

Clubhouse to Be Built on Golf Course

The La-Ke Construction Co. will begin work on a new clubhouse and adjoining patios and terraces for the Western Avenue Golf Course, according to Supervisor Kenneth Hahn. The contractor will work from plans prepared by architects Nielson and Moffatt.

The 6,020-yard course at 120th Street and Western Avenue has more than paid for itself through greens fees and concessions since it was opened in 1954 and returns \$100,000 net profit a year to the general fund.

APRIL 9, 1964

THE TORRANCE HERALD 11

Public Meeting Calendar

Listed below are meetings scheduled for the City Council and City Commissions during the month of April, 1964.

Meeting	Date	Where	Time
Airport Commission	9	Council Chambs.	8:00 p.m.
Library Commission	13	Room #209	7:30 p.m.
Election Returns	14	Council Chambs.	8:00 p.m.
City Council	15	Council Chambs.	8:00 p.m.
Planning Commission	15	Emp. Lounge	7:00 p.m.
Youth Welfare Com.	16	Emp. Lounge	8:00 p.m.
Torr. Beaut. Com.	16	Council Chambs.	7:45 p.m.
Torr. Safety Council	20	Room #209	7:00 p.m.
City Council	21	Council Chambs.	5:30 p.m.
Rec. Commission	22	Council Chambs.	8:00 p.m.
Airport Commission	23	Council Chambs.	8:00 p.m.
Water Commission	23	Room #209	7:00 p.m.
City Council	28	Council Chambs.	8:00 p.m.

(Paid Political Advertisement)



it's time for a change

Vote for Integrity

DAVID K. LYMAN is a native of Los Angeles, and was graduated by the University of Southern California in 1950 with a B.S. degree in business administration, and by The University of Southern California School of Law in 1953 with a Bachelor of Laws degree.

During World War II he served with the U.S. Navy in the Naval Aviation Flight Training Program. He has served industry in the past as an administrator, and has been corporate counsel for a major oil company. Lyman is a member of the State Bar of California, and has practiced law and resided in Torrance since 1958. He is chairman of the official board of the First Methodist Church in Torrance.

WHAT IS THE BASIC ISSUE IN THIS CAMPAIGN, AND WHAT MUST BE DONE?

The basic issue in this campaign is whether the damaged reputation and prestige of the city of Torrance is to be rebuilt under NEW leadership. I am offering myself as a candidate to the voters who feel that there is something radically wrong with our city government and that steps must be taken to clean up the situation.

I feel that the following things must be done:

1. The city council must insist that the city manager and civil servants function free from all outside political influence.
2. The police department must be rebuilt under new full-time leadership.
3. Any charge of favoritism or persecution on the part of the police department must be immediately investigated.
4. The city council should make use of their own investigative powers to check into improper conduct in the management of city affairs.
5. A little Heaver Commission should be set up to study the city government and make suggestions for improvements. Our present system was set up when Torrance was a small town (less than 10,000 people) and we have problems created by using it to run a city of 120,000, which is still growing.
6. The city's present system of electing officials should be overhauled. I would recommend councilmanic districts and some type of primary election system so that our city officials are not elected to office with less than a majority vote.

DAVID K. LYMAN

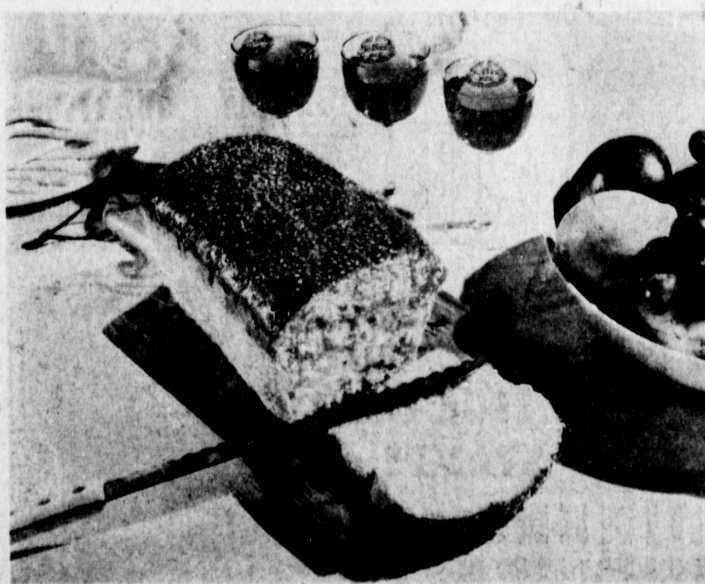
ATTORNEY-AT-LAW

X

CITY COUNCIL

APRIL 14th

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



GIVE GUESTS the pleasure of slicing their own warm home baked bread at your next informal dinner gathering.

Home Baked Bread Is Sure Dinner Dazzler

A sure dinner dazzler for guests or family is to let them slice their own thick slices of hot home baked bread at the table.

You'll be thrilled by your success and find it is the high spot of the meal.

Home baked bread is simple and easy to do with the Bridgford ready-to-bake frozen bread available in the frozen food department of your local market. With all its simplicity, it is impressive.

At serving time, turn loaf out onto a rack for a minute or two to cool slightly, then transfer to serving bread board.

Pass bread, board and serrated knife and let guests slice bread as thick as they choose.

A one pound loaf of bread can serve four if the remainder of the dinner is hearty. However, Bridgford bread comes three to a pack and since the aroma and flavor are appetizing, better bake two or three to satisfy all appetites.

HOT SESAME SENSATION

- 1 loaf (1 lb.) Bridgford ready-to-bake frozen bread
- 1 egg, slightly beaten with fork
- 1 tbs. cream or milk
- 1 1/2 tsp. sesame seeds

Place frozen loaf in well greased 4 1/2 x 8 1/2-inch loaf pan. Mix egg and cream or milk and spread it generously on top of loaf.

Sprinkle with sesame seeds. Let loaf thaw and rise by method A or B as suggested below.

Method A: Place bread in very warm place (89 to 140 degrees) for about 4 hours; or B: Place in refrigerator 8 to 12 hours to thaw and let rise in very warm place about 1 1/2 hours.

The rising of bread can be hastened by heating oven to 200 degrees, turning it off and placing loaf in the oven.

The rising of loaf can be

Spring Dessert

Enjoy a spring dessert that belies its easy preparation. Brush edges of individual bakery sponge shortcake shells with apricot nectar; coat with toasted slivered almonds.

Fill each with scoop of ice cream and top with sundae sauce of your choice and a sprinkling of almonds.

slowly by placing loaf in refrigerator. Bread should rise to top of pan or slightly rounded above it before baking.

Bake at 350 degrees for 25 to 30 minutes. Turn out on rack immediately for a few minutes. Place on serving board. Pass serrated knife with loaf for slicing.

Milk Acts as Traquilizer

Dr. William Brady, nationally known newspaper columnist on the subject of health, is a strong advocate of milk drinking to procure that tranquil feeling that goes with a sense of well-being.

In a recent article he wrote, "There is one tranquilizer which I recommend for everyone, especially for young persons . . . It is milk, skim milk or buttermilk, not less than 1 1/2 pints (three glasses) a day for adults, not less than a quart (four 8-ounce glasses) a day for young persons."

"The tranquilizing effect of milk is mainly due to its high calcium content. Calcium regulates excitability of nerve fibre and nerve centers, diminishes irritability.

"Milk, skim milk and buttermilk, as well as cottage cheese and whatever other kinds of cheese you prefer, plus green leafy (salad) vegetables, peas, beans, nuts and peanuts are the richest sources of calcium in food."

Questions Answered About Canned Foods

The Food and Drug Administration gets questions about canned foods. Here are some of them together with professional answers.

Where should I store canned foods? Best storage is in dry place at moderately cool temperatures and away from steam pipes, furnaces and kitchen ranges.

How long will canned foods keep? As long as nothing happens to the can or jar to make it leak.

Extremely long storage at high temperatures may result in some loss of color, flavor, appearance and nutritive value but the foods will remain wholesome.

It is well to have a regular turnover yearly.

What effect does freezing have on canned foods? There may be a slight breakdown of texture of a few products but otherwise a single freezing and thawing does not affect canned foods adversely.

Does damage to the outside of the can mean the food is damaged? Only if this results in leaks or bulging. These cans should be destroyed.

Is it safe to leave unused portions of canned foods in the can after opening? Yes, but it is important to place the can in the refrigerator. Acid foods, such as grapefruit juice, may dissolve a little iron from the can if refrigerated over a long period of time.

This metal is not harmful but taste-wise, it might be well to transfer acids into glass or plastic containers for storage.

What about the composition of cans themselves which sometimes make a discoloration in the food or liner of the can? You may be confident of the safety of the cans found in the markets.

The law does not permit the use of containers which would transfer harmful substances to the food in the can.

However, sometimes a harmless discoloration in the can liner or in the food does occur. For example: during the processing necessary for sterilization, some vegetables and meats liberate sulphur.

This often causes a mottling on the inside surface of the

Build Health with Proper Nutrition

Three well-planned, nutritionally balanced meals each day are the building blocks to good health, point out nutritionists for the Dairy Council of California.

Regularity of meals (which means that meals should be served at about the same time of day with about the same amount of time elapsing between each meal) can have an important influence on a child's growth and development and his behavior as well as on the family's well-being and happy relations.

In this way the body tissues are kept saturated with the nutrients essential for growth, development and constant rebuilding of body tissues.

Dairy products, high in calcium, protein and other nutritional factors, play an important part in the lifelong continuous process of building and re-building.

They are listed in the number 1 spot of the four food groups required daily for a well-rounded diet.

Food scientists assure us that the sulfide stain does not harm the contents of the can, even if it is unsightly.



DEFROST IN PAN

at room temperature in a few hours or in refrigerator overnight. No mixing - no kneading. No dishes to wash.

LET RISE

in a warm place.

BAKE & ENJOY

hot fresh baked bread from your kitchen.

Home baked bread aroma fills the whole house.

Better flavor, better texture than you ever tasted before.



Bake Bridgford Bread Frozen - It's Easy!

WHITE OR HONEY WHEAT

3 one pound loaves

49¢

It's really good!

Bake Bridgford Bread

AVAILABLE WHEREVER FROZEN FOODS ARE SOLD

BRIDGFORD FOODS CORPORATION, GENERAL OFFICES: 1308 N. PATT ST., ANAHEIM, CALIFORNIA