may be necessary. We do not advocate spanking as a method of child guidance. However, a swat on the bottom may help the child remember to stay out of the road.

Close supervision is necessary the first days children play out of doors. If they are under three years of age they cannot be trusted to remember the hazards of traffic: especially when their ball of kitty runs out into the road.

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## Nicaragua Year of Health

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sponsored a variety of informational and cultural activities and done fund-raising as part of a national effort by similar committees around the country to help release funds for the Literacy Crusade.

As part of its on-going commitment to aid the Reconstruction and creation of a new Nicaragua, the Portland Nicaragua Support Committee has recently begun a campaign "Medical Aid for Nicaragua." Coordinating the local medical campaign is physician Bob Wagner M.D. The committee has been gathering much needed supplies and equipment from local hospitals and physicians, which will soon be sent to Nicaragua. Already the response has been encouraging, and more than 20 cases of equipment will be sent in the first shipment. Friday's benefit concert will raise funds for the shipping and as more funds are collected, the hope is that an autoclave may be purchased to be sent down. All donations are tax-deductible through HAND (Humanitarian Aid For Nicaraguan Democracy) c/o the Portland Nicaragua Support Committee, P.O. Box 6643, Portland, OR 97228. For information on the Medical Aid Campaign or the benefit, contact 235-9388 or 235-5015.

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