



BY BETTY BARCLAY

Honey is not a complete food but it contains vitamins and small portions of practically every element used by the human body. As far as food value is concerned, it supplies almost 1500 calories to the pound—thus ranking very high in the list of foods.

Europe uses this food extensively in cooking and in honeywine (Mead). We use it largely as a tasty spread or as a flavoring for frostings.

The attractive glass jars in which honey is marketed make it possible for the housewife to see exactly what she is buying. Often the modern producer puts part of the comb in the strained honey, plainly visible through the glass walls of the jar. Others have made their bottles in the shape of a hive, and all honey containers—once so troublesome—are now designed to be presentable and "socially acceptable" at table. The next time you open one of these glass jars, do not use the contents merely as a "spread" but try one of these honey recipes and you will be delighted with your discovery.

Honey Date Strips
3 eggs, well beaten
1 cup honey
1 1/2 cups flour
1 teaspoon baking powder
1 teaspoon vanilla
1 cup chopped nuts
1 pound chopped dates
Mix together honey and well beaten eggs. Add baking powder and flour, sifted together, then chopped dates and nuts. Bake in long flat tin; mixture should not be more than 1/4 inch high. When baked, will be about 1/2 inch high. Cut in strips 1/2 inch wide and 3 inches long. Pack away in crock; roll in powdered sugar before serving.

Honey, Apple, Cheese and Nut Salad
4 cups of apples, diced
2 cups cottage cheese
1/2 cup chopped walnuts
1/2 cup honey
1/2 cup mayonnaise
Mix apples and cheese together. Add walnuts, honey and mayonnaise. Heap on beds of lettuce about two tablespoonsful to a serving. Top with Maraschino cherry.

Vermont Knows No Pie-less Days; Wife Names 108 Varieties She Bakes

NEW HAVEN, Vt., Feb. 25 (U.P.)—When it comes to eating and making pie Mr. and Mrs. Charles S. Dana take the "cake."

Dana, 74-year-old town clerk, former Vermont house speaker and former associate judge of Addison county court, has eaten pie every day since boyhood, but has increased his capacity since his marriage many years ago. Mrs. Dana makes 108 varieties of pie.

Of the 108 kinds of pie, Dana says, he prefers Vermont apple, pumpkin with whipped cream, green currant, walnut, black cherry and custard.

For those doubting that there are 108 different pies, Mrs. Dana lists the following:

Apple, green apple, sweet apple, dried apple, Vermont apple, apple custard, crabapple, creamed rhubarb, sweet potato, grape, green grape, custard, mince, mock mince, cherry, mock cherry, white cherry, black cherry, coker cherry, maple sugar, pear, peach, dried peach, plum, dried plum, raisin and lemon.

Also coconut, pineapple, banana, green currant, currant, white currant, gooseberry, strawberry, red raspberry, black raspberry, yellow raspberry, blackberry, huckleberry, elderberry, date, prune, fig, butternut, buttermilk, walnut, peanut, vinegar, Boston cream, tomato, apricot, turnip, squash, pumpkin, fruit, quince, orange, Roosevelt, boiled elder, boiled elder-apple sauce, potato, oatmeal, chocolate, rice, humbug, green tomato-chicken crust and pop-corn.

Also cracker, graham cracker, molasses, cranberry, Washington barberry, cream raisin, loganberry, jam, sour cream, raisin pumpkin, prune with whipped cream, mocha, caramel, summer squash, coconut jello, orange pineapple, grapefruit, zweiback peach, butterscotch, lemon chiffon, lemon sponge, rhubarb strawberry, raisin lemon, blueberry raspberry, currant raspberry and carrot.

Miss Frost Knows Miss Snow (U.P.)—Miss Elsie Snow and Miss Genevieve Frost are juxtaposed as clerks at the county dog license counter.

GRUBB'S MARKET
CHOICE MEATS
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IN SAFEWAY STORE 1929 CARSON ST.

Plum Sherbet for St. Patrick's Day

St. Patrick's day is the Irish jollification day in honor of their saint. It is in keeping with the spirit of the day to have a party and, of course, the best dessert for a party is sherbet or ice cream. Green is the color which should be featured, and you will find that a sherbet made with green gage plums gives the much desired delicate color and has the flavor and texture that make hostesses proud to serve it.

Instead of serving it as dessert, serve it with the meat course, and make the dinner seem more festive and smart. Still another way this delicious sherbet might be served is with fruit cocktail. Fill the dish with mixed fruits, which come canned together, and in the center place a spoonful of the plum sherbet.

Green Plum Sherbet
1 No. 2 1/2 can green gage plums
1/2 cup powdered sugar
1/2 cup white corn syrup
1 cup pastry cream
Few grains salt

Drain the syrup from the plums, pit the fruit and rub thru a sieve; add the sugar and stir until it is dissolved. Add one-half cup of plum syrup to the plum mixture, add the corn syrup and salt and mix until well blended. Pour the unbeaten pastry cream very slowly into the plum mixture and stir all the time. Pour into a refrigerator pan and freeze.

To get a deeper color for this particular occasion, you may wish to add a touch of green coloring to the sherbet, but for ordinary occasions, and this one too, the natural delicate green is lovely.

PLEASANT ODOR
Fill a small bowl with boiling water and add a few drops of lavender water to it. Place the bowl in the living room or dining room for a few minutes before the guests arrive and it will give a very pleasant odor.

CALL 444 FOR AD SERVICE

Gas Cut Details Not Available

(Continued from Page 1-A)
pleted their computations. This is not expected for a week or 10 days. The Los Angeles papers leaped at a lot of hasty conclusions because the spread of the reduction over commercial, domestic or industrial ac-

counts has not been determined." Murray said that every effort is being made to speed the engineering data to make a detailed announcement of the savings possible before the April 1 date when the new basic rates will become effective. The reduction was recommended after the commission's engineers and accountants had made an informal investigation over a period of five months

into earnings and operating costs of the Southern California and Los Angeles Gas and Electric Companies. This new cut in gas costs, combined with the saving resulting from a reduction less than a year ago of 15 percent to all domestic consumers represents, according to late reports, a total saving of some \$2,300,000 yearly to Southern California gas consumers.

NARBONNE JUNIORS ELECT NEW OFFICERS
George Nakamura, well-known junior high yoll-leader at Narbonne high, has been elected president of the Junior Association Student Body. He was vice-president last term. Nell Mills was chosen vice-president; and Margaret Scholl, secretary-treasurer. All three officers are outstanding members of the A9 class.

KITCHEN SHELVES
Almost any kitchen can use more shelf room, and there is usually at least one space in

which open shelves can be placed. For canned goods and other packaged articles they are just as useful as cabinets.

A. M. GAMBY Mortuary
A. M. Gamby, director. Lady assistant.
25001 Narbonne Phone Lomita 612

SAFEGWAY
Your Neighborhood GROCER

Prices effective through Saturday, March 6 in Safeway-operated departments of stores within thirty-five miles of Los Angeles.

A SHOWER OF SAVINGS FOR SAFEGWAY CUSTOMERS

PEARS
Choice quality halves of California Bartlett pears. Note price.

3 25c
No. 2 1/2 cans

TOMATOES
Avalon Brand standard pack tomatoes in puree.

2 17c
No. 2 1/2 cans

HOMINY
Burbank Brand, large, white, tender kernels.

2 29c
No. 2 1/2 cans

BROOMS
High quality brooms, priced low. Purchase a new broom at Safeway.

Each 57c

PRODUCE VALUES AT SAFEGWAY-OPERATED STANDS

CABBAGE 1 lb. 1 1/2c
Crisp, solid heads

APPLES 4 lbs. 25c
Washington Winesaps

RHUBARB 2 lbs. 25c
Extra fancy, hot house

LEMONS per dozen 15c
Fancy, large, juicy

FRUIT JUICES

Prune Juice 9c
State Prize Brand, 15-oz. can

MISCELLANEOUS

Spaghetti 17c
Franco American, 2 tall cans

Brookfield Cheese 17c
American, 8-oz. block, Pimento

Chetka Crab Meat 23c
No. 1/2 size can

Van Camp Tomato Soup 5c
22-oz. can, 9c; 10 1/2-oz. can

CATSUP—MUSTARD

Stokely Tomato Catsup 12c
14-ounce size bottle

French's Salad Mustard 8c
Prepared, 6-ounce size jar

CANNED VEGETABLES

Standard Corn 10c
Packed cream style, No. 2 can

Stokely's Corn 2 25c
Country Gentleman, 2 cans

Standard Peas 10c
Le Vert or Lacy, No. 2 can

Del Monte Peas 15c
Early Garden, No. 2 can

Stokely's Tomatoes 12c
Solid packed, No. 2 1/2 can

Peas and Carrots 14c
Stokely's Finest, No. 2 can

SPICES, EXTRACTS, ETC.

Baking Powder 2 for 15c
K.C., 10-ounce size

Schilling's Black Pepper 11c
2-ounce can, 6c; 4-oz. can

Schilling's Extract 21c
Vanilla or Lemon, 2-oz. size

Mazola or Wesson Oil 23c
Quart can, 44c; pint can

Crisco Shortening 58c
1-lb. can, 21c; 3-lb. can

CEREALS

Quick Quaker Oats 23c
Also regular, 20-oz. box, 10c; 48-ounce box

Kellogg's Pop 10c
Flaked cereal, 10-oz. box

Kellogg's All Bran 12c
Keep 'em fit, 11-oz. box

Corn Flakes 15c
Kellogg's, 2 boxes

Shredded Raisins 13c
New wheat cereal, 12-oz. box

BEANS—RICE—LENTILS

Small White Beans 22c
1-lb. Cello-Pack, 12c; 2-lb. bag

California Rice 12c
1-lb. Cello-Pack, 7c; 2-lb. bag

Blue Rose Rice 14c
1-lb. Cello-Pack, 8c; 2-lb. bag

Choice Lentils 12c
Packed in Cello-Pack, 1-lb. bag

MACARONI—SPAGHETTI—ETC.

Globe A-1 Spaghetti 25c
or long macaroni, 34-oz. box

Globe A-1 Egg Noodles 20c
8-oz. pkg., 11c; 1-lb. pkg.

DOG FOODS

Pard Dog Food 3 tall cans 25c
Made by Swift's

Strongheart Dog Food 5c
Tall size can

HOUSEHOLD ITEMS

Zee Towels 8c
For kitchen use, per roll

Favorite Matches 19c
3 boxes, 10c; carton of 6 boxes

Cleanser 20c
Old Dutch, Made with salicylic acid

BAKERY SPECIAL

POTATO ROLLS
These taste like home-baked rolls. Order a package at Safeway today. Cello-wrap.

Per Package 10c

STOKELY'S PEACHES
Here is a real feature in canned peaches. Fancy grade sliced or halves in rich syrup—Stokely's Finest. Lay in a supply.

VALUES IN FRUITS

Stokely's Apricots 15c
Whole unpeeled, No. 2 1/2 can

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

Stokely's Peaches 18c
Fancy Bartlett's, No. 2 1/2 can

Libby's Plums 15c
De Luxe, No. 2 1/2 can

Stokely Grapefruit 10c
No. 2 size can

Sunsweet Prunes 10c
Extra large, 1-lb. box

SYRUP—HONEY—JELLY

Sleepy Hollow Syrup 35c
Pint jug, 15c; quart jug

Log Cabin Syrup 39c
Small can, 21c; medium size can

Dark Molasses 15c
Drier Rabbit, green label, 1 1/2-lb. can

Blossom Time Honey 45c
Pure, strained, 5-pound pail

California Gold Honey 19c
32-ounce jar, 27c; 50-ounce jar

Kopper Kettle Jelly 23c
Strawberry, grape, 2-lb. jar

OLIVES & PICKLES

Medium Elsinore Olives 14c
Green label, 9-ounce can

Mammoth Elsinore Olives 17c
White label, 9-ounce can

Large Elsinore Olives 27c
Red label, No. 2 1/2 size can

Home Made Style Pickles 15c
Libby's brand, Pint size jar

C-H-B Sweet Pickles 17c
Also mixed & sweet relish, jar

MISCELLANEOUS FOODS

Jell-O 3 pkgs. 14c
Assorted flavors

Kre-Mel Dessert 3 boxes 10c
Assorted flavors

Minute Tapioca 12c
For quick desserts, 8-oz. box

Home Made Mayonnaise 40c
Pint jar, 24c; quart jar

Better Best Crackers 13c
Sodas or grahams, 1-lb. box

SEA FOODS

TUNA LIGHT MEAT 2 No. cans 23c
Mission Brand, choice light meat

SALMON 2 tall cans 37c
Libby's fancy red Alaska salmon. Note price

SALMON 2 tall cans 19c
Happy-Yale brand, choice quality, pink salmon

SHRIMP 2 5-oz. cans 25c
Dunbar brand shrimp, fancy grade, dry pack

HUBBIES DON'T STALL
when THESE meats are ready

Notice how quickly the whole family assembles for dinner when you serve Safeway Guaranteed Meats. Select your favorite cut at Safeway today.

BEEF ROAST CENTER CUT CHUCK lb. 18c
Center cut chuck roast, from fancy grade steer beef. Priced low!

STEAKS SIRLOIN OR ROUND STEAK lb. 29c
Tender juicy sirloin and round steaks cut from SAFEGWAY Guaranteed steer beef.

T-BONE STEAK lb. 37c
Or Porterhouse. Guaranteed beef.

BONELESS ROAST lb. 29c
Shoulder Clod. Guaranteed beef.

LAMB LEGS lb. 27c
Tender, tasty lamb roast.

LAMB ROAST lb. 19c
Shoulder cut. Guaranteed lamb.

GROUND BEEF per lb. 16c
Lean, fresh beef, in Visking.

SHORT RIBS per lb. 12c
Try them braised with fresh vegetables.

BOILING BEEF lb. 10c
Cook with fresh vegetables.

SLICED BACON 37c
Swift's special sliced. Buy a pound.

ZEE TISSUE
Your choice of Green, Orchid, or Ivory White. All wrapped rolls.

3 Rolls For 11c

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