Discover America By Answering The Call Of The Road

Both Parents Should Drive On Long Vacation Trips

By J. Wilfrid Gagen

This time of year, the call of the road comes in loud and clear. Black American families begin charting vacation trips and in this country, 85.5 per cent of the nation opt for cars, because the auto offers the best economy and flexibility. It can turn a tour into a custom tailored venture.

Hotels and motels promote family plans across the country. Side trips for special interests of adults or children become possible with a car. With just a little foresight you can work out a trip that no tourist agency could possibly match.

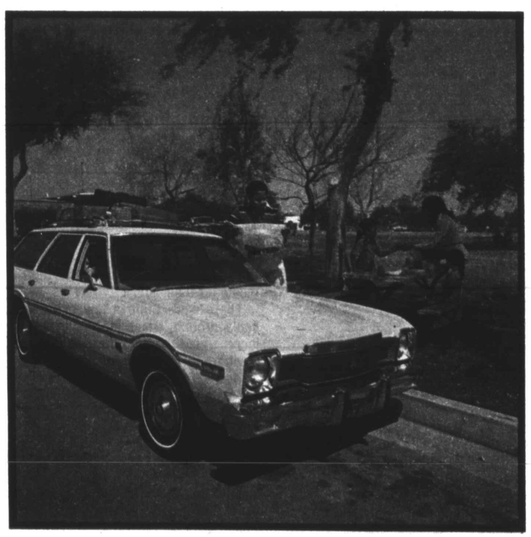
While in the early stages, all you need do is write to the tourist bureaus in the states and cities you wish to visit and back will come a wealth of material on which to base your family trip. You can even list special requests in your letters of inquiry and receive countless suggestions for entertaining all ages represented in your group.

Encourage everyone to join in the planning and you will end up with a memorable experience to enjoy long after you return home.

The point of departure in this enterprise is, of course, the car. The man of the house wants a well engineered vehicle, like the Dodge station wagon, easy to service at any spot in the country. With an eye on his budget, he chooses this medium size Aspen for its better gas mileage and its inner roominess. And for his wife, he wants the car she can handle easily on the road and park without difficulty.

After all, a long trip needs both parent-drivers satisfied with the car's performance.

One you have the car, you need a few dry runs to settle the ground - or car - rules. Set up a buddy system to check everyone wearing seatbelts — the recalcitrant ones to get reminded as gently as you can convince the children to do it. They can also check the adults for added pleasure. Then, make sure they all know about locking the doors, keeping heads, arms and hands inside the windows.



If you equip your wagon with power door locks you'll be able to be assured that all doors are locked at the touch of a single button. The children can take turns monitoring the driver to take out his or her ingition key, locking the car — and very important — making sure everyone gets out of the car on the curb side. Never leave small children alone in a parked car, even for a minute.

On the road, the driver becomes the "captain of a ship" with the family as crew. The baby should be checked in its safety seat. The driver orders quiet in difficult traffic, and when convenient, stops the car if the kids start fighting in the rear. However, he or she can delegate authority to the first mate, who helps with the fun and games.

Now for the fun part, which is why you take vacations at all. On your dry runs—which can be one-day or two-day trips — secure an extra map for the older children to mark up along with you. Plot a course that will give you 100 mile drives and then a rest stop for recreation, lunch or just lazying around.

However, with young children, you might want to work out an hourly basis — say two hours on the road and at least a half hour stop. Try not to push for those extra miles because you will end up with a carload of various aged cranks and their whining and bickering will discourage you.

Even on the preliminary trips, assign duties to the children. Those old enough to work a camera will love to take photos. However, get a scrap book for each trip and be sure to list "credit lines" for photos, for souvenir table mats — the paper ones with local information are great to collect — or for any other items or ideas the children contribute.

Begin collecting games for the children to play on long trips. On a rainy day or an overcast one, they can tire of the scenery. Try a set of magnetized checkers or a simple game

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Seafood Is Great In Salads

Sea 'N' Ranch Salad

1 can (6½ or 7 ounce) tuna, chunk style
¼ cup mayonnaise or salad dressing
1 teaspoon dry mustard
½ cup celery, chopped
¼ cup walnuts, chopped
1 hard cooked egg, chopped
Salt and pepper (to taste)
1 large head iceberg lettuce, crisped
1 avocado, sliced lengthwise
1 orange, peeled and sliced
1 small onion, cut into rings
Parsley, minced

Drain tuna. Blend mayonnaise or salad dressing and mustard. Mix with tuna, celery, walnuts, and egg. Season to taste. To prepare each salad: line serving plate with lettuce leaves; fill with bed of shredded remaining lettuce. Top with avocado slices, then tuna mixture. Garnish with orange and onion. Sprinkle with parsley. Makes 4 salads.

Note: For a very large salad, double tuna, mayonnaise, mustard, celery, walnuts, and egg mixture.

Source: National Fishery Education Center, National Marine Fisheries Service, NOAA, United States Department of Commerce, 100 East Ohio Street, Room 526, Chicago, Illinois 60611.

Curried Seafood Salad

¾ cup mayonnaise
2 tablespoons lemon juice
1 teaspoon curry powder
1 6½-or 7-ounce can tuna, drained
2 cups shelled and deveined cooked shrimp
½ cup chopped celery
1 10-ounce package frozen peas, cooked
4 cups cooked rice
¼ cup bottled Italian dressing lettuce leaves
3 hard-cooked eggs, cut in wedges for garnish
EARLY IN DAY:

In large bowl, with fork, stir mayonnaise, lemon juice and curry powder until well blended. Add tuna, separated into chunks, shrimp, celery and peas; toss well. Cover and refrigerate. In medium bowl, toss rice with Italian dressing; cover and refrigerate.

Arrange ring of rice mixture in lettuce-leaf-lined salad bowl; spoon tuna mixture into center. Garnish with egg wedges.

Makes 6 servings.

Crab Salad In Pineapple Shells

2 6-ounce packages frozen Alaska King crab, thawed and drained
3 cups cold cooked rice
1 cup coarsely chopped ripe olives
½ cup diced celery
½ cup chopped parsley
One-third cup mayonnaise
3 tablespoons bottled creamy French dressing
1 teaspoon curry powder
1 large pineapple©
EARLY IN DAY:

In large bowl, gently toss all ingredients except pineapple; cover and refrigerate. Cut pineapple in half lengthwise; scoop out pineapple, leaving ½-inch-thick shells; cover and refrigerate. Cut scooped pineapple into chunks; toss into crab mixture; cover and refrigerate.

TO SERVE:

Gently toss mixture and spoon into pineapple shells. Makes 6 main-course servings.

Curried Shrimp Salad

Salt
2 pounds medium shrimp, shelled and deveined
1/3 cup mayonnaise
1 tablespoon lemon juice
¾ teaspoon curry powder
¼ cup chopped green onions
4 lettuce leaves

In large saucepan over high heat, heat 6 cups water and 1 tablespoon salt to boiling; add shrimp and heat to boiling; cook 1 or 2 minutes until shrimp turn pink; drain. Cover and refrigerate.

JUST BEFORE SERVING:

In medium bowl, with fork, stir mayonnaise, lemon juice, 1 teaspoon salt and curry powder. Gently toss in shrimp and green onions; serve on lettuce leaves. Makes 4 servings.

Shrimp Salad

2 cups cooked, shelled and deveined shrimp, chilled
1½ cups sliced celery
½ cup chopped walnuts (optional)
¼ cup sliced stuffed olives
¼ cup French dressing
¼ cup mayonnaise
1 teaspoon minced onion
lettuce leaves
ABOUT 1 HOUR BEFORE SERVING:

Into large bowl, cut shrimp in halves lengthwise. Add all ingredients except lettuce leaves; toss to mix well; cover and refrigerate. Serve on lettuce leaves. Makes 6 servings.