



FOOD INLWS



Crawford Hurt In Auto Crash

John B. Crawford, 2213 Ca-brillo avenue, failed to negotiate the turn in Arlington avenue at Sepulveda boulevard, near the ball park, Monday night, and crashed into the curb on the west side of the street, according to report on file at police headquarters. The car overturned, and Crawford was taken to the Jared Sidney Torrance Memorial hospital where he was treated for friction burns and a broken leg. Mrs. Crawford was uninjured beyond a few bruises.

Star To Sell Palmolive for 1c

For two hours only, 10 a. m. to 12 noon, Saturday, August 8, the Star Department Store is offering an unusual money-saving and novel value. They will sell a five cent bar of Palmolive toilet soap for only one cent. There is a limit, however, of one bar to a customer. Then, at 7:30 Saturday night will come a big surprise. We can't tell you what it is but save the soap wrapper. And be present at the Star at that hour. It will be interesting and a great deal of fun.

Coming Events at Civic Auditorium

August 6
Recreation Dept. Doll Show.
August 7
Torrance Bears, social dance.
August 9
Union church services.
August 15
Social dance, Hayes and Thomas.
September 15-16
Mexican Independence Day program.
October 28, 29, 30
Torrance Herald Union Ice cooking school.
October 31
Social dance, N. B. P. W. Club.

HERE'S Something!



Housewives! Cooks!

Every housewife and every cook—good or bad—has some pet recipes of which she is justly proud... some "special dish" that the entire family likes and that guests always get when they come for dinner and always rave about. The Herald wants to hear about those recipes, regardless of what they contain or what they turn out to be. Herald readers want to hear about them. So for a limited time, the Herald will give away FREE each week TWO tickets to the Torrance Theatre to the reader who sends in a recipe that is published on these pages under the heading of the "Recipe Forum." Send in as many as you like. For each recipe published you will receive TWO tickets. Either bring them in or mail them and the tickets will be mailed to you. Do it today!

Don't Skimp on Your Breakfast

As a fortification against the day's heat and the possibility of a meager appetite for lunch and dinner, it is wise to have breakfasts which furnish plenty of food for energy. So here are a few such breakfasts, planned by Inez S. Willson, home economist:

- 1.—Bacon slices with scrambled eggs, toast, fresh peaches and coffee.
- 2.—Creamed left-over lamb, veal or pork served on baking powder biscuits or toast slices, chilled melon balls and coffee.
- 3.—Fried ham slices, toast, orange slices and coffee.
- 4.—Sausages and waffles with maple syrup, fresh berries and coffee.
- 5.—Ham omelet, toast, grapefruit cup, and coffee.

M. E. LADIES PICNIC

Annual picnic of ladies of the First Methodist church will be held in Banning Park Tuesday, August 11. All wishing transportation will please meet at the church at 10:30 a. m. A pot-luck luncheon at noon.

BITTEN BY DOG

Robert McCracken, 218th and Western avenue, was knocked down and mauled, and severely bitten about the face by a dog last Sunday. The wounds required stitches to close. The dog is being kept under observation for rabies.

CHESS PIE

- 1 cup sugar
 - ¾ cup shortening
 - 1 cup raisins
 - 1 cup walnuts, ground
 - 3 eggs, beaten separately
 - 1 teaspoon vanilla
- Method: Cream sugar and butter, add beaten egg yolk. Boil the raisins a few minutes to soften and add after draining water. Then fold in egg whites, nuts and vanilla. Pour into unbaked pie crust and bake like custard, until set.

Don't Forget HINCKLEY'S GROCERY

1½ miles south on Arlington
Open Sundays and Evenings Until 9 P. M.
"A Small Store with Downtown Prices!"

COLD MEATS

As enjoyable as hot roast beef in winter, is a tasty plate of Grubb's COLD MEATS on sultry summer days. Because Grubb's cold meats are always good, always freshly cut, and the prices are "right." Try them for lunch or for an evening meal. They're great for a change.

GRUBB'S MARKET

CHOICE MEATS
PHONE 779 TORRANCE
IN SAFEWAY STORE 1929 CARSON ST

Kitchen Holidays!

Wouldn't you like to "take it easy" in your kitchen—for a whole week? You can... not only for a week but for the rest of the summer. Just fill up your pantry with these exceptional low values in "easy-to-serve-foods!"

WILSON'S "TENDER-MADE" SKINNED HAMS

Whole or Full Half
SHANK END.....lb. 29c
BUTT END.....lb. 32c
lb. **39c**
"THE HAM YOU CUT WITH A FORK"

PRIME RIB

Grade-Fed "Branched" Steer Beef
ROASTS—1st 5 Ribs
"Best Cuts Only" lb. **19c**

Lamb Shoulder

Fancy 1926 Spring Baby Milk Lamb lb. **16c**

Ground Beef

FRESH LEAN lb. **12½c**

Sliced Bacon

Morrell's Pride Fancy Eastern ½-lb. pkgs. **17½c**

BACON

Wilson's Eastern Sugar-Cured BY THE PIECE **32c**

SHORTENING "SNOW-WHITE"

(Bulk) **3 lbs. 29c**

ROASTS

Grade-Fed "Branched" Steer Beef
CENTER CUT SHOULDER OR 7-BONE CHUCK lb. **14c**

Asparagus

DEL MONTE picnic can **12c**

Tomatoes

SOLID PACK No. 1 can **7½c**

Garden Peas

DEL MONTE EARLY No. 2 can **12c**

Fruits for Salad

DEL MONTE No. 1 can **12½c**

Catsup

DEL MONTE TOMATO 8-ounce bottle **7½c**

Pears

DEL MONTE BARTLETT No. 2 can **12c**

Peaches

DEL MONTE Sliced or Halves No. 2 can **10c**

Applesauce

FANCY NEW YORK STATE No. 2 jar **7½c**

Calumet

BAKING POWDER 1-lb. can **18c**

Cake Flour

SWANSDOWN 44-oz. pkg. **21c**

Dog Food

KENNEL KING 1-lb. can **5c**

Sweet Pickles

C. H. D. 25-oz. jar **22c**

Dressing

RAJAH SALAD 1-qt. jar **25c**

Marmalade

KING KELLY 1-lb. jar **13c**

Grape Juice

CHURCH'S ORANGE quart bottle **23c**

Prunes

PURE 2-lb. pkg. **10c**

Grape-Nuts

"The Breakfast Food of Millions" 5-lb. pkg. **14c**

Cracker Jack

New Large Size 3-pkg. **10c**

FLOUR

5-lb. sack **17c**
24½-lb. sack **28c**
49-lb. sack **51.19**
98-lb. sack **52.29**
63c

Spaghetti

Francisco-American 3 cans **25c**

Vinegar

Crystal Cider qt. **10c**

Salad Oil

Swift's Jewel pint bot. **19c**

Ivory Soap

"It Floats" 5-lb. box **9c**

Pork & Beans

Ann Page No. 2 can **5c**

Sliced Beets

Fall City No. 2 can **10c**

Miracle Whip

Kraft's ½-pint, 12c—Quart Jar, 32c

YUKON CLUB

SINGER ALE, LIME RICKY, SPARKLING WATER
3 large bottles **20c**
(Plus Deposit)

EIGHT O'CLOCK COFFEE

1-lb. bag **15c**
"THE WORLD'S LARGEST SELLING BRAND OF COFFEE"
3-lb. bag, **44c**

A&P FOOD STORES

1319 SARTORI AVENUE, TORRANCE

Favorite Hotel Dishes May Be Served In Home

Certain hotels and restaurants, through years of service, have gained for their foods a reputation which has traveled far and wide. These dishes, many of them, can become favorites at home if we but take a page from the chef's note book. Steaks and mixed grills—in fact, broiled dishes of any kind—are hotel favorites, say the chefs, so Inez S. Willson, home economist, gives information on choosing and preparing these popular foods.

Choosing Tender Steaks

The chef usually knows how to choose a tender steak. His best indication of tenderness is the amount of fat which it carries. It should have a generous covering of fat over the outside and a marbling of fat throughout the lean. The steak should be cut thick, at least one inch, and if it has been aged, so much the better. Frequently the hotel chef buys a whole loin of beef and allows it to hang in his refrigerated room for several days before he cuts it into steaks, and in some markets this same practice of aging is followed before the steaks are cut.

The best way to broil a steak is to thoroughly preheat the broiling oven with the regulator set to "high" and then place the steak on a rack far enough from the flame or heating element that by the time it is nicely browned on one side it will be half done. When browned on one side, it is seasoned with salt and pepper, turned, and allowed to brown and finish cooking on the second side. The steak should be served without a moment's delay after it is cooked. This, as much as any other factor makes the steak served in a hotel so thoroughly enjoyed because it is still sizzling hot and puffy with its own juices when the diner makes the first cut.

For a Delicious Mixed Grill

The mixed grill means simply a whole meal cooked in the broiler. Usually this includes a lamb chop, perhaps, little link sausages, sweetbreads, which have been parboiled in acidulated water and put under the broiler to become browned, and frequently ground meat patties wrapped with bacon. These are broiled in exactly the same way as the steak, except for the length of time needed in broiling. This depends on temperature and the thickness of the meat. Broiling, however, should be done at a moderately low temperature for the best results. Pork chops, too, can be just as delicious as those broiled and served at hotels if you but insist that they are cut thick and cooked slowly. Here is the way one hotel chef prepares them:

- #### Baked Stuffed Pork Chops
- 1 cup minced ham
 - ½ cup minced mushrooms
 - 1 cup bread crumbs
 - ½ cup rice, uncooked
 - 2 tablespoons minced onion
 - 2 tablespoons minced green peppers
 - ½ cup tomatoes
- Brown the ham, mushrooms, onions and green pepper, then add the uncooked rice and tomatoes, together with 2 cups meat stock. Let cook until the rice is tender. Add the bread crumbs and season to taste. Fill pocket in chops with this. Brown the chops on both sides, cover tightly and bake slowly for 25 or 30 minutes.

CUISINE NEWSSETTES

By NINA G. ABEY

"When thou sittest to eat with a ruler, consider diligently what is before thee."

DOROTHY'S SPANISH RICE

- 1 Small can tomatoes (uncooked)
- 1 Cup boiling water
- ½ C. snuffed olives
- ½ C. cheese
- ¼ Tsp. salt
- ¼ C. onions
- Pepper

Finch of soda
Mix ingredients and bake at 300°.

GRAPE ICE

- ½ Cup sugar
- 2 Cups water
- ¼ Tsp. salt
- ½ Cup lemon juice
- 2 Cups grape juice

Method—Heat sugar and water together five minutes. Cool, add the rest of the ingredients and freeze in the ice cream freezer.

PORK CHOPS AMERICAN

- 6 Pork chops
- 1 Can mock turkey soup
- 2 Tbsp. fat
- Salt and pepper
- Flour

TWO-CRUST LEMON PIE

- ½ Lemon
- 2 Tbsp. flour
- 1 Egg
- ½ Cup sugar
- ½ Cup raisins

Cover raisins with 1 cup of water and let stand 2 hours. Cook the mixture until thick. Place in unbaked pie crust and cover with the other crust. Bake in 400° oven.

ORAB COCKTAIL

(Serves one)

- 2 Tbsp. crab mixed with 2 tsp. mayonnaise
- 2 Tbsp. tomato catsup or chili sauce
- 1 Tbsp. capers
- 1 Tsp. minced parsley
- 1 Tsp. lemon juice
- 1 or 2 drops onion juice if desired

Date of tabasco sauce may be added.

Mix together and fill cocktail glasses; place them on cracked ice and serve.

SPIDER CORN BREAD

- 2 Cups corn meal
- 2 Cups boiling water
- 1 Tbsp. shortening
- 2 Eggs beaten separately
- 3 Tsp. baking powder

Over corn meal and shortening pour boiling water, and stir out all lumps. Add yolks of eggs and baking powder. Fold in the beaten whites. Pour in hot pan in which 3 tsp. shortening has been melted. Bake at 350°.

HAM RELISH SALAD

- 2 cups diced cooked ham
- 4 hard-cooked eggs, diced
- ½ cup diced celery
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- 4 tablespoons chopped sweet pickles
- ½ teaspoon salt
- 2 tablespoons lemon juice
- ½ cup salad dressing

Mix and chill ingredients and serve on crisp lettuce leaves.

Quality Super Market

1325 Sartori Ave.
DOWNTOWN These Prices for Thur., Fri., Sat. Only

Eating and Cooking NEW APPLES 6 lbs. 25c	LOCAL-GROWN TOMATOES 3 lbs. 10c	SEEDLESS GRAPES 3 lbs. 10c
Elberta Freestone PEACHES 7 lbs. 25c	NO. 1 WHITE ROSE POTATOES 7 lbs. 25c	LARGE UTAH CELERY 2 for 15c
CONCORD GRAPES 2 lbs. 15c	SWEET MUSCAT GRAPES 5c lb.	

QUALITY MEATS

STEER BEEF STEAKS Round, Swiss Rib:.....lb. 23c	Week-End Hot Weather Specials	EASTERN CURED HAMS Half or Whole.....lb. 28c
ROAST Lean 7-Bone.....lb. 16c	LUNCH MEATS New England Ham Macaroni and Cheese Pimiento Loaf Nulwood Loaf Soups 29c	BACON Eastern Sugar Cured.....lb. 32c
POT ROAST Young Tender..... 12½c	COTTAGE CHEESE 10c	SLICED CHEESE American, Brick, Marquain 35c lb.

GROCERIES

BUTTER CRESTA, lb. 34½c	Super Suds, 2 pkgs. 15c	BEN-HUR, lb. 28c 2 lbs. 50c
Instant Postum Iced Postum Is Delicious, 8-oz., 39c; 4-oz. 23c	Crystal White Soap, 3 bars 19c	Post Toasties 7c
Lynden's Chicken and Noodles, 16-oz. jar 21c	Peet's Granulated Soap, lge. 25c	Clequot Club Ginger- ale, 2 16-oz. bottles 23c \$1.33 carton (no bottle deposit)
Dole Pineapple Juice, No. 2 can 10c	Baker's Coconut, ½-lb. pkg. 7c ½-lb. pkg. 13c	Sperry Pancake or Waffle Flour, 28-oz. size 15c
Nestle's Chocolate Bars, all varieties, ½ lb., 2 for 25c	Sun-Maid Seedless Raisins, 2 15-oz. pkgs. 13c	3rd Birthday Sale of Miracle Whip, ½ pt. 13c pt. 21c qt. 38c
Liquid Mix, all flavors, 2 cans 15c	Morton's Salt, plain or iodized, 26-oz. pkg. 7c	Del Monte Early Gar. den Peas, No. 2 can. 13c
Waldorf Tissue, 3 for 11c	Holly Cleanser, save the labels, 3 cans. 10c	Satina 5c
La France, 2 for 15c	Rippled Wheat, 30 Biscuits, whole wheat, ready to eat, pkg. 9c	Palmolive Soap 5c