

'Crisis in China' to be Friday Study Club Topic

Dr. Theodore Hal-En Chen, the vice-president, Mrs. Elmer professor of International Relations and Head of the Department of Asiatic Studies at the University of Southern California, will address the Friday Morning Study Club of San Pedro on April 22 at 10 a.m. at the YWCA. Prof. Chen's subject, "Crisis in China," is a very timely one and one for which he is ably fitted. He was born in China and educated there until he came to this country to study at Columbia and the University of Southern California. He revisited the Orient in 1946-47, when he was acting President of Fukien Christian University in Fochow. Dr. Chen's easy delivery and delightful sense of humor make him a much-sought-after and long-remembered speaker. The stage will be decorated in keeping with the occasion.

Mrs. Moralee Scott will play America as part of the opening, which will be conducted by Mrs. L. F. Stuthers of Wilmington.

Former Resident Is Entertained by Many

During her Easter vacation, Roland Sanderhoff, T. T. Bab-bitt, J. H. Burchett, C. A. Curtis, D. W. Quigley, J. J. MacDonald, Howard E. McDonald, and Paul F. Vonderahne, Torrance.

Also arranged for Mrs. Scott's pleasure were dinner and luncheon parties including the enjoyable luncheon Thursday at the Temple City home of her sister, Mrs. Walter E. Schlick.

Accompanied by her son Jimmy, she left Friday for her home in Fresno.

Lomita Amaranths Fete Junior Past Officers

On Thursday evening, April 14, Lomita Court, Order of Amaranth, held their regular meeting at California Hall with Sally Weber, royal matron and Eugene Spencer, royal patron, presiding. This was the first meeting of the newly installed officers and also served as a farewell party for the Junior Past Royal Matron and Royal Patron Ann Long and William Sykes.

Grand officers present were Mildred Forbe, assistant grand lecturer, and Marie Austrem, grand crown bearer. A number of present and past royal matrons and patrons were escorted.

On Thursday evening, April 28 there will be initiation. At 2 p.m. Sunday, April 24, Mildred Forbes assistant grand lecturer will direct a class of instruction at California Hall. All members are urged to be present.

Your Kitchen Counsellor

by HARRIETT SMITH
Southern California Gas Company Home Service Representative

LIMA BEANS!
Lots of folks schedule beans when they need a dish that's easy to cook—good to eat—and an aid for an ailing bud-ge. And lima beans are a favorite from the list of dried beans.

Of course, you know that legumes are rated as a protein food, and you may choose them as an alternate for meat. But be sure to remember your nutrition lessons. The protein from most vegetable sources is not quite complete, and it needs to be filled out with some meat or extra amount of milk products or eggs. You can do this with recipes that combine the protein foods or by planning menus that include dishes to make the proper balance.



Put cover in place. Cook at 15 pounds for 30 minutes. Allow pressure to go down normally.

Note: Be sure to follow manufacturer's instructions for the operation of the pressure pan.

SAVORY LIMAS
2 C. cooked dried lima beans
1/2 lb. little neck sausages or 4 strips bacon
1 tsp. brown sugar
1/4 tsp. mace
1 tsp. salt
1/2 tsp. poultry seasoning
1 green pepper, chopped
1 C. milk

Cook sausages or bacon until almost crisp. Mix beans with all the other ingredients and place in an allied boiling dish. Top with the meat. Bake for 30 minutes at 350°.

LIMA BEANS AU GRATIN
1 C. milk
1/2 lb. melted cheese
2 tsp. minced onion
1 tsp. paprika
1 tsp. salt
1 tsp. Worcestershire sauce

4 C. cooked dried lima beans
Cut cheese into very small pieces and melt in milk (near the flame extra low because it's fast heating that makes cheese get stringy and tough). Mix in the seasonings and the beans. Put in an allied boiling dish and bake at 375° until almost browned.

CHOOSE NEW RECIPE
Next time you plan to cook lima beans choose a new recipe. A new seasoning! A change in the combination of basic ingredients!

Here are a few recipes that we have enjoyed. Maybe one of them will provide that new flavor touch you'll like.

BARBECUED LIMAS
(A Pressure Saucepan Recipe)
1 lb. dried limas
3 C. cold water
1/2 lb. salt pork, sliced
1 onion, sliced
1 clove garlic, minced (optional)
2 slices celery, chopped
1 green pepper, chopped
2 C. tomato juice
1/2 C. vinegar
3 Tbsp. brown sugar

2 tsp. Worcestershire sauce
1 tsp. chili powder
1 Tbsp. prepared mustard
1/2 tsp. salt
Soak and wash limas. Soak overnight in 5 C. water. Drain. Heat pressure saucepan and brown salt pork. Add onions, garlic, celery and green pepper, and brown lightly. Add beans, tomato juice, seasonings and pour over ingredients in cooker. Mix well.

OPEN BARBECUED LIMAS
2 C. dried limas
1/2 lb. salt pork, cut into 1/2 inch cubes
1 small onion, sliced
1 clove garlic, chopped
1 C. shortening
1 1/2 Tbsp. prepared mustard
1 tsp. Worcestershire sauce
1/2 tsp. chili powder
1 tsp. salt
1 can condensed tomato soup
1/2 C. vinegar

Soak limas 6 to 8 hours or overnight. Add water to cover and 1/4 pound salt pork. Simmer slowly until almost tender. Drain. Remove 1/2 cup limas. Brown onion and garlic in shortening. Add beef tallow and remaining ingredients except limas and pork. Cook for 5 minutes. Alternate limas and sauce in allied casserole. Top with remaining salt pork. Bake at 350° for 50 to 60 minutes. Serves 6.

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