

Delicious nutritious Christmas crunchies

With Christmas and the New Year near, thoughts of many UNL students are struggling between finals and parties. If parties win out, here are some suggestions for easy-to-fix snacks fit for a student pocketbook.

Fresh fruit and vegetable plates are not only inexpensive but nutritious as well. Easily prepared, the fruits and vegetables only need be carefully washed, cut into bite-sized pieces and arranged on a tray.

An attractive vegetable plate can be arranged with the old standards: carrot and celery sticks, radishes, cherry tomatoes, green onions and cucumber slices. For a more exciting tray, add raw cauliflowerets, raw zucchini slices, red and green peppers and cooked frozen asparagus spears or brussels sprouts.

variety of dips. An easy fruit dip mixes two tablespoons of powdered sugar and one tablespoon lemon juice (or juice drained from the canned fruits) with a small container of plain yogurt.

For vegetables there's guacamole, an avocado dip from Mexico. If you're an avocado fan, now is the time to indulge because the fruit is at its peak both in quality and economy. Choose a bright fresh-looking avocado just beginning to turn soft.

For heartier appetites whip up some stuffed celery, cucumbers or hard-cooked eggs. Complete your party menu with your favorite chips and crackers and those traditional holiday drinks: eggnog and hot buttered rum.

Guacamole

3 medium-size ripe avocados
3 tsp. grated onion
2 Tbsp. chili sauce
2 Tbsp. lemon juice
½ tsp. salt
Mash the avocados thoroughly. Mix in other ingredients and chill.

Celery fillings

One cup mashed avocados, two tablespoons, prepared horseradish, one-half teaspoon Tabasco sauce. Cream cheese and minced Spanish olives. Cream cheese, chives and Worcestershire sauce.

Tuna in a cucumber

1 seven-ounce can tuna
1 package cream cheese
1 Tbsp. mayonnaise
1 Tbsp. lemon juice
½ tsp. salt
¼ tsp. pepper
1 Tbsp. pickle relish
3 small cucumbers
Core the cucumbers to remove centers. Thoroughly blend remaining ingredients. Stuff mixture into cucumber and chill. Slice and serve.

Stuffed hard-boiled eggs

Cut 12 hard-boiled eggs lengthwise into halves; remove yolks and fill with one of the following stuffings.
Chopped celery mixed with mayonnaise or salad dressing.
Chopped stuffed or ripe olives and cream cheese.
Chopped nuts and creamed cheese.
Cottage cheese, chives, pimento and Tabasco sauce.
Crisp bacon, mashed egg yolk, parsley and mayonnaise.
Egg yolk mayonnaise and Worcestershire sauce.
Egg yolk, finely chopped pickle and mayonnaise.

shelly kolkowski
crumbs

Hot buttered rum

1 tsp. sugar
1 slice lemon peel
1 jigger rum
boiling water
1 pat butter
Put cinnamon, sugar, lemon peel and rum into a mug or short glass. Fill with boiling water and float butter on top.

Eggnog

1 qt. milk
4 eggs
1/3 cup brown sugar (packed)
dash salt
dash nutmeg
1 tsp. vanilla
Heat milk over low direct heat. Beat eggs, add remaining ingredients and mix. Blend ½ cup hot milk into egg mixture. Gradually blend egg mixture into hot milk. Add dash of nutmeg to each glass and serve hot. Makes four servings.

For your fruit plate try sliced bananas, apples, avocados and oranges. Since winter isn't the best time to buy fresh fruit, you might want to complete the tray with canned apricots, peaches, pears and pineapple. Remember to drain the fruit thoroughly before placing it on the tray.

Bring the fruits and vegetables to life with a

Tax help offered

The Student Volunteer Bureau will conduct a volunteer income tax assistance program for students and low-income people. Training sessions will be taught by the Internal Revenue Service. Interested persons should contact the Student Volunteer Bureau, 338 Nebraska Union (472-2486) or Free University, 334 Union. A general Orientation will be held in the Union next Wednesday at 7 p.m.

County to conduct sickle cell testing

A Lancaster County drive to detect sickle cell anemia will be conducted Sunday, according to Dr. Samuel Fuenning, director of University Health Services.

Fuenning said the disease is a hereditary sickness predominant among blacks. He added that about 10 per cent of all blacks are carriers and one in 400 actually has the disease.

Sickle cell anemia affects a person's red blood cells and decreases the capability for carrying oxygen, Fuenning said.

"The disease can become very serious," he said. "There is no cure, but if people know they have the disease then they can exercise some judgment."

Fuenning said testing sites for the disease will be located at the Nebraska Cultural Center, 1012 N. 16th St.; the Malone Community Center, 2030 T St.; the Lincoln Community Center Building, 15th and N Streets and the Salvation Army, 1645 N. 27th St.

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