

Your Kitchen Counsellor

MARGIE EWEN

Southern California Gas Company Home Service Representative

GRILL OUT-OF-DOORS — OR BROIL IN-DOORS

Outdoor grilling of many favored foods has terrific appeal. And, when we have the facilities and the time to nurture a proper bed of coals, we love it!



But, when a mere scrap of lawn is the fresh-air dining area — and the props for out-door cooking are non-existent, we find you still can enjoy wonderful favorites cooked by the flame. Broiling in a modern gas range solves the problem.

Many tempting foods may be grilled over your barbecue bed of coals or broiled under the always-ready blue flame of your broiler.

BARBECUE-BROILED ROAST

1 round-bone or chuck roast, cut 2 1/2 to 3 in. thick
2 cloves garlic, minced
1 tsp. dry mustard
1 tsp. soy sauce
1/2 tsp. crushed rosemary
6 Tbsp. wine vinegar
2 Tbsp. catsup
1 Tbsp. Worcestershire
Place roast in a large bowl. Sauté garlic in oil and blend in mustard, soy sauce, rosemary and vinegar. Pour over roast and place in refrigerator to marinate for 24 hrs. Turn meat in the sauce several times during this period. Lift meat from sauce and place on broiler grid. (Don't preheat the broiler pan or grid.) Place in broiling com-

partment with top of meat 4 to 5 in. from tip of flame. To remaining marinating sauce, add catsup and Worcestershire sauce. Broil roast with full flame until brown on both sides (a 3 to 4 lb. roast takes about 10 min. on each side.) Reduce flame to medium and continue broiling until meat is tender (20 to 25 min. for 3 to 4 lb. roast). Turn meat every 5 min. and baste with the sauce each time it is turned.

REAL WONDERFUL STEAKS

Select tender steaks cut 1 to 2 in. thick. Take from refrigerator 30 min. before cooking. Slash edges of meat to prevent curling. Preheat broiler compartment (not pan and grid) for 5 to 8 min., (especially important if you prefer rare steaks). Put steaks on broiler grid and place in broiler so top of meat is about 3 in. from flame. Do not season steaks until ready to serve. Turn steaks when well-browned. Medium thick steaks require 8 to 12 min. for the first side and a little less time for the second. Broil to desired doneness. Season and serve at once.

BROILED DEVILED 'BURGERS'

1 lb. ground beef
1/2 C. chili sauce
1 tsp. prepared mustard
1 tsp. prepared horseradish
1 tsp. minced onion
1/2 tsp. Worcestershire
1 tsp. salt
1/4 tsp. pepper
Put ingredients into a bowl in order given. Mix lightly to blend. Shape into cakes. Put on broiler grid and place so top of meat is about 3 in. from flame. Broil until cakes are nicely browned on both sides. Serve at once.

HOMES COUNTED

There are 39,390,000 non-farm homes and 6,485,000 farm homes in the United States according to the official 1950 federal census.

WESTERN SEED USED

Alfalfa does not produce seed abundantly when planted on eastern United States farms, and most eastern plantings are made from western seed.

Marine Reserve Unit Seeking New Recruits

Are you between the ages of 17 and 32? If you are, there is a place for you in the Fifth Anti-Aircraft Automatic Weapons Battery of the Marine Corps Reserve, according to Sgt. Marvin Poor, 1551 W. 213th St.

Veterans and non-veterans, regardless of prior military experience, will find openings in all fields with this reserve unit, Sergeant Poor says. Anti-Aircraft, supply, communications, radar, and naval hospital corpsmen are among the classifications for which openings now exist.

Further information may be obtained by calling the Marine Corps Reserve Training Center at OXFord 9-710, or by contacting Sgt. Poor at the 213th St. address. One day's pay is offered for each weekly two-hour drill period.

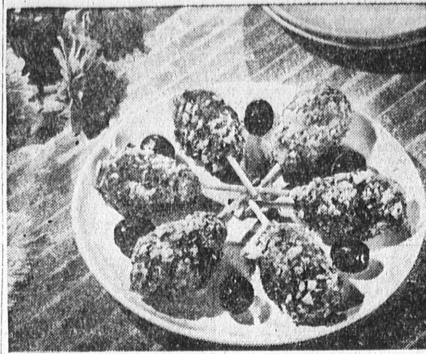
Over 2500 delegates and their wives, representing more than 16,000 Kiwanians in the district, will hear outstanding speakers and join in other organizational activities during the four-day conclave in the capital city. The theme of the convention will be "Our American Heritage."

POTATO HOME

The potato plant is believed to have had its original home in Peru or Chile, where it grew wild on the high plateaus of the Andes mountains.

FOOD RATIONED

Almost one-third of India's 250 million people live on a diet that is closely guided by food rationing.



Mock Chicken Legs Lend Variety to Ground Meats

Meat is particularly important in our daily diets because it is rich in protein and contains valuable vitamins and minerals, but if your budget dictates hamburger instead of steak, don't worry... good ground beef is just as nutritious as fine steaks. Hamburger can be about as tasty and appetizing, too, if we take the trouble to fancy it up a bit. As a suggestion, next time you buy ground beef or ground veal, ask your butcher for several wooden skewers, and use them to make mock chicken legs. Here's a treat your whole family will enjoy... juicy, tender meat in a crisp, crunchy coating of golden brown corn chips... and served on a stick to resemble a real chicken leg!

MOCK CHICKEN LEGS

Serves 6
1/2 lb. beef (ground)
1/2 lb. veal (ground)
2 Tbsp. chopped onion
1/4 tsp. sage
1/4 tsp. salt
1/4 tsp. black pepper
1/2 cup finely crushed "Fritos" corn chips (measured after crushing)
4 Tbsp. fat or oil
6 wood skewers

Directions: Mix beef and veal with onion, sage, salt and pepper. Mold into drumstick shapes around the skewers. Roll in corn chip crumbs and fry in melted fat until done.

Charcoal Grilled "Fritos" Ranchburgers

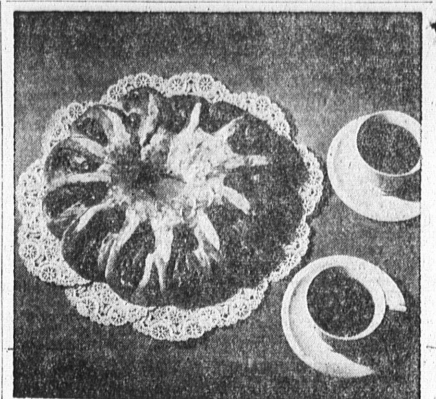
6 Servings
2 lbs. ground beef
2 tsp. salt
1 tsp. black pepper
1 tsp. shortening
2 garlic cloves
1 cup grated American cheese
1/2 cup "Fritos" corn chip crumbs (measured after crushing)
1/2 cup chopped onions
Barbecue Sauce
1/2 cup cooking or salad oil
1/2 cup catsup
1 Tbsp. Worcestershire
1 tsp. liquid smoke
1 tsp. salt
4 Tbsp. brown sugar
1/2 cup vinegar
1 tsp. chili powder

Directions: 1. Add salt and pepper to the beef. Mix and form into 12 patties. 2. Combine grated cheese, onions and corn chips, placing a spoonful on each 6 patties. 3. Cover filled patties with remaining 6 patties and press edges together firmly. 4. Melt shortening in pan and sauté garlic in fat. 5. Place patties in pan and sear on each side. Cover with barbecue sauce and broil. Baste occasionally with sauce. Serve on toasted buns.

Korean Vet Kin Should Contact Chest for Help

Next-of-kin of Korea veterans who have died since separation from service may obtain help in filling for mustering-out pay by calling in person at the Torrance Area Community Chest sponsored Veterans Service Center. It is announced by Mrs. Helen K. Dill, director.

"Wives or other next-of-kin of Korea veterans deceased since separation from the Armed Forces are eligible to collect mustering-out pay which would have been paid to these veterans had they lived," Mrs. Dill said. "The VSC will be happy to help eligible survivors file their claims if they will come in person to the Center, 1103 Sartori Ave., and bring with them the following documents: veteran's original discharge and DD Form 214; certified copy of veteran's death certificate; and where vet-



CALICO TEA RING... A sweet dough recipe with that cook book look, and one of the many delightful concoctions to be featured at the Cookery Carnival Sept. 24, 25 and 26 at the Civic Auditorium.

eran was married and claim is certified copy of widow's death being made by child or parent, certificate of or divorce decree.

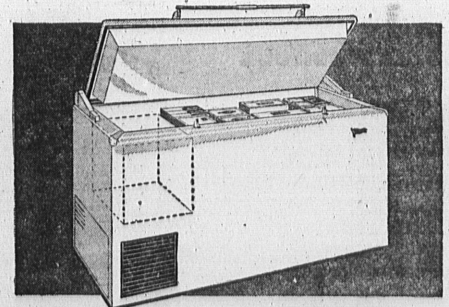
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Make Delicious Chili Sauce With Home Grown Tomatoes



It's "just like Grandmother's... only more so!" How often have you wished for some of that wonderful homemade chili sauce so popular in Grandmother's day?

Well, we've taken several of Grandmother's favorite relish recipes and made them even better by adding a touch of sunny flavor direct from Old Mexico. Now that green tomatoes, sweet green peppers and cabbage are plentiful, it's time to stock your larder with delicious relishes you'll be proud to serve whenever you want to add an extra taste punch to a meal. You'll save money, too, for you can put up these superb condiments at a fraction of the cost of commercial relishes.

CHILI SAUCE

Here's something new, believe it or not! A chili sauce with a genuine chili flavor! Most chili sauce recipes contain no chili seasoning, but this one does, using the sweet rich flavor of genuine ancho chili pods which have been slowly and carefully sun-dried down in Mexico. Here's how you do it...

20 to 40 medium tomatoes
10 medium onions
4 sweet green peppers
Boil gently for 2 hours, stirring frequently. Add...
1/2 cup vinegar
1/2 cup sugar
2 tablespoons salt
Mix and add...
1/2 cup Gebhardt's Chili Powder
1/2 cup vinegar
Continue cooking 1 hour, stirring occasionally. Pour into hot jars and seal. Makes approximately 8 pints.

INDIA RELISH

Prepare and grind...
2 quarts green tomatoes
1 small head cabbage
6 medium onions
12 green peppers

Add 1/4 cup salt and let stand overnight in cool place.
Drain. Place in large kettle. Add...
1/2 cup mustard seed
1 tablespoon celery seed
1 cup sugar
1 1/2 cups vinegar
Cook 5 minutes at boiling point. Remove from flame and stir in...
1 tablespoon dry mustard
Mix and add...
1/2 cup vinegar
1/2 cup Gebhardt's Chili Powder
Mix well. Pour into hot jars and seal. Makes approximately 10 pints.

HOT RELISH

Prepare and grind using medium blade of food chopper...
1 quart green tomatoes
1 quart sweet red peppers
1 quart mild onions
1 quart cabbage
Mix and add to vegetables...
1/2 cup vinegar
1/2 cup Gebhardt's Chili Powder
Add...
1 cup sugar
1 quart vinegar
Hot green pepper and salt to taste.
Cook mixture over simmer flame until vegetables are tender; about 1 hour. Pour into hot jars and seal. Makes approximately 8 pints.

PEPPER RELISH

Prepare and grind...
12 sweet green peppers
12 sweet red peppers
3 large onions
Cover with boiling water. Let stand 5 minutes. Drain. Add...
1 quart vinegar
1/2 cup sugar
4 teaspoons salt
1 tablespoon mustard seed
Mix and add...
1/2 cup vinegar
1/2 cup Gebhardt's Chili Powder
Mix well. Cook over medium flame 15 minutes. Pour into hot jars and seal. Makes approximately 8 pints.