

Ann's liver, kidneys make tasty meals

Today's column features two vital organs of Ann, a choice Nebraska heifer.

Hi, I'm Ann's kidneys. To most of you my function is to purify Ann's blood. But did you know that I also make a tasty but cheap meal? It's true. And I cost only 35 cents a pound.

ANN'S KIDNEY STEW

2 beef kidneys	1 Tbsp. salt
2 Tbsp. butter	1/4 tsp. pepper
1 cup consomme	1 cup sliced onions
1 cup tomato juice	1 cup chopped celery
1/4 cup flour	1 Tbsp. Worcestershire sauce

karen richardson & ron sindelar tooth picks

The first thing to do is wash me, then remove my skin and fat. Split me lengthwise and remove my hard core and membrane. Cut me in small pieces and let me bathe in salt water for an hour. Then pull the plug and saute me in butter or margarine in the bottom of a kettle until I have a nice tan. Next, add consomme and tomato juice blended with flour, salt and peper. Use lid and allow me to simmer for one hour. Dump in vegetables and watch me stew (for another hour). Sprinkle on Worcestershire sauce and I'm ready to eat. Now, wasn't I easy? And I make four tasty servings.

Now, let me introduce you to my close associate, and what a liver she is, Ann's liver

Hello, I'm Ann's liver. I, too, am delectable and functional, although a bit higher in price, at 99 cents a pound. I'm loaded with iron and vitamins.

LIVER AND ONIONS

1/2 lb. liver	pepper
1 lb. onions	oil
salt	

Slice onion very finely and cover the bottom of a frying pan with a thin layer of oil. But in the onions, cover with lid and cook gently for 30 to 40 minutes; low heat (of course), with a little salt and pepper. Meanwhile shave me into the thinnest slices possible with a knife. Then slip me in with the onions to cook for 3 to 5 minutes. Eat me as is, or better yet, with plain boiled rice.

Two members of the Blue Angels, the U.S. Navy's flight demonstration team, will speak today and Friday in Nebraska Union 225.

The two representatives will speak about careers with the Navy.

Friday is the deadline for applying for admission to the College of Pharmacy for next school year. For more information, go to Lyman 116.

Delta Sigma Pi will hold its rush function Friday at 7:30 p.m. in the Union. The room number will be posted.

Students planning to enter the UNL Rodeo, scheduled April 12 and 13, must contact Tom Frazer, (466-0735) for a permit. Any women planning to compete for rodeo queen should contact Deb Weigel (467-2884).

The NU Rodeo Assoc. will meet at 7 p.m. Wednesday in Baker Hall 227.

Students interested in joining a water ski instruction class at Abel-Sandoz Residence Halls should contact either Sue Lythe, Sandoz 407 or Tim Kirkpatrick, Abel 244.

short stuff

The Food and Fun Place



FAC

25cent draws
\$1.40 pitchers

ENTERTAINMENT
NIGHTLY

11 a.m. to 1 a.m. 6 days a week

1023 "O" Street



Tonight til 9 stop by and slip into the General's name brand clothing

Levi, Wrangler, Lee, Red Snap, Landlover, Long John's

Mon-Sat 10-7

Thurs. till 9

1423 "O" St.

New Classes Now Being Formed

Enroll
For
Feb. 11
1974

General Accounting
Professional Accounting
Business Administration
Stenographic
Secretarial
Legal-Medical
Executive
Administrative Assistant

Lincoln School of Commerce

1821 K St.

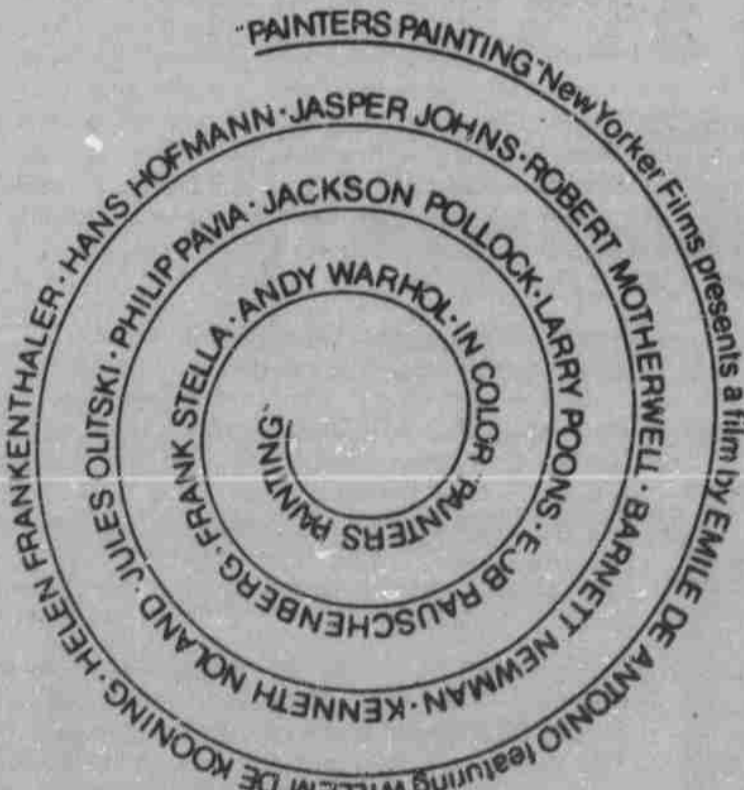
Lincoln, Ne. 68501

Phone 432-5315

SHeldon FILM THEATER

Sheldon Art Gallery
12th & R Sts.

EMILE de ANTONIO'S "PAINTERS PAINTING" THE FIRST FULL-LENGTH PICTURE ON AMERICAN PAINTING, 1940-1970



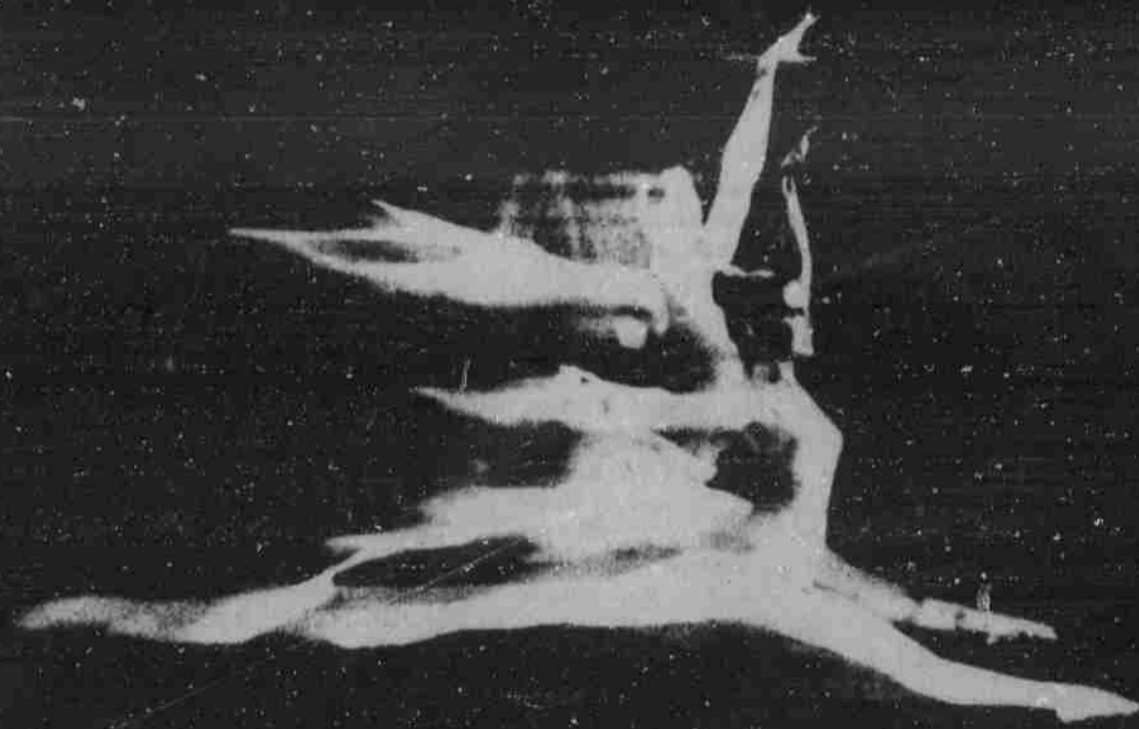
January 31st, 3, 7, & 9 P.M.

Admission: \$1.25

"Finally an intelligent film about how artists think and work.... I don't see how it would be possible ever again to teach a course in modern painting without using PAINTERS PAINTING."

-Henry Geldzahler
Metropolitan Museum of Art

"A CELEBRATION"



NEW YORK CITY'S JOFFREY BALLET

LINCOLN, FEBRUARY 1 & 2

Choice seats for students at \$3

Buy tickets at the box office in the lobby of
the National Bank of Commerce