



PANCAKES MADE WITH cottage cheese add flavor and protein value to a favored dish. Pancake Day is right around the corner when you'll want to serve this specialty in one or more of several varieties.

**GREEN OF MINT IS COLOR OF SPRING**

Bring a touch of spring to a winter's menu by serving a refreshing salad.

The chilled combination of peach slices, grapefruit sections, sliced banana topped with mint-flavored dressing will start a meal with a flourish.

- MINTY FRUIT SALAD**  
 1 can (1 lb. 13-oz.) cling peach slices  
 2 grapefruit  
 1 banana  
 6 lettuce cups

- 1/2 cup mayonnaise  
 3/4 cup apple-mint jelly  
 1 tsp. lemon juice

Drain peaches. Pare and section grapefruit. Cut banana in crosswise slices. Combine fruits and chill.

Serve in lettuce cups topped with a dollop of Emerald Dressing.

To make the dressing: Combine mayonnaise, jelly and lemon juice and whiz in blender or electric mixer until mixture is pale green with small flecks of jelly.

**the Fred Haney Show with Don Wells SUNDAY 6:05 PM**



Fifteen minutes of commentary with baseball's "Executive of the year"... Fred Haney, General Manager of the Los Angeles Angels.

PRESENTED BY THE PEPSI-COLA BOTTLING COMPANY  
**on KMPC -710**

**PANCAKE DAY 'Shriving Cakes' Are Good Eating Any Day**

Easter comes early this year which puts the Lenten Season hard upon the horizon.

Shrove Tuesday comes but once a year according to the calendar and the English are not alone in celebrating it as Pancake Day.

While comparatively few people run races with pancakes in these days, more and more people are serving them, thanks to modern conveniences which assure quick preparation and piping hot service.

There are varieties galore and they can serve for any time of day.

**COTTAGE CHEESE PANCAKES**

- 1 cup milk  
 2 tbs. light corn syrup  
 1 tbs. oil  
 1 egg  
 1 cup pancake mix  
 3/4 cup cottage cheese

Combine milk, corn syrup, oil and egg in mixing bowl. Add pancake mix and stir until dry ingredients are moistened. (Batter will be lumpy.) Lightly mix in cottage cheese. Bake batter on hot griddle, using about 3/4 cup for each pancake.

This makes a good lunch-entree. Start the meal with cream of mushroom soup made with a package of Swiss soup mix. Serve pancakes with syrup and round out the meal with a crisp fruit salad.

**VEGETABLE PANCAKES (Pancakes Aplenty)**

- 1 medium onion  
 3 medium potatoes  
 3 carrots  
 2 cups fresh spinach  
 2 eggs, well beaten  
 1 cup flour  
 1 tsp. baking powder  
 1 1/2 tsp. salt

Grind vegetables fine. Add eggs and sifted dry ingredients and mix thoroughly. Drop from a large spoon onto hot, greased griddle.

Brown on one side, turn and brown on other side.

For the blender method: break eggs into blender. Add cut-up onion. Cover, turn on motor, uncover and slice in the potatoes.

When cut fine, slice in carrots and add spinach. Fold dry ingredients into blended vegetables.

**Try Rockfish as Tempting Seafood**

Rockfish, choice of Southern California Fisheries Association for seafood to be featured this month, is enjoying increased popularity in this area.

Its flavor is mild, its texture resembles crab and it is economical. The total yearly California landings of rockfish is greater than any other fish, with peak production in February.

**Cooking Method**

Almost any kind of cooking method is possible with rockfish. However, the meat is lean and needs additional oil to keep it from becoming too dry.

Because of its firm texture and mild flavor, rockfish is ideally suited for deep fat frying.

Borrowing a leaf from a Japanese cook book, here is an Oriental recipe for Rockfish Tempura.

**ROCKFISH TEMPURA**

- 2 lbs. rockfish fillets  
 1 tsp. salt  
 1 cup flour  
 1/2 tsp. baking powder  
 1/2 tsp. salt  
 Dash garlic salt  
 1 egg, beaten  
 1 cup cold water

Thaw fillets if frozen. Skin if necessary. Cut into serving-size portions. Sprinkle with salt.

Sift together flour, baking powder, salt and garlic salt. Combine egg and water and blend into flour mixture.

Dip fish in batter. Fry in deep fat at 350 degrees for 2 to 3 minutes or until fish is brown on one side. Turn carefully.

Fry 2 or 3 minutes longer or until brown. Drain on absorbent paper. Serve with steamed rice and choice of vegetable and salad.

**Black Snowballs**

Elegant hors d'oeuvres that pack a real surprise are made by forming a ball of cream cheese around a whole pitted ripe olive and coating with toasted minced onion.

Simply toast instant onion in pie pan in slow oven.

**Thrifty Cuts of Meat Aid Budget**

If budgeting was one of your New Year's resolutions, and you've decided that the food budget must be cut, let meat be your helper.

There are numerous thrifty cuts of meat that have the same kind of good flavor and nutrition as the more expensive cuts, the American Meat Institute reports.

In beef, there are chuck steaks, brisket, ox joints, stew meat, short ribs, pot roasts and ground beef.

In pork, you'll find that sausage meat, smoked picnics, pork hocks, shoulder steaks and roasts, and end-cut loin roasts and chops are possible on budget menus.

Shoulder roasts from lamb and veal, as well as stew meat, are some of the low-priced cuts from these young animals.

**Read All About It! Dividends Listed Here**

This is not the financial page of the newspaper but it does list declared dividends from Beech-Nut Foods.

What are they? They are two: one is without a money tag and the 2nd is worth one dollar.

You get your dollar dividend by sending 12 labels from any Beech-Nut Baby Foods—strained or junior—with the coupon listed on this page.

The other dividend Beech-Nut pays is in the satisfaction derived from seeing your baby enjoying food you know to contain proper nutrition.

Please your little ones with Beech-Nut foods and add the dollar to your budget allowance so you may continue to please them. Note today's coupon. Clip it now for redemption.

**Two dividends from Beech-Nut Baby Foods**



this one is priceless



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Here's how to get your dollar dividend: Send 12 labels from any Beech-Nut Baby Foods, Strained or Junior, with the coupon at right. We'll mail you a certificate worth \$1 towards your next 12 jars.

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Get your certificate worth \$1 on your next 12 jars of Beech-Nut. Fill out this coupon and send it with any 12 labels from Beech-Nut Baby Foods to:

**BEECH-NUT BABY FOODS**  
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Limit: one to a customer. This offer expires April 30, 1963.



HAZEL HARRISON To Lecture Next Week

**Free Lecture On Christian Science Set**

The spiritual source of true satisfaction will be brought out in a public lecture to be given here Feb. 28 at 8 p.m. by Hazel R. Harrison of Santa Monica.

Miss Harrison will speak in the church edifice at 218th Street and Manuel Avenue under the auspices of First Church of Christ, Scientist.

"Christian Science: How It Satisfies Human Longings," will be the subject of her lecture. The lecture is free and local members have invited the public to attend.

A member of The Christian Science Board of Lectureship, Miss Harrison is a native of Pomona. She was educated at the University of California at Los Angeles, and at the University of Southern California. She taught at one time in secondary schools of Arizona and California. She entered the public practice of Christian Science healing in 1952. She is currently on a nationwide lecture tour.

**Adventists Sponsor 'Moment of Doubt'**

The story of a "freethinker" and a Christian exploring the fantasy of sin will be telecast Sunday at 10:30 a.m. on KOC-TV Channel 13, Los Angeles, Pastor Manson Metcalf of the Torrance Seventh-day Adventist Church, 1610 Acacia, announced today.

jects of conformity and individuality as related to Christian living are studied, so Pastor Metcalf in commenting on the program.

"The question of conflict between conformity and individuality in the Christian life is one that often repels persons from studying Christian principles because they have preconceived ideas as to what the answers are," noted Pastor Metcalf. "This telecast approaches this question in a most interesting way."

Sponsored by the local Seventh-day Adventist Church, the telecast is one of a series of explorations into life's mysteries on "Faith For Today," a pioneer religious telecast featuring internationally known Pastor William A. Fagal.

In Sunday's telecast, titled "Moment of Doubt," the sub-

Love must triumph over hate. — Mary Baker Eddy.

You Are Invited To Attend A  
**FREE LECTURE**  
 Entitled:  
**"CHRISTIAN SCIENCE: HOW IT SATISFIES HUMAN LONGINGS"**  
 By Hazel R. Harrison, C.S. of Santa Monica, California  
 Member of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Mass.  
**THURSDAY EVENING, FEBRUARY 28, 1963**  
**8 O'CLOCK**  
 In the Edifice of  
**First Church of Christ, Scientist, Torrance**  
 218th and Manuel Avenue  
**Doors Open at 7:15 P.M.**  
 Care for small children will be provided at 1728 Manuel Avenue

**Torrance Church Calendar**

**NATIVITY CATHOLIC CHURCH**  
 1447 Engracia Ave., Torrance, Phone FA 8-2778  
 Rev. John P. Collins, Pastor  
**MASS SCHEDULE**  
 Sundays: 6:30, 8:00, 11 A.M.  
 St. Joseph's at 9:30 A.M.  
**SATURDAY CONFESSIONS**  
 10:30 to 11:30 A.M., 4 to 6 P.M.: 7:30 to 9 P.M.  
**RAPIDS**  
 St. Joseph's at 7:15 P.M.  
 Every Sunday at 1:45 P.M.

**CHRIST THE KING LUTHERAN CHURCH**  
 3706 W. 152nd St., Torrance  
 Maynard V. Mathison, Pastor.  
 Phone Davis 3-8821  
 Res. Davis 3-3455  
 Divine Worship, 8:30 A.M.  
 Sunday School, 9:45 A.M.  
 Divine Worship, 11:00 A.M.  
 Nursery care provided at both services.

**FIRST CHURCH OF CHRIST, SCIENTIST**  
 218th St. and Manuel Ave., Torrance, Calif.  
 Church Services—11 a.m.  
 Wednesday Eve Meetings—8 p.m.  
 Sunday School—9:15 a.m. and 11:30 a.m. Children under 10 year of age must be accompanied by parent or guardian for enrollment.  
 Reading Room—1406 Craven  
 Open 10 a.m. to 8 p.m. daily except Sunday and Holidays. Also 7 to 8 Monday and Friday evenings.  
 All are welcome to attend our services and to use our Reading Room.

**DEL AMO SOUTHERN BAPTIST CHURCH**  
 2236 Cabrillo Ave., Torrance (Permanent Site—224 St. at Ocean Ave.)  
 Sunday School—9:45 A.M.  
 Training Union—6 P.M.  
 Youth Services—11 A.M.-7 P.M.  
 Wednesday—Midweek Services: G.A. & R.A. Auxiliaries—7 P.M.  
 Prayer Service—7:45 P.M.  
 Choir Rehearsal—8:30 P.M.  
 Pastor—Daniel B. Weaver Jr. FR 1-3925

**ASSEMBLY OF GOD CHURCH**  
 2440 Hawthorne Blvd., Torrance  
 Walteria  
 Rev. O. W. Fish, Pastor  
 Frontier 5-7758  
 Sunday School—9:45 a.m.  
 Morning Worship—11:00 a.m.  
 Children's Church—11:00 a.m.  
 Evangelistic Service—7:30 p.m.  
 Tues. Prayer Meeting—7:30 p.m.  
 Thurs. Young Peoples—7:30 p.m.

**SEVENTH-DAY ADVENTIST**  
 Corner of Arcadia and Sonoma  
 Manson Metcalf, Pastor  
 21523 Dolores St., Torrance  
 Phone: 330-0804  
 Church Office—FA 8-1540  
 Sabbath School—9:30 A.M.  
 Church Service—11 A.M.  
 Wednesday—Prayer Meeting—7:30 P.M.  
 Friday—Youth Meeting—7:30 P.M.

**ROLLING HILLS COVENANT CHURCH**  
 2221 Palos Verdes Dr. No.  
 Phone DA 5-1484  
 Robert A. Honnig, Pastor  
 Residence Phone 326-8401  
 Sunday School 9:45 a.m. Classes for all ages and interest groups.  
 Morning Worship 11:00 a.m.  
 Evening Service at 7:00 p.m.  
 Youth Services for Junior and Senior High School Youth at 6:00 p.m. Nursery and Children's church services each Sunday.

**ST. ANDREW'S EPISCOPAL CHURCH**  
 1432 Engracia, FA 8-2781  
 Rev. Hugh R. Percy  
 B.A., R.D., Rector  
 7:30 a.m. Holy Communion  
 9:15 a.m. Family Worship Service followed by Church School and Coffee Hour  
 11:00 a.m. Morning Worship (Choral Eucharist on 1st and 3rd Sundays)  
 (Child care and Nursery provided at 9:15 and 11 a.m. services)  
 Weekdays: Holy Communion at 11 a.m. Thursdays and 8:30 a.m. on All Saint's Days.

**FIRST METHODIST CHURCH**  
 Torrance  
 Carsons at El Prado  
 Phone: FA 8-3243  
 Rev. Gilbert S. Zimmerman  
 Res. Phone: FA 8-8211  
 Rev. Edward D. Goodall  
 Res. Phone: FA 8-2717  
 2 Sessions of Morning Worship and church school at 9 and 11 a.m. Holy Communion, 6:30 p.m. — Methodist Youth Fellowship Meetings

**ASCENSION LUTHERAN CHURCH**  
 Missouri Synod  
 17919 So. Pacific Avenue  
 Torrance, California  
 Family Worship, 8:30 and 11:00 a.m. (Nursery at both services)  
 Sunday School, 9:45 a.m.  
 Holy Communion, First Sunday of each month.  
 Christian Day School; Kindergarten to Grade 5, 11:00 a.m. All services open to the public. You are welcome.  
 Lloyd C. Warneke, Pastor

**CENTRAL CHURCH EVANGELICAL UNITED BRETHREN**  
 Marcelina & Arlington  
 Rev. Walter M. Stanton  
 FA 8-3010  
 9:30 — Sunday School  
 11:00 — Morning Worship  
 6:30 — Youth Fellowship  
 7:30 — Evening Worship  
 Midweek Worship Service 7:00 Wednesday Evening

**FIRST CHRISTIAN CHURCH OF TORRANCE**  
 (Disciples of Christ)  
 2820 El Dorado, Torrance  
 Rev. H. Milton Siegel, Pastor  
 Res. Phone FA 8-4883  
 Two Sessions of Church School and Morning Worship, 9:30 and 11:00 a.m.  
 Nursery provided at both sessions.  
 Christian Youth Fellowship—7 p.m.

**FIRST LUTHERAN CHURCH**  
 1725 Flower Street  
 Phone 320-4181  
 William J. Reider, Pastor  
 8:00 & 10:45 a.m.—Worship  
 8:45 & 9:45 a.m.—Sunday School  
 Children and Adults.  
 10:45 a.m.—Worship Service  
 (Nursery at 10:45 Service)  
 Holy Communion—First Sunday  
 Luther League—2nd and 4th Sundays.

**ST. JAMES CATHOLIC CHURCH**  
 617 Vincent St., Redondo  
 Sunday Masses: 6, 7, 8, 10:15, 11:15 and 12:15 o'clock  
 High Mass, 9 A.M.

**FIRST CHURCH OF THE NAZARENE**  
 1501 West Carson  
 R. Wallis Kornegay, Pastor  
 Phone: 371-4360  
 9:45 Sunday School  
 10:50 Morning Worship  
 7:00 p.m. Evening Service

**DEL AMO CHRISTIAN CHURCH**  
 8915 Emerald St.  
 (Corner of Emerald and Victor)  
 Phone 371-5414  
 Leslie C. Ashford, Minister  
 9 a.m. Sunday School  
 10 a.m. Morning Worship  
 6:30 p.m. Jai Cadets  
 6:30 p.m. Christian Youth Fellowship

**CHURCH OF CHRIST**  
 Meets at  
 2351 W. 230th Street  
 Torrance  
 Sunday: Bible Study... 10:00 A.M.  
 11:00 A.M. Holy Communion  
 Bible Study... 6:00 P.M.  
 Worship... 8:00 P.M.  
 Wednesday: Bible Study & Worship... 7:30 P.M.  
 O. Max Bradford, Preacher  
 376-7187

**UNITY CHURCH OF CHRISTIANITY**  
 2556 Torrance Boulevard  
 Phone 320-4571  
 Emma Muffey, Minister  
 Sunday service; Waltham Park Recreation House, 3855 242nd Street in Torrance  
 Weekday classes at Church House.