



FOOD NEWS



MUSICAL INSTRUMENTS
SHORT MUSIC RECORDINGS
complete musical service

Humphreys
ONE THIRD FINE AVENUE
LONG BEACH

SPICED MOCHA COCOA MILK SHAKE

1/2 cup rich milk
1/2 cup made coffee
2 tablespoons malted cocoa
Few grains salt
1/4 teaspoon cinnamon

Put ingredients in beverage shaker, shake very thoroughly and serve cold.

CUISINE NEWSLETTERS
By NINA G. ABBEY

"Enough is as good as a feast!"
—Dietrich.

ORANGE MOUSSE

1 cup boiling water
1/2 cup sugar
1/2 cup orange juice
1 Tsp. gelatin
Cook sugar and water to the thread stage. Soak gelatin in cold water. Pour boiling syrup over softened gelatin and stir until dissolved. Cool and combine with the fruit juices. Whip cream and add sugar; fold into the gelatin mixture. Pour into a mold and place in four parts ice to one part salt. Place in the ice refrigerator until it freezes.

FIVE MINUTE CARROTS

Scrape and clean carrots. Grate on a fine vegetable grater. Place in a skillet in which a small amount of butter has been melted. Cover and cook for five minutes. Stir occasionally and season to taste.

Cooking School Recipes
(Continued from Last Week)

Third Class
Friday, June 26

MENU
Roast Leg of Lamb with Green Peas
Orange Bread
Vegetable Cookery
Green and White Salad
Frozen Rock Road
Broiled Salmon
Roast Leg of Lamb

Season lamb with salt, pepper and 3 tablespoons of garlic oil made with salad oil. Make an indentation and insert meat thermometer in the center of the fleshiest part of the meat. Do not allow thermometer to touch the bone. Preheat oven to 350 degrees. Place on a shallow pan. Do not add water and do not cover. When the thermometer registers 175 degrees the meat is done. Allow approximately 35 minutes per pound for roasting a leg of lamb. During the last hour of cooking, place fresh peas in a tightly covered pan, add 1/4 cup of water, salt and pepper and cook with the roast.

son, garnish with lemon and serve immediately.

Beets, Cooked in Surface Burner Pyrex

Peel and dice beets. Rinse beets thoroughly and turn dripping into a sauce pan or casserole into which 2 tablespoons of unmelting butter has been placed. Cover pan with a tight-fitting cover and cook over a simmer flame until tender, about 45 minutes.

Frozen Rocky Road

1 square unsweetened chocolate
1/2 cup Mayfair milk
4 tablespoons sugar
1 teaspoon gelatin
1/2 cup chopped pecans
14 marshmallows

1 teaspoon Iris vanilla
1/2 pint Mayfair whipping cream
1 tablespoon water

Cook sugar, milk and chocolate until thick and smooth, stirring constantly. Add gelatin which has been dissolved in 1 tablespoon water. Cool. Add marshmallows cut in quarters, nuts and vanilla. Fold in whipped cream. Pour into dessert tray and freeze in Electrolux.

BANANA MILK SHAKE

Mash 2 well-ripened bananas to a pulp with a fork. Add 1 cup evaporated milk diluted with 1/2 cup orange juice. Shake thoroughly with cracked ice. This amount makes 2 servings.

PINEAPPLE RASPBERRY ADE

1 cup water
1 cup canned crushed pineapple
1 can canned raspberry juice
Juice 1 lemon

Mix all ingredients together and keep in refrigerator until ready to serve. Serve in tall glasses with ginger ale cubes and fresh mint leaves.

GINGER ALE

With Lemon and Lime
Combine equal parts of ginger ale and bottles of lemon and lime and pour over crushed ice. Or freeze the lemon and lime in ice cubes, put in glasses and add ginger ale.

Harbor Dist. Meets Tonight

Dr. Robert McIntire of Washington, D. C., will be the guest speaker at the meeting of the Harbor District Chambers of Commerce tonight at North Long Beach. A chicken dinner will be served at 6:30 at the Houghton Park clubhouse.

BUILDING PERMITS

E. M. Rush, Walteria, took out two permits last week of \$850 each for the erection of double cabins and garages. Frank Jarrett, 1629 Elm street, \$800 for a house moved in on the premises. Bob Ueda, \$250 for a house moved on the Ellwood ranch.

ASSOCIATED AGROCCERS

INDIVIDUALLY OWNED STORES

"PEAK-O'-SUMMER"
SPECIALS FOR FRIDAY AND SATURDAY, JULY 10, 11

CERTO
FOR SURE RESULTS

Bottle..... 21°

Shred. Wheat
N B C..... 12°

Baking Powder
CALUMET
1-Lb. can..... 21°

GOLD MEDAL FLOUR

No. 5 Sack..... 24°
No. 10 Sack..... 44°

Grape Nuts
Pkg..... 16°

Tissue
WALDORF 2 rolls 9°

Woodbury SOAP
3 for 25°

CRISCO
3 Lbs. 58°

Brillo
Sm. 2 for 15°
Lge.17°

BLACK SWAN FLOUR

24 1/2 lbs.65c
10 lbs.32c
5 lbs.19c

Sure-Jell 10°

Wheat Hearts
SPERRY
Small..... 13°
Lge. pkg.21c

Dog Food
MARCO
8-oz.6 for 25°

Drano 19°

Oxydol 21°

Windex 18°

HORMEL ASSORTED SOUPS

Mushroom, Noodle, Vegetable Beef, Tomato

2 for 25°

FRANCO AMERICAN Spaghetti
No. 1 Can..... 3 for 25°

Towels
SCOTT 2 for 19°

Camay Soap
2 for 11°

P. & G. Soap
3 for 10°

Ivory Soap
Medium Large-10c; Bar 6°

Tissue
SCOTT 2 rolls 15°

Pancake Flour
SPERRY
Small..... 10°
Medium17c

FOLGER'S COFFEE

Lb.27 1/2°
2 lbs.53c

MILANI Chicken Noodles
16-oz. Glass..... 25°

BLACK SWAN SPECIALS!

- CATSUP, 14-oz. bottle
- HOMINY, No. 2 1/2 can
- KRAUT, No. 2 1/2 can
- STRING BEANS, No. 2 can
- PEAS, No. 2 can
- CORN, No. 2 can
- VINEGAR, qts.

10° each

• Tune in on "The Corner Store Philosopher" Radio Program, Every Tuesday and Thursday, 6:45 p. m., Station KHJ. Also KFAC, 6:45, every evening.

YOUR ASSOCIATED GROCERS

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REFRIGERATOR CHEESE CAKE

2 Tbsp. plain gelatin
1/2 Cup cold water
2 Egg yolks, slightly beaten
1 Tsp. salt
1/2 Cup milk
1 Cup whipping cream

1 Lb. cottage cheese
1/2 Lemon, grated rind with juice
1 Tsp. vanilla
2 Egg whites, stiffly beaten

Soften the gelatin in cold water. Beat the egg yolks slightly in the top of a double boiler and add salt, milk and sugar. Cook until the mixture thickens, stirring constantly, and add softened gelatin, lemon juice and rind. Mix thoroughly and cool, then add vanilla and cheese which has been put through a sieve. Fold in egg whites and whipped cream. Frost with corn flake pastry.

Corn Flake Pastry

1/2 Cup melted butter
1/4 Cup sugar
1 Cup corn flakes or zweiback crumbs
1 Teaspoon cinnamon

Roll or grind 4 cups of corn flakes so as to yield 1 cup of fine crumbs. Mix with butter, sugar and cinnamon and press two-thirds of the mixture into the bottom of a spring form mold. Fill the mold with cheese mixture, then sprinkle the remaining corn flake pastry crumbs over the top. Chill for several hours in ice refrigerator before serving.

BANANA FRITTERS

1 1/2 Cups flour
2 Tsp. baking powder
1/4 tsp. salt
1 Egg
Mix flour, baking powder, salt, egg, milk, sugar, Beat well. Add bananas and drop from a spoon into deep hot fat. Fry 5 minutes, turning with fork to allow even browning. Remove to tissue paper, drain well.

BUNCH OF GRAPES SALAD

1 Can Royal Ann cherries
1 Pkg. Philadelphia cream cheese
1/2 Cup French dressing
1/2 Cup salt
Dry pears thoroughly. Turn halves of pears round side up. Cover with cheese mashed and creamed to a soft consistency. Cut cherries in half and place them very close together into the cheese to resemble a bunch of grapes. Marinate for 1 hour in French dressing in the ice refrigerator. Serve on crisp lettuce leaves over which has been placed a small amount of French dressing.

TIPSY PEACHES

Empty a 2 1/2 can of peaches into a sauce pan. Add 1 cup of sugar and 1 cup of sherry and simmer for ten minutes. Take the peaches out and simmer the liquor until it is reduced about one half. Pour over peaches and place in ice refrigerator until cold. This may be used for pears or apricots also.

SPICED PINEAPPLE JUICE

Boil 1 cup sugar, 1 1/2 cups water, 2 sticks cinnamon, 8 whole cloves. Strain. When cool add 4 cups unsweetened pineapple juice, 1 cup orange juice, 1/2 cup lemon juice. Pour over crushed ice. Serve in thin glasses. If you wish, tint the water with vegetable coloring before it is frozen in the refrigerator tray. Crushed green ice is very attractive.

Orange Bread

3/4 cups cake flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
2 tablespoons oil
1 cup walnuts
1 tablespoon grated orange peel
1/2 cup Iris orange marmalade
1 cup Mayfair milk
1 egg

Cream sugar and shortening, add beaten egg, orange rind and marmalade. Add sifted dry ingredients alternately with milk. Pour into oiled loaf pan lined with wax paper. Bake at 350 degrees for 1 1/4 hours.

Green and White Salad

1 pkg. lime gelatin
1 cup boiling water
1/2 cup Iris pineapple juice
1/2 cup lemon juice
1 cup cut apples
1/2 cup cut celery
1/2 cup shredded almonds
1/2 teaspoon salt
1 No. 2 can Iris muscat grapes

Dissolve gelatin in boiling water, add pineapple juice, lemon juice and salt. When the mixture begins to thicken, add the drained muscat grapes and the rest of the ingredients to gelatin. Pour into oiled ring mold and allow to chill in Electrolux. Unmold and garnish with lettuce.

Broiled Salmon Steaks

Preheat broiler 10 minutes with regulator set at 550 degrees. Wipe steaks dry. Lay steaks on strips of bacon on preheated broiler pan. Brown. Remove from broiler pan. Sea.

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AIRWAY COFFEE 2 lbs. 25°

Take advantage of this record low price on the mellow-mild Brazilian blend that is pleasing thousands of people every day.

PINEAPPLE SUGAR LIBBY OR DEL MONTE No. 2 1/2 can 16°

Eight large, fancy slices in each can. Your choice of Libby or Del Monte Brand.

PURE CANE SUGAR Cloth Bag 10 lbs. 49° Paper Bag 10 lbs. 47°

Pure cane and fine granulated. Limit, 10 pounds.

Crackers	Better Best Brand Salted Sodas or Grahams	1-lb. box	9c	Happy-Vale Pink Salmon	No. 1 can	10c	
Ginger Snaps	Better Best Brand	1-lb. box	11c	Ralston's Wheat Cereal	24-oz. pkg.	19c	
Peanut Butter	Beverly Brand	1-pound size jar	14c	Grape-Nuts	Crisp, Crunchy, Tasty Breakfast Cereal	12-oz. box	15c
Libby Peaches	Or Del Monte Sliced or 1/2's	No. 2 1/2 can	25c	Kellogg Corn Flakes	2 8-ounce packages	13c	
Fruit Cocktail	Dainty Milk Brand	No. 1 jar	10c	Flour	Harvest Blossom No. 5 BLOSSOM bag	29c	
Nu-Made Salad Dressing		1/2 quart jar	18c	Pancake Flour	Harvest Blossom Brand	3 1/2-lb. pkg.	15c
Nu-Made Salad Dressing		quart jar	31c	Yolo Catsup	Made from Red-ripe Tomatoes	14-oz. bottle	9c
Dated Mayonnaise	It's Fresh	1/2 quart jar	22c	Val Vita Tomato Sauce	7 3/4-ounce can	3c	
Nob Hill Coffee	See it Ground	1-lb. bag	18c	Camay Toilet Soap	3 bars	14c	
Dependable Coffee	Edwards' 1-lb. can	2-lb. can	20c 39c	Lifebuoy Toilet Soap	3 bars	16c	
Favorite Matches	Strike Anywhere	per box	3c	Woodbury's Facial Soap	2 gallon size jar	15c	
Mission Tuna	Light Meat in Pure Oil	2 No. 1/2 cans	19c	Purex Liquid Bleach	Half Gallon size jug	13c	

Safeway Meats

Trade at your Safeway Meat Department and be assured of the best. Through improved meat selection and scientific meat processing, your Safeway meat man is able to guarantee you meats flavor-perfect and tender—EVERY TIME. Join the thousands of Southern California housewives that buy all of their food at the neighborhood Safeway Stores. You'll save money—you'll obtain consistently high quality foods at all times.

LAMB LEGS 27°
Cut from fine quality spring lamb. Order one of these for your Sunday roast. Serve with fresh green peas.

BEEF ROAST 18°
Finest quality steer beef roast, shoulder blade cut. Purchase one of these fine roasts at Safeway this week. You will be pleased with the tenderness & flavor.

PLATE RIB 5°
Plate rib cuts of beef to boil. You'll find these economical cuts to be delicious in soups or in stews. Cook them with plenty of fresh-spring vegetables.

SHORT RIBS 10°
Short ribs of beef to bake or broil. When you order these short ribs, stop in the produce department & purchase some vegetables to cook with them.

CORNER BEEF 19°
Bonanza brisket cuts, lean and tender. NOTE: Do not soak or parboil our corner beef. Our cure makes this unnecessary.

GROUND BEEF 15°
100% pure meat. Excellent for frying or for use in meat loaf. Lean & tender. Purchase a supply at your Safeway market.

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MODERN Independent MERCHANTS SAY

Of the 89,000 retail stores in the state, only 5,500 are chain stores. Yet, these relatively few chain stores have the pace—have taught independent merchants how to make a better living by group buying and efficient selling.

CALIFORNIA CHAIN STORES HELP ALL MERCHANTS

Tomato Juice	3 No. 2 Libby Brand	23c
Lime Beans	Val Vita Brand, 15-oz. can	5c
Grape-Nuts Flakes	2 pkg., 19c	19c
Kellogg's Pep	Breakfast cereal, 2 10-oz. packages	19c
Whole Wheat Flakes	2 10-oz. packages	19c
Globe A-1 Flour	No. 10 bag	38c
Bisquick	Gold Medal, 40-oz. pkg.	27c
Crisco	1-lb. can 18c; 3-lb. can	50c
Worcestershire Sauce	Lee & Perrin's, 5-oz. bottle	28c
Vegetable Soup	Van Camp Brand, 22-oz. can	10c
Laundry Soap	Assorted varieties, 5 bars	14c
White Way Soap	26-ounce package	21c
Staley's Cube Starch	12-ounce package	7c
Holly Cleanser	Large size can	3c
Scat Tissue	All-Wrapped, 3 rolls	20c
Waldorf Tissue	All-Wrapped, Per roll	4c
BROWN DERBY BEER	(IN CANS) 12-ounce cans	25c
	(IN BOTTLES) 11-ounce bottles	25c
	Padre Beer 11-ounce bottle	5c

NOTE: Beer is available in our licensed stores only.