

# BOWLERS

There will be a Scratch League, no handicap, forming this Saturday, Jan. 26th, 12:00 noon, at the Nebraska Union Bowling Lanes.

Three man teams will bowl three games at a cost of \$2.00 per person. All University students, faculty and staff are welcome.

This Saturday will begin the league bowling, so have all team members present.

League rules will be established this Saturday.

Contact Pat Scanlon at 472-2181 if you need more information.

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and feeling—  
lots of feeling."  
—R. Aldrich

"She let the good  
times roll  
and couldn't stop."

I  
Love You  
I  
Love You  
Not

Rated X

## EMBASSY THEATRE

### THE APARTMENT LOUNGE

AMATEUR NIGHT

## TALENT HUNT

Starting Jan. 28

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VOCALISTS - MUSICIANS - COMEDIANS  
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GO - GO DANCER - ETC.

(finalists appear on Friday)

FOR DETAILS CALL:

The Dutchman 432-4471 NOW

# Radisson Cornhusker Hotel

APARTMENT LOUNGE

## Sandwich fillings, hot dishes add variety to sack lunches

For creative people who like to make sack lunches there's no need to read this. But for those who aren't wild about the idea, but are economically forced into the sack lunch routine, here are a few suggestions to make a carry-along meal more enjoyable.

When throwing a sack lunch together, two things should be taken into account. The meal should be balanced and filling. It shouldn't spoil if unrefrigerated for four or five hours. A typical sack lunch should include one or two sandwiches, a crisp vegetable or fruit, cake or cookies, and, if you own a thermos, something to drink or a soup.

Sandwiches can be made with a variety of meats and spreads, and if properly wrapped will resist spoilage for a long time. If you like sliced vegetables on your sandwiches, wrap them separately.

Sandwich fillings are quick and easy to make and can be a change of pace from the peanut butter-cheese-luncheon meat routine. The following two each make enough for four well-filled sandwiches.

### HAM SALAD FILLING

1 c. ground minced ham or fully cooked ham  
1/3 c. finely honed chopped celery  
2 Tbsp. drained pickle relish  
1/2 tsp. prepared horseradish (optional)  
1/4 c. mayonnaise or salad dressing

### EGG SALAD FILLING

4 hard-cooked eggs  
1/3 c. chopped pimiento stuffed green olives  
2 Tbsp. finely chopped green onions  
2 tsp. prepared mustard  
1/4 c. mayonnaise or salad dressing

For both, combine all ingredients. Spread between buttered slices of bread.

A hot addition to sack lunches is made possible through the use of microwave ovens. These can be used to heat up leftovers,

casseroles, stews, soups and meat and vegetable dishes carried in any type of plastic container.

When heating with the microwave, never use metal or tin foil or a sealed package or container. Remove the food from its wrappings and uncover the dish or bowl.

A good hot meal supplement to a cold lunch is Chile Con Carne. If prepared the night before, chile can easily be heated in the microwave oven.

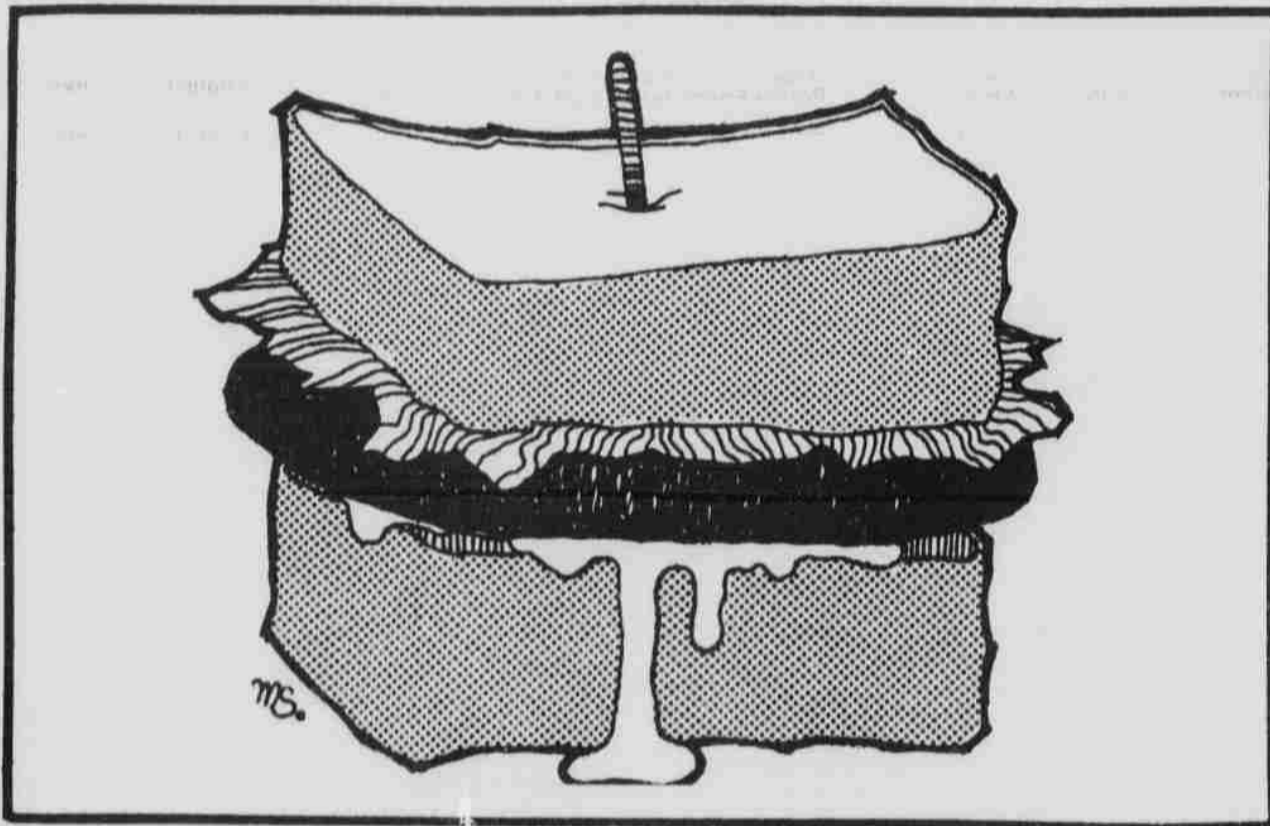
## karen richardson & ron sindelar tooth picks

### CHILE CON CARNE

1 lb. ground beef  
1 c. chopped onion  
3/4 c. chopped green pepper  
1 lb. can (2 c.) tomatoes broken-up  
1 lb. (2 c.) dark red kidney beans, drained  
1 8-oz. can tomato sauce  
1 tsp. salt  
1-2 tsp. chili powder

In a heavy skillet, cook meat, onion and green pepper till meat is lightly browned and vegetables are tender. Stir in remaining ingredients. Cover and simmer for one hour. Refrigerate in a covered container. Makes four generous servings.

Most sack lunches can be made in about 15 minutes the night before they are used. Refrigerate sandwiches, fruits and vegetables. Always try to keep your sack lunch away from direct heat or sunlight.



## daily nebraskan

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## calendar

Thursday

11:30 a.m.—Pi Tau Sigma Luncheon-Nebraska Union  
Noon—Chancellor's Office luncheon-Union  
12:30 p.m.—Placement luncheon-Union  
12:30 p.m.—Teachers College Study Committee—Union  
2:30 p.m.—Latter Day Saint Student Assoc.—Union  
4:30 p.m.—Builders Red Coats-Union  
5:30 p.m.—Phi Mu Alpha Sinfonia-Union  
6:30 p.m.—Ag Information Dept. "Outreachers" Union  
7 p.m.—Council on Student Life-Union  
7 p.m.—ASUN Legal Aid Seminar-Union  
7 p.m.—Volunteer Services-Union  
7 p.m.—Walk for Development-Union  
7:30 p.m.—math counselors-Union

### HELP LINE



472-3311