

Seven From West High

Seven West High School students attended the sixth annual Student-Business Conference recently in Pasadena.

Four students selected from the distributive work experience class were Richard McInty, William Rodarme, Gay Lynn Hatton, and Cheryl Ralf. Three members of the Future Business Leaders of America Club chosen to attend were Lauren Siegel, Susan Shivey, and Marsha Miller.

The program was sponsored by the Business Planning Committee of the Los Angeles County Schools and the Sears-Roebuck Foundation.

"The purpose of the conference was to honor those students whose interest in and aptitude for business education is outstanding," said Larry Bell, work experience instructor at West High.



MG ENDURO NEAR . . . Entries are due at noon today estimating the total miles traveled by four MG Sports Sedans in one week's time, 24 hours a day, on the Southland freeways, stopping only for fuel and driver changes. Here Linda Blocker, who has been touring the MG dealer network, is shown with G. O. Ehrman and one of the sedans. One of the starting drivers was Ken Hall, 507 W. 219th St., a truck driver for Azusa Sand and Gravel. He was entered as a driver by The Torrance HERALD. Entries may be left at Newcastle Sports Car Centre, 700 Pacific Coast Hwy, Hermosa Beach; or at Le Mans Sports Cars, 15111 S. Hawthorne Blvd. The MG Enduro will end at 2 p.m. Friday.

FRUIT FREEZIES

← Good Idea!

Canned fruit cocktail from California
Small paper cups
Wooden or plastic spoons

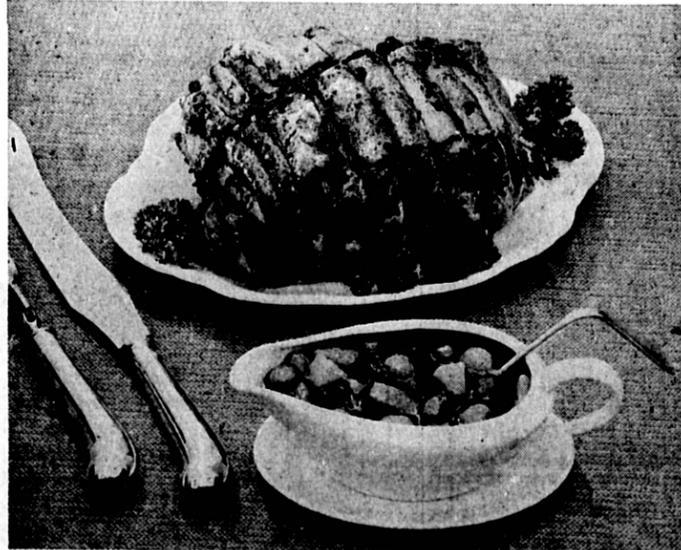
Fill cups with fruit cocktail, including syrup. Place spoon in center of each cup for handle. Freeze. Dip quickly in warm water; slip off paper cup. Fruit Freezies are ready to eat.

Children love to make 'em themselves. Great idea for children's parties too!

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MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



AMONG MY SOUVENIRS

Through a reader has come this recipe for Swiss Banana Cake so highly recommended that we publish it here in a listing of your favorites and mine.

SWISS BANANA CAKE
2 cups flour
1 cup, double acting baking powder
1½ tsp. soda
½ tsp. salt
1½ cups sugar
½ cup butter or margarine
2 eggs
1 cup mashed banana
½ cup buttermilk
1 tsp. vanilla
¾ cup crushed walnuts

Have all ingredients at room temperature. Baking temperature is 350 degrees.

Sift together flour, baking powder, salt and soda and set aside. Cream shortening, adding sugar gradually. Add eggs, one at a time and continue creaming until mixture is light and fluffy.

Blend in bananas. Combine buttermilk with vanilla and add to creamed mixture alternately with sifted dry ingredients, beginning and ending with dry ingredients. Stir in nuts.

Transfer batter to two 8-inch round greased and floured cake pans. Bake 30 to 35 minutes, or until done.

Orange icing is good on this cake or use your favorite. Also, you may substitute 2 tbs. grated orange rind for the vanilla in the cake.

Hash in Avocados Uses Leftover Roast

A little leftover Sunday roast can be easily turned into another main dish with a new look and taste.

Saute 1 to 2 teaspoons curry powder in butter or oil for a minute or two; then add a cup of chopped onion and cook until tender-crisp. Add roast, cut into cubes and a can of bouillon or thinned gravy.

Simmer 20 to 30 minutes to blend flavors and reduce liquid. Spoon into avocado halves and serve with steamed rice tossed with chopped parsley or chives.

CANNED FRUIT COCKTAIL and its syrup are part of the goodness of this vegetable. Basting the meat with the syrup as it bakes gives it a unique flavor and an appetizing brown color. The fruit as a sauce adds elegance and complementary taste.

THE OPEN SECRET

Fruit Cocktail Adds Elegance to Meat Dish

These next weeks will be ones to go down in memory books for the fanciers of canned cling peaches and canned fruit cocktail.

To sharp shoppers and I in a glitzy cooks this means a variety of things. For sure, it guarantees good eating for as long as your pantry shelves are well stocked with these items.

Home chefs in recent years have learned that peaches and fruit cocktail not only delight as fruit for salads and desserts but give double pleasure when heated as an accompaniment for meats of all kinds.

Open Secret

Canned fruit cocktail and its syrup are part of the "open secret" of the success of Saucy Veal Roast.

Boneless leg of veal is basted with the fruit syrup while roasting, providing the meat with unique flavor and moistness and enabling it to be more appetizingly browned.

It is served with a tasty sauce prepared with meat drippings, fruit cocktail, capers, lemon rind and lemon juice.

A boneless roast is no trouble at all to carve, but it's wise to order the meat ahead of time at your butcher's.

Roll'd boneless shoulder of veal is usually available at meat markets and is less expensive than leg of veal. However, the average weight is only 3 to 3½ pounds, so roast two of them when entertaining friends.

Artichokes are recuperating from freeze damage; we can expect more to come to market.

at a dinner party spotlighting Saucy Veal Roast.

If there is any left over, you are in luck because cold sliced veal is excellent for sandwiches.

SAUCY VEAL LOAF

1 can (1 lb. 14 oz.) fruit cocktail

Boneless leg of veal roast (about 7 lbs.)

2 tbs. capers

½ tsp. grated lemon rind

1 tbs. lemon juice

Drain fruit cocktail, saving syrup. Roast meat in 350 degree oven about 3 hours (25 minutes per pound), basting occasionally with fruit cocktail syrup.

Remove veal to warm platter. Pour off drippings; skim off fat and measure ½ cup drippings back into pan.

Add drained fruit, capers, lemon rind and juice. Bring to simmer on top of range. Serve in sauceboat for spooning over meat.

PEACH PUFF COBBLER

1 can (1 lb. 12 oz.) cling peach slices

2 tbs. lemon juice

½ cup brown sugar (packed)

1 cup biscuit mix

2 tbs. granulated sugar

½ cup light cream or half and half

2 tbs. butter

Brown sugar
Cinnamon

Drain peaches, saving ¼ cup syrup. In saucepan, heat syrup, lemon juice and ½ cup brown sugar to boiling; add peaches and remove from heat.

Combine biscuit mix; granulated sugar and cream to make dough. Drop by spoonfuls in buttered shallow baking dish or pan. Pour hot peach mixture over this.

Dot with butter and sprinkle lightly with brown sugar and cinnamon. Bake in 450 degree oven 15 to 20 minutes. Serve warm.

If desired, top with whipped cream or ice cream.

Ring Culinary Bell

Here's an easy way to ring the culinary bell at a teen party. Cut ripe olives into wedges; combine with ground beef, catsup, salt, pepper, onion and a bit of marjoram.

Shape into 6x1-inch logs. Broil or pan fry, turning once. Cook to desired doneness. Serve on long hot buttered buns.

POLYNESIAN CHICKEN

1 (2½ lb.) fryer, cut-up

½ cup shortening

1 large white onion

1 green pepper

1 can (1 lb. 12 oz.) cling peach slices

1 tablespoon cornstarch

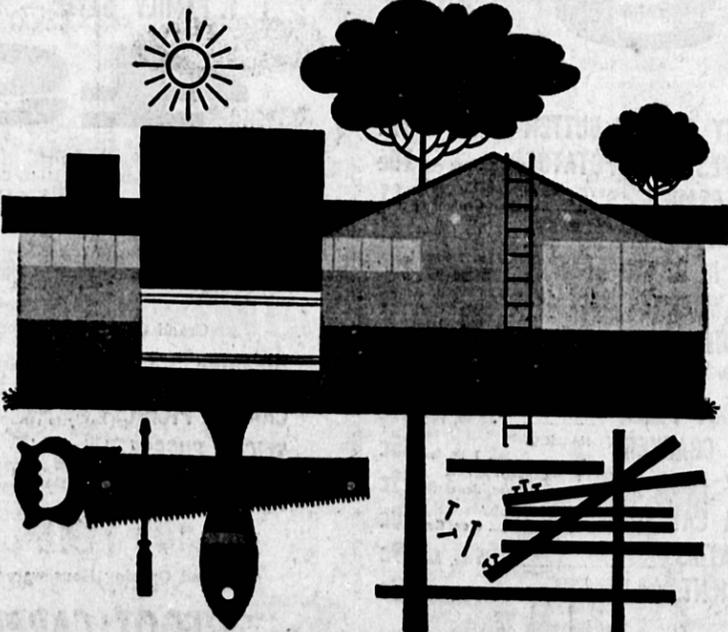
3 tablespoons vinegar

2 medium-size tomatoes

Sprinkle chicken with salt and paprika. Brown in hot shortening cover and cook until tender. Drain off excess fat. Peel, quarter and separate onion into layers; cut pepper into strips. Cook with chicken until onion is transparent. Drain peaches, saving 1 cup syrup. Combine syrup, cornstarch, soy sauce and vinegar. Pour over chicken and cook until clear and slightly thickened. Add tomatoes, cut into slices, and peaches. Heat 5 minutes longer. Serve with hot rice. Makes 6 servings.

A new sweet-sour dish, colorful and different—perfect for parties.

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