

### Cantaloupe Time



It's cantaloupe time in California's Imperial Valley, so the event was celebrated at the San Diego world's fair. Fifty thousand cantaloupes were distributed to guests at the fair that day. Miss Granger was one of the pretty valley maidens that did the distributing.

### Beef Cuts Are Boon to Budget

When the end of the month nears, and the food budget is stretched almost to the limit, don't give up. You can still include tasty and appetizing foods on your menu, and yet not have to stretch the budget to the breaking point. The solution lies, according to Inez S. Wilson, home economist, in choosing the low-cost cuts of beef. These cuts are low in cost not because they lack food value or flavor, but because they lack demand. This lack of demand for them is caused partially by the fact that not every housewife knows how to buy and use these cuts of meat. If properly prepared, they can be made tender and tasty, so if you would be a shrewd manager, choose these cuts and prepare them as they deserve.

Here is a list of budget stretching beef cuts:  
 Chuck—Pot-roasts or braised chuck.  
 Rump—Pot-roasts or braised rump.  
 Head of round—Pot-roasts, Plate—Stews and "boiling" meat, Brisket—Stews and "boiling" meat.  
 Shank—Stews, soups and "boiling" meat.  
 Ground meat—Loaves, patty cakes, meat balls, etc.  
 The chuck, rump, or head of round are used for pot-roasts. They may be boned and rolled, or boned with the bone in, although, if boned, they are much more easily sliced for serving.  
 Dredge the meat with flour, season it with salt and pepper, and brown it on all sides in hot oil. Add small amount of onion, either water, meat stock, vegetable stock, tomato, Jules, or luteo vinegar. Cover tightly, and let cook slowly on top of the stove or in the oven until done, about three hours.

### GRUBBS RETURN from eastern trip in NEW CAR

Mr. and Mrs. Henry Grubb returned this week from an extensive motor trip through middle western states in their new Air-low Desoto car, which they purchased from the Torrance Auto Sales Company and took delivery of at the Desoto factory in Detroit. Mr. Grubb covered over 5,300 miles in the car and expressed himself as very well satisfied with the car's performance. He was also enthusiastic about business conditions in the middle west, particularly in Minneapolis, where his recovery has been so great that it was like a small-sized room. Crops throughout Iowa and other farming states are excellent, Mr. Grubb says.

**SHOWER FOR MISS CARRICK**  
 Miss Marjorie Carrick, who will become the bride of Judge Robert Lesans on a date in August, was the honoree at a miscellaneous shower Saturday evening given at the home of Mrs. George Pfifford, Lomita. The hostesses were Mrs. William J. Gallardo and Miss Florence Graham, who arranged a lovely affair for the respective bride. Miss Carrick received a large number of beautiful gifts. Guests of the evening were Miss Josephine Manger, of Long Beach; Miss Zora Campbell, of M. Kerber, Mrs. Herb Stueck, Mrs. Effie Morris, Miss Josephine Lesans, Mrs. Joseph Marriott, Mrs. R. Carrick, Mrs. Pfifford, all of Lomita, and Mrs. Ray Stepp, of Torrance.

**STEAM AUTO CLEANING**  
 Car Wash \$1.00  
 Motor Cleaning \$1.00  
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 All 3, Complete \$2.50  
 Combined Motor and Chassis Jobs \$1.75  
 Only Steam Auto Plant in Torrance

# CHURCHES

"GO TO CHURCH SUNDAY!"

Church notices, to be assured of publication, should be in the Herald-News office before 10 a. m. Tuesday. Every effort is made to publish them all, but occasionally when they are late they must be omitted.

**CENTRAL EVANGELICAL CHURCH**  
 Marcelina and Arlington avenues. O. D. Wonder, minister. Sunday school at 9:45 a. m. W. E. Bowen, superintendent. Morning worship, 11:00 o'clock. Sermon by the pastor. Christian Endeavor Society at 8:30 p. m. Evening worship, 7:30 o'clock. A brief sermon by the pastor. The Women's Missionary Society will hold its annual picnic at Torrance park on Tuesday, July 2.

**SOUTH LOMITA CHURCH**  
 The friendly church, Fundamental, evangelistic, 2341 255th street, Lomita. T. C. Colwell, acting pastor. Sunday school, 9:30 a. m. Morning service, 11:00 o'clock. Young people's meetings.

**MEN'S BIBLE CLASS**  
 A Bible class for the men of the community by the men of the community. Sessions held each Sunday morning at 9:15 o'clock at the First Christian church, Harry E. Diecker, president, and Rev. G. G. Elder, teacher. All men are welcome.

**FIRST CHURCH OF CHRIST SCIENTIST, TORRANCE**  
 Former Dominguez Bldg., 1203 El Prado. Sunday services, 11 a. m. Sunday school classes, 9:30 a. m. Wednesday evening meetings are held at 8 o'clock. Reading room, 1203 El Prado.

**CATHOLIC CHURCH OF THE NATIVITY**  
 Cota and Manuel avenues. Rev. Thomas Kennedy, pastor. Phone 332. Mass celebrated Sundays at 7:30 and 9:30 a. m. Sunday school, 10:30 a. m. Benediction, 7:30, Sunday evening.

**Lomita Churches**  
**WALTERIA COMMUNITY INTERDENOMINATIONAL**  
 Rev. August Hammoek, pastor. Sunday school, 9:45 a. m. Spiritual food for the saints, 11:00 a. m. Evangelistic and prophetic messages, 7:30 p. m. Monday, an old-fashioned prayer meeting at 7:00 p. m. Tuesday, children's church at 2:00 p. m. Wednesday, deep Bible teaching at 7:30 p. m. Friday, young people's meeting at 7:00 p. m.

**COMMUNITY PRESBYTERIAN**  
 Brethren street, Lomita. Sunday school, 9:30 a. m. Morning service, 11 o'clock. Evening service, 7:30 o'clock. Intermediate and Senior Christian Endeavor, 6:15 p. m. Prayer service, 7:30 p. m. Wednesday. Choir practice, 7:50 p. m. Thursday.

### M. E. Pastor At Conference Meeting

Rev. Kemp J. Winkler, pastor of the Methodist church, is attending this week the annual conference of his denomination, meeting in Long Beach. Some 500 ministers and lay delegates will be in attendance. Bishop Ralph Minge, resident bishop of the St. Paul area of the church, will preside throughout the week. The sessions of the conference are open to the public, being held in the First Methodist church of Long Beach at Fifth and Pacific. The evening speaker is to be Dr. Richard Raines, pastor of Hennepin avenue M. E. church in Minneapolis. The appointments for the new church year are scheduled to be read next Monday evening. Regular services will be held in the local church next Sunday morning, but there will be no evening service.

**METHODIST EPISCOPAL CHURCH**  
 El Prado and Manuel. Kemp J. Winkler, pastor. 9:45 a. m. church school hour. Harry Sweet, superintendent. 11:00 o'clock, morning worship hour next Sunday. No evening service this Sunday.

**ST. ANDREW'S EPISCOPAL**  
 1432 Engracia street, Torrance. Rev. F. Murray Clayton, vicar, 1428 El Prado. Sunday services: Holy communion, 7:30 a. m. Church school, 9:30 a. m. Morning service and sermon, 11 o'clock. Young people's fellowship, 7:30 p. m.

**CHURCHES OF CHRIST, SCIENTIST**  
 The words of the Revelator, "Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ," are the Golden Text of the Lesson-Sermon on "Christian Science" on Sunday in all Christian Science churches, branches of The Mother Church, The First Church of Christ, Scientist, in Boston, Mass.

One of the Bible selections in the Lesson-Sermon includes these verses from the Psalms: "O how loved I thy law! It is my meditation all the day. . . I have restrained my feet from every evil way, that I might keep thy word. I have not departed from thy judgments; for thou hast taught me."

The Lesson-Sermon includes also these words of Mary Baker Eddy from the Christian Science textbook, "Science and Health with Key to the Scriptures": "I know the principle of all harmonious Mind-action to be God, and that cures were produced in primitive Christian healing by holy, uplifting faith; but I must know the Science of this absolute conclusions through divine revelation, reason, and demonstration."

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### STORY 1

Continued from Page 1  
 ing each week to plan the work for the following period. Play will be under adult supervision at all specified hours. Parents need have no hesitancy in sending their children to the grounds nearest their homes during these times as they will be properly looked after. With the arrival of summer vacation, children should have some

regularly organized occupation, in order to keep them off the streets where they are in danger of serious accidents, and to keep them busy and out of mischief. The playground program will provide this outlet for youthful spirits. There will be baseball games for all ages, tournaments in pingpong, horseshoes, checkers and other games, beach and camp trips from time to time, and quiet occupations suitable to girls at the recreation center. This activity will be in addition to the adult recreation which is

Walters Union Embarrassed GADSDEN, Ala. (U.P.)—When the Alabama Federation of Labor met for its annual convention here there was not a union restaurant worker in the town. Miss Thelma Black, of Birmingham, organizer for the Restaurant Employees Union, got busy between convention sessions. Today there is a local of 18 members. carried on by the SBRA workers at the recreation center, which includes music, dancing, card games and educational programs.

### Miss Granger Is Pomona Graduate

Frances Granger, daughter of Mrs. Grace H. Granger, 1738 Marina street was among the 148 young people who received their degrees at the Pomona College commencement, June 17. Miss Granger has been specializing in sociology at the Claremont institution.

Read Our Want Ads!



# GOOD NEWS!

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