



AT OPEN HOUSE . . . Employees' families were hosted at an open house by the Torrance facility of the Garrett Corp. last weekend. Even an electric generator winding, which will eventually generate electricity in aircraft and missiles, proved interesting to youngsters who saw such things as missile mockups, and a Gemini capsule cut-away.

AiResearch Hold Open House Here

More than 15,000 persons toured the Torrance facility of the Garrett Corp.'s AiResearch division at 190th Street and Crenshaw Boulevard during an open house for employe families.

The Torrance plant hosted the families of all Los Angeles area employes for the first full-scale tour since 1960.

James V. Crawford, vice president and manager of the facility, termed the open house a "resounding success." He estimated more than 90 per cent of all employes and their families toured the building.

VISITORS saw such things as the "clean room," used to

whisk away all dust and dirt to keep the assembly areas as clean as possible, and the environmental lab, used to develop, test, and check life support systems for use in space.

The lab is currently being used for work on Project Gemini, a two-man orbiting spacecraft, and Project Apollo, the U. S. three-man lunar vehicle.

SPECIAL exhibits for the youngsters, including aircraft computers, airliner air conditioning systems, electronics and electromechanical systems, and a mockup of the Gemini spacecraft were viewed by about 10,000 children.

The new cafeteria was pre-

viewed for the first time and employes also toured an adjoining building housing the gas turbines which provide heating, power, lighting, and airconditioning for the cafeteria.

Clinic Staff Meeting Set

Donald B. Caffray, president of the Long Beach-San Pedro State Mental Hygiene Clinic Advisory Board, will preside at a luncheon meeting of the Advisory Board on Thursday, April 30, at the Long Beach City Health Center, 2655 Pine Ave.

Dr. Peter J. Guzvich, recently appointed chief psychiatrist and clinic staff members will present information on present clinic activities and needs in the South Bay, Harbor, and Long Beach areas.

Mrs. Walter H. Boyd of Long Beach and Mrs. Ruben E. Jimenez of Manhattan Beach will assist in planning an educational film series on mental health for communities served by the clinic.

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	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.

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



A PLEASANT luncheon combination is chive cottage cheese and open-face sandwich made with rye bread, slices of smoked salmon and a garnish of lemon. For texture contrast, complete the meal with crisp, raw vegetables. Cottage cheese lends itself to cooking, too, and suggestions are listed.

High Protein Cottage Cheese Fashions Magical Good Eating

If you are a modern homemaker, you do make magic with cottage cheese — turning that creamy goodness into delicious salads, desserts, main dishes and appetizing snacks.

Dairies provide us with cottage cheese of two basic kinds and they are plain or combined with varying flavorful additions.

Whichever kind you use and however you serve it, remember it is high in protein, low in calories, reasonable in cost, ready to use and always good eating.

COTTAGE CHEESE DIP

- 2 cups creamed cottage cheese
- 1 clove garlic
- 1 can (7 oz.) tuna
- 1 tbs. minced onion
- 1 tbs. horseradish
- 1 tbs. lemon juice
- 1/4 tsp. Worcestershire sauce
- 1/4 tsp. pepper sauce
- Celery salt to taste
- 2 tbs. mayonnaise
- Salt to taste

Rub small bowl with the cut clove garlic. Add cheese and beat until smooth. (Run through blender, if desired.) Combine with remaining in-

gredients and chill for 2 hours to blend flavors.

Serve with corn chips, potato chips or small thin crackers.

CHEESE CAKE

- 2 cups zwiebach crumbs
- 1/2 cup melted butter
- 1/4 cup powdered sugar
- 2 env. plain gelatin
- 1/2 cup cold water
- 4 eggs, separated
- 1 cup light cream
- 3/4 cup sugar
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 tsp. grated lemon peel
- 1/4 cup lemon juice
- 1 pint cottage cheese
- 1/4 cup heavy cream, whipped

Put cottage cheese through wire strainer or whiz in the blender. Mix crumbs, butter and powdered sugar; save out 1/4 cup; press rest over bottom and sides of 9-inch spring form pan.

Add gelatin to water; set aside. Cook egg yolks, light cream, sugar and salt over boiling water, stirring, until smooth and thickened.

Stir in gelatin and blend well to dissolve. Remove from heat. Add vanilla, lemon peel and juice and cottage cheese.

Cool until it begins to thicken, then fold in stiffly beaten egg whites and whipped cream.

Pour all into crumb-lined pan. Sprinkle with remaining crumbs. Chill until firm.

COMPANY CASSEROLE

- 8 oz. medium noodles
- 1 1/2 lbs. ground beef
- 2 tbs. butter
- 1 tsp. salt
- Pepper to taste
- 1/4 tsp. garlic salt
- 8 oz. tomato sauce
- 1 cup creamed cottage cheese
- 1 cup dairy sour cream
- 6 green onions, chopped
- 1/4 cup grated sharp cheese

Cook noodles until tender in boiling, salted water; drain. Melt butter in skillet; add meat and cook and stir until meat has lost red color.

Add salt, pepper, garlic salt and tomato sauce and simmer gently 5 minutes. Remove from heat.

Combine cottage cheese, sour cream, onion and noodles. Alternate layers of noodle and meat mixture in 2-quart casserole.

Top with grated cheese; bake at 350 degrees about 30 minutes.

'Two in One' Makes Hearty German Dish

When substantial, hearty fare is sought for satisfying man-size appetites, look to a meat dish styled in German attire.

German Beef Birds are typical of central Europe, for people there come to meals seeking filling foods.

A full cut of beef round is pounded and divided into six serving pieces. Then a smoked sausage link is placed on each piece of beef and the birds are formed by rolling the meat like a jelly roll and fastening with wooden picks.

Since the Germans are also sauerkraut lovers, this tart vegetable cooks with the meat, as do tomatoes, onion and caraway seeds.

GERMAN BEEF BIRDS

- 1 beef round steak, cut 1 1/2-inch thick
- 6 smoked sausage links
- 2 tbs. shortening
- 1 tsp. salt
- 1 can (16-oz.) sauerkraut
- 1 can (16-oz.) tomatoes
- 1 medium onion, sliced
- 2 tsp. caraway seeds

Pound steak to 1/4-inch thickness. Cut into six servings. Place a sausage link on each piece of steak and roll as a jelly roll.

Fasten with wooden picks or tie with string. Brown meat slowly in shortening. Pour off excess drippings. Season with salt.

Add tomatoes, onion, caraway seeds and liquid from sauerkraut. Cover tightly and cook slowly one hour.

Add sauerkraut and continue cooking 30 minutes longer or until meat is tender, 6 servings.

Roll Up Toast at Coffee Hour

Sugar and spice is so nice in Pineapple Toast Rollups and they are just the thing for serving at the neighborhood morning coffee hour.

Using an egg-milk French toast dip, substitute pineapple juice (drained from a can of fresh pineapple) for half the milk. Dip Wonder Soft Whirled bread slices in mixture and brown in skillet.

To serve, spread each hot French toast slice with crushed pineapple that has been spiced with finely chopped, candied ginger. Then roll up, jelly roll fashion, and coat with sifted brown sugar.

AMONG MY SOUVENIRS

When you have a hankering for something light and sweet and yet not as sweet as cake, try this recipe for Molasses Cake, our favorite.

This amount makes enough for two 8 or 9-inch layer pans so unless your family is large, save the second layer to be steamed and served with a sauce later in the week.

MOLASSES CAKE

- 1 cup molasses
- 3/4 cup sugar
- 1 cup warm water
- 3/4 cup shortening (half butter and half margarine or half butter and half shortening) melted
- 2 eggs
- 2 cups flour
- 1 tsp. each cinnamon, nutmeg and allspice

Combine molasses, sugar and eggs and mix well. Sift flour and add spices.

Dissolve soda in warm water. Alternate the dry ingredients and the soda water in adding to molasses mixture.

Add melted shortening. This will be a runny consistency. Pour into two greased 8 or 9-inch layer cake pans.

Bake at 350 degrees for 25 to 30 minutes or until it tests done. Serve warm with sprinkling of powdered sugar.

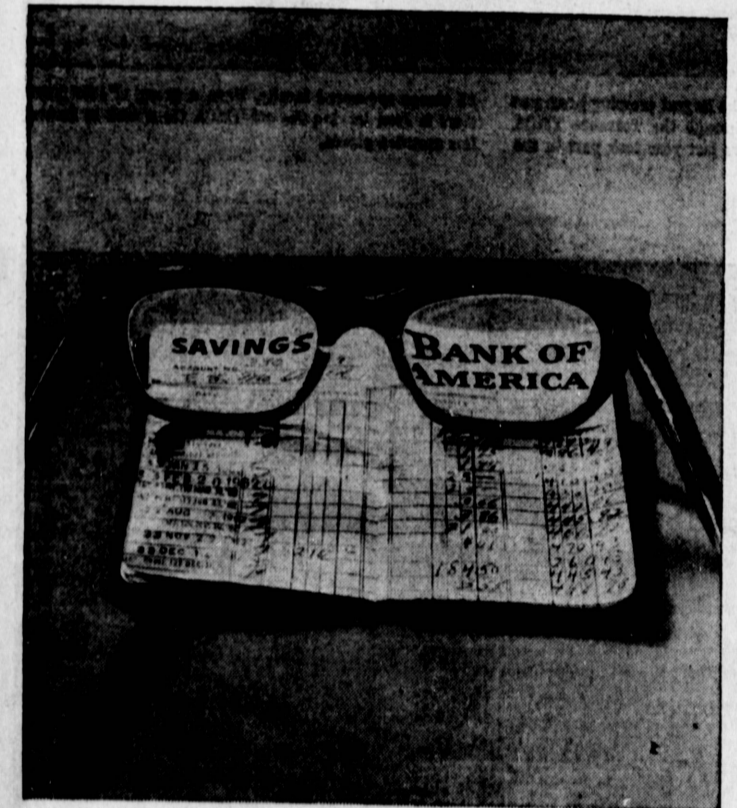


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