

Menu Planners AND SHOPPING SUGGESTIONS



THIS IS THE TIME of year for picnics galore, and these good-tasting Shish Kabab Rockets will add to the feasting. Basting sauce includes orange juice concentrate, salad oil, soy sauce and ginger.

## Appetites Go Soaring When Shish Kabobs Are Served

Appetites will soar for sure when you feature Shish Kabab Rockets at your next cookout. Canned small yam halves trimmed to a point provide the rocket effect, besides contributing hearty eating satisfaction to the skewered strips of steak, pitted ripe olives and small onions.

The basting sauce is a zingy mixture of mashed yams, orange juice concentrate, salad oil, soy sauce, ginger and garlic.

You might accompany this outdoor treat with crisp lettuce wedges, tomato wedges and potato salad. Ice cream and cake would be ideal as dessert.

**SHISH KEBAB ROCKETS**  
 1½ to 2 lbs. top round steak, 1-inch thick  
 1 can (1 lb.) small whole onions  
 1 can (1 lb. 2 oz.) small whole yams or sweet potatoes  
 20 ripe pitted olives  
 ¼ cup salad oil  
 ¼ cup frozen orange juice concentrate, thawed  
 3 tbs. vinegar  
 1 tsp. soy sauce  
 1 clove garlic, minced  
 ½ tsp. ground ginger

bring to boil. Broil kebabs over coals or in oven, turning and basting frequently with mashed yam mixture until meat is done as desired. Serve with chili sauce or catsup if you wish.



made naturally... so naturally it's better

**KEEP PANCAKES WARM**  
 Keep breakfast pancakes warm till serving time by layering them between sheets of paper toweling on a baking sheet. Place in a 250-degree oven. Pancakes will stay just-baked moist, yet won't become soggy.

Cut meat across grain into strips ¼-inch thick. Drain onions and yams. Cut 5 yams crosswise into halves and trim one end of each half into rocket-like point; mash trimmings and remaining yams. Thread meat onto 10 skewers, serpentine-fashion, alternating olives and onions in the curves. Cover one end of each skewer with pointed yam half. Combine mashed yam and all remaining ingredients in small saucepan;

### Unity Lesson Topic 'Spirit'

"Live on the Level of Spirit" will be the topic for Sunday's lesson at the Unity Church of Christianity. Services will be held at 10:50 a.m. at the Waleria Park Building, 3855 W. 242nd St. Sunday School classes meet at the same as worship services. Persons making prayer requests or seeking information about services should call 320-4871.

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### Salinger to Visit Area Democrat Fete

Pierre Salinger and his French bride will be the guests of honor at a Garden Barbecue to be sponsored by the Democratic Volunteers Committee of the 46th Assembly District next month. It was announced by local DVC chairman, Mrs. Joseph Le Conte of Rolling Hills. The barbecue will be held at the home of Mr. and Mrs. George Perkovich, 2422 Colt Road, Miraleste, on Sunday, Aug. 1, between the hours of 3 and 8 p.m.

SALINGER'S appearance

was confirmed at a board meeting of the recently elected officers and directors of the 46th DVC. In addition to Mrs. Le Conte, the officers chosen are George Perkovich, vice-chairman; Mrs. Wayne Smock of Torrance, recording secretary; Mrs. Jack Ansel of Manhattan Beach, corresponding secretary; and Joseph Hrzina of Torrance, treasurer.

Directors of the Democratic group include Dr. Frank Sullivan of Westchester; Fernando Del Rio of Playa Del Rey; William Gilbert and

Jack Ansel of Manhattan Beach; Stephen Notari, Jack Erving, Mrs. Thomas Rische and Mrs. Roger Schriener of Torrance; Mrs. Raymond Lutz of Redondo Beach; Mrs. Ralph Owens of Palos Verdes Estates; John Simpson and Mrs. Jack Mitchell of Rolling Hills Estates; and Mrs. Peter Grassi of Eastview.

A FORMER U.S. Senator, Salinger is now a vice-president of the National General Corp. of Los Angeles. He served as press secretary for President John F. Kennedy

and for President Lyndon B. Johnson before returning to California in 1964. Tickets for the affair may be obtained by calling Mrs. Lutz at FR 6-5008, Mrs. Ansel at 379-7226, or Mrs. Grassi at TE 3-7832.

**ATTENDS INSTITUTE**  
 Milton C. Makoski, 21429 Ladeene Ave., is one of 30 persons experienced in educational technology now attending a summer Educational Medical Specialists Institute ending Aug. 27 at the University of Southern California.

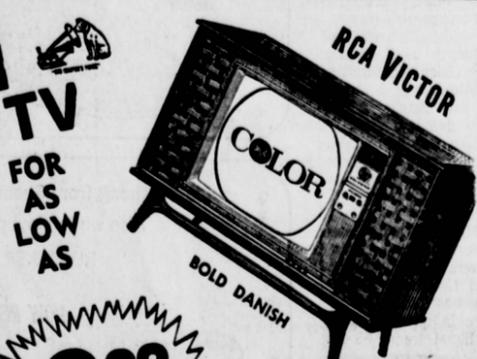
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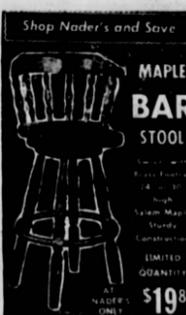
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