



# FOOD NEWS



## Combination Meat, Salad Plate Tasty

Serve a mixed plate of meat and vegetables which is in general, a salad but an un-mixed one. If you can follow that general idea you will know just what the finished plate will look like.

Suppose tongue or corned beef is the chosen meat. Either one

comes conveniently and attractively packed in tin cans and only chilling is required before using. Place the can in the refrigerator to chill, then open and slice the meat as thin as possible, for several slices of thin meat taste better and appeal to the eye more than one thick slice.

Along with the meat, select some canned green beans, the stringless kind which are the variety canned. They may be the asparagus style pack which means the beans are packed side by side just as asparagus is, or they may be the usual style, or even cut beans. For the purpose of food value of the lunch it will not make any difference which style is used. Style influences the appearance.

Then too, no doubt there is a can of beans and another of ripe olives.

Drain the liquid from the beans, and marinate them with French dressing and chill thoroughly. The beans may be just chilled, or they may be drained from the liquid and seasoned with a spiced vinegar, but either way they should be chilled, likewise the olives.

Arrange three olives in the center of a luncheon plate, and around them place the meat and marinated green beans. Possibly a touch of lettuce or other green under them would be good, but not too much; in other words do not make it look like a salad. Add the beans and if an extra crisp crunch is desired some radishes or cucumber cut into strips lengthwise would be good to use.

### SWEET POTATOES A LA CASSEOLE

6 sweet potatoes  
3 tablespoons butter  
1/4 cup water  
Salt to taste

Method: (1) Pare and cut potatoes in thick slices. (2) Place in casserole with butter, salt and water. (3) Cover and bake at 250 degrees for 3 hours.

Note: If yams are used omit water as they are more moist than sweet potatoes.

### Samaritan Becomes Villain

LITTLE ROCK, Ark. (U.P.)—The good samaritan who offered Fred Meyers, Phoenix, Ariz., a ride in his motor car at St. Louis, turned out to be a villain here when he drove away with the hitchhiker's traveling bag and overcoat.

Hot buttered toast or rolls complete the main portion of this meal.

## THIS DISH COOKS ON "OFF"



The modern automatic electric range adds another miracle to its bag of cooking tricks! Savory macaroni is cooked entirely almost without using any fuel. To prepare this delicious dish you merely heat tomato juice and pulp to boiling on the surface unit. Add browned meat and macaroni, then turn off the heat! But why do this? Because in the coils of the heating unit there is stored sufficient heat to maintain the cooking temperature throughout the 25 minutes of the cooking period! It's the modern economical way to cook.

When you're racking your brain to think of a main dish for tomorrow's luncheon, you'll be glad you heard of the new way of fixing macaroni. It's not with cheese, but it is tasty, and your family will like the variety.

You don't need large quantities of liquid when you cook on

a modern electric range. Because of the low-controlled heat obtainable on the surface heat units it is unnecessary to use quantities of water to keep the food from boiling dry.

And another thing—there is sufficient heat stored in the coils of the heating unit to maintain the cooking temperature for some time after the switch is turned off. In this recipe, the largest part of the cooking is done with the switch off.

### Savory Macaroni

1 small onion  
1/2 pound chopped bacon or ground beef  
6 cups tomato juice and pulp  
3 cups macaroni (broken in pieces)

Salt and pepper to taste

Method: Brown bits of onion and meat in saucepan on surface unit of electric range with switch turned to high heat. Heat together with tomato juice and pulp to boiling. Add macaroni, salt, and pepper. Mix thoroughly with fork. Cover and turn the switch off. Steam without lifting the cover for 25 minutes with switch off.

## Be Prepared With Ham for Casual Callers

Frequently, during the summer months, friends out for a drive drop in for a few moments' chat right at supper time. On such occasions it gives one a grand and glorious feeling to be able to say, "Do have a bite to eat with us," and really mean it.

Serving impromptu suppers is an easy matter if the refrigerator is stocked with part of a baked ham for this makes entertaining easy. Already baked ham may be sliced and made into sandwiches on short order, or reheated and combined with other foods as the main dish of the meal. And it is sure to be appreciated, for the smoky flavor of cured ham can whet even the most jaded appetite.

### Baked Ham

Ham, like any other meat, is best when baked at a low temperature, 300-350 degrees. With the mild cure that hams are given nowadays, soaking is not necessary, nor is parboiling. The ham may be placed skin side up on a rack in an open roasting pan and allowed to bake slowly until done. A whole ham requires approximately 25 minutes per pound for baking, a half ham requires approximately 30 minutes per pound. A few minutes before the ham is done, it may be removed from the oven the skin removed, the ham decorated with brown sugar, marshmallows and whole cloves and then returned to the oven for browning.

To store a ham or part of a ham in the refrigerator until needed, loosely wrap it, especially by the cut surface, with wax or parchment paper. This allows some circulation of air, but not enough to dry it out.

A good way to use the last of the ham is suggested below by Inez S. Wilson, home economist.

### Ham au Gratin

Chopped baked ham  
2 tablespoons ham fat or butter  
2 tablespoons flour  
1 1/2 cups milk  
1 stalk celery  
1 tablespoon onion juice  
1 egg  
1/4 teaspoon paprika  
Buttered bread crumbs  
Grated cheese

Method: Make a white sauce by melting butter, combining with flour, adding milk, and cooking until creamy. Add the egg, well beaten, the finely chopped ham, and the seasonings. Pour into a buttered baking dish, sprinkle with buttered bread crumbs and bake slowly until heated through.

### HOME MADE PEACH ICE CREAM

(Serves 6)

2 eggs (separated)  
1/2 cup sugar  
1 cup milk  
1 tablespoon unflavored gelatin  
1/4 cup cold water  
1 1/2 cups crushed peaches  
Juice 1/2 lemon  
1 cup whipping cream (whipped)

1 teaspoon vanilla extract

Combine the two egg yolks (slightly beaten), the sugar, and the milk in saucepan. Place on surface unit of the electric range, with switch turned to low heat, and cook, stirring constantly. When mixture is hot, remove from unit and add gelatin which has been soaked in cold water.

Stir until gelatin is dissolved, then fold in beaten egg whites. Cool mixture and add crushed peaches and lemon juice. Fold in whipped cream and vanilla extract.

Place in freezing tray of mechanical refrigerator. Turn cold control to lowest point and freeze as rapidly as possible. Stir at half hour intervals during freezing period.

### Teeth Stop Bullet

GLOUCESTER, Mass. (U.P.)—Sixteen-year-old August Miguel owes his life to his teeth. A bullet, accidentally fired by a companion, spent its force on the Miguel molars. August spat out the bullet and three life-saving teeth.

# ASSOCIATED AGROCLERS

INDIVIDUALLY OWNED STORES

SPECIALS FOR FRIDAY, SATURDAY, AUG. 28, 29

- |  |   |
|--|---|
| <b>WHEATIES</b><br>2 for 21c                           | <b>Baker's COCOA</b><br>1/2-Lb. 9c          |
| <b>SPERRY Pancake Flour</b><br>Small 10c<br>Medium 17c | <b>LUX FLAKES</b><br>Small 10c<br>Large 21c |

DELICIOUS ICED, FOR HOT DAYS  
**Chase & Sanborn's COFFEE** 24c  
Remember to brew stronger for ICED Coffee

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|---|--|
| <b>LUX SOAP</b><br>3 for 19c                        | <b>SWANSDOWN</b><br>25c                                |
| <b>KELLOGG'S ALL-BRAN</b><br>Small 12c<br>Large 19c | <b>DRIFTED SNOW FLOUR</b><br>5-Lbs. 24c<br>10-Lbs. 46c |

**Gebhardt's CHILI CON CARNE**  
With Beans No. 1 Can 12c  
Plain No. 1 Can 18c

**DR. ROSS' SOAP POWDER**  
2 1/2 Lb. 29c

**HERSHEY BAR**  
Mild and Mellow  
1/2 Lb. 10c

**ASSOCIATED SALT**  
2-Lb. Box 2 for 15c

**BLACK SWAN Fruit Cocktail**  
2 for 25c

**FISHER'S 2-Lb. HANDY BAGS**  
Cake Flour  
Pancake Flour  
Whole Wheat Flour  
Corn Meal  
Cracked Wheat, Rye, Marina and Graham Blend 15c

FOR SLEEPLESS NIGHTS AND FRAYED NERVES  
**OVALTINE**  
50c Size 31c | \$1.00 Size 57c

**LIFEBUOY SOAP**  
3 for 19c

**KENNEL KING DOG FOOD**  
No. 1 Can 3 for 19c

**FOR YOUR ENJOYMENT...**  
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

**GEO. H. COLBURN**  
645 Sartori Ave., Torrance, Phone 622

**DOAN'S MARKET**  
2223 Torrance Blvd., Torrance, Phone 486

**RICHARD COLBURN**  
1901 Cabrillo Ave., Torrance, Phone 110

# A&P FOOD SERVICE

## Flavor-Famed Meats

- Fancy 1936 Spring Baby Milk
- Lamb Legs** "Finest Quality" lb. 23 1/2c  
LAMB SHOULDER lb. 16c
- SLICED BACON** 1/2-lb. Pkg. 19c
- GROUND BEEF** lb. 12 1/2c
- Grain-Fed "Branded" Steer Beef
- ROASTS** Center Cut Shoulder or 7-Bone Chuck BEST CUTS lb. 16c
- Plate Rib
- BOILING BEEF** lb. 7c
- Wilson's Eastern Sugar-Cured **BACON** By the Piece lb. 32c
- SHORTENING** (Bulk) 3 lbs. 29c

Grain-Fed "Branded" Steer Beef

**PRIME RIB** ROAST 5 Lbs. 22c

**SAVE ON FOODS**

SILVERBROOK or CHALLENGE **BUTTER** First Quality lb. 40c

**BROOKFIELD-LARGE FRESH EGGS** 30c

**DURKEE'S TROCO** Nut Margarine lb. 15c

**EIGHT O'CLOCK COFFEE** Mild & Mellow 1-lb. bag 17c

**DEL MONTE TOMATO CATSUP** 2-oz. bottle 15c

**DEL MONTE GARDEN SPINACH** 3-cans 20c

**VAN CAMP'S PORK & BEANS** With Tomato Sauce 22-oz. can 7c

**EVEREADY-WHOLE PEELLED APRICOTS** No. 1 can 10c

**SACRAMENTO ASPARAGUS** No. 1 tall can 12c

**"THE WAKE UP FOOD" TOASTIES** Post 3-cans 20c

**C.H.B. Sweet Mixed & Sweet PICKLES** 25-oz. jar 23c

**HEINZ TOMATO JUICE** 3 11-oz. cans 20c

**"ALL READY FOR BISCUITS" BISQUICK** Mild & Mellow 4-oz. Medial pkg. 25c

**LAURA SCUDDER'S P-NUT BUTTER** 1-lb. jar 17c

**CRYSTAL WHITE SOAP** 3 bars 10c

**KELLOGG'S ALL BRAN** 18-oz. pkg. 19c

**CHURCH'S PURE GRAPE JUICE** quart bottle 25c

**"FOR COOKING" WESSON OIL** quart can 39c

**COLD STREAM PINK SALMON** No. 1 can 10c

**MARGO-FANCY GRAB MEAT** No. 1/2 can 23c

**ZEE ORCHID, GREEN TISSUE TOILET** 2 rolls 9c

**OLD HEIDELBERG BEER** Full Strength 4 11-oz. bottles 25c (Plus Deposit)

**"MAGIC SCOURING PADS" BRILLO PADS** 12-pack 15c

**GEBHARDT'S-SPICED BEANS** 3 cans 25c

**IRIS-VACUUM PACK COFFEE** 1-lb. or 2-lb. jar 27c

**"LA VIDA" MINERAL SPRING WATER** 34-oz. bottle 19c (Plus Deposit)

**KING KELLY PURE ORANGE MARMALADE** 1-lb. jar 13c

**ALL YEAR GREEN RIPE OLIVES** 2 9-oz. cans 25c

**TENDER SWEET PEAS** No. 2 can 10c

Free! Punch-o-bag with 2 pks. Morton's Salt—All for 14c

**YUKON CLUB-Lima Rickey RINGER ALE** 12-oz. bottle 5c or 8-oz. Beer (Plus Deposit)

**CRYSTAL VINEGAR CIDER** quart bottle 10c

**CALIFORNIA TOMATOES** 3 No. 2 1/2 cans 25c

**BAKER'S COCOA** Breakfast 1-lb. can 10c

**"PREMIUM LAGER" BEER** 3 11-oz. bottles 25c (Plus Deposit)

**DEL MONTE TOMATOES** SOLID PACK 2 No. 1 cans 15c

PRICES EFFECTIVE THUR., FRI. & SAT., AUGUST 27, 28 & 29. (We Reserve The Right To Limit Quantities.)

**A&P FOOD STORES**  
1919 SARTORI AVENUE, TORRANCE

# Quality Super Market

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

- |   |  |   |
|---|--|---|
| <b>Bellefleur APPLES</b><br>10 lbs. 25c | <b>Thompson Seedless GRAPES</b><br>3 lbs. 10c  | <b>Local Grown TOMATOES</b><br>3 lbs. 10c                 |
| <b>Sweet Spanish ONIONS</b><br>lb. 1c   | <b>New Crop Delicious APPLES</b><br>4 lbs. 25c | <b>Sweet French PLUMS</b><br>lb. 5c                       |
| <b>Large Bell PEPPERS</b><br>ea. 1c     |  | <b>New Crop No. 1 Idaho Russet POTATOES</b><br>7 lbs. 25c |

## QUALITY MEATS

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|---|---|--|
| <b>Swift's Premium Canadian Style Bacon</b> , lb. 49c   | <b>FISH</b><br>SALMON, lb. 23c                            | <b>Ham-burger</b> 12c/lb                     |
| <b>Eastern Sliced Bacon</b> , lb. 33c                   | <b>ROCK COD, Filet</b> , lb. 21c                          | <b>Full Creamed Cottage Cheese</b> , lb. 10c |
| <b>Eastern Sugar-Cured Whole or Half Hams</b> , lb. 28c | <b>YELLOWTAIL</b> , lb. 15c                               | <b>Steer Beef, 7-bone Roast</b> , lb. 16c    |
| <b>Swift's Franklin Salami</b> , lb. 37c                | <b>Chickens</b><br>Nice, Fat HENS, Fresh Dressed, lb. 23c | <b>Young Leg of Lamb</b> , lb. 23c           |

## BUTTER PRUNES

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|---|---|---|
| <b>Cresta Butter</b> , lb. 36c                  | <b>RY-KRISP</b> 12-oz. 21c                      | <b>SUNSWEEET</b><br>1 lb. 8c                  |
| <b>Brookfield Butter</b> , lb. 40c              | <b>SOAPS</b><br>Lux Flakes, sml. 9c             | <b>lge. fruit</b> 8c                          |
| <b>Kennel King DOG &amp; CAT FOOD</b> 3 for 17c | <b>Jello ICE CREAM POWDER</b> 2 pkgs. 15c       | <b>2 lbs. med. fruit</b> 13c                  |
| <b>Jello GRAPE NUTS</b> 16c; 2 for 31c          | <b>GRAPE NUTS</b> 16c; 2 for 31c                | <b>Gebhardt's Spiced BEANS</b> No. 1 can 8c   |
| <b>Maxwell House COFFEE</b> lb. 25c             | <b>Comet Brown RICE</b> 12-oz. 10c<br>2 for 19c | <b>WHEATIES</b> pkg. 10c                      |
|   |   | <b>Standard Oil FLY SPRAY</b> pt. 37c qt. 63c |
|   |   | <b>Post's WHOLE BRAN SHREDS</b> pkg. 11c      |