

Salad Important To Family Meals

In Lomita

Area Man to Run Program Department

Salads are important in fruits. And serve them often planning meals for your family. If you skip a salad too often, you may not be getting a full quota of fruit and wegetable servings into the daily eating scheme.

Fruit salads offer many possibilities for adding interesting variety to your menus. A small salad of tart fruits makes an excellent beginner for a hearty meal. A sweeter version may double for dessert another time.

Fruits go well in salads to accompany the main course, too. Try tantalizing combinations of fruits — intriguing mixes of vegetables and

Assessor

Has Office

The Tomita tuce. Pass Cheese - Mayonaise.
CHEESE-MAYONNAISE

The Lomita

County Assessor Phil Watson today reminded residents of the Southwest area that the headquarters for Region 14 of the Assessor's Department is now located in Lomita.

The regional office, at 2049 Pacific Coast Hwy, was opened last fall to serve Catalina, Dominguer, Harbor City, Lomita, Palos Verdes Estates, Redondo Beach, Rolling Hills, Torrance, San Pedro, and Wilmington.

Some residents of the area as pparently have been unaware that the new headquarters had replaced a regional office previously located in San Pedro, Watson said.

Copies of the preliminary assessment roll for the region, real estate transfer journals, and other records are available in the office for the convenience of local taxpayers.

Veterans may also fill their property exemption claims in the regional office. Region 14 covers fine area bounded by 190th Street on the north, Long Beach Boulevard on the east and the Pacific Ocean on the south and west. Office hours are 8 to 5. Monday through Friday. The telephone is 325-9500.

crisp lettuce cups.
CREAM DRESSING
1/2 C. sugar
1/3 C. cream or
evaporated milk
Dash of salt
Vinegar to taste
Mix sugar and cream (or
evaporated milk) in a small
bowl. Add salt and str until
sugar is dissolved, Slowly
stir in vinegar until mixture
thickens and suits your taste.
SPARKLING FRUIT MOLD
1 pkg, lime-flavored
gelatin
1 C. boilling water
1 C. ginger ale
1 large orange
1 C. canned pineapple
cubes

STERN



TOP SIRLOIN STEAK

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CUBED BRK'FST STEAK

PORTERHOUSE STEAK

FRESH GROUND CHUCK!

FRESH GROUND ROUND

LEAN FRESH GROUND **GROUND BEEF**

ROUND STEAK

IS IS IT, FOL

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PLENTY OF PARKING SPACE