

TREAT THE FAMILY! . . .

# LUER'S

Coneys, Wieners and Skinless Frankfurters IDENTIFIED BY THE NAME LUER

SO GOOD!  
And so many ways to serve these delicious Coneys, Wieners, and Skinless Frankfurters—branded with the LUER name for your protection. They're so good . . . Nut-sweet, and made of the choicest ingredients. Serve them — Enjoy them! Try LUER'S Today!

AT YOUR NEIGHBORHOOD STORE  
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# FLOWERS FOR ALL

See Our Displays at the Cooking School

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### Cooking Hints

Inez S. Willson, home economist, gives these hints for adding variety in meat cooking:

1. In cooking pork chops, rub skillet first with a cut clove of garlic. This does not give a garlic flavor, but, instead, it gives a faint suspicion of something different which cannot be defined.
2. In preparing a meat loaf, have a slice or two of liver ground with the meat. This adds a delicious flavor.
3. In preparing a bread dressing, dice and brown bacon together with the onion before adding to bread crumbs. Moisten and season the dressing as usual. The bacon and onion browned together add a splendid flavor.
4. In broiling ham, dot with small amount of peanut butter and allow to melt into the ham before serving.

## Sparkling Personality



NINA G. ABBEY

LADIES!!! . . . Attend the Cooking School, Wednesday, Thursday and Friday, October 21, 22, 23, Civic Auditorium

# HOW TO WIN AGAINST RISING FOOD PRICES!

Attend the Union Ice Company-Torrance Herald

## Free Cooking School

Wednes., Thursday & Friday  
Oct. 21, 22 & 23  
at CIVIC AUDITORIUM  
1 p. m.



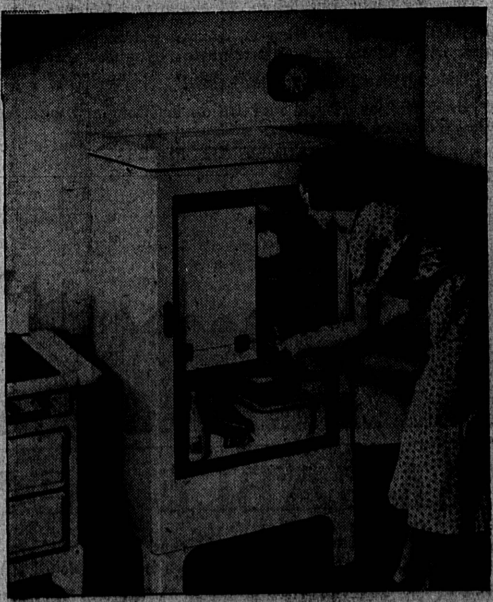
NINA G. ABBEY  
Noted Home Economist, who has made a life-time study of thrifty kitchen management.

Hear Mrs. Abbey's timely tips on kitchen thrift. . . . See her turn the cheaper cuts of meat into delicacies over which your family and guests will enthuse. . . . Taste the delicious dishes she prepares from "left-overs" and inexpensive foods. . . . You'll live better on less money . . . in spite of rising prices.

## Air Conditioned ICE REFRIGERATOR GIVEN AWAY FREE!

Some lucky guest at Mrs. Abbey's cooking class will receive, absolutely free, a new AIR CONDITIONED ICE REFRIGERATOR. Don't miss this opportunity to win one of these modern miracles of home refrigeration . . . the ONLY refrigerator that provides CONDITIONED AIR to keep foods fresh and tasty.

More than 55 thousand California housewives have purchased these wonder-working refrigerators since their introduction last year. . . . Here's your chance to own one . . . entirely without cost.



# The UNION ICE Company

423 West 18th Street  
663 So. Fries Avenue  
Gardena 2971

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WILMINGTON  
Lomita 426

San Pedro 3290  
Wilmington 1240  
Torrance 213

The Herald is fortunate to secure this engagement with Mrs. Abbey as her services are in great demand in the larger cities. Next week she leaves for San Francisco to conduct a big cooking school for the San Francisco Chronicle, leading newspaper of the bay district.

Nina G. Abbey needs no introduction to many local women as they recall her highly interesting programs in the spring of 1935, during which the Torrance Theatre was packed to capacity. This year Mrs. Abbey brings an entirely new program and the added seating capacity of the civic auditorium will enable a greater number to enjoy the sessions. It is planned to use the public address system so that these in the audience may hear every word.

### STORY 1

Continued from Page 1

made. No milk dealer or dairy in the district escapes the periodic visit of Mr. Isaacs, who takes samples of their product and brings it to the laboratory where it is tested for a number of things, butter fat content, purity and dilution. No chance of getting away with watered milk here, for the test tubes show inexorably the quality of the raw product. Frequent tests of Torrance water are made, to show the chemical content, and disclose the presence if any of harmful bacteria.

**Lab Work Important**  
Miss Edna Lemon, bacteriologist in charge of the laboratory, gave brief description of the materials and equipment in use and permitted the visitors to look into the microscope to see the strange black organisms which appear, no one knows how or why, in the brain cells of a rabid dog.

The county health center in Torrance, which serves a wide district, is under the direction of Dr. H. C. Smiley, and has about 15 employes on its staff. While in the building the city

### Benner Practices His First Aid

Fireman J. J. Benner had an opportunity to practice his first aid training last Sunday when he arrived on the scene of an accident in Los Angeles just after the crash. Three women and a baby were injured, and ambulance attaches were glad to call on Benner who offered his services and helped apply splints and bandages. The baby, strangely enough, was the least seriously injured, with only a cut on its forehead. Among the women were three broken legs and two broken arms, besides other injuries.

### W. B. A. CARD PARTY THIS EVENING

In their hall at 1951 Carson street, this evening members of the Woman's Benefit Association will hold a card party to which they invite the public. Secure tickets at the door. Prizes and refreshments.

officials also visited the offices of the county welfare department located on the second floor, where all relief and old age pension cases are handled.

## NESCO ELECTRIC AUTOMATIC ROASTER

A marvel of the Twentieth Century! An electric roaster in which you can cook an entire meal without fuss or muss. Keeps hot for hours after switch is turned off. Has temperature regulator. Just the thing for a Christmas gift. See it today! Only \$22.50 on easy terms.

- Cooks 2 Chickens or 8-lb. Roast, and 2 Vegetables at Same Time
- Easy to Clean
- Has Signal Light
- Approved by Good Housekeeping
- Self Basting - Chrome Lid

**Special Factory Demonstration In Our Store November 10!**

Nesco Combination Electric Cooker and Casserole, \$6.45

### Miller Furniture Co.

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