



FILLING IS BAKED along with the cake in this dessert which is as good to look at as it is to taste. Serve it on your handsomest cake platter.

Cake, Filling Bake Together in Recipe

Beautiful cakes that taste scrumptious are always welcome. Here is one guaranteed to be a winner because it was just that... a senior winning recipe in a national bake-off contest.

Crunchy California walnuts are an important part of the special filling that combines an instant pudding mix and diced dates. The result is a combination that makes the filling distinctive and delicious.

bine 2 cups flour, 1/2 tsp. salt, sugar, soda and cinnamon. Cut in 1/4 cup butter. Add 1 cup applesauce and egg whites. Beat three minutes at medium speed until well blended. Pour batter over filling in pans, spreading carefully to cover.

Bake at 350 degrees for 45 minutes, until cake springs back when lightly touched in center. Cool 10 minutes. Remove from pans carefully. Put bottoms of layers together. While warm, frost with Glaze, allowing to drip down sides. Makes one 9-inch two-layer cake.

Glaze: Combine one cup confectioners' sugar, three tbs. butter and two tbs. lemon juice until consistency of a glaze.

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Win Food Order; Enter Recipe of Month Contest

Want to win \$20 toward your food budget? Then be sure to enter the current Mary Wise "Recipe of the Month" contest. Subject for these warm summer days is outdoor cookery.

What is your favorite recipe for cookouts or barbecues or picnics? Send it to Mary Wise, care of this newspaper. Everyone is eligible to enter except employees of the paper. All entries must be postmarked no later than August 7. One entry per envelope, please.

Winner will receive a \$20 merchandise order from any grocery store advertising in this newspaper.

'Benefits' From Vegetables Told In Old Cookbook

One of our readers, Mrs. Thomas M. Cook, sends along an article from a very old cookbook which she believes was published in Minnesota.

Modern-day cooks might be interested in the "benefits" ascribed to certain vegetables. Our thanks to Mrs. Cooke, and here is the article:

VEGETABLES AS MEDICINE

Natural remedies for almost every disease that afflicts humanity may be found in vegetables. Lettuce is good for the nerves, containing, as it does, opium in its natural state. Celery is also good for the nerves, and for nervous dyspepsia. Those suffering from rheumatic troubles should use celery, pieplant (ed. note — rhubarb) and all tart fruits. Onions are said to be the best nerve known. Nothing will so quickly relieve nervous prostration and tone up a worn-out system. For kidney troubles, use spinach. Carrots are good for asthma and will also improve the complexion if eaten raw. Cucumbers contain arsenic, and if eaten freely will benefit the complexion.

Fresh Cabbage Always Available The Year Around

Fresh, green cabbage is available in our markets the whole year 'round, shipped here from both Arizona as well as California.

You can preserve the vitamin value and bright green color and flavor of cabbage by cooking it quickly. Properly cooked cabbage will have a fresh fragrance arising from the kettle.

Nerve cabbage raw, too, in crisp, health-giving salads.

QUICK CABBAGE

1 head green cabbage (about 1 1/2 lbs.)
1/2 cup milk
Salt
Pepper
Butter or margarine

Shred cabbage fine. Place in heavy pan. Add milk, butter and salt. Cover. Cook about 7 minutes or until cabbage is crispy-tender. Season with pepper and additional butter or margarine, if desired. Serve at once. 4 servings.



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Mailbox

Harried Mother Offers Her Thanks to Officer

Editor, Press-Herald

During these days of police criticism, I wish to report that on Friday, my daughter and I were driving down Lomita Blvd. when we had a flat tire. My daughter had an important appointment, and I, too, was en route to meet an appointment. Officer Fowler, Torrance Police Department

saw the flat and changed it for us. He would not accept any compensation for his good deed. I sincerely wish to thank him.

MRS. DON WHITMAN
5016 Laurette

Rabid Letter

Editor, Press-Herald
While I can understand, an applaud, your printing

all letters to the editor, no matter how distasteful, irrational, or ideologically motivated, I find it difficult to understand your publishing, as a news item, the picture of Mr. W. Jones with his Support Your Local Police campaign alongside his rather rabid letter.

As you no doubt know, the John Birch Society

launched this particular campaign in 1964, and the SYLP bumper stickers have long been available from them. By publishing this picture in the news pages next to the associated letter, and treating it as a news item divorced from association with the Society, you have disguised ideological propaganda as news, with the implication that the Press-Herald fully supports this activity. Such an expression of editorial opinion belongs on your editorial page rather than being disguised as a legitimate news item, which it is not.

I deeply resent this journalistic insult of having such blatant Birch Society propaganda

ganda so lavishly treated and rewarded as a legitimate news item. If a similar campaign were launched to distribute Support Your Supreme Court bumper stickers, would it receive similar news coverage?

CARL B. PEARLSTON JR.
(Editor's Note: For a man self as president of the American Civil Liberties Union, Mr. Pearlston shows surprising ignorance about the function of a newspaper. Merely because the Press-Herald (or any other newspaper) published an account of a public event, the newspaper's support of that event cannot be inferred.)

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