



HEARTY ENTREE USES SIRLOIN TIPS

For a quick, convenient dish that's so good it tastes like home-cooking, try pre-cooked frozen Kold Kist Sirloin Tips with noodles. Just heat Sirloin Tips while noodles are cooking; serve heated Tips over noodles. For variation, serve Tips over rice or macaroni. Fruit salad and baked custard for dessert complete a menu which is wholesome and hearty.

Match Color of Parfaits to Flavor

Colorful parfaits are a flavor delight that will bring you compliments throughout the winter season.

This dramatic, easy-to-prepare dessert consists of layers of pudding enhanced with flecks of maraschino



cherries, with a mid-layer of lime gelatin sparkled with flecks of green cherries.

Make this dessert several hours ahead and assemble in tall tumblers or parfait glasses.

PARFAITS

- 1/2 cup sugar
- 6 tbs. flour
- 1/4 tsp. salt
- 2 cups milk, scalded
- 2 eggs, well beaten
- 1/2 tsp. vanilla
- 1/4 tsp. almond extract
- 1/2 cup diced red maraschino cherries
- 1 pkg. lime gelatin
- 1/4 cup diced green maraschino cherries
- 1/2 cup heavy cream, whipped
- Additional cherries for garnish

Blend sugar, flour and salt with scalded milk in top of double boiler. Cook over boiling water, stirring constantly, about 15 minutes.

Stir mixture into beaten eggs. Return to saucepan; cook over hot water three minutes, stirring constantly. Cool; add extracts.

Stir in red maraschino cherries. Prepare lime gelatin according to directions on package. Cool until fairly thick; stir in green cherries.

Spoon into 6 parfait glasses, alternating layers of pudding and lime gelatin. Chill.

Top with swirls of whipped cream and garnish with additional cherries.

SWEET AND SOUR

Meat Balls Go East by Using Soy Sauce

Main dishes which bring us the atmosphere of Hawaii use soy sauce as an important ingredient. Long overlooked is the versatility that soy sauce adds to nearly any meat dish whether it springs from the east or not.

Soy sauce is mankind's oldest seasoning agent and has been the Orient's basic seasoner since before recorded history.

Use it in this recipe for Sweet and Sour Meat Balls.

Heat oil in skillet and brown meat balls on all sides. In a large saucepan, add remaining corn starch to pineapple juice along with soy sauce, vinegar, water and brown sugar.

Cook until thickened, stirring constantly. Add meat balls, fruit and green pepper and cook 5 minutes, or until fruit is well heated. Serve sprinkled with chopped macadamia nuts or slivered almonds.

SWEET AND SOUR MEAT BALLS

- 1 1/2 lbs. ground beef
- 2 eggs
- 4 tbs. cornstarch
- 1 minced onion
- 1/4 tsp. pepper
- 1/4 tsp. nutmeg
- 1 tsp. seasoned salt
- 1 tsp. Garlic 'n Oil
- 2 tbs. Saf-flower Oil
- 1 1/4 cups pineapple juice
- 1 tbs. soy sauce
- 3 tbs. wine vinegar
- 1/2 cup water
- 1/2 cup brown sugar
- 2 cups fresh pineapple and papaya chunks
- 2 green peppers, cut bite-size

Blend together beef, eggs, 1 teaspoon cornstarch, onion, pepper, nutmeg, seasoned salt and Garlic 'n Oil. Form into 1-inch balls.

That's Cottage Cheese!

Tender curds of milk seasoned with cream; that's what cottage cheese is made of! It is high in protein, low in calories, easy to serve, a bargain to buy.

Heap cottage cheese on crisp greens; surround with any of these: spiced beets, tiny carrot sticks, bright red apple slices, pitted prunes, orange sections, canned pear or peach halves.

Serve with any favored dairy sour cream dressing.



to please any cat...

- special blend kidney 'n meat
- liver 'n meat
- chicken 'n meat
- meaty mix
- tuna



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Great for BARBECUING MARINATING TENDERIZING

CREA Pledges Support Against Nullification

David N. Robinson of Berkeley, incoming president of the 48,000-member California Real Estate Association, has pledged that the CREA will oppose any attempt to nullify the effect of Proposition 13.

In his inaugural speech in San Francisco, Robinson declared, "In the year ahead, we will unite against any and all adversaries who would challenge our position, or who through legal or legislative attempts, would try to limit or abridge the rights of the individual realtor, local real estate board, or our state association, or the right of the property owner to freely choose to whom he will sell or rent his property."

Robinson also reaffirmed CREA's "dedication to the proposition that all people shall be served equally by

our members. Our newly adopted Code of Practices spells this out in clear and certain terms."

The new president said CREA was convinced voluntary equal housing programs, and not legislation, was the answer to minority housing problems. "Four-and-a-half million voters have said em-

phatically they want such a voluntary approach," he declared.

Robinson succeeds Art S. Leitch of San Diego as president of the 60-year-old California Real Estate Association.

Other officers, installed at the San Francisco sessions, include Carl W. Newport of

Sherman Oaks, as treasurer, and H. Jackson Pontius of Arcadia as executive vice president and state secretary. Pontius is now in his 10th consecutive term.

Taking office at the same time were 31 regional vice presidents and about 1,000 state directors representing 173 real estate boards.

Volunteer Leadership Class Set

Directors of volunteers, volunteers, and auxiliary leaders throughout the state will gather to exchange ideas and experiences in hospitals and agencies at the University of California's Lake Arrowhead Residential Conference Center Jan. 20 through 22.

The three-day session on improved leadership skills and techniques is under the sponsorship of the University Extension. The sessions will concentrate on interpersonal relations, leadership skills, and organizational problem solving.

Jessie L. Ruhlman, associate professor of psychology,

will be the coordinator for the conference. Speakers will include volunteer directors from several area hospitals. Tuition fees for the conference are \$80 per person and include room and meals. Information and applications may be obtained from the University Extension office at 3620B W. 182nd St.

Local Plant Purchases Royan Corp.

Aeronca Manufacturing Corp. has acquired the manufacturing equipment and various patents of Royan Corp. of Anaheim, according to J. Kuderer, president of Aeronca.

Kuderer indicated the addition of Royan, one of the nation's leading producers of steel honeycomb core for aerospace vehicles, will broaden Aeronca's market position and, at the same time, serve to reduce costs of the corporation's honeycomb "sandwich" fabrications. The multi-wheel equipment is the only kind of its type in the United States.

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