

MODERN MARKET SERVICES MAKE FISH COOKERY EASY

If you like fish, and nearly everyone does like fish in one form or another, this is an especially good season to indulge that taste. Markets nowadays make fish cookery as easy as possible for the housewives, and thus many of the old distasteful operations of cleaning, skinning and boning fish are unnecessary. Your meat counter will display fish that is already thoroughly cleaned, will fillet it, if that is the way you wish to prepare it, and will bone it if you request to have that done.

Fish can be a most tempting dish. Its natural color becomes an appetizing golden brown when cooked, and, served with the yellow of lemon, the green of parsley, and the rich colors of the vegetables you decide upon, makes an attractive serving.

One of the outstanding reasons for serving fish, quite aside from its own deliciousness, is the iodine content which makes it a valuable addition to meal planning. Iodine is a preventive for goiter and other iodine-deficiency diseases.

Skillful Cooking Needed. There are fresh fish of all kinds to invite you and your family to special table delights, but however fresh, however enticing the name of the fish and however delectable the dish sounds, perfect cooking and a skillful combining of other foods with it is required.

Fish always needs a crisp vegetable or slightly tart salad, and a piquant relish or savory sauce (with careful thought given to the color and flavor) to complete the course.

Here are the methods of preparing fish which have been found to be most successful:

Baked Fish. Fish fillets: Arrange on a heat-proof platter or in bottom of baking pan. Sprinkle with salt and pepper, and brush with melted fat or oil. Or dip each piece of fish in heavily salted milk, and then in finely sifted dried bread crumbs before placing in baking dish and then brush with melted fat or oil. Or salt and pepper fish, arrange in baking pan and top with any desired stuffing. Bake in a very hot oven of 500 F. until fish is tender and "jelly-like" allowing about 8 to 10 minutes, depending upon thickness of fillets. Serve with egg, parsley, caper, fish, cheese, mornay, curry, cucumber or drawn butter sauce.

Steaks: Have the slices cut as thick or thin as you desire. Pare as above and bake in very hot oven of 500 F. until fish is tender, allowing 25 to 30 minutes. Serve with same sauces as above.

Whole Fish: Order fish cleaned and have head and tail removed. If fish is to be stuffed, wipe with damp cloth and rub with salt inside and out. Stuff with favorite stuffing and sew up cavity with coarse thread. If fish is leanmeated, gash top surface in three or four places and insert narrow strips of salt pork or bacon. Brush surface with oil; arrange in baking pan and bake until tender. Allow about 10 minutes, for each pound of cleaned fish for first 4 pounds and five minutes for each additional pound. Serve with egg, parsley, caper, or drawn butter or onion relish.

Steaks: are broiled 15 to 25 minutes altogether, depending on thickness. Small whole fish may be broiled without splitting and are broiled for 5 to 7 minutes with occasional turning. Medium sized fish are split and laid on rack, skins down, 15 to 20 minutes being required to cook them.

Planked Fish. Use large whole fish, such as salmon, halibut, etc. Fish is arranged on well-greased plank. Sprinkle with salt and pepper and lean fish is oiled. Bake in hot oven 400 F. for 25 to 40 minutes. When fish is done, arrange making nests of potatoes and arranging hot vegetables in nests, or if preferred, cold vegetable may be used as garnish. Small tomatoes stuffed with vegetable salad or cucumbers marinated with French dressing are delightful with the fish.

Sauteed Fish. Dip small fish or steaks one inch thick in seasoned flour or corn meal, or in beaten eggs and then in finely sifted dried bread crumbs, and saute in a small amount of hot fat or oil in a skillet until golden brown on one side. Turn carefully and brown other side. Serve with maitre d'hotel, tartar, or cucumber sauce, lemon sections, onion relish, cole slaw, sliced tomatoes, etc.

Deep-Fried Fish. Small whole cleaned fish and fillets to be used. Sprinkle with salt and dip in egg mixture made of one beaten egg and 1 tablespoon flour. Then dip in fine dried bread crumbs and fry in deep fat. Serve with same sauces as for sauteed fish.

Bolled or Steamed Fish. Thick steaks or whole fish

No Honeymoon for Them



Mary Astor, film star whose recent suit for custody of her child made headlines throughout the nation and implicated Playwright George Kaufman as what her diary described as "one of the great loves of my life," is shown reading an account of her surprise elopement to Yuma, Ariz., with Manuel Del Campo, young Mexican, shown in photo at lower right. After the ceremony the couple parted as Del Campo had to go to Mexico City because of the death of his father.

Dr. Bingham Suffers Broken Neck In Crash

(Continued from Page 1-A)

and was traveling at a high rate of speed, it was reported.

Sedan Badly Wrecked.

The first motorist to pass the scene of the accident was a Long Beach physician who took the Bingham, Miss Christensen and Schick back to the Las Vegas hospital. The Smiths remained on guard over the wreckage of the car and their belongings.

Dr. Bingham's sedan, a new model, was badly smashed up—all of the glass being shattered except the left wind-wing, it is reported.

After being received at the Los Angeles hospital, the dentist was placed in a special harness that keeps his neck and head rigid while the vertebrae knit back and the break is made whole again. Mrs. Bingham says that her husband realizes the seriousness of his injury but does not know that he must undergo the prolonged hospitalization and "harnessing." Friends are requested not to impart this information to him for the present. Dr. Bingham will not be permitted to have visitors at the hospital for two or three weeks, according to Mrs. Bingham.

Lamb Sale By Food Chains Save Farmers From Heavy Losses

Farmers and ranchmen feeding lambs for market were saved from heavy financial losses in January as a result of the mid-winter lamb sale sponsored by the National Association of Food Chains, according to a report received here by W. Bolesworth, district manager of Safeway stores.

The information was contained in a bulletin from P. O. Wilson, manager of the National Livestock Market association, who expressed the gratification of all sheep growers over results obtained in disposing of the large seasonal surplus of feeder lambs.

A tremendous increase in lamb consumption was shown by the preliminary reports from 37,000 food chain stores participating in the campaign which continues through the month of February. Some companies reported increases in sales from 50 to 300 percent above normal.

GRUBB'S MARKET CHOICE MEATS PHONE 779-TORRANCE IN SAFEWAY STORE 1929 CARSON ST.

Fresh Dressed Young Hens.....	23c lb.
Shortening, Bulk.....	2 lbs. 25c
Sliced Bacon, 1/2-lb. pkg.....	18c ea.
Fresh Pork Liver.....	15c lb.
Lean Lamb Stew.....	8c lb.
Lamb Shoulder Roast.....	14c lb.
Swift's Skinned Hams.....	27c lb.

Payrolls Rise 9 Billion Over 1933 Low Mark

1936 Wages Represent 63 Per Cent of Nation's Total Income

WASHINGTON, Feb. 25 (U.P.)—Workers received approximately 63 percent of the nation's estimated total income of \$60,000,000,000 last year, the Department of Commerce has reported.

Labor income climbed from \$29,000,000,000 in 1933 to \$38,500,000,000 last year, an increase of approximately 30 percent. National income increased at approximately the same rate from the 1933 low of \$45,000,000,000.

Labor income is defined in the report, published in the Consumer's Guide, as income from salaries and wages of all employees. It includes wages paid to unskilled workmen and to skilled craftsmen, and salaries paid to office personnel.

Depth Reached in 1933

The survey, entitled "who gets the national income?" showed national earnings hit a peak of \$78,000,000,000 in 1929 and then dropped to \$45,000,000,000 at the depth of the depression in 1933. About 40 percent of that loss has been recovered.

All types of incomes—except from interest payments—suffered major slashes during the depression. All incomes—except interest payments—have shown substantial recovery in the past three years.

Income payments climbed four points in 1930, then dropped to 13 points below the 1929 in 1935. The decline was attributed to lower interest rates generally prevailing since the boom period.

City Water Said In Fine Condition

(Continued from Page 1-A)

grains: Hawthorne, 9.6; Ballona plant west of Athens, 12.5; the Union Oil company well west of Torrance, 12.8, and two different outlets in Gardena—14.3 and 12 grains.

"Now take a look at this issue of Public Works magazine—it says that in Neenah, Wisconsin, last year the people voted down a proposal to erect a water softening plant there because it was deemed unnecessary. And Neenah's water was 70 grains hardness!"

"No, we have nothing to complain about our water—its purity, its odor or its hardness. It's among the best in Southern California and we are going to keep it that way. Water, good water, is essential to a city and Torrance has certainly got that."

DIRECTORS TO MEET

Members of the Torrance Chamber of Commerce directors will meet with President J. W. McQuaid next Monday afternoon, March 1, at 4 o'clock. Routine business is to be transacted.

are used. Tie fish in cheesecloth or parchment and plunge into kettle of boiling water to which 1 tsp. salt and one tbsp. vinegar or lemon juice has been added for every 2 quarts water used. Boil 5 minutes and reduce heat quickly to simmer until tender. Six to 10 minutes per pound is required. Or fish may be steamed after being wrapped in a steamer or "waterless" cooker, allowing 6 to 10 minutes per pound. Serve with same sauces as for baked fish.

Broiled Fish. Fish is broiled on greased broiler rack or in baking pan placed beneath broiler. Sprinkle with salt and pepper, and brush with melted fat or oil. Fillets are placed 2 inches below flame in oven which has been preheated 10 minutes. Broil each side 5 to 6 minutes or until skin is golden brown and fish tender.

• Better Ingredients
• Greater Skill in Mixing

**Make Whitney's
Bakery Goods
Superior**

1323 SARTORI

Orders of 25c or More
Delivered Free—Phone 572

Building-Loan Officers Attend Federal Home Loan Bank Session

Torrance C. Welch, C. T. Rippey and W. G. Bowen of the Torrance Mutual Building and Loan association attended the annual meeting of stockholders of the 12th district Federal Home Loan bank. Welch obtained the following information from M. M. Hurdford, president of the bank:

Advances by the Federal Home Loan bank to members, outstanding on Dec. 31, 1936, totaled \$8,795,178.82. This is a net increase for the year of \$4,355,185.83, or 99.45 percent. These figures actually reflect the lending of \$7,619,743.81 during the year, however, as compared to \$3,258,613 total advances during 1935, or an increase of 134 percent.

The U. S. government has invested, through the bank's

lending operations, HOLC and treasury investments, the sum of approximately \$26,000,000 in home-financing institutions in this district.

The Torrance Mutual Building and Loan association, as a member of the Federal Home Loan bank, is privileged to obtain a portion of these funds, and to make them available to local borrowers, for home construction and refinancing.

Bethlehem Model Town

BETHLEHEM, Ga. (U.P.)—This village of 250 inhabitants has never violated the spirit of its name. The community has never had a policeman, its jail has never been occupied, and no murder or other violent crime has ever been committed.

OFFERS TAX AID

A deputy from the state income tax office will be at the Chamber of Commerce here March 4 and 5 to assist local residents in preparation of their income tax forms.

Single Men Err Most

ST. LOUIS, (U.P.)—Young men who are unmarried, get into more trouble that leads to court cases, according to an annual report.

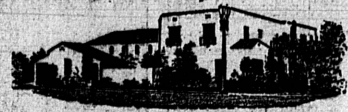
Steam Shovel Stolen

NILES, N. Y. (U.P.)—Theft of a 10-ton steam shovel has been reported to state police by town officials of Niles.

NO MORE GUESS WORK

YOU CAN GET THE BEST OF EVERYTHING AT R. B. DRUG STORE

STONE & MYERS, Funeral Directors



TORRANCE: Cravens at Engracia. Telephone 195
LOMITA. Telephone 347
AMBULANCE SERVICE

FINEST MEAT

IN THE WORLD

Prices effective through Saturday, February 27, in Safeway-operated departments of stores within thirty-five miles of Los Angeles.

THIS WEEK'S BAKERY SPECIAL

100% WHOLE WHEAT BREAD 10c

Julia Lee Wright's 100% Whole 1-lb. Wheat Loaves. Uniform slices. loaf

SUGAR 10-lb. bag 48c
Fine granulated cloth or paper bag

Mission Tuna 2 No. 1/2 cans 23c
Choice light meat

Fancy Tuna 15c
Chicken of the Sea. No. 1/2 can

Maxim Milk 6c
Rich, pure evaporated. Tall can

Tomato Sauce 3-oz. can 11c
Del Monte Brand

Hormel Pea Soup 10c
or vegetable, 16-oz. size can

Snow Flake Crackers 15c
N. B. 2-oz. soda, 1-lb. box

Airway Coffee 19c
See it ground. Per pound

Dependable Coffee 49c
Edwards'. 1-lb. can 26c; 2-lb.

Nob Hill Coffee 24c
Quality blend. Per pound

Sunsweet Prunes 10c
Extra large, 1-pound package

Cello-Pack Prunes 20c
70-80 size, 3-pound package

Stokely's Apricots 15c
Whole, unpeeled. No. 2/2 can

Suprema Cherries 15c
Red sour pitted. No. 2 can

Stokely's Grapefruit 12c
Fancy comments. No. 2 can

Jell-well 3 pkgs. for 13c
Cube flavored

Kre-Mel Dessert 3 boxes for 10c
Assorted flavors

Orange Juice 2 for 23c
Libby's brand

Grapefruit Juice 10c
Stokely's Finest. No. 2 can

Tomato Juice 10c
Stokely's. 23-ounce can

AVOCADOS

Puerto variety, each 6c
Large size

DATES

California grown Delight Noor variety. 2-lb. boxes 25c

APPLES

Rome Beauty variety. Excellent no bake. 5 lbs. 25c

POTATOES

U. S. No. 1 Quality Klamath, Oregon 5 lbs. 23c
Russets

EXPERTS agree that the finest flavor and tenderness in meats can be produced only by proper aging under controlled refrigeration. When top quality beef, pork, lamb, and veal are scientifically aged, they produce the FINEST MEATS IN THE WORLD.

And that's just what you obtain at your neighborhood Safeway. Trained meat buyers purchase for these markets the highest grades of meat obtainable. (Safeway was the largest buyer of prize-winning meat of this year's Great Western Live-Stock Show).

At Safeway's central plant, these superior meats are aged by the most scientific methods. Wasteful cutting and daily delivery in refrigerated trucks bring the meat to the Safeway in your neighborhood in perfect condition. Try these fine meats today. They cost you no more than ordinary meat.

BEEF ROAST

Center Cut of Fancy Chuck

per pound 18c

Fancy grade roast, cut from Safeway Guaranteed Star Beef. Select one today.

PRIME RIB ROAST per lb. 29c
First five fancy ribs. Cut from Safeway Guaranteed Star Beef.

SHORTENING 4 lbs. 49c
Product of Proctor & Gamble

BONELESS RUMP per lb. 29c
Note this price on a fancy boneless roast. Guaranteed.

BONELESS ROAST per lb. 29c
Boneless shoulder clod. Cut from Guaranteed Star Beef.

SIRLOIN OR ROUND STEAK

Your choice of Sirloin or Round Steak. Serve one of these tonight. Notice how popular. Guaranteed Beef is with the whole family.

per pound 29c

T-BONE ALSO CLUB, PORTERHOUSE per lb. 35c
Select your favorite steak at Safeway. Guaranteed.

PORK SAUSAGE 1/2-lb. pkg. 18c
Un-X-1d brand links of pure pork. In sanitary package.

GROUND BEEF per lb. 16c
Fresh, lean ground beef, packed in Viking casing.

COLORED HENS per lb. 27c
OR FRYERS. Dry-picked, milk-fed. Guaranteed poultry.

PEACHES

2 No. 2 cans 25c

Stokely's. Choice of sliced or halves. Fancy fruit.

PLUMS

2 No. 2 cans 25c

Choice of Libby or Del Monte De Luxe Italian Plums.

BEANS

3 No. 2 cans 25c

CUT GREEN BEANS

McGrath's Champion or Alta Villa brand.

SALMON

2 No. 1 cans 37c

LIBBY'S FANCY RED

(HAPPY-VALE PINK SALMON, No. 1 size can, 10c.)

SAFEWAY

Yolo Tomato Catsup 10c
14-ounce bottle

Formy Shortening 52c
Swift's. 1-lb. can 20c; 3-lb. can

Mazola Oil 44c
Pint can, 23c; quart can

Harvest Blossom Flour 85c
No. 5 bag, 21c; 24 1/2-lb. sack

Kitchen Craft Flour \$1.00
No. 5 bag, 24c; 24 1/2-lb. sack

Globe A-1 Flour \$1.06
No. 5 bag, 25c; 24 1/2-lb. sack

NuMade Mayonnaise 38c
1-lb. jar, 22c; quart jar

NuMade Salad Dressing 31c
Pint jar, 16c; quart jar

Cream Cheese 9c
Philadelphia Brand. 3-oz. pkg.

Brookfield Cheese 17c
American, Brick, Limburger, Pimento. Half-pound package

Hi-Est Quality Grape Jam 25c
12-oz. jar, 15c; 26-ounce jar

Orange Marmalade 25c
Hi-Est quality. 28-oz. jar

Tropical Mince Meat 23c
35-ounce size jar

Sleepy Hollow Syrup 35c
Pint jar, 16c; quart jar

Tomatoes 3 No. 2/2 cans 25c
Standard Pack. 3-oz. can

Pork & Beans 2 No. 2/2 cans 25c
Van Camp Brand. 2-oz. can

Standard Pack Corn 10c
Cream style. No. 2 size can

Burbank Hominy 9c
No. 2/2 size can

Standard Pack Peas 10c
Sweet, tender. No. 2 can

Schilling's Black Pepper 6c
2-ounce size can

Alber's Corn Meal 10c
White or yellow. 20-oz. pkg.

Ralston's Check-R Oats 19c
20-oz. box, 9c; 48-ounce size

Cream of Wheat 23c
14-oz. box, 14c; 28-ounce size

Mrs. Singer's Pie Crust 10c
8-ounce package

Globe A-1 Biscuit Flour 24c
Ready mixed. 40-ounce package

Dog Food 2 cans 13c
Kennel King Brand

Strongheart Dog Food 5c
Note low price. Tall can

Marco Dog Food 2 tall cans 13c
Balanced ration

Laundry Soap 3 bars 10c
White King, Crystal White or P & G

White King Toilet Soap 5c
Exceptionally mild. Per bar

Granulated Soap 21c
White King Brand. 36-oz. pkg.

Sunbrite Household Cleaner 2 can 9c

Weldert Toilet Tissue 4c
All-wrapped rolls. Each

BROWN DERBY BEER 25c
12-oz. cans 4 for 25c

PADRE BEER 5c
Locally brewed beer. 11-ounce bottle

LIME RICKY 5c
Pale. 3-oz. 25c; 12-oz. 5c

GINGER ALE 5c
Pale. 3-oz. 25c; 12-oz. 5c

Deposits extra on bottled beverages. Beer available only in stores licensed to sell it.