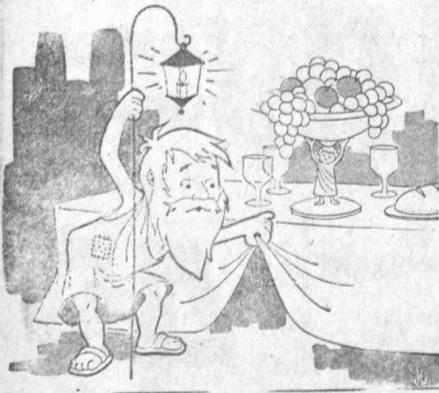


Food Sense □ Not Nonsense



An Iron-ic Search

Dr. Willard Krehl, a legendary cynic who searched everywhere in Greece for an honest man, has a soul-mate in doctors and nutrition scientists looking for disease they can pinpoint to a shortage of nutrients in the food Americans eat. With one exception, the search is almost vain. The exception: anemia.

Doctors are voicing growing concern about the disturbing number of persons who have anemia caused by a shortage of the nutrient, iron. Recommendations made for iron by America's top nutritionists in the National Research Council carry the smallest margin of safety of any of the nutrients. . . . come closest to requirements. This is particularly true for rapidly-growing children and young women.

At a recent conference designed to take a searching look at America's nutrition, Dr. Willard Krehl from the State University of Iowa School of Medicine warned that iron-short anemia is so common many hospitals brand borderline cases as normal. "The iron balance sheet," he said, "while adequate for the adult male, is precarious indeed for females."

In searching for reasons behind the increasing number of persons with iron-short anemia, some nutritionists spot these:

- Grandpa's surrender to modern water supplies. Well water is an excellent source of iron.
- Grandma's trading in her old iron skillet for a gleaming, new model of stainless steel, aluminum, or glass.
- Dependence upon one food as the source of all nutrients.

Eating a variety of foods will help fill the iron breach and make nutritional disease ever harder to find. Among the best sources of iron are: Liver, beef, dry fruits and vegetables, beans, deep greens, potatoes, and enriched and whole grain bread and other cereal foods.

Desserts Win Favor

Easy-to-prepare desserts for children's Easter parties get a head start with ready-made cookies or packaged cake mix. Two colorful favorites are Easter Basket Dessert and Miss Flossie Bunny. Recipes follow.

MISS FLOSSIE BUNNY
Prepare two packages pound cake mix according to directions. Pour 1/4 of the batter into a 7-inch greased round cake pan and the remaining into a greased 14" x 9" pan. Bake in a slow oven (325 deg. F.) 59 to 60 minutes. Use round cake for head and cut rectangular cake as shown in diagram to make dress, ears, arms, hands legs and feet. Make fluffy white frosting using two packages of mix. Color 1 cup yellow and 1/2 cup pink. Place cake pieces to form bunny on a piece of cardboard 34"x24" covered with aluminum foil. Frost bunny white; use the yellow frosting for dress and the pink frosting for hands, feet and the center of the ears. Make eyes, nose and teeth with jelly beans and Jordan almonds. Make a heart using red cinnamon candies. Decorate dress with halved fancy crests packaged cookies. Cover foil with jelly beans and fancy crests. Makes 25 servings.

EASTER BASKET DESSERT

Fill two 8x2-inch square baking pans with ice cream; using two quarts for each. Freeze. Unmold and stock. Freeze. Whip two cups heavy cream with 1/2 cup confectioners' sugar and 1 teaspoon vanilla extract. Frost ice cream cake. Make basket effect on sides with waffle crems cookies. Decorate top edge with fancy crest cut in half. Fill basket with fancy crests, jelly beans and mallomars chocolate cakes. Make the handle from pipe cleaners twisted to gether and finish with a bow. Makes about 20 servings.



EASTER BASKET DESSERT—Children's parties are fun, especially when the centerpiece-dessert can be made ahead and frozen. This traditional Easter basket is made of ice cream, decorated with waffle cream, fancy crest and mallomar chocolate cookies.

Fete Summer Brides At Spring Showers

The spring party forecast is for showers with summer's brides reigning as guests of honor.

Whether you decide to shower your favorite bride with practical miscellany, fill her hope chest with monogrammed linens, or add to her lingerie trousseau, one thing is certain: you'll want to make it as lovely a party as possible—right down to the refreshments.

Handily, at a bridal shower, even the food can be "all girl" and shamelessly pretty. One delightful example: this Rosy Future Centerpiece Cake with its rose-strewn petal-pink frosting—and a heavenly taste to match its looks. Beneath the frosting is a light-as-lace angel cake with a sweet surprise — strawberry cream filling.

An even sweeter surprise is in store for the hostess because — elegant though it looks, this cake requires no pastry chef to make it. And preparation time is kept at a minimum. The angel food cake is made from a 14-egg white mix. The lemony-another mix—Pink Lemonade Fluffy Frosting Mix. And even a novice can sprinkle rosebuds from canned cake decorators — over the cake and atop sugar cubes. All of which means that these will easily

be the prettiest refreshments you ever served — very easily indeed.

ROSY FUTURE ANGEL CAKE

- 1 package white angel food cake mix
- 1 package fluffy pink lemonade frosting mix
- 1 can pink cake decorator
- 1 can green cake decorator

STRAWBERRY CREAM FILLING

- 1 cup whipping cream
- 2 tablespoons powdered sugar

- 1 package (10 oz.) frozen strawberries

Bake angel food as directed on package. Cool completely. Split cake to make three layers and fill with strawberry cream filling.

Prepare frosting mix as directed on package. Fill an ice cream cone with a small amount of frosting (enough to make flat top) and place top side up in center of cake. Frost sides and top of cake, using petal shape motion in frosting.

Frost top and around sides of cone to form a platform for the pink petal nosegay. Decorate cake with pink and green cake decorators. Using star tip place ring of pink rosettes around base of cone. Accent with green leaves. Make nosegay on top using petal tip. Create vines with green cake decorator; place pink rosettes on vines (as shown in picture).

STRAWBERRY CREAM FILLING

Defrost and drain frozen strawberries. In a small bowl combine strawberry juice (about 1/4 cup), powdered sugar, and whipping cream; whip until thickened. Fold in drained berries.

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DO-IT-YOURSELF EASTER BONNET—A minimum of sewing ability is needed to make this spring toque for less than \$5. The basic structure is the Carol Lane Travel Hat, a scooped-shaped bonnet shown here with the peak tucked in and dressed up with a row of artificial roses and a bird cage of hot netting. The hat is reversible, collapsible, and adjustable, and can be worn at least six or seven different ways. For hat pattern, write to Miss Carol Lane, Shell Oil Company, 1008 West 6th Street, Los Angeles, 54, California.

Handmade Easter Bonnet Packs Flat for Travel

The grandest lady in the Easter parade this year can whip up her own stylish Easter bonnet, including the frill upon it, for under \$5.

It's simple, requires just a few materials, a minimum of sewing ability and, perhaps, a bit of imagination, says Miss Carol Lane, women's travel director for Shell Oil Company.

Miss Lane's do-it-yourself toque actually is a holiday adaptation of her reversible, collapsible and adjustable travel hat that can be worn six ways.

"It says six on the pattern, but now we've found this seventh way," says Miss Lane. "I really think, though, that there is hardly any limit on the variety of ways the basic hat can be worn."

To obtain a copy of the basic hat pattern, just send a request to Miss Carol Lane, Shell Oil Company, 1008 W. 6th St., Los Angeles, 54, California.

For Miss Lane's own Easter bonnet, she made the basic travel hat from a heavy-weave linen fabric stiffened with an inner lining of peltan.

The basic hat is a scooped-shaped bonnet. Miss Lane folded in the peak, tacked a row of artificial roses around the top and covered it with a bird cage of hat netting.

Wilmet Labit Heads the Toastmasters

New officers were installed at last week's meeting of South Bay Toastmasters Club. Taking their chairs during ceremonies presided over by Joe Earnest, Toastmasters Area Governor, were: Dr. Wilmet Labit, president, Torrance; Donald J. Payne, educational vice president, Torrance; Dr. Charles O. Hopkins, administrative vice president, Torrance; Robert Dreizler, secretary, Redondo Beach; Kenneth C. Beall, treasurer, Redondo Beach; and Kenneth Weisman, sergeant-at-arms, Hermosa Beach.

Robert Kink, who spoke "The Primitive Man's Dilemma," won first place in the formal speaking session. Second place was won by Thomas Rische, whose speech was titled "The Robots are Coming, or Are They?"

The table topics session, chaired by Bob Norland, was won by a guest at the meeting, Dieter Alpheis.

Men interested in learning to speak in public are invited to attend Toastmasters Club meetings. The South Bay Toastmasters Club meets each Wednesday at 6:35 p.m. at the Redondo Beach Elks Club. Information may be obtained by calling FR 5-0439.

Doris Lippard Wins at Realty Toastmasters

At the Torrance-Lomita Realtors Toastmasters Club, Mrs. Doris Lippard, of Lippard Realty, won the trophy for the Best Prepared Speech. She spoke on "Conquering Your Complexes."

Best Evaluator award went to Guy B. Cooper, while Norene Burgess was awarded the Table Topics Trophy. The club meets each Thursday morning at 8 a.m. in the Pancake House at Del Amo center, and is open to the public.

'Annie Get Your Gun' Tickets to Go on Sale

Tickets for the annual spring musical, "Annie Get Your Gun," to be staged by El Camino College, at 8:30 p.m., May 2-4 and 8-11, in the Campus Theater, will go on sale April 16 in the student store.

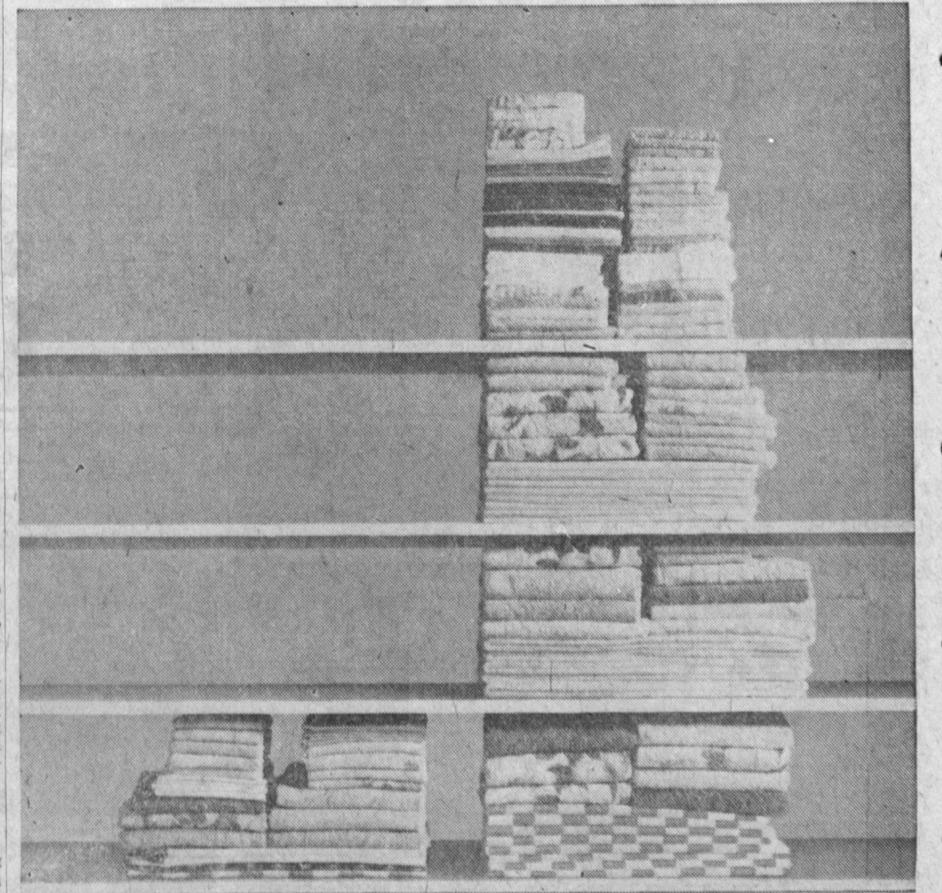
Songs such as "Doin' What Comes Naturally," "Lost In His Arms," "The Girl That I Marry," and "You Can't Get a Man With a Gun" will be featured in the performances.

Memorial Hospital Holds Annual Meeting

The 43rd annual meeting of the Torrance Hospital Assn. will be held in the conference room of the hospital at 10:30 a.m. April 12, 1963.

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