

# Quick, Easy Skillet Meals

## A Godsend to Housewives

Skillet meals are indispensable to busy homemakers. They're delicious, nutritious, and so quick and easy to prepare!

The Chinese technique of stir-frying is used for Quick-Chick-Skillet, that is—quickly frying and stirring thin strips of chicken. You will

surprise and delight your family because this meal—a skillet is ready to serve in about 10 minutes. Cooking time is so short that foods retain their natural color, flavor, texture and nutritive value.

Of course, successful stir-frying requires controlled heat. The ultimate in dependable controlled heat is found on the automatic top burner of your modern gas range! This "burner-with-a-brain" quickly heats the pan and food to a temperature you set, then automatically maintains the correct amount of heat. A thermostat in the center of the burner, along with the instant responsive flame, insures even, accurate heat with no burning or boil overs.

To complete this one-dish meal, serve with rice, bread a beverage and a simple dessert.

### QUICK-CHICK-SKILLET

- 3 whole broiler-fryer chicken breasts, boned
- 1/4 C. butter or margarine
- 1 can (1 lb. 4 oz.) pineapple chunks drained, reserving 1/2 C. syrup
- 1 chicken bouillon cube, dissolved in 1/4 C. hot water
- 1 tsp. monosodium glutamate
- 1 tsp. dried leaf tarragon
- 2 Tbsp. instant minced onion
- 2 Tbsp. cornstarch
- 1/4 C. water
- 1 green pepper, cut in strips
- 1 C. celery, cut diagonally
- 1 can (4 oz.) pimiento, drained and diced

Remove skin from chicken and discard. Cut chicken into thin strips. Melt butter in a large skillet on the automatic top burner set at 275°. Add chicken and cook stirring constantly about three minutes until white. Add pineapple chunks, pineapple syrup, hot water with bouillon cube, salt, monosodium glutamate, tarragon, and instant minced onion. Stir to blend. Dissolve cornstarch in water and add to ingredients in skillet, stirring until thickened. Add green pepper and celery. Cover skillet and cook at 200° for 5 minutes. Stir in pimiento, and serve over hot cooked rice, or spoon into center of a rice ring. Yield: 6 servings.

### RICE RING

- 1 C. uncooked rice
  - 1 tsp. salt
  - 2 C. boiling water
  - 2 Tbsp. butter or margarine
- Combine rice, salt and water in a medium saucepan. Cover and bring to a boil, on the standard burner, stirring once. Reduce flame to simmer position and cook rice about 14 minutes without removing lid or stirring, until liquid is absorbed and rice is tender. Stir in butter. Pack rice in buttered one quart ring mold and let stand about one minute. Invert on heated platter and lift off mold. Fill with Quick-Chick-Skillet mixture.



FOR VIETNAM . . . Bob Westerfield, manager of American Savings and Loan Association's Redondo Beach office, presents a California flag to Mary Lou Sossaman of 2805 Fisk Lane, Redondo Beach. Mrs. Sossaman will send the flag to her 19-year-old son, Pvt. Bob Sossaman, who asked for the flag to fly atop the radio control site where he is stationed in South Vietnam.

## Assignment TV

By TERRENCE O'FLAHERTY

The already incredible world of Hollywood is embellished every day of the week by publicity handouts which only the strongest of us can read without adding a comment of his own. That's half the fun.

From CBS: "Eva Gabor, the glamorous star of CBS's highly rated 'Green Acres,' has defined her version of the perfect man: 'He would have the sophistication of Cary Grant, the ruggedness of Paul Newman, the regal bearing of Lawrence Olivier, the easy charm and humor of Dean Martin, the youthful qualities of Dustin Hoffman, the mature sexiness of Maurice Chevalier and the niceness of Eddie Albert. If you put there all together you would have quite a person, would you not?'"

Yes, I'd say you would, but which part gets top billing?

FROM NBC: "Henry Darrow, co-star of NBC's 'The High Chaparral,' is amazed by his popularity in Sweden. 'It's becoming a little weird now,' he said. 'Someone has written a popular song about my television character, Manolito, and I received a

letter from an American Indian living in Sweden who wants me to sponsor him on the stage. I wonder what ever happened to their own heroes like Ingemar Johansson?"

Why not ask the Indian? From NBC: "In a filmed interview on NBC-TV's daytime celebrity game show, 'Personality,' Dustin Hoffman, star of 'The Graduate' was asked, 'If you had it to do all over again, what's the one thing you would not do?' Hoffman's reply: 'I would become an actor.'"

Well, golly, sakes, Dustin, what WOULD you do?

FROM 20th-FOX: "Who would you say is the most widely imitated individual in the United States? Lyndon B. Johnson? James Stewart? Jimmy Cagney? According to L. William Greene of Menlo Park, Calif., director of the American Institute of Opinion Research, the man of the hour is television's arch space villain, Jonathan Harris, who plays the cunning, cowardly Dr. Zachary Smith on the 20th Century-Fox Television series 'Lost in Space!'"

I don't believe it.

From CBS: "Hari Rhodes of CBS's 'Daktari' says he has the most unlikely place in the world to write a book. 'Or I should say, TRY to write a book,' he amends. 'Have you ever tried to concentrate with a chimpanzee trying to pull your shoe off or swinging on a vine overhead?'"

No.

FROM SCREEN GEMS: Monkey Mike Nesmith's favorite room is the garage. According to Mike: 'My garage is like a complete service station. He has a grease shouter, an air compressor and a car lift. And what he's got to practice on? Just an old Jeep, an old Chevy, a GTO, two motor bikes, a new S-K inboard, 18-foot motorboat, a new Mercedes limousine with black tinted windows and a Morris Mini that Radford Cooper made for him in England that seats four, has tinted windows, stereo and air conditioning. Ho-hum, so what else is new?'"

Good question.

From Universal: "When you see Robert Wagner doing all his rough and tumble fight scenes as the star of Universal television's 'It Takes a Thief,' you can bet he's been coached by a man who knows as much about fighting as almost anyone alive today . . ."

Thank heaven. I certainly wouldn't want him to get hurt. But who coaches the other guy?"

## Dorothy Digs

Records show that each year about this time, many dichondra lawns will be severely damaged, some of them beyond repair. The culprit—cutworms.

These insects, grayish in color and just under one inch long, do most of their damage at night, and unless controlled, they can practically wipe out a dichondra lawn overnight.

You can avoid the possibility of this happening to your lawn by spraying it now with a product containing DDT and Technical Chlordane. Follow the instructions on the label and you will control these pests.

If you want to have sweet peas in bloom for Christmas, the seed should be sown this month. Inasmuch as the wireworm ins the worst enemy of the sweet pea, treat the soil with a product containing ether and copper. This same product can be used also around growing plants.

We can expect real warm weather during the next six weeks so be sure to give the young seedling sweet peas cheesecloth.

## Births

CLEMENTS — Mr. and Mrs. David R. 1218 W. 213th St., boy Theodore Joseph, July 14.

MYERS — Mr. and Mrs. Robert W. 223rd St. twin boys, Richard Edward and Steven Arnold, July 17.

SIMPSON — Mr. and Mrs. Walter, 1848 1/2 Plaza del Amo, a girl, Lorenta Ann, July 20.

## Public Notice

PH-5251  
2640  
NOTICE OF TRUSTEE'S SALE  
On August 28, 1968, at 11 o'clock a.m. at the arcade entrance to Gibraltar Tower, Gibraltar Square, at the corner of 22nd Street and Hill Street, Los Angeles, California, SECURITY ALLIED REALTY AND INVESTMENT CO., a California corporation, as Trustee, will sell at public auction to the highest bidder, for cash payable in lawful money of the United States, at the time of sale, without warranty as to title, possession or encumbrances, the interest therein, to and now held by said Trustee, under said Deed of Trust, in the property situated in Los Angeles County, California, described as:  
Lot 9 in Block 4 of Tract No. 18157, in the City of Torrance, as per map recorded in Book 222, Pages 5 and 6 of Maps, as recorded in the office of the County Recorder of said County.  
For the purpose of paying obligations secured by said Deed of Trust, including fees, charges and expenses of the Trustee and of said Trustee.  
Dated: July 25, 1968  
SECURITY ALLIED REALTY CO.  
CHRIS THEODOROFF,  
Assistant Secretary  
W-S-AUG. 7, 14, 1968

Public Notice  
PH-5252  
68-12046  
NOTICE OF INTENDED BULK TRANSFER  
NOTICE IS HEREBY GIVEN THAT GUY J. MARTIN, doing business as Martin's No. 17, whose business address is 21704 S. Figueroa, Torrance, California, is about to make a bulk transfer of the following property: All of the equipment, materials, supplies, merchandise and other inventory of the business known as Martin's No. 17, this property is located at 21704 S. Figueroa, Torrance, County of Los Angeles, California.  
The bulk transfer will be consummated on or after August 20, 1968, at the escrow department of WESTWAY ESCROW CO., 11313 Long Beach Blvd., Lynwood, County of Los Angeles, California.  
The transferee has taken possession of the premises and property being sold hereunder solely as a transferee of the business pending conclusion of the sale. The scheduled closing date as defined in Civil Code Section 3440 shall be no earlier than above date and at such time as all escrow conditions are complied with by the parties hereto.  
Dated: July 31, 1968  
GUY J. MARTIN (Transferor)  
Westway Escrow Co.  
11313 Long Beach Blvd.  
Lynwood, California  
W-AUG. 7, 14, 1968

Public Notice  
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68-12046  
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W-AUG. 7, 14, 1968

Public Notice  
PH-5242  
CERTIFICATE OF BUSINESS, FICTITIOUS NAME  
The undersigned does certify he is conducting a business at 4417 Sepulveda Blvd., Torrance, California, under the fictitious name of CONTINENTAL REALTY and that said firm is composed of the following persons whose name and place of residence is as follows:  
James P. Bruno, 26815 Victor St., Torrance, California  
Dated July 22, 1968  
James P. Bruno  
State of California  
Los Angeles County  
On July 22, 1968, before me, a Notary Public in and for said State, personally appeared James P. Bruno known to me to be the person whose name is subscribed to the within instrument and acknowledged he executed the same.  
Notary Public  
My Commission Expires April 22, 1971  
68-11541  
W-July 24, 31, Aug. 7, 14, 1968

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**SPECIALS FOR TODAY THRU SATURDAY**  
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SIZE	BUY 1 AT OUR REGULAR LOW PRICE	GET 2nd FOR ONLY	FEES & TAXES
6.70x15	10 <sup>44</sup>	7 <sup>83</sup>	1.89
6.40x15	10 <sup>88</sup>	8 <sup>16</sup>	1.74
6.50x15	11 <sup>45</sup>	8 <sup>58</sup>	1.81
6.40x15	12 <sup>88</sup>	9 <sup>66</sup>	2.05
6.70x15	12 <sup>95</sup>	9 <sup>71</sup>	2.21
7.50x14	12 <sup>95</sup>	9 <sup>71</sup>	2.19

## 15 MONTH GUARANTEE

CORNELL AIR CLIPPER - DELUXE

SIZE	BUY 1 AT OUR REGULAR LOW PRICE	GET 2nd FOR ONLY	FEES & TAXES
6.70x15	10 <sup>44</sup>	7 <sup>83</sup>	1.89
6.40x15	10 <sup>88</sup>	8 <sup>16</sup>	1.74
6.50x15	11 <sup>45</sup>	8 <sup>58</sup>	1.81
6.40x15	12 <sup>88</sup>	9 <sup>66</sup>	2.05
6.70x15	12 <sup>95</sup>	9 <sup>71</sup>	2.21
7.50x14	12 <sup>95</sup>	9 <sup>71</sup>	2.19

## 27 MONTH GUARANTEE

CORNELL ARISTOCRAT TIRE

SIZE	BUY 1 AT OUR REGULAR LOW PRICE	GET 2nd FOR ONLY	FEES & TAXES
6.70x15	13 <sup>95</sup>	10 <sup>46</sup>	1.89
7.10x15	14 <sup>95</sup>	11 <sup>21</sup>	2.05
7.50x14	15 <sup>95</sup>	11 <sup>96</sup>	2.19
6.70x15	16 <sup>45</sup>	12 <sup>33</sup>	2.21
7.10x15	17 <sup>95</sup>	13 <sup>46</sup>	2.36
8.15x15	17 <sup>95</sup>	13 <sup>46</sup>	2.35

## 36 MONTH GUARANTEE

CORNELL FUTURA TIRE

SIZE	BUY 1 AT OUR REGULAR LOW PRICE	GET 2nd FOR ONLY	FEES & TAXES
5.90x13	22 <sup>95</sup>	17 <sup>21</sup>	1.81
7.50x14	25 <sup>95</sup>	19 <sup>46</sup>	2.19
7.75x14	27 <sup>95</sup>	20 <sup>96</sup>	2.35
7.60x15	27 <sup>95</sup>	20 <sup>96</sup>	2.34
8.50x14	30 <sup>95</sup>	23 <sup>21</sup>	2.36
8.00x15	30 <sup>95</sup>	23 <sup>21</sup>	2.36

## 36 MONTH GUARANTEE

CORNELL "XW" - BIG OVAL

SIZE	BUY 1 AT OUR REGULAR LOW PRICE	GET 2nd FOR ONLY	FEES & TAXES
D70x14	31 <sup>95</sup>	23 <sup>96</sup>	2.24
E70x14	34 <sup>95</sup>	26 <sup>21</sup>	2.50
F70x14	36 <sup>95</sup>	27 <sup>71</sup>	2.63
G70x15	36 <sup>95</sup>	27 <sup>71</sup>	2.71
H70x14	37 <sup>95</sup>	28 <sup>46</sup>	2.71

## TRUCK TIRES

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6.50 x 16	17 <sup>45</sup>	7.00 x 15	18 <sup>95</sup>

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BUY NOW AND SAVE 8<sup>98</sup>

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1 QT. CAN 29<sup>c</sup>

## PURE as GOLD MOTOR OIL

1 QT. CAN 19<sup>c</sup>

## NATIONALLY FAMOUS SPARK PLUGS

AT BIG SAVINGS

BUY NOW AT THIS SPECIAL PRICE 49<sup>c</sup>

## 36"x72" ALL PURPOSE AUTO CARPET

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BUY NOW AND SAVE 29<sup>c</sup>

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39<sup>c</sup>

## AUTO COMPASS

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## WHISK BROOM

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## SCREW PILOT HOLE SET

33<sup>c</sup>

## 50 FOOT HANK HEAVY DUTY ROPE

39<sup>c</sup>

## FOR TRUCKS OR TRAILERS CLEARANCE LAMPS

29<sup>c</sup>

## FLAT TIRE INFLATOR & SEALER

59<sup>c</sup>