



DIRIGIBLE VISITED

AIRBORN BASKET PAGE

IRON IN THE DIET

By ELIZABETH D. FOGG, Dietitian
Los Angeles County Public Health Association
(Tuberculosis Committee)

Iron is one of the minerals necessary in the body from babyhood throughout adult life. Iron is needed to make red blood and to assist in the carrying of oxygen to all parts of the body.

- Breakfast: Prunes, Whole wheat cereal, Top milk, Brown bread toast, Butter, Cocoa.
Luncheon: Creamed liver on brown bread toast, Beet salad, Butter, Stewed apricots, Milk.
Dinner: Spanish rice, Buttered spinach, Cottage cheese salad, Bread, Gingerbread with molasses and raisins, Milk.

Gingerbread Recipe: 1/2 cup shortening, 1 cup molasses, 1 egg, 2 1/2 cups flour, 1/2 cup raisins, 1 teaspoon cinnamon, 1/2 teaspoon cloves, 1 teaspoon soda, 1 teaspoon baking powder, 1/2 teaspoon salt, 1 teaspoon ginger, 1 cup milk or water.
Sift flour, baking powder, soda, ginger and salt together. Add raisins to dry ingredients. Melt shortening and add molasses, milk and beaten egg. Add the liquid gradually to the dry ingredients, beat vigorously and turn into a floured dripping pan. Bake in a moderate oven twenty-five minutes. Test to be sure it is done before removing from oven. One-half the flour may be whole wheat flour if desired. (Christmas Seal Service).

Fire Fighters of the Air



ided protection to the great forests of the West are these flyers, who maintain a constant vigil for signs of fire. Immediately on locating a forest blaze, they notify the fire fighters, who lose no time in getting to the scene. Many of the cars used to transport the men and fire equipment are Chevrolet six-cylinder models.

SAFEGWAY STORES DISTRIBUTION WITHOUT WASTE

Friday and Saturday Features

CANNED Milk LIBBY'S, CARNATION M. and M. of MAX-I-MUM (Limit, 6 cans) 3 TALL CANS FOR 23c

BLUE FLAG CRAB MEAT Fine for Salads, Deepsea Crab 3 cans 89c
DUNBAR'S SHRIMP Fancy New Pack, Another Good Value 2 cans 35c

OHIO BLUE TIP MATCHES SIX BOXES 19c Limit, 2 Cartons

Fruits and Vegetables FANCY EVERGREEN No. 1 6 EARS—20c 30c doz.

SOLID HEADS 2 for 15c
Lettuce
SANTA ROSA 3 lbs. 25c
Plums
WATER-MELON 2c lb.
KRISPY FRESH Cauliflower 9c
FINE FLAVORED Apricots 5 lbs. 25c
NEW SPUDS 9 lbs. 25c (79c Lug)

Market Features

Hens YOUNG AND TENDER Fine for Fricasseeing ea. 85c

FRANKFURTERS Delicious for That Picnic 2 lbs. 45c
HAMS Swift's and Cudahy's Half or Whole lb. 32c

YOUNG STEER BEEF Pot Roast 19c lb.

Torrance Store, 1513 Cabrillo Avenue J. T. JENSEN, Manager
These prices are effective in Long Beach, San Pedro, Wilmington, Lomita and Torrance Stores ONLY.

RECIPES

WEIGHT REDUCING DAINTIES (By Betty Barclay)

In spite of the fact that curves are again stylish, there are many who feel they have too generous a supply of these essentials. Here are two tasty little dishes that fit into the reducing diet:

BAKED FISH: 1 average helping filleted flounder or similar type of fish, 2 tablespoons butter, 1 lemon, Salt and pepper. Grease a plate and lay the fish on it with the skin side upward. Put in the oven five minutes and melt butter in a flat pan, lay fish on it and place in hot oven 400 degrees F. eight to ten minutes. Baste twice while baking. Remove, season and squeeze lemon juice over. Serve hot.

ONION, PEPPER SALAD: 1 orange, Lettuce, 1 tablespoon chopped onion, 1 tablespoon chopped green pepper, French dressing. Peel orange, cut into slices and arrange on lettuce. Chop onion and green pepper very fine and mix them thoroughly. Sprinkle over orange or place a small portion amount of French dressing. This makes one large serving or two small ones.

TWO GELATIN SALADS: Vegetable salads to some are more difficult to prepare than fruit salads, while molded salads seldom appear upon their tables. As a matter of fact, it is very easy to prepare delicious molded vegetable salads—and now that fresh vegetables are all around us, what more fitting than these two recipes:

IMPERIAL SALAD: 1 package lemon-flavored gelatin, 1 cup boiling water, 1 cup pineapple juice, 1 tablespoon vinegar, 3 slices pineapple, cubed, 1/2 can Spanish pimientos, shredded, 1 medium cucumber, cut fine, salted, drained. Dissolve gelatin in boiling water. Add pineapple juice and vinegar. Chill. When slightly thickened, add pineapple, pimientos and cucumber. Turn into molds. Chill until firm. Serve with cream salad dressing or mayonnaise to which whipped cream has been added. Serves six.

CARDINAL GELATIN SALAD: 1 package lemon-flavored gelatin, 1/2 cup boiling water, 1/2 cup canned beet juice, 1 cup celery, shredded, 1 cup beets, sliced, 1/2 cup Spanish onions, cut fine, 1 green pepper, shredded, 1/2 teaspoon salt. Dissolve gelatin in boiling water. Add beet juice. When cold, add celery, beets, onion, green pepper and salt. Pour into individual molds. Turn out on lettuce, serve with mayonnaise dressing. Serves eight.

BETTY BARCLAY OFFERS FREE RECIPE BOOKLETS: Betty Barclay, whose recipes and food stories have been appearing for some time in this publication, will be glad to have the names and addresses of women readers interested in recipes of various kinds, so that from time to time she may forward them recipe books that are available. Merely drop a postal to Miss Betty Barclay, 1513 East Tijuca street, Philadelphia, Penn., and your name will be added to the list.

LOMITA Notes

Mr. and Mrs. Ed Dort and family of Whittier were Lomita visitors Thursday. The Dorts formerly lived on Narbonne avenue.

Mr. and Mrs. L. C. Walker of Narbonne avenue attended the dance given in Long Beach Friday evening, by the Travelling Men's club.

Mr. and Mrs. H. E. Hespé and son and Mrs. S. Soneud enjoyed several hours fishing off the Breakwater, Monday, and a picnic luncheon at Cabrillo beach.

Mr. and Mrs. H. E. Hickman of Weston street were entertained Sunday by Mr. and Mrs. G. D. Thiesen of Long Beach. Other guests were Mr. and Mrs. Dewey Hart of Los Angeles.

Mrs. F. A. Parsons of Poppy street suffered a badly wrenched ankle when she slipped on the back-steps at her home Saturday.

R. R. Campbell, manager of the Safeway Store is driving a new Essex coach.

Jack McKinney of Eshelman avenue was home from Pine Valley from Friday until Sunday evening.

G. W. Tubbs of Orange street is engaged in the construction of several buildings at Glendale.

Mrs. Rose Brennan and daughter of Kansas City will arrive here this week. They will be guests at the home of Mrs. Brennan's brother, E. S. Perry of Pennsylvania avenue.

Guests Sunday of Mr. and Mrs. Tom Searvin of Walnut street were Mr. and Mrs. George Hoffman and family and Mrs. Beatrice Spanier of Glendale.

Dinner guests Saturday of Mr. and Mrs. Tim Terrell of Weston street were Mr. and Mrs. E. W. Brumpton and son, and Mr. and Mrs. Frank Baker and family.

Recent guests of Mrs. A. Pirner and family of Oak street were Mr. and Mrs. Joe Long of Lexington, Mo., Mr. and Mrs. Charles Barron and Mrs. Stella Bandon of Long Beach.

Dinner guests Sunday of J. A. Paddock and Miss Birdie Paddock of Narbonne avenue were Mr. and Mrs. J. A. Strachan and son, Mr. and Mrs. J. J. Paddock, Miss Madeline Paddock of Los Angeles and Mr. and Mrs. F. A. Paddock of San Pedro.

Mrs. George Bryant and daughter Margaret and Miss Bryant's visitors Saturday, Miss Bryant is to be married within the next few weeks.

Mrs. Carl Bingham and son of Los Angeles are guests of Mrs. Bingham's sister, Mrs. Arthur Tappin of Narbonne avenue.

WIN SOCIETY

MR. AND MRS. JOE STONE CELEBRATE: Mr. and Mrs. Joe Stone celebrated their 17th wedding anniversary Monday evening, when they invited a few intimate friends to an informal dinner.

Places were laid for Mr. and Mrs. W. H. Stanger, Mr. and Mrs. L. G. Danford, Mr. and Mrs. Paul Kaiser and Mr. and Mrs. Stone. After the dinner, the company indulged in bridge.

MASONS ENJOY DINNER FROM WIVES: Wives of Masons cooked and served dinner for them at the stated meeting Wednesday evening. Over fifty enjoyed the dinner, which was followed by the regular business meeting.

Those You Know Who Come And Go In Torrance

(Continued from Page 3) Mrs. C. B. Bell and son Harry, Bell are vacationing at the Pacific Electric camp at Lake Arrowhead. They expect to return Sunday.

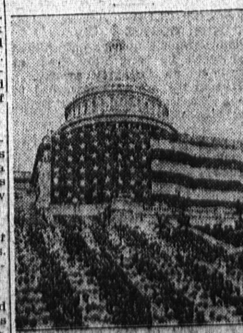
Mrs. Edward Baker is leaving Sunday for a month's visit with her mother at Houston, Texas. While there she will serve as matron of honor at the wedding of her sister, Miss Marthalee Walling to Mr. Curry Quattro Turner on July 22.

Mr. and Mrs. E. N. Tomkins and Mr. and Mrs. J. P. Richhart left Wednesday night for Cagel as guests of Mrs. W. R. Downer, where they spent the holiday.

Miss Claried Totten and Miss Alice Sedro of Grant's Pass, Oregon, spent a week at the home of Mr. and Mrs. Clyde Totten on Martine avenue recently, returning to their home in Oregon Monday.

Miss Helen Tiffany and Miss Eleanor Boice left Wednesday morning for a trip to the Grand Canyon of Arizona. They will be gone about a week.

Mrs. Robert Parker of Connecticut arrived Friday morning for a visit with her sister, Mrs. Fred Boice of Cabrillo avenue.



A LIVING 'OLD GLORY': Washington, D. C.—Photo shows some of the 2,200 Washington school children who formed a "human flag" with a monster replica of the Stars and Stripes in the background during the Vesper Flag Service on the steps of the National Capitol in commemoration of the 152nd Anniversary of "Old Glory."

Humpty Dumpty

COMPLETE FOOD STORES Courtesy Service Cleanliness Quality Division of Mac Marr Stores, Ltd. Prices Effective Grocery Dept.—July 5th to 10th Incl.

The Soap from Trees 3 Bars 19c

PURE CANE Sugar 10 lbs. 49c This Good at Humpty Dumpty Division Only

COFFEE - Hill's Red Can Lb. 48c (Limit 2 lbs. to customer)

SOAP FLAKES - (Ivory) Lge. 19c (For washing dainty things)

MALTED MILK - 1 lb. can 39c (Thompsons Chocolate Flavored)

JELL WELL 3 Pkgs. 25c

MAYONNAISE (Best Foods) 8 oz. 25c 16 oz. 45c

BAKING POWDER (Royal) 12 Ounce Can 43c

POTATO CHIPS (Scudders) Pkg. 5c and 10c

ICE CREAM SALT 10lb. Bag 15c

BLUE RIBBON MALT-65c

BUTTER - Humpty Dumpty (Finest Quality) lb. 50c Groceries (Guaranteed) lb. 48c

Libby's Corned Beef 12 Oz. Can 25c
Libby's Veal Loaf 7 Oz. Can 22c
Libby's Luncheon Tongue 6 Oz. Can 28c
Rex Chipped Beef 2 1/2 Oz. Can 15c

MEAT DEPARTMENT "Where Quality Counts"

CUDAHY'S PURITAN HAMS 1/2 or Whole lb. 29 1/2c

MILK LAMB SALE MILK VEAL SALE
Fancy Milk Lamb 38c Fancy Milk Veal 43c
Legs, lb.
Fancy Milk Lamb 27 1/2c Fancy Milk Veal 24c
Shoulder, lb.
Fancy Milk Lamb Rib 45c Fancy Milk Veal 32c
Chops, lb.
Fancy Milk Lamb 39c Shoulder Chops, lb.

POT ROASTS FANCY STEER BEEF lb. 22 1/2c and 19 1/2c
PORK STEAK—lb. 25c

PORK SHOULDERS (Fancy Eastern Pork) lb. 17 1/2c (Whole or Shank Roast)

Fruits and Vegetable Dept. Fruits and Vegetable Special Good at Humpty Dumpty Division Only
Potatoes, 9 lbs. 25c
Apricots, local, 5 lbs. 25c
Tomatoes, local, per lb. 10c
Sweet Corn, 4 for 10c