

Recreation Program at Schools OK'd

Community recreation programs for schools in incorporated portions of school districts. Recreation programs are conducted after school hours and during vacation periods when school grounds are open to the children of the area.

Los Angeles city schools which will receive county assistance include: Carson Street School, 185 E. Carson St.; Del Amo School, 1825 E. 213th St., and 223rd Street School, 1123 W. 223rd St., Torrance.

Clifford Putnam Ends Army Class

Army Warrant Officer Junior Grade Clifford W. Putnam, whose wife, Carol, lives at 21112 Royal Blvd., has completed a 16-week warrant officer rotary-wing aviator course at the Aviation Center, Fort Rucker, Ala. Putnam entered the Army in 1956.

Juniors to Sport Aprons

Dedicated to furthering philanthropies, social and civic betterment, Torrance Juniors, Marina District, CFWC, are putting the finishing touches on aprons they will wear during their various projects during the year, made of denim, white and black stripe trimmed Torrance Juniors, on them so when you see these aprons there is a Junior serving the community.

Summer Calls for Broiler Meal Boost

By BEA WEBB
Home economist, Southern Calif. Gas Co.



BEA WEBB

Many long afternoons at the beach or pool mean lots of hearty appetites. Dainty dishes just won't do when dinner time comes — so be prepared with lots of hot, wholesome food!

Broiler meals are the answer when Mom wants to join in the vacation fun and yet turn out delicious hot food with little time in the kitchen. Shopping may be done a day ahead or early the same day. Advance preparation completed before the afternoon begins relieves you of all but last minute speedy cooking in the gas broiler: salad and dessert from the modern gas refrigerator complete the dinner.

Broiler cookery is easy and quick. Many food combinations may be planned for interesting, well-balanced meals. Here are a few tricks we've found to be most helpful.

Preheating a gas boiler is not necessary unless the meat to be cooked is preferred rare. Whether or not preheating is done, do be sure to place the food on a cold broiler grid so it won't stick to the pan. Whatever the food, it should be placed in the broiler so the top of the food is about 3" from the tip of the flame; we've found this to be the best distance for fastest broiling.

By all means do save yourself clean up chores! Broiler meals make it so easy since there's only one pan to wash; we've learned a few ways to make the chore even more quick and easy. First, don't use aluminum foil on the broiler grid. The broiler pan was designed in two pieces to allow fat to drain away from the food to a cool pan below. If

the fat should be retained on the grid (as when using foil) it will spatter excessive broiler pan and broiler compartment. Secondly, when placing steak on the grid, turn the fat side toward the center of the pan. Spattering which occurs during the cooking process will be consumed by the flame — the live gas flame actually burns it up (you can see it happen — the flame flashes yellow). For this reason be sure as much of the spattering as possible is directed into the flame in order to keep the broiler compartment clean. It's because of the live flame that we have completely smokeless broiling.

Of course, closing the broiler door while cooking takes place makes good sense — keeps the heat in the broiler compartment where it belongs and keeps the kitchen cool.

When the food is taken off the broiler pan after cooking here's a trick that really helps clean the pan: Sprinkle powdered soap or detergent over the soiled portions of the (hot) broiler grid; then lay dripping wet paper towels over the entire surface. While you're eating dinner, the broiler pan will be cleaning itself as the soap and water combine with the grease.

Plan broiler meals frequently this summer and enjoy the extra time that speed cooking with your gas broiler provides.

- A JIFFY BROILER MEAL**
- 1 lb. ground lean beef
 - 1 Tbsp. onion juice
 - 2 Tbsp. chopped green pepper
 - 1 tsp. salt
 - 1/8 tsp. pepper
 - 1 cup cooked green beans
 - 1 cup cooked whole kernel corn
 - thick slices cooked potatoes
 - 2 or 3 medium tomatoes
 - seasoned bread crumbs
 - butter
 - seasonings

Mix first five ingredients and form into patties. Put green beans and corn into broiler pan and season to taste. Place meat patties on broiler grid and put into about 5" from flame. Broil (about 10 min.). Brush potato until meat is browned to slices with softened butter, season and sprinkle with paprika. Cut tomatoes in half, crosswise, top with crumbs and dot with butter. Turn meat and arrange potatoes and tomatoes on broiler grid. Broil about 10 min. longer. Serve at once.

BABY CARE COURSE SET

The Torrance-Lomita Red Cross branch announces the scheduling of a Mother and Baby Care course for expectant parents.

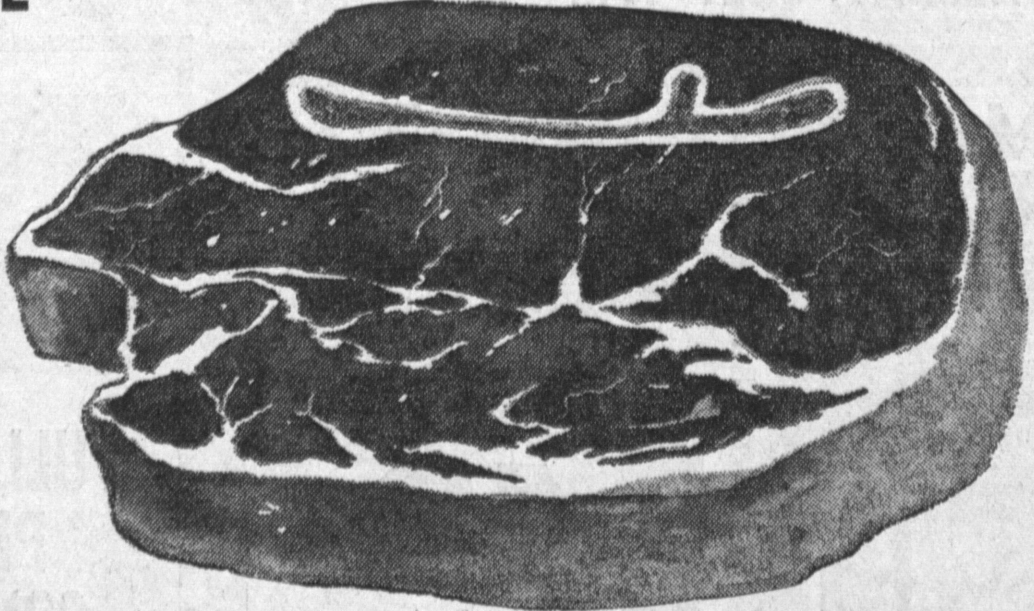
Seven class sessions from 7:30 to 9:30 p.m. on consecutive Mondays and Wednesdays, beginning July 15, will be conducted at regional Red Cross headquarters, 390 W. 7th St., San Pedro. To enroll for the free pre-parenthood training course, expectant parents and others wishing to learn the ABCs of baby care are asked to call Red Cross, TE 2-8321.

Mother and Baby Care, as taught by a specially trained registered Red Cross nurse, includes instruction in the care of both mother and baby, nutritional needs, advice on assembling clothing and equipment for the new baby, how to recognize symptoms of illness and how to prevent accidents.

Through the lectures, class discussions and practice sessions, about-to-be parents taking the Red Cross course find themselves discarding old wives' tales for reassuring facts.

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