

Teenagers TOPS Set Meetings

For teenagers who want and need to reduce but through lack of will power cannot diet, a new teenage chapter of TOPS (Take Off Pounds Sensibly) meets each week at St. Andrew's Episcopal Church, 1432 Engracia, Torrance.

The principal objective of the nationally known group is to help overweight members lose excess weight and keep it off. The whole theory is based upon group therapy.

Meetings are held once a week and each member is weighed in. Confidential records are kept on each person's weekly progress. The knowledge that they all have a common problem helps them to discuss it frankly without being laughed at or misunderstood. TOPS originally came into being because there was great need for an organization to help the overweight as AA helped the alcoholic.

A doctor prescribes the diet and TOPS provides the "do it." TOPS also has the approval of the American Medical Association.

Any overweight teenager sincerely wishing to reduce is invited to attend the first meeting at St. Andrew's Church, 1432 Engracia, Torrance (across from the Torrance Memorial Hospital).

For further information call Mrs. Bunny Anders at FA 0-1943 or Mrs. Millie Martin at FA 8-3080.

Irresistible Flags

Some people still call it common garden Iris. But there's nothing at all common about the tall bearded beauty of today's nursery trade. It is, instead, an irresistible flag, waving tall and stately in the mid-spring sun. Aristocratic yes, but never common.

Today's tall bearded Iris is another product of the hybridist's art. Like the modern Rose, it seems capable of reproducing itself into an infinite succession of lovely new varieties. And like the Rose, it boasts a following of devotees who greet each year's new crop with undisguised enthusiasm.

For all the refinement, however, tall bearded Iris still retains its simple tastes in life. Few garden plants are less demanding as to soil nor more indifferent to water. Feeding should be light, if at all, and division of the clumps every three or four years is often enough.

Check with a member of the California Association of Nurserymen this month, the gardener will find him well-versed with tall bearded Iris rhizomes—all named varieties which can be identified by reference to the nurseryman's color chart. It is well to remember that the newer varieties are scarcer and therefore more expensive.

The fact that a particular variety is cheaper doesn't necessarily mean it's any less desirable—just more available.

Choose a warm, sunny place to plant these Irises and plant the rhizomes so that the soil barely covers them. In cooler coastal gardens, leaving the back of the rhizome partly exposed to the sun will promote a better bloom. Inland, burying it a half to three-quarters of an inch is better.

Water the newly planted Iris bed more frequently than an established planting, but don't overdo it. And be sure that drainage is rapid. These beauties may be indifferent to most cultural refinements, but poor drainage will do them in but quick!

Broiled Ham

What would springtime dinners be without ham and Florida grapefruit? Although they usually appear on the menu separately, these two plentiful are a good team when prepared together as a dinner entrée.

The juicy tartness of grapefruit goes well with ham and since the fruit lends itself to broiling it can be done right on the broiler rack with a thick ham slice. If you're not familiar with broiled or baked grapefruit, try it soon and see what a treat it can be. The heat seems to bring out the sunshine flavor of Florida's prize fruit.

This time of year brings lots of grapefruit from Florida to local markets so buy enough to serve them often as juice and halves, in salads and fruit cups, and in cooking.

BROILED GRAPEFRUIT AND HAM

- 2 Florida grapefruit
- 1 ready-to-eat 1-inch thick ham slice
- 3 tablespoons brown sugar
- 1 tablespoon catsup
- ¼ teaspoon Tabasco

Cut Florida grapefruit in half; remove core if desired. Cut around each section loosening fruit from membrane. Do not cut around entire outer edge of fruit. Place ham in pre-heated broiler; broil 10 minutes. While ham is broiling, blend together sugar, catsup and Tabasco. Spread part of the topping over cut surface of grapefruit halves. At end of 10 minutes, turn ham; spread with remaining topping. Place grapefruit halves on broiler rack with ham. Broil slowly 15 to 20 minutes, or until heated through. Yield: 4 servings.

Note: If desired, ham and grapefruit may be baked in moderate oven, (350 deg. F.) 45 minutes.

TREND

37 out of the top 50 U.S. metropolitan areas have now modernized their plumbing codes to include lightweight copper tube in home drainage systems, Anaconda copper plumbing specialists report.

Gone on Gardenias

By reputation, the Gardenia is a garden fussy budget. But is the reputation deserved? Most any member of the California Association of Nurserymen will give an argument if the answer is "yes."

Gardenia demands a certain amount of fuss and bother on the part of the gardener; but the results in beautiful fragrant blooms is worth every minute of extra care.

Like Camellias, Azales, Fuchsias or any number of other prized shrubs, the Gardenia has definite cultural needs. The gardener need only supply them and he will have blooms to match the best he could buy in any florist shop.

In the first place, Gardenias are heat lovers. They thrive in the sun and sulk in shade, though in the extreme heat of a valley summer they can be happy in open or high shade. Near the coast, they are best grown against a sun-baked wall where heat can be reflected during the day and stored for some added warmth at night. A south or west wall will give the best results.

The soil should be on the acid side, made loose and porous by the addition of humus, especially leaf mold or peat moss. Moisture should always be present and conserved by a mulch of pure peat. Yellowing indicates a lack of iron and is seldom evident when the soil is properly acid or a semi-state of dormancy.

There are many ways to get maximum use from Gardenias. In fact, it's hard to go wrong with them. A single, well-tended shrub will yield masses of fragrant blooms. Two or more are that much better. Try an informal flowering hedge of Gardenias, or tub them and spot the tubs in sunny pockets on the deck. In or out of bloom, the glossy foliage is lovely to look at.

Gardenias don't live forever and should be replaced after a few years if they start to decline. There's no point in keeping them past the point of perfection.

Clement to Attend Training Session

William R. Clement, 19207 Ronald Ave., division manager for the Robert Maas agency of Prudential Insurance Co., will attend a management training school at the company's western home office in Los Angeles June 19-23.

According to Robert C. Maas, agency manager, instruction in the recruiting, training and supervision of agents will highlight the five-day course.

A total of 120 Prudential division and associate managers in the 13 western states will take part in the training class this month, Maas said.

Harold E. Rudolph, training consultant in Prudential's western home office, will be in charge of the management training school.

CAMELLIAS

Prune back leggy growth on Camellias. Some more than others seem to grow rangy and need restraint. Let your eye be your guide.



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C. & H. Pure Cane SUGAR

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GOLDEN CREME. High quality at a low, low price and flavor that's great.	Half Gallon 45¢
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GOLDEN CREME. Top your salad tonight with healthy cottage cheese.	In a big Quart 49¢
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<p>Deluxe Quality FRENCH GREEN BEANS</p> <p>5 303 CANS \$1</p>	<p>DOLE FRUIT COCKTAIL</p> <p>303 CAN 23¢</p>	<p>ROSE ROYAL Cream Cheese Pies</p> <p>8-oz. Pies 39¢</p>
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