Today's Guest Cook Capable At Podium or Kitchen Stove

When you want something done, ask a busy person. It's an old adage but the people who know Mrs. Kenneth McVey always keep her on their list.

She's a busy housewife and mother and yet she plays an important role in the civic and cultural life of the area and is never too busy to cooperate when asked. She took time from a busy schedule to contribute three recipes for The HERALD'S Favorite Recipe Column, choosing three dishes she thought other families would enjoy.

The McVey family lives at 16704 Falda Ave. Mr. McVey is coordinator of photography for Douglas Aircraft, Santa Monica.

There are three younger McVeys, David, 20, a pre-med student at the University of Arizona; Julienne, 18, who combines school and work; and Cherlynne, 7, in the second grade at Evelyn Carr School.

Among her laurels, won for her service in many capacities in community life, Mrs. McVey was named "Citizen of the Year," and last year she was awarded the coveted National Honorary Life Membership in the Parent Teacher Congress for many years of participation in promoting youth projects. Naomi, as she is known to her friends, is also active in politics and was a candidate for City Council last year.

Today's Guest Cook is currently serving on the executive board of the Torrance Council PTA, board of directors of Torrance Red Cross, vice chairman of the Park and Recreation Commission for the city, and was recently appointed member of the Centinela South Bay Harbor Area Regional Advisory Committee for Tuberculosis and Health Assn.

MRS. KENNETH McVEY
. . . In Domestic Role

For her recipe contributions, she selected a meat loaf with a "tamale" personality, a flavorful way to make a pound of meat go a long, long way; Frijoles Con Queso, beans in a succulent bean and cheese sauce; and a Speedy Sponge Cake so necessary for a busy housewife schedule.

TAMALE MEAT LOAF

1 pound hamburger
1 c cornmeal
1 large onion (finely chopped)
1 green pepper (finely chopped)
½ tsp poultry seasoning
2 tsp. chili powder
1 egg (well beaten)
½ c milk
2½ c tomato juice
salt and pepper

Combine meat, cornmeal, onion, green pepper and seasonings; add combined egg and milk; mix thoroughly. Shape into a loaf and place in shallow baking dish. Pour tomato juice over loaf. Bake in moderately hot oven, about 375 degrees for 40 minutes. Serves 6 generously.

FRIJOLES CON QUESO

1 lb. pink beans
1 med. onion (chopped)
1 clove garlic (chopped)
1½ c nippy cheese (grated)
2 tbsp. salad oil or bacon drippings
Salt and pepper

Wash beans, soak overnight or for at least 5 or 6 hours. Simmer gently in the soaking water for 2 hours, or until tender, adding water to keep beans covered. Drain and reserve liquid.

Saute onion and garlic slowly in oil until tender. Mash about 1 cup of cooked beans and add to the onion-garlic mixture with about 1 cup of bean liquid. Blend well.

Add remaining beans and cheese; cook slowly, stirring constantly until cheese is melted. Season to taste with salt and pepper.

If desired, this can be prepared early and reheated on top of stove or in oven just before serving. Serves 8.

SPEEDY SPONGE CAKE

2 eggs
1 c flour
⅛ tsp salt
1 c sugar
1 tsp. baking powder
1 tbsp. butter
½ c hot milk

Beat eggs until light and thick. Slowly add sugar and beat with a spoon 5 minutes or electric beater 2½ minutes. Fold sifted dry ingredients into egg and sugar mixture, all at once. The folding in should take only 1 minute. Bake in waxed paper lined 8 inch square pan at 360 degrees for 30 minutes.

Baked On Frosting:

Beat one egg white with ¼ tsp. baking powder. Gradually beat in ½ c brown sugar; spread over hot cake. Sprinkle with ¼ c chopped nut meats. Bake in 350 degree oven until lightly brown, about 15 minutes.

Polish Group Plans Annual Park Picnic

South Bay Chapter of the Polish Women's Alliance held its regular meeting Tuesday evening at the home of Jean Sahs, 2626 Dalemead in Torrance with Estelle Green and Ann Gabel of San Pedro as hostesses.

After the business meeting, refreshments were served, followed by games.

The next meeting of the group will be its third annual picnic in Torrance Park, Arlington and Santa Fe, on Sunday, June 16, at 1 p.m.

All persons of Polish extraction are invited to attend. Each will bring a picnic basket. New members and transferees from the South Bay and Harbor areas will be welcome.

Housewives Swim Class

The second session of the Spring Housewives Learn-to-Swim classes will begin Monday, June 3, at the Victor E. Benstead Plunge, 3331 Torrance Blvd. Classes are held three times a week on Monday, Wednesday and Friday. Class times are 9:30 a.m. for intermediate and swimmers; 10:30 a.m. for beginner and advanced beginner; 11:30 a.m. for beginners and 50-mile swimmer (those who want to swim distance for exercise). There is a nominal fee for the two-week 6-lesson series. Registrations will be accepted at the Plunge on Monday, June 3, when the classes begin.

For further information, call the Torrance Recreation Department.

Fashion Show Wednesday

Spring Manor, Retirement Hotel at 20900 Earl St., Torrance, presents its third monthly Fashion Show Wednesday, June 3, at 2:30 p.m. in the beautifully appointed dining room. Fashions from a shop in the South Bay Shopping Center will be modeled by members of The Ramblers Senior Citizens Club of Gardena and the Hollywood Riviera Senior Citizens Club of Torrance. The public is invited.

Class Reunion Honors Teacher

A potluck dinner held on Saturday evening, May 25, brought together for a reunion a group of women who had been in the Adult Education Tailoring class at Torrance High in the years 1951-1955. The teacher, Mrs. Bessie Marsh of Ventura was the honored guest. Those attending were Mmes. Effie Willis, Minnie Henderson, Richard Belden, Jack Parks of Silver Lake District, Marvin Harris, Harold Henderson, Alice Nakerman.

Unable to attend were Mrs. William Roberts and Mrs. Robert Reed.

Fun and Fund Meets June 5

Fun and Fund Club of Torrance Rebekah Lodge 347, Independent Order of Odd Fellows, will meet on June 5 at 11:30 a.m. at the home of Lucille Taute, 1824 Martina Ave. The meeting will be followed by a potluck luncheon, Floella Whitacre, who will be in charge, invites all members to attend.

Familes Are Honored By Neighbors

Southwest Park community in Torrance staged a farewell party at the Carl Steele School on Friday evening as a tribute to six families who are moving from the area.

Mrs. Louis Bisou told of the many hours devoted by these families to the growth and welfare of the community during their residence here.

Honored guests were the A. D. Hawkins, 19406 Anza Ave.; Jack Ervings, 4746 W. 191st St.; Robert Masons, 4527 Narrott St.; John Lamberts, 4515 Cadison St.; Jack Maxwells, 4568 Cadison St.; and the Richard Mullins, 4730 W. 191st St.

The group enjoyed a dinner after which Mrs. Bisou presented each couple with a scroll from the community.

Community singing led by Mrs. Loren Griffith concluded the evening's festivities.

Plan Rummage Sale

Wives of Los Angeles Police Officers of the South Bay will hold a rummage sale on Thursday, June 6, at the House of Rummage, 12th and Pacific, in San Pedro. Hours are from 9:30 a.m. until 3 p.m. Proceeds from the sale will go to the chapter's charity, the Southwest Assn. for Retarded Children. The public is invited to attend.

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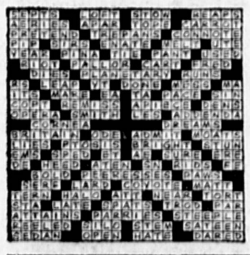
SOLUTION



Vacation Trip

Mr. and Mrs. Warren Pancake, 19428 Anza Ave., have returned from a week's vacation trip on which they visited Sequoia, Yosemite, and drove north to Crater Lake.

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