

Court Fashion Show to Feature Half Sizes

"Somewhere Over the Rainbow" will be the setting for the annual fashion show of St. St. Catherine No. 1378, Catholic Daughters of America, to be held Sept. 19 in the Nativity Parish Annex.

A social hour at 7:30 p.m. will be followed by a showing of fashions for all ages with half sizes being featured. The Modern Woman Shop will furnish the fashions with jewelry and accessories by Del Mar Accessories and children's clothes by the Kid's World, Mrs. Charles Butterfield, general chairman, announced.

Miss Marie Thomas, a member of the local court, will be the coordinator-commentator for the show. Modeling will also be done by court members or their daughters. Welcoming the guests will be Mrs. Harvey Lee, grand regent. Committee chairmen include: Mmes.

Louis Deroin and Andrew Rabel, tickets; Robert Klaesges, programs and publicity; Ralph Sullivan, models; Gordon Cady and James Neary, refreshments; Gordon Hicks and Robert Hammerle, social hour; Sarry Hamilton and George Rausch, door prizes and favors; Leonard Young and past grand regents, hostesses.

Door prizes will be awarded with the grand prize a "Pot of Gold." Dessert and coffee will be served and entertainment will be provided.

The annual show is the local courts primary fund raising activity of the year. Proceeds will go toward the support of the many charities supported by the Catholic Daughters of America.

Tickets may be obtained from any member of the court and will also be available at the door. The public is cordially invited.

Summer Desserts Features Berries



BEA WEBB

By BEA WEBB
Southern California Gas Co.
Home Economist

Berries always seem to mean that summer is in full swing. First of all strawberries, then the other varieties appear on the market. Remember that they keep best when washed properly and stored in the refrigerator, only one layer deep if possible.

Breakfast time calls for fresh berries with cream and sugar. Perhaps your idea of a special breakfast is waffles with fresh berries and whipped cream as the topping. Anyway berries add to the flavor and nutrition of a meal.

Desserts always seem outstanding when made with fresh berries, especially those summertime berry pies. Here are some reminder recipes, as well as some new ones for you to try.

LOGANBERRY OR BOSENBERRY PIE

Unbaked pastry for two crust nine inch pie.
1 cup sugar
5 Tbsp. all-purpose flour
½ tsp. cinnamon
4 cups fresh berries
1½ Tbsp. butter

Mix sugar, flour and cinnamon together. Blend lightly through the berries. Pour the berries into the pastry-lined pie pan. Dot with Butter. If the berries are dry, sprinkle with 2 Tbsp. water.

Cover with top crust. For a shiny and sugary top crust brush lightly with milk or water, then sprinkle with granulated sugar.

Cut several slits in top crust so that steam can escape while pie is baking. Bake in a modern gas oven set at 425 deg. for 35-45 minutes, or until crust is nicely browned and juice begins to bubble through slits in crust.

GLAZED STRAWBERRY PIE

1½ qts. strawberries
½ cup water
1 cup sugar
2½ Tbsp. cornstarch
1 Tbsp. butter
red food coloring
Baked pastry shell
Sweetened, flavored whipped cream

Wash, drain and hull berries. Crush two cups of berries and combine with water, sugar and cornstarch in a saucepan. Bring mixture to boiling point and cook over simmer flame about two minutes or until clear.

Add butter and enough red food coloring to give an attractive bright color; strain and cool slightly.

Fill baked and cooled pastry shell with remaining quart of berries. Spoon strawberry glaze over berries, making sure that all are covered. Chill.

Just before serving top with sweetened flavored

whipped cream.

RASPBERRY CHIFFON PIE

3 cups fresh raspberries
½ cup sugar
1 pkg. raspberry flavored gelatin
1 Tbsp. sugar
2 stiffly beaten egg whites
2/3 cup heavy cream, whipped

1 cup raspberries, fresh or frozen
1 9" baked pastry shell
Combine three cups raspberries and ½ cup sugar. Heat gently to extract juice. There should be one cup juice. Dissolve gelatin in hot raspberry juice.

Chill until partially set and whipped cream into e-pastry shell. Chill until set. Beat fluffy. Gradually beat latin mixture. Garnish with additional sugar into egg whites; beat Fold in one cup raspberries. Pour into cooled baked berries. whipped cream and raspberries.

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Mrs. Thelma Johnson to Wed in February

The forthcoming marriage of Mrs. Thelma Johnson of 2356 Torrance Blvd. to Lester Youmans of Temple City was announced at an engagement party given at her



MRS. THELMA JOHNSON sets wedding date

home Saturday by her daughters, Mrs. Richard Floyd, Mrs. Robert Schimick and Miss Naomi Johnson.

Mrs. Johnson, who has resided in this city for 35 years, is proprietor of the Torrance Mode-O'-Day store. She is the widow of the late Egbert Johnson.

The bridegroom-elect is employed by the Triflymart Markets in Los Angeles.

Eighty friends and relatives attended the engagement party. A group of 35 members of Torrance Four-square Church were among

those present.

Out of town guests included: Messrs. and Mmes. Ralph Youmans, Robert Youmans, Leon Youmans and Mrs. Gail Henry of San-Gabriel Valley and Mr. and Mrs. Wesley Friddle of Texas. Relatives present were: Mr. and Mrs. Elmo Caughlin and Mmes. Paul Johnson and daughter, Paula, Curtis Crain and daughter, Sharon, William Cooper and Thomas Whiteley and son, Dean.

The wedding is planned for February, 1964 after which the couple will reside in Torrance.

Booklet Offers Hints for Low Sodium Diet

A new 35-page diet guide and cookbook for low-sodium diets is available without charge from the makers of Fleischmann's Unsalted Corn-Oil Margarine.

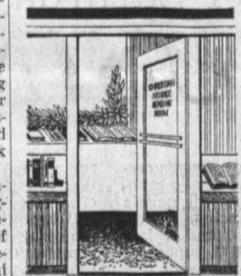
As indicated by its title, "Low-Sodium Diets Can be Delicious," the new booklet has been published as a helpful guide to illustrate culinary techniques which can be used to compensate for the lack of salt as a seasoning. The booklet is divided into three main sections: (1) a listing of common food categories grouped by sodium content levels and including calorie content, (2) menu plans and examples of a 1,000 mg. daily low-sodium diet, and (3) a collection of interesting recipes for sodi-

um-restricted diets.

Prefacing the booklet is a page of general rules for sodium-restricted diets and some tips on how to use the diet guide. Thirty-eight recipes are included with special emphasis on main dishes and vegetables, two categories where most people are accustomed to seasoning with salt. Herbs and other special flavorings are utilized to add interest to the food and compensate for the lack of salt.

Featured among the main-dish recipes are Beef Ragout, Sauerbraten and Rice-Stuffed Chicken. Typical of the unusual vegetable recipes included are Zucchini Saute, Green Beans Aman-dine, Tomatoes Provencal

and Potatoes Anna. Individual copies of the booklet can be obtained without charge by sending a request to: Fleischmann's Unsalted Margarine, P.O. Box 23E, Mount Vernon 10, New York.



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The place is the Christian Science Reading Room; the book, Science and Health with Key to the Scriptures by Mary Baker Eddy.

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LOW SODIUM MEAL is based on recipes contained in dietary cook book published by the makers of Fleischmann's Unsalted Margarine. Recipes

for nutritious and attractive meals are offered in diet guide which is available on request.

Representatives Named

H. A. Martin, co-ordinator of the Southwestern Region Heart Assn., has announced confirmation by Dr. Robert Woods, chairman of the Southwest Region of the appointment of Mrs. Carl B. Pearlston, Jr. as official representative of the South Bay Area to the county-wide development committee of the Heart Council. Mrs. Pearlston, who resides at 20610 Vaccaro Ave., is a member of the regional co-ordinating committee of the L.A. County Heart Assn.

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