FLAMENCO . . . Inesita, internationally famous flamenco dancer, will present a program of dances evoking the moods of Aragon, Galicia and Andalusia Friday in the Campus Theater at El Camino College.

Flamenco Dancer Will Perform at El Camino

A program of flamenco dances will be presented by Inesita and her company in the El Camino Campus Theater, Friday, at 8:30 p.m.

Inesita brings to El Camino an international reputation for excellence in her art and a touring history that includes Mexico, Cuba, Guatemala, Spain, London and New York.

London critic Fernau Hall described her as a "supreme artist with a reputation among professionals that bears "the stamp of a living legend."

Lillian Moore of the New York Herald Tribune claimed for Inesita "a fabulous technique . . . she uses her heels as a coloratura soprano uses her voice. Spectacular trills and roulades, punctuated by sharp staccato notes, came cascading from the stage in all her flamenco dances."

Reserved seats for the El Camino performance are $1.50 and may be purchased at the student store in the campus center or at the box office the night of the performance.

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Army PFC Greg Simonian, son of Mrs. Roxie Simonian of 3230 W. 179th St., has returned home after a year's duty in Viet Nam. Pvt. Simonian, a graduate of North High School, will report to Camp Roberts at the conclusion of his leave.

Men's Trends

by Lou Schlanger

A group of men's fashion designers have offered their consensus that the men of this country can be rated, satorically, as follows:

- Diplomats, including politicians;
- Show business figures;
- Athletes;
- TV commercial announcers;
- Advertising men;
- Collegians;
- Businessmen, and, at the tail end;
- Newspapermen!

* * *

CARE OF CLOTHES: Spots on a felt hat can often be removed by rubbing them lightly with a clean blotter . . . It's not advisable to wash a pair of washable leather gloves after they've been dry-cleaned. Much of the natural oils may have been removed . . . Reminder: Wool socks should be washed as soon as possible after wearing. And do not let them soak too long when being washed.

CLOTHING COLORS: This is an updated report on the shades of clothing that are selling now in the stores. Gray has not lived up to promise in most areas, and blues and browns are far in the lead. The picture for spring, in lighter weights, looks about the same . . . One reason for the popularity of the aforementioned colors has been the fact that irridescents have been so big, and the majority of these are in plain and compound versions of blues and browns.

* * *

FROM THE MAIL BAG: "Did you ever advise your readers to try putting a couple of drops of lemon on shoes when they are being shined?" Yes—gives a great lustre . . . "Has the Windsor Knot gone out of style?" No, it's still the proper knot to be worn with a spread collar. But this bulkier knot does not go well with today's trimmer collars.

More larceny—The ladies have stolen another item from the men—in this case, spats! They're now being shown in all sorts of fabrics and mock leather. (The men say—"They can have 'em") . . . Tips from the Best-Dressed — Stage and screen star Jack Cassidy says that tinted or pastel shirts will help to warm up one's skin tones . . . Origin—"District Checks" were known as "the poor man's tartan," and were used as identification by landowners and their tenants who had no hereditary rights to a clan plaid . . . Neatest Vocalist — New singing star Jack Jones, during his act, says, "This is about the time in a male singing performance to loosen the tie. So you folks go right ahead and loosen yours. I spent too much time tying mine to spoil it now!"

State Board Offices Have Tax Forms

Income tax forms for federal and state returns due April 15, as well as referral information, are now available in all Southern California offices of the State Board of Equalization, according to Richard Nevins, member of the Southern California board.

This service is part of the board's program of continuing assistance to the public and can be provided without cost to the individual and with a minimum cost to the state.

A representative of the Franchise Tax Board will be at the Board of Equalization office at 630 N. La Brea ave., Inglewood, April 8 to 15.

SEAFOODS are always a popular dish for nutrition and economy. These fillet roll-ups make fine entree for any Lenten meal.

FOR LENT

Economical Fish in Plentiful Supply

Fillets of cod, haddock, ocean perch and other white-meated fish will be in plentiful supply during the Lenten season, the National Fisheries Institute tells us

Mary Wise menus and shopping guide

and many are the delightful dishes that can be made with this economical food.

Especially developed for combining fish with tomatoes in a meal-in-a-dish, is this recipe for Creamy Fish Roll-Ups.

CREAMY FISH ROLL-UPS

1 lb. frozen fish fillets, or 4 fresh fillets
¼ cup butter
Juice of 1 lemon
Salt and pepper
Powdered thyme
4 tomatoes
1 medium onion, sliced
1 stalk celery, chopped
1 tbs. soft butter blended with 1 tsp. flour
¼ cup heavy cream

If frozen fillets are used, let thaw on refrigerator shelf or at room temperature. If fillets are thick, slice through to make pieces of fish thin enough to roll.

Place the ¼ cup butter in a baking dish and put in oven set at 375 degrees for butter to melt.

Meanwhile sprinkle fish with lemon juice, salt and pepper, then a tiny sprinkle of thyme. Roll each fillet. Peel tomatoes and cut a slice off each end.

Separate onion into rings and spread in butter over bottom of baking dish. Add celery. Place rolled fillets and tomatoes on onions and celery, placing fillets with seam side down.

Cover dish with aluminum foil and bake at 375 degrees 15 minutes. Remove from oven and blend in butter and flour mixture. Stir in cream.

Return to oven to heat sauce thoroughly. Spoon sauce over fish and tomatoes, garnish with parsley and serve immediately. Makes 4 servings.

Combine 1 can condensed tomato soup, ½ cup milk and ½ cup shredded Cheddar cheese. Heat, stirring, until cheese is melted. Serve with fish or omelet.

Say Prunes, Please —They're Plentiful

Last year the sun shone and the rains came to California prune orchards at precisely proper times. Reflecting this climatic accord, dried prunes are more than plentiful.

Back in this century's youth, dried prunes were nearly dehydrated. They were almost hard so they required long preparation. This is not so today since modern processing methods partially cook, plump and pasteurize the fruit.

Be a Label Reader

Dried prunes are packaged according to size and the label tells the story. Small, medium, large and extra large.

As a rule of thumb for using the various sizes: Small and medium sizes are excellent for breakfast and in products where size is not important. The larger sizes are fine for salads and appetizers where they are stuffed and size is an attribute.

Preparation of Prunes

There are several methods for the cooking and plumping of prunes and we list them. Cover one pound dried prunes with one quart boiling water. Cover container, cool and refrigerate for 24 hours. The longer the fruit soaks, the plumper it becomes. This produces juice which is light-bodied.

Turn dried prunes into a colander; cover and set over pan of boiling water for 30 minutes until plumped. There is no syrup with this method.

Cover one pound prunes with one quart water and soak overnight. Next day, bring to a quick boil; reduce heat and simmer 3 to 5 minutes. This makes a thick, syrupy juice.

And More

Turn one pound prunes into a jar or bowl; add one quart cold water. Cover and soak for 24 hours; then refrigerate. This is an easy way to plump up prunes you use for baking.

Add one quart cold water to one pound prunes. Bring to boiling; reduce heat and simmer for 10 to 20 minutes. For plumper fruit and richer juice, refrigerate overnight in the syrup.

Since prunes have been endowed with an abundance of natural fruit sugars, it isn't necessary to add more.

FABULOUS SAUCE

Cook ¼ cup chopped onion, ⅛ teaspoon thyme in 1 tablespoon butter until onion is tender. Blend in 1 can condensed tomato soup, ½ cup dairy sour cream, ¼ cup water, 2 teaspoons paprika, ¼ teaspoon salt and dash pepper. Heat, stirring often. Use as sauce for chicken or veal.

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