

THE FOOD PRIMER

D stands for Dessert
Delectable bite
DeLovely at dinner
Delicious delight.

BY BETTY BARCLAY

"Dessert" often means fruit-flavored gelatin these days, because of its delicious flavor and the ease with which the housewife can prepare it. Yet since modern science has made gelatin so delicious a food, it is often regarded merely as a decorative dessert or a "carrier" for salad ingredients. People eat it because they like its taste and are often unaware of its very real food value. In reality, it is pointed out by the Royal Institute, when gelatin is eaten as a dessert, it is a source of the most important body building and repair foods.

Gelatin belongs to that great family of protein-rich foods whose other prominent members are milk, eggs, cheese, meat and fish. It contains food elements which build and repair the tissues of the body and promote its growth. Not only is it one of the easiest of all foods to digest, but it is an important factor in aiding the digestion of other foods. For that reason, gelatin is often added to milk in infant feeding, and is used in the menu of invalids.

Of recent years a great deal of progress has been made in determining the value of gelatin as a food. It has long been recognized as a nitrogenous food, but it is now found for modern science to discover that it is rich in one protein

element which is indispensable for the growth of children. That element is Lysine. Since this factor is extremely valuable to the proper development of the child and since gelatin is so rich a source, it is no wonder that child specialists are advocating the inclusion of gelatin in the child's diet.

It is no wonder then, that gelatin dessert enjoys so prominent a place in the daily menu of all people, adults as well as children, sick as well as healthy people, especially nowadays, when it may be had in seven fruit flavors in the convenient quick-setting, prepared form, each package containing pure high grade gelatin of the first extraction, pure cane sugar and delicate real fruit flavor. In gelatin dessert we have a food which combines to delight the eye and palate while at the same time it provides all the benefits of its high nitrogenous and protein content.

To show how easily it is prepared, these are the instructions: Four contents of one package of fruit-flavored gelatin dessert into bowl. Add 1 cup (1/4 pt.) boiling water; stir until completely dissolved. Add 1 cup (1/4 pt.) cold water. Stir and pour into moulds. Chill until firm. The same amount of fruit juice or other liquids may be used in place of cold water.

Party Food That Fits the Season

Spring brings with it a whirl of parties and entertaining functions of every description, and lucky is the hostess who first chooses the bright spring colors as the decorative note of her party. Even though winter still lingers, spring can't be far away, and the bright yellows and greens are always welcome.

The decoration may consist only of bouquets of spring flowers of many hues and the foods, too, may carry out to a certain extent the color scheme of the day. Here is a luncheon menu suggested by Inez S. Wilson, home economist, which is particularly suitable for the springtime. It is dainty, yet substantial as it should be at this season of the year.

Spring Luncheon Menu
Fruit Cup
Lamb en Brochette
Broiled Apricots
New Potatoes in Cream
Combination Fruit Vegetable Salad
Hot Rolls
Mint Ice Cream
Butter
Assorted Cakes
Coffee

Green grapes and maraschino cherries may be used to give the predominating colors to the fruit cup. A spring or two of mint served in the fruit cup, too, is a spring touch worthy of note. New peas served in timbale cases, or green beans may be added to the menu, or it may replace the broiled apricots, although these when placed on skewers and broiled make an attractive arrangement, on the meat platter.

Here is the way to prepare the tempting main dish, lamb en brochette.

Lamb en Brochette
Have 2 pounds of lamb steaks cut about 1/2 inch thick. Cut them into strips 1 inch wide, then cut crosswise, making 1-inch squares. Make a marinade of 3 tablespoons olive oil, 6 tablespoons lemon juice, 1 minced onion and 1 teaspoon salt. Cover the meat with marinade and let stand several hours. Drain

Veal Birds Ideal For Spring Lunch

Boneless veal birds deserve a prominent place in the hall of cookery fame, because they serve so many purposes well. If you are looking for a meat suitable for the spring luncheon, choose veal birds, stuff them with a cheese force-meat, and your success as a hostess will be assured.

Veal Birds
Have veal steaks cut 1/2 to 3/4 inch thick and into individual servings, following as nearly as possible the natural dividing lines in the steaks. Pile a spoonful of cheese force-meat on each slice and roll. Fasten the edges with toothpicks. Brown these in hot lard, add a small amount of water, cover tightly, and bake in a slow oven (300° F.) until the "birds" are done, about forty-five minutes.

Cheese Force-meat
Make a bread dressing and season with a small amount of Parmesan cheese. If Parmesan cheese is not available, any grated cheese may be used, the amount depending on the kind of cheese used.

and put on skewers with a mushroom cap between each two pieces of lamb. Thoroughly preheat the broiling oven, with the oven regulator set to "high." Place the skewers of lamb on the rack about three inches from the flame or element. If it is not possible to have them this far from the source of the heat, reduce the heat accordingly. Let broil until brown on one side, then turn until all sides are brown, and the meat is done. Place on a hot platter, together with apricot halves which have been threaded onto small wooden skewers and placed on the broiler rack for long enough to heat them. Garnish with mint leaves or parsley and serve at once.

NOTABLE DATE
A red-letter day—May 3—when Richard Halliburton appears in person at the Civic Auditorium. Tickets at The Herald office.

Now Is the Time to EAT MORE LAMB

• **SPRING LAMB** is now at its best... tender, young, exceedingly savory. What could be more satisfactory than a leg of spring lamb... particularly when the lamb is from Grubb's. At Grubb's you always get LAMB... not yearling nor mutton... but Genuine Spring Lamb.

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

Canned Shrimp Offers Many Food Treats

By MARJORIE BLACK

There is no question about the convenience of canned shrimp. Anyone who has had to shuck enough to use for a meal will agree with that point.

Canned shrimp can be used any way that fresh shrimp, prepared at home, can be used, and they can be relied upon to be wholesome and good in every way.

Shrimp are canned with and without liquid, and they can be used interchangeably. Some cooks prefer one type and some the other. The can contains shrimp water and salt, or just

shrimp and salt. The popular sized—can is the one holding five ounces and in all cases the can contains five ounces of shrimp and the weight of the liquid is extra.

In preparing the shrimp for use, many housewives like to remove the black line along the outside curve. No harm is done by leaving it in, but often there will be a gritty taste as a re-

sult of leaving them unremoved. Shrimp are ready to eat as they come from the can, because, like all canned foods, they have been scientifically cooked after the can was sealed.

Shrimp cocktails and salads of various kinds are popular. One style of salad is made with crisp foods like shredded celery, green pepper, apples, hard cooked eggs, pickles or boiled

rice; while the other style is made with fruit, such as pineapple, grapefruit, orange and avocado. Shrimp salad is good just by itself with a salad green like lettuce or endive or chicken. French dressing or mayonnaise may be used.

Hot entrees made with shrimp are good to feature, such as curried shrimp over boiled rice, creamed shrimp and peas on

toast, shrimp a la king (a mixture of hard-cooked eggs, pineapple, mushrooms, cream sauce and shrimp), shrimp added to creamed potatoes, or scalloped with tomatoes and corn. In fact, there are many ways of combining shrimp with foods to make superb combinations.

Your rent money will buy a home.

Safeway SPRING CANNED FOODS SALE

These prices effective through Saturday, April 10 in Safeway-operated departments of stores within 35 miles of Los Angeles.

HERE'S THE SALE YOU'VE BEEN WAITING FOR! Savings abound in Safeway's Annual Spring Canned Food Sale. Values in a large variety of fancy and staple foods are offered you in every department.

Check over this list. You'll see many items you need. You'll recognize numerous outstanding values.

Visit your neighborhood Safeway during this sale and stock up. Take full advantage of the values to be had. Multiply your savings through buying in quantity.

PLUMS LIBBY OR DEL MONTE DE LUXE PACK. No. 2 11c can

PEACHES LIBBY, STOKELY DEL MONTE. No. 2 14c can

CORN DEL MONTE BRAND COUNTRY GENTLEMAN. No. 2 25c cans

Libby, Del Monte or Stokely's. Your choice of sliced or halves.

Del Monte's popular Country Gentleman corn.

DEL MONTE BRAND FOODS			
Del Monte Red Salmon	tall can	20c	
Del Monte Catsup	14-oz. bottle	12c	
Tomato Sauce	Del Monte Brand 8-oz. can	3 11c	
Tomatoes	Del Monte Brand No. 1 can, 8c	2 25c	No. 2 25c cans
Del Monte Spinach	Garden Fresh No. 2 1/2 can	13c	
Del Monte Peas	Early Garden No. 2 can	15c	

LIBBY'S FINE FOODS			
Libby Red Salmon	Fancy Grade tall can	20c	
Libby Corned Beef	12-ounce size can	16c	
Libby Deviled Meat	3 3/4-oz. cans	10c	
Libby Corned Beef Hash	No. 2 can	15c	
Libby Sliced Beef	2-ounce glass jar	10c	
Libby Spinach	Fancy grade Free from grit No. 2 1/2 can	13c	
Libby Sauerkraut	No. 2 1/2 can	14c	
Baby Food	Libby's Brand Homogenized 3 cans	25c	

STOKELY'S FRUITS & VEGETABLES			
Stokely's Fruit Cocktail	No. 1 can	15c	
Stokely's Grapefruit	No. 2 can	11c	
Tomato Catsup	Stokely's Finest 14-ounce bottle	12c	
Stokely's Tomatoes	Solid Pack 24-oz. can	11c	
Stokely's Beets	Diced or sliced No. 2 can	11c	
Stokely's Corn	Country Gentleman No. 2 cans	2 25c	
Mixed Vegetables	For soup or stew, Stokely's No. 2 can	11c	
Stokely's Jumbo Peas	No. 2 can	15c	
Stokely's Spinach	Excellent in flavor No. 2 1/2 can	13c	
Stokely's Sauerkraut	No. 2 1/2 can	14c	
Green Limas	Stokely's Beans Medium size No. 2 can	14c	
Cut Green Beans	Stokely's Finest No. 2 cans	2 25c	
Stokely's Baby Food	Assorted per can	8c	

TOMATOES No. 2 8c can

Buy several cans of standard pack, puree style tomatoes at this low price.

MISSION TUNA No. 1 25c cans

Choice grade light meat. For sandwiches and salads.

COFFEE VALUES

Edwards' Coffee 1-lb. can 25c

Nob Hill Coffee per lb. 23c

Iris Coffee Packed in glass jar. Per pound 29c

MISCELLANEOUS LOW PRICES

Tomato Sauce Val Vita 7 1/2-oz. can 3c

NuMade Mayonnaise pint jar 25c

Chocolate Poms N.B.C. Per pound 21c

Max-i-mum Milk 3 19c

Jell-well Assorted "cube" flavored gelatin 3 13c

Morton's Salt 1-lb. can 7c

Black Pepper Schilling 2-oz. jar 6c

White King 36-ounce package 30c

CANNED SOUPS

Tomato Soup Van Camp 22-oz. size can 9c

Vegetable Soup Van Camp 22-oz. size can 10c

BREAKFAST FOODS

Jersey Corn Flakes 2 13c

Kellogg Corn Flakes 8-oz. pkg. 7c

Kellogg Pep 2 boxes 19c

Rice Krispies Kellogg Brand 2 boxes 19c

Kellogg Krumbs per pkg. 10c

Kellogg Biscuits 2 boxes 19c

Wheaties Gold Medal Brand Wheat Flakes, Pkg. 11c

INSECTICIDES

Antrol Ant Powder 1 1/2-oz. tube 10c

Antrol Syrup Refill 4-oz. bottle 19c

Snarol 1 1/2-pound package 25c 4-lb. box 60c

SNOWDRIFT

OR CRISCO SHORTENING 1-lb. can 20c 3-lb. can 56c

FORMAY SHORTENING 1-lb. can 19c 3-lb. can 50c

BROWN DERBY PILSENER BEER

Packed in kegs lined cans, in regular or "stainless" type bottles.

4 11-ounce 25c 22-ounce 25c

Bottles extra on bottled beer. Beer is available in stores licensed to sell it.

AIRWAY COFFEE

Seven out of ten people prefer this type of coffee. Order a pound to-day at this feature low price. Ground to order.

per lb. 17c

CANNED FRUITS

Apricots Pacific Brand Whole-unpeeled No. 1 can 10c

Apricots Cal Klut Brand Whole-unpeeled No. 2 can 14c

Nectarines Coronado Brand No. 2 1/2 cans 35c

Suprema Cherries R. S. P. No. 2 cans 15c

FRUIT & VEGETABLE JUICES

Libby Orange Juice 12-oz. can 12c

Pineapple Juice Libby Brand No. 2 cans 33c

Pineapple Juice Del Monte No. 2 cans 33c

Prune Juice Sunsweet Brand No. 2 cans 7c

Grapefruit Juice Stokely's Finest No. 2 cans 29c

Grapefruit Juice Aris-Sweet or Dromedary No. 2 cans 3 29c

Tomato Juice Stokely's Finest No. 2 cans 25c

Tomato Juice Del Monte No. 2 cans 25c

Tomato Juice Libby Brand No. 2 cans 25c

VALUES IN SPREADS

Jelly Kopper Kettle Brand 2-lb. jar 25c

Preserves or Jellies Assorted Tropical Brand 12-oz. 15c

Peanut Butter Beverly Brand 1-lb. jar 21c

CANNED SEA FOOD

Pink Salmon Happy-Vale Brand tall can 10c

King Oscar Sardines No. 1/4 can 14c

Sardines in Oil Assorted Brands No. 1/4 can 5c

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

Strand Minced Clams No. 1/2 can 15c

Kipperd Snacks in oil 2 No. 1/4 cans 9c

SYRUP—MOLASSES—HONEY

Syrup Sleepy Hollow 19c quart

Molasses Brer Rabbit Gold label No. 1 1/2 can 18c

Honey California Gold 19c 32-oz. jar 27c

Blossom Time Honey 5-pound can 45c

CANNED VEGETABLES

Standard Corn Cream style No. 2 10c

Standard Pack Peas No. 2 9c

B & M Kidney Beans No. 2 can 10c

Lima Beans Sealde Dry No. 1 15c

Baked Beans Brown Crock 28-oz. can 15c

Pork & Beans Van Camp 16-oz. can 7c

Pork & Beans Van Camp 31-oz. can 11c

FOR BAKING

Calumet Baking Powder 8c 1-lb. can 19c

Baking Powder Clabber Girl Brand 9c

Baking Chocolate Hershey's 1/2-pound 10c

QUALITY FLOURS

Flour HARVEST No. 10 93c 24 1/2-lb. bag 86c

Flour KITCHEN No. 10 44c 24 1/2-lb. bag 100c

Soft-a-Silk Cake Flour 44c 44-oz. sack 24c

Pancake Flour Harvest Blossom 10-ounce package 17c

CANNED PET FOODS

Dog Food Brand Ratton 3 14c

Kennel King Quality Pet food 2 tall cans 11c

Marco Dog Food 2 tall cans 13c

ASPARAGUS 2 lbs. 15c

Tender, fancy. Long, green.

FRESH PEAS 2 lbs. 15c

Sweet and tender. Full pods.

NEW POTATOES 5 lbs. 25c

San Diego. Fresh, white.

PIPPIN APPLES 6 lbs. 25c

Crisp, green, and firm.

Meats GUARANTEED TO PLEASE!

TURKEYS lb. 22c

Fancy, Prime Young Hens. Fresh Dressed.

PRIME RIB 31c

Fancy oven roast. Guaranteed Beef. lb. 31c

PLATE RIB 11c

Quality boiling beef. Cook with vegetables. lb. 11c

RUMP ROAST 32c

Boneless rump roast of Guaranteed Beef. lb. 32c

SHORT RIBS 15c

Boil or bake them. Guaranteed beef. lb. 15c

BONELESS ROAST 30c

Boneless Shoulder Cured. Guaranteed beef. lb. 30c

PURE LARD 15c

Wilson's brand. Packed in 1-pound cartons. lb. 15c

GROUND BEEF 17c

Guaranteed ground beef. Packed in Visking. lb. 17c

SAUSAGE 30c

Pure pork sausage, country style. Bulk. lb. 30c

ROAST CENTER CHUCK per pound 21c

Beef Roast. Fancy grade center cut chuck.