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... Let's Go

By LARRY MACARAY

Sometimes a thing works out for you—the way you planned it—or at least, hoped for. It's a feeling of satisfaction, not common enough in today's society.

Last week-end certainly was good tonic for me. It was the event of our El Camino College Student Art Exhibition—held once a year. What was to be a plain ordinary exhibit of student art work turned out to be an achievement I had hoped for—for many years.

As a teacher, you struggle with the subject matter, the student and whatever system you may be involved with. "Struggle" really isn't the word—but sometimes when you don't see immediate results, etc.—it seems as though it is a struggle.

A DEEP WELL of artistic talent isn't rationed out to everyone—so much the better for the rare ones. Usually, in high school art classes—the talent may be as rough as a diamond can be—and yet the beauty shines through.

From the hundreds of students that I had at Torrance High—I can count the really talented on my fingers—even though there were many of excellent ability. Of those counted on my fingers—the real creative and inspired art students, I can count on one hand.

Two of these students are at ECC now and going full blast as art majors. Gerry Vom Steeg and Tom Hubbert both represented themselves extremely well at the student art show.

TOM HUBBERT was judged the blue ribbon winner in the "figure oil painting" classification with his subtle interpretation of "So-So"—the elegant Jamaican model we use so much at ECC.

His competition was stiff, but he has been developing rapidly under Mildred Walker's guidance and instruction—enough to run away with the honors. His other entry was also a figure—a "wall-size" painting of body fragments—but was no comparison to his winner.

Tom is still looking for an old store building or garage to paint in—perhaps someone may know of a reasonably priced (free) place where Tom can paint—if so, let me know.

GERRY VOM STEEG was chosen the winner of the \$50 first prize as the most developed all-around artist—particularly in figure drawing and painting. This is a very coveted award and Gerry worked hard to get it.

Ceramics is where Gerry really stood out. One of his unique wheat pots gained him second place in the highly competitive field of "pot-throwing." Ceramics seems to be an area where creativeness is more difficult to express—so it's refreshing to see new ideas coming out.

His experimental pots are something to see—in fact he gave me a beautiful bowl with quite an unusual glaze to it—really one of a kind—sometimes these things come out by chance or accident.

THE LONG BEACH Museum of Art on Ocean Boulevard in Long Beach is having an interesting exhibition now. Went there this past week to see the "10 Painters from India" show—and what an experience.

Ordinarily we would think that Indian painters would be painting Indian people, landscapes, etc., in quite an Eastern flavor—but not so with these modern Indians. Some of the most refreshingly new abstracts that I have seen for quite some time—try and see them.

The upstairs gallery has an exhibit of still-life works from the museum's permanent collection—and I noted with interest and admiration a fine painting of an interior by Conner Everts from Torrance. I went to LBSC with Conner and he has since cut quite a name for himself in the field of art.

Approximately one out of every five households has a member with some form of cardiovascular disease, including high blood pressure. Discussing vacation plans with the doctor is especially important for them.

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



CRAB HIGHLIGHTS BAKED ENTREES

Slice off top and scoop out centers of 6 medium tomatoes or green peppers and turn over to drain.

If using peppers, cook for five minutes in boiling, salted water, then drain.

Mix together 1 can Deming's King Crabmeat with liquid, 2 cups cooked rice, 1 teaspoon lemon juice and 1/4 can cream of celery soup. Season to taste. Fill tomatoes or peppers with crab mixture, dot with butter or margarine and sprinkle with cracker crumbs.

Place in pan with enough water to cover bottom and bake at 350° for 20-25 minutes.

Heat remaining 1/2 can soup with 1/3 cup milk and spoon over tomatoes or peppers just before serving. Serves 6.

Spinach in Salad

Raw spinach leaves are excellent to use in well chilled mixed green salad. To one bunch of spinach, use 1/2 head lettuce, 1/2 head endive, one avocado, sliced, 1/2 red onion, sliced and separated into rings, one medium cucumber, sliced and 1 1/2-ounces Roquefort cheese, formed into balls. Wash greens, tear into bite-size pieces. Toss together. Arrange other ingredients on top. Use oil and vinegar dressing, if desired.

HONEY and ice cream are the easiest sundaes you will ever make. These two foods combine to give the most popular dessert of them all. Dressed with toasted almonds, coconut or crushed peanut brittle they go fancy for any occasion.

IN A FLASH

Honey Bee Provides 'Sundae' Sweetness

Ice cream is called the All American dessert. Plain or fancy this delectable dish maintains year 'round top billing on the list of favorite foods.

Maybe you are strictly a vanilla, chocolate or strawberry fan — they are all wonderful, but it's fun to be different and try some new combinations.

Easy does it for simple but delicious sundaes—that is if you start with a jar of honey. Spooning or drizzling light flavored honey over plain vanilla ice cream makes a tasty sundae in a flash.

Serve as is or dress it up a bit with toasted almonds, coconut or crushed peanut brittle. Pass a plate of salty pretzels and you have a winner.

Like ice cream, honey comes in a variety of flavors. Read the label on the jars found in your favorite store.

There you will see orange honey, delicate with a faint aroma of the flowers the nectar comes from. It is delicious over chocolate or coffee ice cream. Top with Spanish peanuts for a crunchy honey sundae.

Full flavored buckwheat honey, produced in the high mountain areas of California is wonderful combined with marshmallows. Over very low heat, warm together two

cupfuls miniature marshmallows with 1 cupful of buckwheat honey.

Remove from heat while some of the marshmallows still have a bit of shape. Makes a so-called rocky road sundae and there is enough sauce for four servings of ice cream.

For folks who enjoy fresh fruit sundaes, honey sweetened strawberries or peaches are just wonderful over your favorite ice cream.

Honey has the ability to bring out the fresh fruit flavor and also keeps the prepared fruit firm and bright colored.

Honey requires no refrigeration, does not spoil and is always available in your favorite flavor.

SO LEE SAY:

SONA SOY SAUCE LIKE MAGIC... ADDS UP TO GOOD EATING!



EXOTIC SALAD RECIPE OF WEEK!

1 cup mayonnaise, 1 1/2 tsp. curry powder, 1 tsp. SONA SOY SAUCE, 1/2 tsp. sugar, 2 cups bean sprouts, 1/2 cup alfalfa sprouts, 1 sm. can drained water chestnuts, 1 8 1/2-oz. can drained sliced pineapple, 1/4 cup diced green pepper, lettuce, green pepper rings, toasted sesame seeds.



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