## Seven West High Seniors Attend ECC

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Seven West High School sen-fors are now attending El Ca-mino College under the ad-vanced placement program is designed to allow advanced students to enroll in one col-zaruk, and Toni Jones have school day. Students regular after consulting with senior Gloria Anderson, Donna Na-students have a selected a course in an-thropology.

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# **Editor's Daughter** Makes Own Mark

Her father is managing editor of The HERALD and she writes poems for publication.

Christine Bundy, 10, is a fifth grader at Fern Elementary School and daughter of Mr. and Mrs. Reid Bundy of 1121 Patronella.

"I Am So Happy," is the title of Christine's poem, selected for publication in the September Grade Teacher magazine, the oldest national publication for the elementary school classroom.

Christine, presently recovering from a tonsillectomy, gave The HERALD permission to reprint her work. Her father made one of his most pleasant staff assignments.

I AM SO HAPPY\* I am so happy, do you know why?

- Why I can easily learn how to fly! Fly, fly, like Peter Pan.
- Fly, fly, all over the land!
- Fly to "Never, Never Land"
- I just know I can!
- I will fly, just like a bird,
- All I have to do is Say the magic word!

on of The Grade Teacher

#### **Residents Work On Cornell Fund**

Mrs. Owen H, Griftin, 3432 the annual Cornell Tund W. 229th Place, and Robert Fund Program. The drive cul-Vander Meid, 2527 Lofty View, minated with the presentation were among the 4,000 volum-teer workers throughout the in unrestricted gifts during the country who participated in 1962-63 academic year.

Ser and and A PERFECT COMPANION for barbecued spareribs is this salad. Cooked rice, chilled, is combined with fruit cocktail, water chestnuts, celery and almonds. Soy sauce in the dressing gives it a hint of the Far East.

**SEPTEMBER 26, 1963** 

Creamy Cabbage Slaw A creamy cabbage slaw goes well with almost any main dish. Beat 1 egg yolk

for Barbecue Partner until thick; add juice of half a long, sait, cayenne and sugar to taste and ½ teaspoon

Any season is barbecue time in these parts for South-ern Californians like the fla-vor of their meats enhanced by charcoal cooking. An excellent accompani-ment for spareribs, chicken, chops and fish is this recipe for a fruited rice salad. It is a hearty concoction with a hint of the Far East in its

hint of the Far East in its flavorful favor. Cold rice and fruit cocktail are combined and perked up with water chestnuts, celery, almonds, green pepper and onion.

You may serve it with the dressing of salad oil, vinegar dressing of salad oil, vinegar and soy sauce as suggested here or soy sauce may be added to your favorite French dressing. Chill the salad thoroughly

before serving.

FRUITED RICE SALAD 1 can (1 lb. 1 oz.) fruit cocktail 2 cups cold cooked rice 1 tbs. instant minced

onion 1 can (5 oz.) water chestnuts, drained and thinly sliced 1 cup thinly sliced celery

3 the, green pepper slivers 34 cup chopped almonds 3 the, vinegar 1 the, soy sauce Salad greens

Drain syrup from fruit cocktail. Combine fruit with rice, onion, water chestnuts, celery, green pepper and al-monds.

**Relishes** Are Cherished as **Own Products** 

Has putting up pickles and relishes gone out with the old wood stove? Not so according to a national survey. One of the most delicious One of the most delicious aromas that can come from the kitchen is the fragrance of spices, vinegar and vege-tables and fruits simmering together in kettles. QUICK SUMMER RELISH 2½ cups fresh raw corn kernels 1 cup chopped green 1 cup chopped green pepper 1 cup chopped onion 1 tsp. salt 1 tsp. mustard seed 1/4 tsp. tumeric 1/4 tsp. celery seed



# Booklet on Salads Is **Offered** Free

THE TORRANCE HERALD

Summer may be for salads, ut salads are not only for immer.

This is emphasized in a olorful new recipe booklet hat features frozen vegeta-les and fruits in a variety of alads designed for yearound enjoyment.

This is not a vast collection salads. There are only a aker's dozen of recipes but each is carefully selected as in outstanding example of its particular type of salad. Many of the salads include

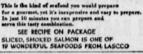
regetables and greens from he produce stands as well as com the frozen food cabi-

Also there are several recis for dressings rea ended for particular salads. This 12-page recipe booklet s free to you on request. Just



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## FOOD FOR THE GODS in means food for the gods but maybe sband's good enough for it too. For you It has beavenly simplicity: chill, then drain 1 ean (1 Hb. 1 cm.) fruit cooktail. Stir in % cup

discover this new taste treat

ascco





1 cup white vinegar Combine ingredients and simmer 20 minutes. Chill and serve, Makes about 1 quart. This may be kept in refrig-erator for a least a week. TOMATO HONEY CHUTNEY cups chopped tomatoes cups chopped, peeled pears 3 cups chopped, peeled 3 cups chopped, peeled apples 1 cup chopped green pepper ½ cup chopped onion 1½ tsp. salt 1 cup raisins, chopped 1 tsp. dry mustard ½ cup vinegar ¾ cup vinegar ¾ cup noney Put all ingredients except honey in large saucepan. Bring mixture to full rolling boll. Reduce heat and sim-Bring mixture to full rolling boil. Reduce heat and sim-mer for 30 minutes, stirring occasionally. Add honey and mix well. Continue simmering 30 min-utes or until thickened. Pour into sterilized half-pint jars and seal at once. and seal at once.