

Bids Opened For Section Of Channel

County supervisors are expected to award a contract soon for construction of the final link in the 18-mile Dominguez Channel flood control improvement project in Carson area.

The work will consist of construction of about two and one-half miles of channel with concrete bottom widths varying between 50, 18 and 88 feet with stones placed along its slanted sides.

Routing of the section will take it roughly alongside the San Diego Freeway, passing under the Harbor Freeway, between its terminal points at Avalon and Vermont.

Sealed bids were opened Friday in the offices of County Flood Control District Chief Engineer M. E. Salisbury. Supervisors are expected to award a contract to the low bidder within ten days after opening of bids.

Completion of the section will wind up construction on the major drainage artery in the area running from International Airport in Inglewood to an outlet at San Pedro Bay. Overall cost of the completed system is expected to exceed \$30 million.

Work on the Avalon - Vermont unit will start within two or three weeks after award of contract and take about 28 months to complete.

Owners of Rental Units To See Game

Owners of one or more rental units have been invited by the South Bay Apartment Owners Association to attend with them the L. A. Angels baseball game against Boston, Aug. 1 at Dodger Stadium.

Members and non-members may make reservations by phoning DA 4-4495 or FA 1-4019. Tickets are \$4 each and include round trip transportation by chartered bus, refreshments enroute, and reserved seats behind home plate.

Lomita VFW Post Salutes New Officers

Lomita Post and Auxiliary 1622 of the Veterans of Foreign Wars, gave a reception recently for their newly elected officers at the Veterans Hall in Lomita.

Hareley Gray, 22603 Hickory St., is the newly elected post commander. Mrs. Thelma DeSoller, 2353 Sonoma St., is now president of the auxiliary.

Any persons interested in joining either group may contact the above individuals.

Carson Area Seeks Street Light Plans

Residents of a six-street subdivision in the Carson area have begun circulating a petition to form a street light assessment district.

The area would be annexed to the Dolores Lighting District if the petition drive is successful. It includes an area bounded by Jay Street, the San Diego Freeway, Lucerne Street, and 223rd Street.

The petition must be signed by property owners representing at least 50 per cent of the assessed valuation in the subdivision. Residents have until Oct. 1 to complete the drive.

Plan Memorial To Kennedy in Downtown Area

A memorial to the late President Kennedy will be dedicated in Torrance in mid-August, according to a joint announcement by the Parks and Recreation Commission and the Torrance Beautiful Commission.

The memorial will be placed in the triangular area in the downtown business district. A small pond and fountain are to be built around the memorial.

Mrs. Celia Pons, a long time resident of Torrance, has donated the memorial.

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



FRESH NECTARINE SLICES in tangy sauce lend rare flavor distinction to lamb patties. Mashed sweet potatoes and crisp wedges of iceberg lettuce dolloped with mayonnaise and sprinkled with paprika make excellent accompaniments for this main course.

Fruit In Tangy Sauce Sparks Lamb Flavor

Some good cooks contend that an unusual sauce will give distinction to even the most ordinary cut of meat.

While ground lamb is certainly not ordinary by a lot of people's standards, there's no denying that its flavor is richly enhanced by the sauce suggested here made with nectarines.

The patties themselves are sparked with chopped onion and other popular seasonings.

When the patties are cooked, add currant jelly, sliced fresh nectarines, grated orange rind and a little water or Sherry to the meat drippings. Stir and heat gently.

The flavor compatibility of nectarines and lamb helps to

turn this easy-do main dish into a real treat for the taste buds.

This year's nectarine crop in California looks to be one of the most lavish on record. The red-and-gold skinned fruit will be in the markets well into September.

This means quite a few weeks lie ahead for us to enjoy it in recipes and as simple out-of-hand eating.

Fanciers of milk shakes shouldn't let another day go by without trying a nectarine milkshake. Just add diced fresh nectarines to a vanilla shake and whirl in the blender for a true summertime refresher.

Combine lamb, onion, garlic salt, pepper and rosemary. Mix thoroughly. Form into four patties. Pan-broil in heavy frying pan.

When lamb patties are done as desired (the patties will be more juicy if not overcooked), arrange on platter and keep warm.

Pour excess fat from drippings. Add to drippings all remaining ingredients. Stir and heat gently to melt jelly and blend drippings into sauce.

Spoon bubbly-hot sauce over lamb patties. Serve with mashed or baked sweet potatoes or steamed brown rice.

Pear rings are a good ham garnish. Slice unpared pears crosswise and remove the core. Place rings in buttered casserole.

Sprinkle with mixture of sugar, cinnamon and lemon juice. Bake about 30 minutes as the ham is baking.

The Week-End Cook

Many homemakers who double in brass as wage earners have adopted the cook-extra-on-Sunday plan.

This strategy makes dishes such as home-made corned beef easy since the time-consuming steps are taken ahead of time.

For best results, purchase only top quality branded corned beef. Wash it thoroughly under cool running water and bring slowly to boiling point.

Lower heat and simmer until tender. For pieces weighing five to seven pounds, cook 45 to 60 minutes per pound, depending on quality. Pieces weighing over seven pounds need 30 to 45 minutes per pound.

Keep pot covered and add more hot water during cooking process to keep meat submerged in liquid. Turn meat over every hour.

Cook until it does not cling to dinner fork when tested in leanest part. Allow meat to remain in its own liquid at least 30 minutes after it is done.

If it is to be served cold, plunge it into ice water as soon as removed from hot liquid and keep it in ice water several hours. This will firm up meat, making it easy to slice thin.

Upon removing from ice water, drain well, wrap in wax paper and refrigerate

until ready to serve. Always slice corned beef against the grain when possible.

If meat is to be served hot, sprinkle it with paprika after it is removed from the liquid; place it on rack with drip pan underneath and bake 20 to 30 minutes at 350 degrees, basting several times with corned beef liquid meat with corned beef liquid.

The 'Whey' of Buttermilk

Today's cultured buttermilk, because of its high quality, is much more of a special treat for the family than the product of yesterday's homemaker when she churned butter and looked forward to enjoying the whey.

Last year California dairymen produced more than 15 million gallons of buttermilk which gives us some indication of its popularity.

The modern product is made from fresh Grade A milk with a specially prepared culture of bacteria developed under careful laboratory conditions.

This culture is used to produce the desirable acidity, body, flavor, aroma and a smooth heavy-body characteristic of the product.

Calories in cultured buttermilk vary slightly depending upon the milk used; it may be fresh fluid skim, whole or concentrated where milk fat is added in the form of butter granules.

It has the same food value as the milk from which it is made; with calcium, riboflavin and protein as the key nutrients.

Cultured buttermilk needs the same care as other fresh fluid milk. Its keeping quality is excellent but it needs to be refrigerated, of course.

Cooks have discovered that with its unique flavor and slight acidity, it makes light cakes, biscuits and pancakes. It may be substituted in favorite recipes calling for sour milk.



CALLING ALL ENTRIES

Dick Halcomb, general manager of Luer Packing Co. and Wayne Steimle, president of California Pools Inc. call attention to Luer Summer Sweepstakes with a poolside breakfast featuring the new Luer bun-size frank. Mr. Halcomb performs the barbecuing chores beside the pool, which is custom built by Mr. Steimle's company. The pool is first prize in Luer's 250 prize contest for Southern Californians only. Remember that tomorrow is last day for entry in this Sweepstakes.

Have Another Carefree Day

The summer months are for relaxed living but the home chef must plan well for her family's nutrition needs.

This is easy with a salad when it is made with elegant crab, so rich in protein as well as goodness.

Today's suggestion contains most everything you need. Add a roll and a hot fruit dessert to complete the menu.

TOMATOES WITH CRAB DRESSING

- 2 cans (7½-oz.) Deming's King Crabmeat
- 1 cup grated carrot
- 2 hard-cooked eggs, chopped
- 1 tbs. chopped onion
- 1 cup mayonnaise or salad dressing

- ¼ cup lemon juice
- 1 tsp. prepared mustard
- 1 tsp. salt
- ¼ tsp. pepper
- 18 tomato slices
- 6 lettuce leaves

Remove any shell or cartilage from crabmeat. Combine carrot, egg, onion and crabmeat.

Combine mayonnaise or salad dressing, lemon juice, mustard, salt and pepper and mix thoroughly.

Add mayonnaise mixture to crab mixture; toss lightly. Chill.

Arrange three tomato slices on each lettuce leaf; sprinkle with salt. Top tomatoes with approximately 2/3 cup crabmeat dressing. Serves six.

A FRISKY SOUP

From the first swallow, when the lemon juice commands those languid taste buds way in the back of your mouth to wake up, you're going to be a frisky sour fan.

It's a lovely beverage that delivers a quick lift because it's made of two refreshing ingredients — beef broth and lemon juice.

Here's how! In a shaker or jar with tight fitting cover combine 2 cans condensed beef broth, ¼ soup can water, 8 ice cubes, and ¼ to ½ cup lemon juice.

Cover and shake well. Serve in chilled glasses. Makes 6 to 8 servings.



ENJOY TREAT

This young and trim model invites you to enjoy a new taste treat—Metri-Cola, the new diet cola distributed for the first time in Southern California. Licensed by Mead Johnson, makers of Metrecal, Metri-Cola is refreshing, sugar-free soft drink designed to please the entire family. Metri-Cola is bottled locally by Diet Drinks, Inc.

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