When You Need

Window Shades

La Mode Furniture

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FISH AREAS UNBALANCED

"In many of the nation's warm waters, and in some trout waters, fish populations are out of balance. This situation must be recognized in our regulatory programs. Even though regulations alone cannot be expected to restore the balance, they can be helpful in maintaining a proper balance between species."—Dr. R. W. Eschmeyer, Tennessee Valley Authority.

SPORTSMAN'S YARDSTICK

Two Life Memberships Presented at Lomita PTA

Mrs. D.J. Cressey, president of Lomita Elementary PTA and Mrs. Dorothy Rogers, clerk of the school for the past six years were recipients of life membership awards when the Lomita association held its Founder's Day program Thursday afternoon. The presentation was made by past president Mrs. C. E. Woodward following a brief talk on the control of the

Arrown.

Mrs. Leslie Steigh read the bywave pertaining to the nominaions of officers for the next
rear and Mrs. Homer Mince,
Mrs. J. H. Kirsch, Mrs. M. H.
mith and Mrs. Nell Cramer
named as a moninating comnittee to present nominees at
the next meeting.

Nearly one hundred parents
and teachers attended the outtanding meeting and Mrs.

BIBLE CLASS NOTES BIRTHDA WITH DINNER

Management of the membership award wheath all stream was all the proper of the membership award wheath all stream of the past president Mrs. C. E. Wood Mrs. E. Mrs. E

know, she adds, but the big problem is to introduce variety and interest.

Mrs. Saunders' first suggestion is to use herbs and seasonings in cooking. For example, meat balls have long been a standby as an inexpensive meat dish for the main meal of the day. A new flavor can be added by using a teaspoonful of marjoram and thyme mixed, and one-eighth teaspoon of mace to the usual tomato sauce.

Try foreign main dishes occasionally. They are often inexpensive, such as this recipe for chili con carne: Browd for pound ground beef in a frying pan, and add 1 cup diced onloin and 1 clove of garlie finely chopped. When the onlons are tender, add 1 tablespoon-chili prowder, 1 teaspoon organo, 1 teaspoon cumin, 1 cup tomato juice, (or can of tomato sauce diluted with water), and 2 teaspoons asit. Simmer for at least one hour. This chili can be served with dry beans that have been soaked and cooked until tender, with canned kidney beans, or with ½ pound spaghetti or noodles.

A pressure saucepan, if available, will cut down the amount of time necessary for cooking the less expensive cuts of meats and allow variety through more use of foods which take long cooking periods.

When time is not pressing, let long slow cooking and skillful seasoning make low cost, tougher cuts of meat tender and fine flavored.

CKLEY'S MI

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