

MARY WISE Menu Planner AND SHOPPING SUGGESTIONS



A PARTICULARLY LARGE CROP of excellent quality California plums is now in the market, their tart-sweet goodness making them useful for a wide variety of desserts and salads. One way to serve them is stewed, as shown.

Plums Now In Season

California, grower of some 40 per cent of all fresh fruits and vegetables consumed in the United States, is also the almost exclusive producer of Japanese-type plums which come to market from early June well into August.

Although the terms "plum" and "prune" have been used interchangeably at times, the industry makes this distinction: A plum is a variety grown primarily for uses other than drying — mainly for fresh use and in a small way, for preserving, jams and jellies. California plums are large, heart-shaped, and either red or yellow in color. There are no blue Japanese plums.

Prunes are less juicy, blue, higher in sugar and acid and are dried without removing the pit. When marketed fresh, the fruit industry likes to call them "purple" or "blue" plums.

Plums contribute worthwhile amounts of vitamins A and C as well as other vitamins and minerals. They are a boon to those on low sodium diets. A 2-inch plum

supplies only 30 calories so that plums are the joy and delight of the weight-watcher as well.

STEWED FRESH PLUMS

- 2 cups water
- 1 cup sugar
- 2 lbs. fresh lemon juice
- 1/2 tsp. salt
- 2 (2-inch each) sticks cinnamon
- 2 lbs. fresh plums
- 1/2 tsp. pure vanilla extract

Combine water, sugar, lemon juice and salt in saucepan. Add cinnamon sticks and bring to boiling point, stirring constantly. Add plums to boiling syrup. Boil until tender, 3 to 5 minutes. Remove from heat and cool. Add vanilla. Chill in syrup. Serve a dessert or as a meat accompaniment.

FRESH PLUM SPONGE MOLD

- 2 env. unflavored gelatin
- 1/2 cup cold water
- 1 1/2 cups fresh orange juice
- 1/4 cup fresh lemon juice
- 1 cup sugar
- 1/4 tsp. salt
- 4 whole fresh plums
- 1/2 cup heavy cream
- 1/4 tsp. pure vanilla extract
- 2 cups sliced fresh plums
- 2 egg whites

Soften gelatin in cold water in custard cup. Place cup in pan of simmering water to dissolve. In large mixing bowl combine gelatin, orange juice, lemon juice, 1/4 cup of the sugar and salt; mix well. Cut whole plums in half, remove pits, and place in desired pattern around bottom of 6-cup mold. Pour 1/2 cup of gelatin mixture over plums; chill until firm.

Place remaining gelatin mixture in refrigerator to chill until as thick as unbeaten egg whites. Whip cream with vanilla until stiff; fold into gelatin along with sliced plums.

Beat egg whites until they stand in soft peaks; gradually beat in remaining 1/4

cup sugar. Fold into the cream-gelatin mixture. Turn into mold. Chill until firm and ready to serve. Unmold on serving plate. Serve as dessert.

FRESH PLUM CRUMBLE

- 2 1/4 lbs. fresh plums
- 1 1/4 cups sugar
- 2 tbs. quick-cooking tapioca
- 1 tsp. salt
- 1 tbs. butter
- 1 cup sifted all-purpose flour
- 1/2 cup butter

Pit plums and cut into quarters. There should be 4 cups. Mix with 1/2 cup of the sugar, tapioca and 1/4 tsp. of the salt. Turn into a 10x6x2-inch baking pan. Dot with the 1 tbs. butter. Sift together flour and remaining 1/2 cup sugar and 1/4 tsp. salt. Cut in remaining 1/2 cup butter until it resembles coarse crumbs. Sprinkle uniformly over top. Bake at 375 degrees 50 to 60 minutes or until browned. Serve with or without whipped cream.

Outdoor Cookery Topic For New Recipe Contest

Can your food budget use a \$20 boost this month? Then be sure to enter the Mary Wise Recipe of the Month Contest. Subject this month is "My Favorite Outdoor Cookery Recipe."

Simply mail your entry to Mary Wise, care of this newspaper. Be sure your entry is postmarked before Aug. 7. Anyone may enter the contest except employees of this newspaper, and all entries become property of the paper. One entry per envelope please.

Winner of the contest receives a \$20 merchandise order from any grocery store advertising in this newspaper.

HONEY TOAST IS DELIGHTFUL

Honey toast is ideal with your favorite beverage. It makes an appetizing accompaniment for mid-morning coffee, afternoon tea or after-school snacks with milk. It adds interest when served with fruit salads.

Simply remove crusts from slices of whole wheat bread. Brush both sides of the slices with melted butter or margarine and honey. Cut each slice into six equal size pieces. Dust lightly with cinnamon or chopped nuts. Arrange on a cookie sheet.

Bake at 375 degrees 15 minutes or until hot and toasted. Serve at once.

there's only one

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TENSE SCENE . . . Nick, portrayed by Ed Carey, tries to stop George, played by Roger Elliott, from strangling his wife, Martha, portrayed by Mrs. Margaret Middleton, in a scene from Edward Albee's "Who's Afraid of Virginia Woolf?" The production is now playing to capacity audiences at Chapel Theatre, 4164 W. Pacific Coast Hwy. The run will continue through Aug. 20.

REVIEW 'Virginia Woolf' Cast Scores Chapel Success

By BETTY SCHROEDER There is nothing more gratifying to actors than to have their efforts well received by the audience, and there is little doubt about the reception being given Chapel Theatre's current production, "Who's Afraid of Virginia Woolf?"

Capacity audiences have witnessed the performances to date and every indication points to a jammed theater for the remaining three weeks.

The performances given by the cast of four are nothing short of brilliant and Lou Bruhke affords the cast capable direction.

Beach. The young couple innocently drawn into the weird games of pretense played by George and Martha are portrayed by Ed Carey of Studio City and Julie Bradley of Los Angeles.

So realistic are the characterizations that there are a few moments during the play when the audience becomes concerned with the physical welfare of the cast! Even though the play is a lengthy one — running nearly three hours — there is never a moment when the audience is not absorbed and involved in the cunning masterpiece by playwright Edward Albee.

George and Martha are pathetically desperate people bound together in marriage not by love, but by a need.

MRS. MIDDLETON changes her moods with professional adeptness from the sexy female to the hysterical shrieking to the pathetic and soft-spoken dreamings of unfulfilled desires. Elliott portrays the degraded husband with intensity and dramatic ferociousness.

Carey presents a fresh and natural approach to the role of the young Nick, who does not want to become involved in anyone's private quarrels.

Mrs. Bradley's subtle transition from sobriety to complete drunkenness during an afternoon party — which lasts until dawn — is a fascinating performance.

"Who's Afraid of Virginia Woolf?" will continue week-ends at Chapel Theatre through Aug. 20.

FEATURED are Margaret Middleton of Redondo Beach as the malicious tongued wife of George, portrayed by their marriage alive by Margaret Roger Elliott of Hermosa

Gifted Students Get Top Grades

One hundred thirty-six eighth grade students took courses in Torrance high schools this year under the Torrance Unified School District's advanced placement program for academically talented youngsters.

According to a report made to the Board of Education by Dr. Albert Posner, assistant superintendent for instruction, algebra was the most popular course, with more than half the students enrolled.

Earth science attracted 22 students, and French, 17. Other courses and students enrolled were: Latin, 10 Spanish and German, six each, and speech, biology, and Spanish III, one student apiece.

Bible School Will Begin At Ascension

Two hundred children are expected to enroll in the Vacation Bible School which will be held at Ascension Lutheran Church Aug. 8 through 19.

"My Savior and I" will be the theme of the session which will combine Bible stories, memory work, handicraft projects, and songs to emphasize the teachings of Jesus Christ.

Morning classes for children aged 3 to 14 will be held from 9 to 11:45, according to A. G. Ahlers, principal of Ascension Lutheran Elementary School.

Opening devotions will be conducted by the Rev. Lloyd Warneke. Staff members will include Joseph Strubbe, Mrs. Edwin Niles, and Mrs. Melvin Weeden.

Author Plans Appearance at Redondo Church

Dr. William R. Parker will be the guest speaker at the 9:30 and 11 a.m. services at the Church of Religious Science, 907 Knob Hill Ave., Redondo Beach, Sunday.

Professor of speech at the University of California, Redlands, Dr. Parker authored "Prayer Can Change Your Life" and "Man, Animal and Divine." He is president of the William Parker Foundation, which is devoted to research in the field of human relations.

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