

For a Lenten Treat -- Serve Eggs, But Prepare Them the Proper Way

Eggs, that popular item on every American dinner table, takes on a more important spot during the season of Lent. With this in mind, Mrs. Lyle O'Hora, 1615 Fern Ave., mother of four children, discusses the proper way to prepare eggs and their many uses for Herald readers.

Mrs. O'Hora, whose husband Lyle is an accountant, leads a busy life but the proper preparation of balanced diets is a main item with her. She packs four lunches all the school year through and during Lent she makes seven lunches. Of course in these lunches eggs are used, but for the breakfast lunch there is always a thermos of hot soup or hot cocoa.

IN ORGANIZATIONS
Both Mr. and Mrs. O'Hora are active in various organizations, especially those that have to do with the happy welfare of their youngsters. They both belong to the Little League Parents' Group. Mr. O'Hora is an officer of the parent organization at Bishop Montgomery High School, officer of the Knights of Columbus, a member of the Disabled American Veterans, and the American Legion.

Mrs. O'Hora is a member and past regent of the local Catholic Daughters, works with the Nativity Mothers' Club and Bishop Montgomery High, is a member of the American Legion auxiliary and Nativity Altar Society. The local housewife has been active in Girl Scouting and serves in some capacity for the Community Chest each year, having won the "Oscar" a few years ago for leading the first section in Los Angeles area to "go over the top."

The O'Horas are the parents of Johnny, a freshman at Bishop Montgomery High School; Colleen, in the sixth grade at Nativity, and 10-year-old twins, Jill and Judy, fifth graders at Nativity.

MANY EGG USES
With such a busy schedule and healthy appetites to appease Mrs. O'Hora uses many eggs. "Eggs are valuable as food because of their protein and mineral content. Although they are thought of as a breakfast dish, eggs can be used in a variety of ways for lunch, dinner, and in school lunches," she says.

Mrs. O'Hora points out that eggs should be cooked at low heat, even to hard-boil eggs, to avoid becoming tough. The use of an iron skillet is recommended.

Favorites at the O'Hora house are scrambled eggs, fried "over easy," poached in milk and served on toast; soft-boiled, egg-salad sandwiches or hard-boiled for school lunches. They are also good served with waffles and pancakes.

Omelets are best, says Mrs. O'Hora, when a little zest is added via diced fresh tomatoes, grated cheese, chopped



TESTING THE OMELET . . . "Yes, I know, mother, that eggs have to be cooked slowly and over low heat," Colleen O'Hora tells her mother, Mrs. Lyle O'Hora, who checks the omelet she has just removed from the oven. Mrs. O'Hora is today's "guest cook" and she discusses the food value and the correct preparation of eggs and egg dishes for HERALD readers.

onions, green peppers or a seasoned salt.

According to our guest cook, hard-boiled eggs should not be hard boiled at all. Put eggs in a saucepan in cold water, bring just to a full boil, cover tightly, and set aside for 30 minutes. Soft-boiled eggs are best when they, too, are kept just below boiling, adding an extra minute or two to the time.

AN EGG OMELET
To make an omelet, beat the

egg whites until stiff. In a separate bowl beat the yolks until thick, add salt, pepper and one tablespoon of hot water for each egg. Fold into the egg white mixture and pour into an iron skillet with melted (not hot) shortening, spread evenly. If tomatoes or onions are added they should be folded in when the two egg mixtures are combined. If grated cheese is added, it is sprinkled on top and melts during the oven baking.

President of Dorcas Group Elected Here

Mrs. Speero Papas is the first president of the newly-formed Dorcas Chapter 357 of the South Bay Greek Ladies Philoptothos Society, a philanthropic and charitable organization.

Mrs. Gregory Parras was chairman of the Feb. 26 election meeting. Other officers elected include:

Mrs. Gus Doxakis, vice president; Mrs. Nick Kyriakidis, recording secretary; Mrs. Ernest Donlou, corresponding secretary; Mrs. Chris Eliopoulos, treasurer. Board includes: Mrs. Robert Slater, Mrs. D. Nelson, Mrs. John Constantine, and Mrs. Charles Vergos. Committee in charge of elections included Mrs. George Donlou, Mrs. Despina Chalkson, and Mrs. Paul Van Amburgh. The Rev. Naoum Nitaotis, worthy advisor, was also present.

Parlor Gives Luncheon for War Veteran

Mrs. Helen Sylvester, adopted War Veteran of Tierra del Rey Parlor, 300 Hermosa Beach, Native Daughters of the Golden West, was honored at a luncheon and birthday party, Feb. 14 in the home of Mrs. Jack Watt, in Hollywood Riviera.

Mrs. Sylvester, who was adopted by the parlor six years ago, was injured in World War II, and now makes her home in the women's ward at Sawtelle. She has a daughter and several grandchildren.

The Veterans Committee headed by Mrs. Robert Moeskops, presented her with gifts and baskets at Thanksgiving and Christmas.

Members of Tierra del Rey Parlor showering Mrs. Sylvester with gifts were: Mmes. William Rozaire, William Vasilon, Charles Hollister, Gilbert Austin, Robert Miner, Charles Thiel, Claude Stonier, Jack Lewis, Wallace McIntosh, Richard Olsen, Frank Turck, P. G. Ulrich, Dudley Hofreiter, R. H. Axtell, Anna McIntyre, Marion Olerich, and Frances Gore.

Mrs. Watt was assisted by her daughter, Jean Gorneder. Mrs. Hollister, a past president of the Parlor, and her mother, Mrs. McIntyre, also a member, traveled from Arcadia to attend the party.

RECUPERATING

Jay Bailey, who underwent lung surgery recently at Queen of Angeles Hospital in Los Angeles, is now recuperating at his home, 1016 Beech Ave.

Voters Urged To Register This Month

At the request of the League of Women Voters of California, Governor Knight has proclaimed March as voter's registration month. Mrs. Joseph Anfuso, Voters Service Chairman of the League of Women Voters of Palos Verdes Estates says that the local league will cooperate fully.

The governor's proclamation states that: "It is the duty of every man and woman who meets the necessary qualifications regardless of partisan affiliations of personal interest, to vote when the opportunity presents itself. Preliminary to the June primary elections and the November elections registration is a requisite for voting. In view of this and a request from the State Board of The League of Women Voters of California and in behalf of its 56 local leagues, I, Goodwin J. Knight, Governor of California, do hereby proclaim March, 1958, as Registration Month in California, and urge all eligible citizens to qualify themselves to participate in this year's elections."

For the name of the nearest registrar of voters, call Mrs. Anfuso of the Palos Verdes League.

'Music Day' Slated Today

First annual Mooseheart Music Day will be presented today at the Moose Hall, 1744 W. Carson St., at 1:30 p.m. Mrs. Edna Harbison, senior regent, extends an invitation to the public to attend.

Mrs. George Clay, Mrs. Charles Shiffer and Joseph Piatt will give talks on the description of music in the lives of 1000 children living and attending school at Mooseheart, Ill., the philanthropic project for orphan children sponsored by the Loyal Order of Moose.

ORACLES INSTALL OFFICERS MARCH 10

South Bay Oracles and Past Oracles of the Royal Neighbor Camps will hold the regular luncheon meeting in the Western Club in at Gardena at 12 noon, March 10.

After the luncheon the following will be installed in office for the next term: Mrs. Ruby Rivers of Redondo Beach, president, Mrs. Belva Brase of Torrance, vice president; Mrs. Mary Balengee of San Pedro, secretary; and Mrs. Lillian Wundrow, Gardena, will be the treasurer.

Plans for the coming year will then be made by the members after which a report of the various camps will be made.

SEWING CIRCLE MEETS TUESDAY

Friendship Sewing Circle of the Torrance Royal Neighbors will celebrate the March birthdays of the members on Tuesday, March 11, with a pot-luck supper and a birthday cake.

Following the luncheon, the president, Mrs. Rosy Shepherd, will preside over the business meeting of the circle.

The dessert luncheon card party planned by this group for this time has been postponed indefinitely.

PAST ORACLES

Past Oracles of the Torrance Camp will bid the regular business and social meeting at the home of Mrs. Doris Lydy, 2409 Andro, March 11.

The president, Mrs. Sophia Duncan will call the meeting to order at 8 p.m.

Following the business meeting there will be a social hour. Mrs. Lydy will be assisted by Mrs. Belva Brase as co-hostess.

MEET POSTPONED

The organizational meeting of a "Welcome Wagon" chapter in Torrance scheduled for next Wednesday at the Torrance Woman's Club has been postponed. The meeting date will be announced later.

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LOCAL PTA ACTIVITIES

Walteria

Walter PTA held a paper drive on Feb. 28. Papers, no magazines, were accepted, according to Glenn Hardcastle, ways and means chairman.

Board meeting was held this month at the Newton St. home of Mrs. Henry Fink Jr., with twenty-one board members in attendance. Reports and announcements were made on the current projects. Mrs. Fink announced that a treat is in store for the March meeting with the students presenting their "Science Fair" with demonstrations.

Board members present included Mmes. J. J. Lawlor, Cass Russak, Loring Bigelow, Richard DeMott, Hector Herrera, William Allen, Robert Schrauben, Bill Addington, C. W. Johnson, A. Howe, Glenn Hardcastle, Lloyd Baxley, E. Pfau, R. F. McLaughlin, Lynn Mahin, William Mitchell, and John Crestivo, Glenn Hardcastle, and Robert Schrauben.

Thursday evening, Feb. 13, saw an inspirational meeting with the Founders' Day theme honoring all past presidents. Mrs. Robert Waegner introduced Mmes. S. C. Murray, R. J. Deurloo, Gouker, B. J. Michels, Paul Reiger, R. T. McNulty, Glenn Hardcastle, C. W. Johnson, Charles Jackson, Henry Fink Jr., and J. J. Lawlor.

Chairman for the program Thursday evening was Mrs. C. W. Johnson. A skit was presented titled, "PTA Birthday," by students of Charles Jenkin, R. Matchett, and Stanley Schlick.

The highest honor in PTA life membership, was presented to two of the citizens of Walteria, Mr. R. J. McLaughlin, and Mrs. Robert Waegner. Mrs. E. Pfau made the presentations.

Girl Scout Troop 14 led the flag ceremony. Mrs. William Allen, safety chairman, requested parents use more care in parking when bringing children to school or picking them up. Mrs. Lynn Mahin thanked those who helped in the Mothers March. Mrs. Loring Bigelow reported on the progress of magazine subscriptions with two seals having been awarded Walteria this year. Mrs. Lloyd Baxley presented the slate of nominations for 1958-59: president, Mrs. C. R. Russak; first vice president, Mrs. Robert Schrauben; second vice president, Donald Mullaney; third vice president, Mrs. Robert Waegner; secretary, Mrs. Lloyd Baxley; treasurer, Mrs. Loring Bigelow; auditor, Mrs. Glenn Hardcastle, and historian, Mrs. L. D. Mahin.

Mr. McKown was chosen for his five years of faithful work at the Madrona School. He is also given credit for offering his home as a foster home for many needy children.

Mrs. Eric Wescomb, first vice president, gave an inspiring speech on "Founders Day" and what it means. Students of the school presented a sketch spelling out "Founders Day." Corsages were made and pinned on each of the past presidents, honorary life members and present president by Mrs. James Cassidy. Special music was played by the school orchestra under the direction of T. R. Andrews.

A committee consisting of Mmes. Herald McGuffin, William McDade, A. U. Turner, Wilson Willey, and Mr. George Marich was selected for the purpose of nominating candidates for next year's offices.

Mr. Marich announced that four more all steel construction classrooms and a music room would be built by next September.

An additional \$25 was donated to the milk fund. It was announced that Madrona will hold a paper drive March 21 from 8 to 12:30 p.m.

Sepulveda

Joe Wilcox, executive secretary of the Torrance YMCA, discussed the new Y program called "Y" Indian Guide, which is open to boys age 6 to 9, and their fathers. Fathers and sons work together on a program based on Indian lore, crafts, legends, etc. The first meeting was held at Sepulveda Feb. 26.

A Founders' Day skit was cleverly presented by Mmes. Ben Holden, James Craig, Robert Whitney, Albert Yackie, and Mr. and Mrs. Rex Lang.

Mrs. Hubert Bailey presented Mrs. Albert Yackie, past president, with a beautiful corsage in honor of her services performed during 1956-1957.

Robert Dexter, principal, introduced a new teacher, Clark Merrill. Mr. Merrill was graduated from Long Beach State College recently.

In a report from the nominating committee, candidates for next semester officers are as follows: president, Mrs. James E. Stadler; first vice president, Mrs. John Carriaveau; second vice president, Robert Dexter; third vice president, Mrs. Charles Bennis; fourth vice president, Mrs. Ben Holden; fifth vice president, Mrs. John Regan; recording secretary, Mrs. J. W. Willhite; corresponding secretary, Mrs. Russell Mayer; treasurer, Mrs. Emmett Milburn; auditor, Mr. McGee; historian, Mrs. Robert H. Whitney.

Mrs. Dahlen and Mrs. Swafford were the winners in the recent paper drive.

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FOUNDERS' DAY . . . Seaside PTA celebrated Founders' Day and awarded honorary life memberships at a recent meeting. Around the "Founders' Day" cake (from left) are Mrs. Harry Harter, who introduced the past presidents; Mrs. Clyde Miller, president of Seaside PTA, and Mrs. Cleo Hall.

Madrona

Madrona PTA held its association meeting in the school cafeteria Thursday night. The pledge of allegiance was led by Cub Scouts of Den 7, Pack 201-C. Mrs. Charles Hornbecker, music chairman and daughter, Nancy, sang the inspirational.

Honorary Life Memberships were awarded to Mrs. James Cassidy and Mr. Cliff McKown, custodian. Mrs. Louis Dyer, honorary life membership chairman, presented the awards.

Mrs. Cassidy, courtesy and hospitality chairman was chosen not only for her years of service in the PTA but also for her work toward the Polio and Heart Fund drives.

Mr. McKown was chosen for his five years of faithful work at the Madrona School. He is also given credit for offering his home as a foster home for many needy children.

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Meadow Park

Kindergarten "Spring Round-up" dates at Meadow Park School will be on April 8, 9, and 10.

Parents are asked to call the school for an appointment with the school doctor, nurse and kindergarten staff.

Proof of birth must be presented at the time of registration. The child must be five years of age on or before Dec. 2 to be eligible for kindergarten in the fall.

259th Street

"Now is the time to improve your wardrobe" is the theme for the 259th Place School PTA meeting Tuesday March 11 at 1:45 p.m.

Mothers and teachers will model dresses they have made. Mrs. J. T. Allen, program chairman, states that at least two "chemise" dresses will be modeled.

Mrs. W. G. Milburn will serve as narrator. The upper class chorus, Mrs. Lillie Scott, director, will sing. Refreshments will be served by A-1 and A-1 mothers.

Narbonne

One of the most interesting PTA meetings of the year was held recently at Narbonne High School when approximately 100 members attended.

Three International Exchange students, Hara Michalidou from Greece, Betta Tachinni from Italy, and Peter Neumann from Germany, who are attending Narbonne High School, were introduced by Richard Bernard, social studies instructor, who acted as narrator for the group. A panel discussion was held by the students Judy Martin, who played a cello solo and Janice Hollick, a violin selection, both accompanied on the piano by Ricky Bernard.

On a more serious note they discussed the effect that Sputnik has had on the world and told of the reactions of their people at home. A question and answer period followed with the audience taking part.

Preceding the panel discussion Mrs. Ed Holloway, program chairman, introduced students, each in turn giving their family history, ambitions and impressions of the United States. All three students spoke of the extreme friendliness that has been extended to them by students and adults as one of the highlights of their visit here and all were amazed at the vast number of automobiles. Their impressions and remarks were thoroughly enjoyed by the audience. They thought that all Americans were wealthy, expressed amazement at so much make up and nail polish on the younger girls and compared the differences in dating.

Mrs. John Clackmon, president, introduced Herbert Constant, metal shop instructor, who made a request for donations for either new or scrap metal for the benefit of shop students.

Carrying out the theme of the meeting "Looking Into Foreign Relations," Mrs. Rollin Northern and her refreshment committee served cookies typical of various foreign countries.

It is suggested that members bring along membership cards to facilitate any necessary verification of membership.

A tea and social hour will follow the meeting, and a "Mr. and Mrs. PTA" will be named.

Haldale

"Achievement Through Youth" is the topic chosen for the next association meeting of Haldale Avenue PTA to be held on March 11, at 1:30 p.m., in the school auditorium.

Herb Shattuck, cubmaster of Pack 228-C will speak on scouting needs in the community.

The flag salute will be led by Susan Harvey and Lynn Dunston. A puppet show under the direction of Mrs. H. Wilson will be presented by the Cub Scouts of which there are five dens.

The Brownie and Intermediate Girl Scouts under the direction of Iris Myers, Mae Craig, Mrs. C. N. Cake and Mrs. Judson Bowers will perform three skits.

Mrs. Richard Eakin announces the Woodcraft Rangers resplendent in Indian head-dress will do Indian lore. Handicraft from all troops will be displayed.

Mrs. Frank Bowling Jr., president, extends a welcome to all the community to attend. Child care will be provided and a social hour will follow.

G-W Council

"A good leader is a good follower," was the opening remark of Mrs. Stanley T. Olafson, community chest chairman of Tenth District, when she spoke recently at Gardena-Wilmington Council PTA at their monthly meeting at the Dominguez Community Building in Long Beach.

Seaside

"Let Us Draw Courage From Our Past" was the theme for the Feb. 25th meeting of the Seaside PTA. Mrs. Clyde Miller, president, opened the meeting at 7:30 p.m. with an inspirational by Rev. Gerald Garlid. Lloyd Jones, principal, introduced several new teachers and the new vice principal, Henry Behrens.

An amusing skit with a "Dragnet" theme was presented by the following members: Mmes. James Mason, Joel Stanley, Harry Harter, Henry Behrens, R. J. Maag, C. T. Reid, Gerald Garlid, Alex Rosin, Frank Burke.

Presentation of the Life Memberships was made by Mrs. Joel Stanley, Life Membership chairman. Mrs. Paul Roettger, a past president of Seaside PTA, and Richard Naumann, active in Boy Scouts work were the recipients. Mrs. Harry Harter introduced the past presidents in attendance and an explanation of the Founder's Day gift was given by Mrs. Warren Boggs. The meeting was adjourned to the homemaking room where a beautiful Founder's Day cake was served.

On a more serious note they discussed the effect that Sputnik has had on the world and told of the reactions of their people at home. A question and answer period followed with the audience taking part.

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186th Street

March meeting of the 186th Street School PTA will be held in the school auditorium on Tuesday, March 11, at 7:30 p.m. This is the annual meeting and election of officers will be held at this time. The nominees for the offices for the 1958-59 year are as follows: Mmes. W. S. Stewart and Frank Daddi for president; Clifford Risher and Robert White for first vice president; Ralph Nichols and Leamon Gibson for second vice president; Frank Garst for treasurer; Floyd Phillips for auditor; and Donald Dittman for historian. All members are urged to be present and vote.

A skit entitled "Father Takes a Hand" will be presented by an all male cast. Two musical numbers by Ward Grantham will complete the program.

It is suggested that members bring along membership cards to facilitate any necessary verification of membership.

A tea and social hour will follow the meeting, and a "Mr. and Mrs. PTA" will be named.

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