Wednesday, June 14, 1961 THE PRESS

Teenagers TOPS Set Meetings

For teenagers who want Church, 1432 Engracia, Tor and need to reduce but rance (across from the Tor-through lack of will power rance Memorial Hospital). cannot diet, a new teenage For further information call chapter of TOPS (Take Off Pounds Sensibly) meets each week at St. Andrew's Episco-FA 8-3080. pal Church, 1432 Engracia,

Torrance.

to help overweight members lose excess weight and keep it off. The whole theory is based upon group therapy. Meetings are held once a week and each member is ords are kept on each person's weekly progress. The knowledge that they all have a common problem helps them to discuss it frankly without being laughed at or misunderstood. TOPS originally came into being because there was great need for an organization to help the overweight as AA helped

the alcoholic. and TOPS provides the "do it." TOPS also has the ap-proval of the American Med-

ical Association.

Gone on Gardenias often enough.

By reputation, the Gardenia is a garden fussbudget. But is the reputation deserved? Most any member of the California Association of Nurserymen will give an argument if the answer is

amount of fuss and bother on the part of the gardener; but the results in beautiful fragrant blooms is worth every minute of extra care.

Like Camellias, Azales, Fuchsias or any number of other prized shrubs, the Gardenía has definite cultural needs. The gardener need have blooms to match the best he could buy in any florist shop

In the first place, Gardenias are heat lovers. They thrive in the sun and sulk in shade, though in the extreme heat of a valley summer they can be happy in open or high shade. Near the coast, they are best grown against a sunbaked wall where heat can be

The principal objective of the nationally known group is

Some people still call it common garden Iris. But there's nothing at all common about the tall bearded beauty of today's nursery trade: It is, instead, an irresistible weighed in. Confidential rec- flag, waving tall and stately in the mid-spring sun. Aristocratic yes, but never common.

Today's tall bearded Iris is another product of the hybridist's art. Like the modern Rose, it seems capable of reproducing itself into an infinite succession of lovely new varieties. And like the Rose, it boasts a following of devothe alcoholic. A doctor prescribes the diet new crop with undisiguised

still retains its simple tastes Any overweight teenager in life. Few garden plants are sincerely wishing to reduce less demanding as to soil nor is invited to attend the first more indifferent to water. meeting at St. Andrew's Feeding should be light, if at all, and division of the clumps every three or four years is

Check with a member of the California Association of Nurserymen this month, the gardener wil find him wellstocked with tall bearded Iris rhizomes-all named varieties which can be identified by referrece to the nursery-Gardenia demands a certain man's color chart. It is well to remember that the newer varieties are scarcer and therefore more expensive. The fact that a particular variety is cheaper doesn't necessarily mean it's any less desirable-just more available. Choose a warm, sunny place to plant these Irises and plant the rhizomes so that the soil only supply them and he will barely covers them. In cooler coastal gardens, leaving the back of the rhizome partly exposed to the sun will promote a better bloom. Inland, burying it a half to three-

quarters of an inch is better. Water the newly planted Iris bed more frequently than an established planting, but don't ovedro 'it. And be sure that drainage is rapid. These beauties may be indifreflected during the day and ferent to most cultural refinesome added warmth ments, but poor drainage will



at night. A south or west do them in but quick! wall will give the best re-**Broiled Ham** sults.z

The soil should be on the acid side, made loose and porous by the addition of humus, especially leaf mold or peat and is seldom evident when dinner entree. the soil is properly acid or a semi-state of dormancy.

denias. In fact, it's hard to on the broiler rack with a go wrong with them. A single, thick ham slice. If you're not masses of fragrant blooms. grapefruit, try it soon and see ering hedge of Gardenias, or sunshine flavor of Florida's tub them and spot the tubs prize fruit.. in sunny pockets on the deck. In or out of bloom, the glossy

foliage is lovely to look at. decline. There's no point in ing keeping them past the point

of perfection.

This time of year brings lots of grapfruit from Florida to local markets so buy Gardenias don't live forever enough to serve them often as and should be replaced after juice and halves, in salads a few years if they start to and fruit cups, and in cook-

AND HAM

Clement to Attend Training Session

William R. Clement, 19207

According to Robert C. catchup and Tobasco. Spread Maas, agency manager, in- part of the topping over cut struction in the recruiting, surface of grapefruit halves. training and supervision of At end of 10 minutes, turn agents will highlight the five- ham; spread with remaining day course.

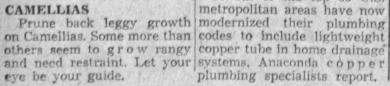
A total of 120 Prudential halves on broiler rack with

western home office, will be 45 minutes. in charge of the management training school.

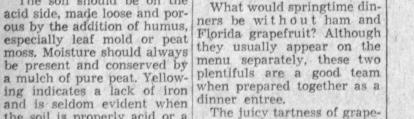
CAMELLIAS

eye be your guide.

Harold E. Rudolph, train- grapefruit may be baked in ing consultant in Prudential's moderate oven, (350 deg. F.) TREND



37 out of the top 50 U.S.



fruit goes well with ham and There are many ways to since the fruit lends itself to get maximum use from Gar- broiling it can be done right well-tended shrub will yield familiar with broiled or baked Two or more are that much what a treat it can be. The better. Try an informal flow- heat seems to bring out the

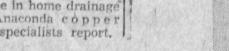
BROILED GRAPEFRUIT

2 Florida grapefruit 1 ready-to-eat 1-inch thick ham slice 3 tablespoons brown sugar 1 tablespoon catchup 1/8 teaspoon Tabasco

Cut Florida grapefruit in Ronald Ave., division mana- half; remove core if desired. ger for the Robert Maas Cut around each section loosagency of Prudential Insur- ening fruit from membrane. ance Co., will attend a man- Do not cut around entire outagement training school at er edge of fruit. Place ham in the company's western home pre-heated broiler; broil 10 office in Los Angeles June 19- minutes. While ham is broiling, blend together sugar.

topping, Place grapefruit

division and associate man- ham. Broil slowly 15 to 20 agers in the 13 western stakes minutes, or until heated will take part in the training through. Yield: 4 servings. class this month, Maas said. Note: If desired, ham and



Shady Oak brings forth the true flavor C.H.B. Half Gallon 58-ounce Pound Rounds Jar Magic Chef liquid detergent makes dishe Box Liquid CAL-FAME for Quality you can Depend on! 29-oz. GORDO BRAND PINEAPPLE GRAPEFRUIT **Cheese Enchiladas** OR NEAPPLE ORANGE **Enchilada** Plate GRAPE or ORANGE DRINK 3 Reg. \$1 Pkgs. DOLE Deluxe Quality ROSE ROYAL Pies Cheese 39. 303 CANS 8-oz. Pies Adjustable Razor With FREE GILLETTE Father's Day Gift Decanter WISCONSIN MILD GOOD GROOMING RIGHT GUARD SPECIALS HEAVEN HILL KENTUCKY STRAIGHT Shortcake Is Great for Sum By the MAGIC CHEF QUALITY Piece FULL LIQUOR FIFTH ALEX TWIN CHAVEL BLANC California WHITE or PINK ADA 10-ounce ST or SPARKLING BURGUNDY Packages FULL \$ 79 A delight for connoisseur of good eating. FIFTH MAGIC CHEF \$1.00 VALUE NTCO) CI madi CHROME DISTILLED AUTOMATIC FROM GRAIN LOAF PIC KLE Adds delightful flavor and a look of real freshne SARNOFF CIGARETTE GHTER 6-ounce Package

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