



SPONSOR, SCOUT . . . Roland Hansen, DDS, and Eagle Scout William J. Beach of 5624 Calle de Ricardo were among the 500 scouts and hosts attending the annual Eagle Scout Recognition Dinner. Many lifelong friendships have resulted between the Eagle Scout and his sponsor at the dinner.

Wife Savers

Favorite Recipes Are Welcome Gifts

As we approach the annual Christmas what-to-give puzzle, here's an idea that is highly personal, relatively inexpensive, and is sure to be enthusiastically received: a favorite recipe, attached to a generous sample of the finished product!

You can prepare your food gifts this month, and store them in the freezer to await a Yuletide presentation—a bit of long-range planning that will leave you extra time for other shopping during the hectic weeks before Christmas.

Christmas wouldn't be Christmas without a wide assortment of deliciously perfumed cookies on hand and Santa's Minicmeat Bars will add special sweetness to your collection. For giving, pack the cookies in an air-tight container. An old-fashioned fruit cake tin would be ideal.

Don't put this recipe away to forget until next Christmas—you'll find these moist, fruity bar cookies excellent cookie jar fillers and lunch box desserts throughout the rest of the year as well.

- MINICMEAT BARS**
- 1½ cups flour
 - ¼ cup instant coffee powder
 - 1 teaspoon salt
 - 2 cups firmly packed light brown sugar
 - ½ cup butter or margarine
 - 2 eggs
 - 2 teaspoons grated lemon rind
 - ¾ cup prepared minicmeat

Students Nominated For Seats

Names of five area students who have been nominated for a delegates' seat to the 1965 National Youth Conference on the Atom were announced today by L. E. Jenkins, Southern district manager for the Southern California Edison Co.

The five students include John K. Kempe of 18321 Van Ness Ave., North High; Scott Simpson of 27243 Eastvale Road, Rolling Hills High; Ronald C. Lawson of 15717 Eastwood Ave., Leuzinger High; Patricia A. Crawford of 1021 Weymouth St., San Pedro, Marymount High, and Steven O. Howe of 27558 Sunny Ridge Road, Chadwick School.

All five students were nominated by their high schools for the competition for delegate seats. Six students will be selected, with one student to come from each commercial area served by the Edison Co., Jenkins said.

The conference will be held in Chicago. Edison's delegation will hear and meet many of the nation's foremost scientists and tour the Argonne National Laboratory operated by the Atomic Energy Commission.

Grease 9x13 inch pan. Pre-heat oven to 350°. Sift together flour, coffee powder, baking powder and salt. Place in the large electric mixer bowl, the brown sugar, butter or margarine and cream together on high speed until light and fluffy. Add eggs one at a time beating thoroughly. Blend in lemon rind and vanilla. Using lowest speed thoroughly blend the flour mixture into creamed mixture. Add the minicmeat. Turn into greased pan, spreading evenly. Bake 45 to 55 minutes or until cake tester inserted in center comes out clean. Cool in the pan on a wire rack before cutting into bars. Yield: about 24 cookies.

Variety breads are also a welcome treat. These two Banana Bread recipes are a delightful flavor experience. They may be baked now, cooled and wrapped for freezing. Before holiday giving, defrost and complete the wrapping with appropriate Christmas paper, ribbon and stickers. Also include the typed recipe as an added bonus.

- FLUFFY BANANA TEA BREAD**
- 1-2/3 cups flour
 - 1 teaspoon soda
 - ½ teaspoon salt
 - 1 cup sugar
 - ½ cup butter or margarine
 - 2 eggs
 - 1 teaspoon vanilla
 - 1 cup mashed bananas
 - 1 cup chopped nuts
 - ½ cup sour cream

Preheat oven to 350°. Sift together the flour, soda, and salt. Combine butter or margarine and sugar, eggs, and vanilla in large bowl of electric mixer; cream on high speed of electric mixer for 1½ minutes. Add the mashed bananas, nuts, sour cream and flour mixture. Mix on low speed about ½ minute or until well blended. Pour into an oiled 9x5x3 loaf pan. Bake at 350F. for one hour. Remove from oven and allow to cool in the pan for 20 minutes, then remove from pan. Yield: 1 loaf.

BANANA COCONUT BREAD

- 1 package of Buttermilk Nut Muffin Mix
- 1 cup mashed ripe banana (1 to 2)
- 1 cup flaked coconut

Preheat oven to 350°. Grease a loaf pan 8½x4½x2½-inches. Prepare Buttermilk Nut Muffin Mix as directed on the package. Blend in mashed bananas and coconut into the egg-milk mixture before stirring in the dry mix. Pour batter into the prepared pan. Bake 65 to 70 minutes, or until a wooden pick inserted into center comes out clean. Allow loaf to cool a few minutes before removing from pan. Yield: 1 loaf.

Although normal weight is no guarantee against heart trouble, your Heart Association is firm on this point—overweight is a health hazard, whether you have a heart disorder or not.



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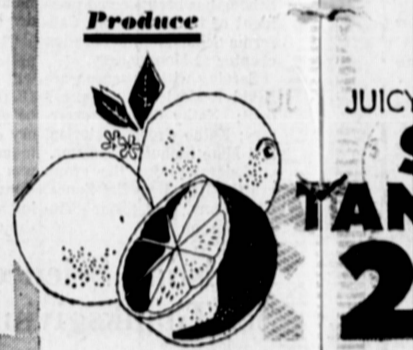
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