

entertainment

Troupe to dance through Lincoln

By Dennis Ellermeier.

What are 40 college students who are traveling around the world, dancing the folk dances of several cultures, really doing? Obviously, having fun.

The dancers from Provo, Utah's Brigham Young University will perform in Lincoln Saturday evening. Dances from Latin America, Britain, Hungary, the United States, Poland, Austria, Yugoslavia, Israel and the Ukraine will be performed as the company presents its "International Holiday" in a score of vibrant scenes.

The International Folk Dance Company was formed in 1956 by its present director Mary Bee Jensen. Since 1964 the company has been a frequent cultural ambassador at dance festivals in Europe, North America and Asia. It is

at these festivals that the company broadens its repertoire by learning native dances from the natives themselves and from recognized authorities in the field.

From New York's Lincoln Center to Copenhagen's Tivoli Gardens the dancers have presented their program not only in live performances but also on the national television networks of Norway, France, Spain, Germany, Yugoslavia, and Italy.

The company will teach master classes Saturday afternoon and host an informal session at 11:30 a.m. at Neihardt Residential Center.

The performance of the International Folk Dancers is a 8 p.m. Saturday in Kimball Recital Hall. Tickets are \$2.50, regular, \$1.50 for UNL students.

Fishing for variety?

Tuna dishes take the bait

Tuna fish again? Don't despair. Canned seafood is a low cost means of getting high quality protein. Toothpicks this week will provide a number of easily prepared casseroles to take the monotony out of a diet that could otherwise become mudane.

karen richardson
toothpicks

Tuna comes in a variety of grades. For casseroles, I recommend buying a medium grade, because the cheaper ones are sometimes bitter. Those of you who are dieting may find solace in the water-packed varieties.

TUNA NOODLE AND MUSHROOM SOUP CASSEROLE
2 c. cooked noodles
1 c. drained tuna fish
1 10-1/2 oz. can condensed mushroom soup

Separate the tuna fish into large flakes with a fork. Be sure not to mince it too finely. Grease an ovenproof dish. Arrange a layer of noodles, then sprinkle it with fish. Add another layer of noodles and pour the mushroom soup over the top. Season the soup, if desired, with worcestershire

saucé, curry powder or dry sherry. Sprinkle the top, if desired, with cornflake crumbs or cracker crumbs. Place in oven and cook till topping is brown or until the mixture is thoroughly heated. Makes four large servings.

TUNA AND RICE BAKED DELIGHT
1 1/2 c. water
1 10 1/2 oz. can cream of mushroom soup
1/2 c. finely chopped onion
1 t. lemon juice
1/4 t. salt
Dash pepper
1 1/2 c. minute rice
1 pkg. (10 oz.) partially thawed, mixed vegetables
1 7 oz. can tuna, flaked and drained
1/2 c. cheddar cheese

Combine water, soup, onion, lemon juice, salt and pepper. Bring to a boil, stirring occasionally. Pour half of mixture into greased 1 1/2 qt. casserole. Add rice, mixed vegetables and tuna. Add remaining soup mixture. Sprinkle with cheese. Cover. Bake at 375 degrees for 20-25 minutes, stirring once after 10 minutes. Makes four servings.

HOT TUNA SALAD
2 c. cooked macaroni
1 10 1/2 oz. can cream of chicken soup
1 c. chopped celery
1/2 c. salad dressing
1/2 t. salt
3 hard boiled eggs
1/4 c. milk
1 T. chopped onion
1/4 t. pepper

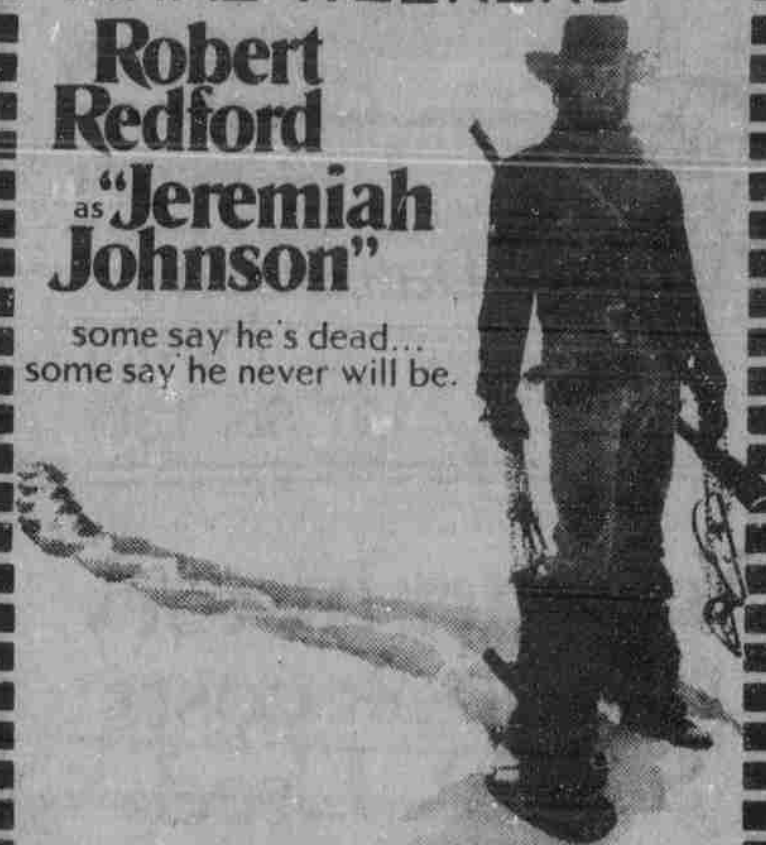
Combine all ingredients in casserole. Top with buttered crumbs or crushed potato chips, if desired. Bake 20-25 minutes in 350 degree oven. Makes six servings.

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FINAL WEEKEND

Robert Redford
as "Jeremiah Johnson"

some say he's dead...
some say he never will be.



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NURSES: THEIR BEDSIDE MANNER MAKES YOU FEEL GOOD FAST!
TENDER LOVING CARE



Plus 3 free sessions on Nov. 9—Open to everyone
10:00 a.m.—Master class — exhibition in Mexican dance—WPE 304
11:20 a.m.—Master class & exhibition in Ukranian & American folk dance—WPE 304
11:30 a.m.—Informal demonstration & discussion—Raymond TV Lounge (Neihardt Hall)

BRIGHAM YOUNG UNIVERSITY
INTERNATIONAL FOLK DANCERS

PRESENT

INTERNATIONAL HOLIDAY

SATURDAY—NOV. 9

8:00 P.M.
KIMBALL RECITAL HALL

"...folk dances from a dozen different countries presented with the relentless gaiety of a color spread in National Geographic." (NY Times review after Lincoln Center Performance)

Tickets available at Union South Desk: \$2.50 reg., \$1.50 UN-L students.

Sponsored by Union Contemporary Arts