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Res. Cor. Post and Arlington
reance California

#### Dr. A. P. Stevenson Physician and Surgeon

Office, Sherman Bldg., 1337 El Prade Phones:
House, 185-W Office, 96
Torrance, Calif.

Dr. F. H. Racer PHYSICIAN AND SURGEON Office Phone, Lomita 28 Office in Barnes Building Lomita, California Harbor City office, 2206 Weston St. Telephone, Lomita 110

#### A. H. OWEN, M. D. PHYSICIAN AND SURGEON

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Phone Torrance 200 Lomita 105

#### WIFE SAVERS Mary Morte By Mrs. Mary Morton

Vogetable Salad.—Make a nest of four lettuce leaves, marinated. Lay on this one sliced tomate, sprinkled with a little salt and pepper. A layer of marinated sliced cucumbers follows. For each serving chop coarsely two hard-cooked eggs and mix thoroughly with one-eighth teaspoon pepper. Pile gently in the center and lay over this marinated asparagus points radiating from the center. Dash on a little papitic and pass your mayonnaise with the dish.

Gelatine Dishes.-Take one pack Gelatine Dishes.—Take one pack-age of prepared raspberry. Follow directions on package for dissolv-ing, and pour half the liquid in a wet square mold. When fairly set add pitted dates about one-half inch apart in two rows, using about twelve. Pour over the re-maining liquid and set aside to jell. Roll in powdered sugar.

jell. Roll in powdered sugar.

Berry Shortcake.—Two cups twice sifted pastry flour, four teaspoons baking powder, one-half teaspoon sult, one tablespoon sugar, four tablespoons shortcening cut into the dry ingredients. Drop one-half lightly into the greased in (a deep one), brush with melted butter, and drop on the other half of the dough. Bake in a very hot oven ten minutes. Reduce the heat and leave for five more minutes. When done the top layer will lift off easily. Pour over crushed warm berries, put on other layer, add more crushed berries and a generous amount of whole ones. Sprinkle with powdered sugar and serve.

Try using embroidery thread to mend stockings. It will not fade as mending cotton does, and is especially nice on chil-dren's stockings, which often have to be mended on top.

Muffins.—Take one and one-half cups flour, one-half cup corn meal, one teaspoon sugar, one-half teaspoon salt, two teaspoons baking powder, one and one-half table-spoons butter, two eggs, one cup milk, one-half teaspoon cinamon. Sitt together flour, corn meal, salt, sugar and baking powder. Rub in the butter, add the eggs well beaten, milk and cinamon. Have the griddle well heated, Greuse it, lay on the muffin rings, also greased, and half fill them with the batter.

As soon as risen on top of rings, turn them over gently with eake turner; bake brown on both sides.

in making this salad the ingredients must be chopped separately and in order given. One componed fine and measured after chopping, five good-exed cold boiled potatoes (or nough to fill two cups after they re chopped), three hard-holled grs, chopped not too fine, and the risp tender leaves of lettucy, leaving enough of the inner leaves to ne the salad bowl.

Pour on dressing mode. Salad.—In making this salad the

our on dressing made from co-owing receipt, and mix nearly a a silver fork: Yolks of two s, three-fourths cup sour come same quantity of sweet or soat k, thickened with one-half tea on cornstarch dissolved i thickened with one-half tea-cornstarch dissolved in poon of cold water; one tea-mustard (mixed), one table-sugar, one of butter if you weet milk, one-half teaspoon r, one of salt, and one-half Mix and est vinegar. Mix and cook double boiler or until it

Sprinkle talcum powder inside your bathing cap quite freely and you will have no trouble with it sticking together and tearing when you pull it apart.

pull it apart.

Cherry Rolls.—Steam and pit one quart of cherries, cover with one cup of sugar, and let them stand until ready to use.

Sift two cups flour with two teaspoons baking powder, one of sugar and one-quarter teaspoon of saft; rub in two tablespoons of butter and mix with two-thirds of a cup of milk. Roll out into an oblong sheet, one-half inch thick, spread with butter, then drain the cherries, leaving all the juice for the sauce. Lay them upon the dough, sprinkle with two tablespoons of sugar, roll up closely and pinch the ends that the juice may not escape. Place in a buttered pan and bake in a moderate oven for thirty-five minutes.

Sauce: Add enough water to the

juice to make a cup and a half of sauce, thicken with a teaspoon of flour dissolved in water, add three tablespoons of sugar, and boil for three minutes.

FROZEN DESSERTS

FROZEN DESSERTS

Frozen desserts are healthful for summer—much more so than heavy pastries, cakes or puddings. Creams are of two kinds: (1) Philadelphia ice cream made from uncooked cream, sweetened and flavored; (2) French ice cream, which contains eggs and is made into a cooked custard before freezing. Variations of these two basic creams are made by adding chocolate syrup, fruits and juices, different colors, flavors, chopped fruit or nuts. A water ice is a combination of fruit juice and syrup frozen. A sherbet is fruit juice combined with cooked syrup, gelatine or egg whites, and has more body and richness than a water ice.

A parfait is a mixture of fruit juice and syrup into which is folded whipped cream and eggs, the mixture then packed into a mold and frozen without striring. A mousse is fruit juices and whipped cream, no eggs, similarly packed and frozen.

Green Apple Sauce.—Wash th

Green Apple Sauce.—Wash the apples and cut them up, skins, cores and all, only cutting out the bad portions. Cook with a little water until soft, then put through a wire strainer. Add enough sugar to suit your individual taste and cook until sugar and sauce are thoroughly blended.

Macaroni with Tomatoes.—Cut right slices of bacon into small pieces, add two onions cut fine, and fry until brown. Add one can and try until brown. Add one can (or equivalent) tomatoes, and let cook one-half hour. Cook mac-aroni in salted water until tender, mix with tomato mixture in baking dish, spërinde grated cheese on top, and bake in oven fifteen min-

Small bits of stale bread may be slowly dried in the oven until crisp and then ground in a meat chopped or rolled. These bread crumbs should be kept covered in a jar and can be used for frying croquettes, etc. Larger pieces of bread can be used to make croutons for soup: that is, cut in squares and fried in deep. fat.. Similar pieces of stale bread may be used for stuffing, griddle cakes, puddings, ets.

ets.

It is difficult to estimate just the amount of toast which the family will cat each morning. Save the left-over slices. When enough of them collect to cover the bottom of a good-sized platter, or to serve the family, prepare a dish of creamed meat of some kind. This may be creamed shrimps, creamed lamb, creamed shrimps, creamed lamb, creamed shrimps, creamed meat over the cold toast and set the platter on an asbestos mat in a hot oven the cold toast and set the platter on an asbestos mat in a hot oven for ten minutes. This last step is important, as it gives the hot cream or gravy a chance to moisten the toast and the toast itself becomes well heated.

Snow Balls.—Cream one-half cup butter, add one cup sugar; beat well. Mix two teaspoons baking powder with two cups of flour, add alternately with one-half cup milk. Beat the whites of four eggs very stiff and add lightly. Fill buttered cups half full and steam half an hour. Roll in powdered sugar.

Consomme.—The stock should be made the day before and the custard the day before and the custard the day before and the custard the day volu use it.

Cut a knuckle of veal into four pieces, one-quarter pound of lean ham, one large onion or two small ones, three whole cloves, one piece of mace, and after it begins to boll a saltspoon of pepper.

Put this into the soup ketle and cover with two quartes of cold water. Cook until the meat leaves the bone. Take off the stove, strain through a sieve, and set in a cool place until morning. Make the custard as follows:

Beat two volume in the proportion of three parts ice to one of salt, turn after and steadily until, it turns guite hard. When the cream is frozen, carefully brush off the salt and ice, take off cover, take out the dasher and press the cream cover with two quartes of cold water. Cook until the meat leaves, strain through a sieve, and set in a cool place until morning. Make the custard as follows:

Beat two volume in the center, then see a way to cool.

When ready to serve, cut into small pleecs, and the challenge in the custard as follows:

Beat two the freezer is clean berove you start to make ice cream or subjects. The pieces, one apust the pieces; an easy way is to put-the prove you at the time in the previous fire. Put the ice and coarse salt turn in the reparts ice to one of salt, turn in the reparts ice to one of salt, turn in strue is very cold, then turn faster and steadily until in frozen, carefully brush of the via fu



Everett Sanders, Indiana cons gressman, is busy organizing the speaker's bureau of the Republican national campaign, of which he is director.

### TORRANCE NOTES \*

from a slight indisposition

Tom Madore left Wednesday to ake a position at Mojave. Mr. Madore was formerly employed with the Union Tool Company.

Friends of Mrs. Isabelle Moses and daughter, former Torrance residents, have received cards announcing their safe arrival in Vancouver, B. C. Mrs. Moses and her daughter made the trip in a Ford, and will, visit other northern points of interest before their return to their home in Los Angeles,

## Harbor City Notes

Bobble, the 4-year old son of Mr. and Mrs. Richard Wells of 257th street and Amaranth avenue, passed away last Thursday at the home of his parents. Always in 111 health, the little fellow had been blind during the last few months. Forment was made in Wilmington cemetery Saturday often noon.

Several members of the Harbor lity Chamber of Commerce at-ended the Harbor District Chambers of Commerce meeting held at Lornita Thursday evening, and al-were enthused by the splendid talk given by Hugh Pomeroy. Those attending from here were Fred C attending from here were Fred C. King, Frank G. Hodges, F. H. Balding, Otto Link, Mr. and Mrs. Arthur Aspittle, Clarence and Stanley Aspittle, Mr. and Mrs. A. B. Rozell, Mr. and Mrs. C. A. Bunzell, Mr. and Mrs. Hughes, G. E. Preston, Mr. and Mrs. F. Doan, and Mrs. C. Clark.

Mr. and Mrs. Arthur Aspittle f 2146 Weston street entertained rthur White of Riverside for the

Steve Lanovic writes from Chi-cago that he is having an enjoy-the visit with friends in Chicago. From there he will go to New York, and then on to Europe.

Now in the new building. Charles

The Los Angeles city board of The Los Angeles city board of education has purchased three lots on 255th street from Mrs. Dillon of Los Angeles. Mrs. Dillon, the griest of friends here over the week-end, will leave for her home in Nebruska as soon as other busi-ness matters have been concluded.

Mrs. A. B. Rozell and Mrs. Atchison escaped serious injury Saturday when their coupe was struck and overturned by a passing truck and trailer. Four stitches were taken in Mrs. Rozell's thumb, while her sister-in-law sustained a cut on the arm. The driver of the truck did not stop, but his lleense number was secured by a passing autoist.

The Boy Scouts practiced out-of-doors tests following the regular business meeting last Thursday evening. The boys are getting ready for the test-passing contest to be held in Torrance in the near future. Billy Armstrong was ad-mitted to the troop and received his tenderfoot badge.

Torrance Review No. 37 Maccabees

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