

THE FOOD PRIMER

G is for grapefruit juice
And grape juice as well
Green gherkins (they're pickles)
And luscious grape jelly.

BY BETTY BARCLAY

"At first glance you may not see much connection between these G-Foods. But they are all popular favorites. They are all appetite teasers. They are all inexpensive. And they are all to be found in any store, sparkling on the shelves through their glistening glass containers—waiting for the housewife to choose them for her market basket."

And how they do rely upon their glass containers. Hide them and they could not entice midday's pennies. She sees them, remembers their flavor, and the sale is made. So attractive are the new glass pickle jars that they invariably are served right at the table.

Here are two recipes that call for the popular G-Foods:

Porcupine Apple
8 small sweet gherkins
8 strips dried beef

8 toothpicks
Butter
1 large red apple
Roll sweet gherkins in dried beef. Cut in inch-wide strips with scissors, and fasten each with a toothpick. Brown in butter in a frying pan. To serve, stick prepared sweet gherkins into an apple by means of the toothpicks.

Grapefruit Apple Salad
Heat to boiling 1 cup grapefruit juice and 1 cup canned pineapple juice and dissolve 2 tablespoons gelatin soaked in 1/2 cup cold water. Strain and cool. Pour over sections from 1 grapefruit, sections from 2 oranges and 4 slices of canned pineapple cut into pieces and arranged in attractive design. Chill until stiffened in individual molds or one large one. Serve with mayonnaise.

Flipping The Herald Files Backward

1924—Thirteen Years Ago

First National bank directors decide not to merge with Pacific Southwest Trust and Savings.

John S. Torrance, Willis M. Brooks, R. R. Smith and Robert J. Deininger, Progress Club candidates, elected councilmen by large margin. City call bond issue defeated.

George Wilkinson, of Lomita, and George Watson of this city become Eagle Scouts.

City gets four and one-half acres in fee in settlement of sewer farm case with Dominguez Land Corporation.

Born—To Mr. and Mrs. Jerry McLean, Andreo avenue, a daughter, Geraldine.

1927—Ten Years Ago

Recruiting office opens for California national guard; seek formation of a local battery.

New record set at Torrance Flat Glass plant when a mile of window glass was turned out in eight hours.

Prominent L. A. industrialists meet here to study local district's production advantages with Torrance officials.

Charles Cheney, noted city planning expert, addresses large crowd at Legion hall on need for city plan.

Harry Roberts initiated as member of Torrance volunteer fire department.

1932—Five Years Ago

Victory comes to W. T. Klusman after 12-year battle when the veteran politician wins seat on city council together with Scott Ludlow, Earl Conner and Joseph M. Wright. Charter losses, 1,346 to 572.

Los Angeles firm purchases Cravens apartments.

First crew starts work on extension of Sepulveda boulevard thru city.

J. C. Penney store here host at birthday celebration in honor of firm's 30th anniversary.

Fifth birthday of George Graydon Lee and sixth birthday of Gary Wheaton celebrated together at Lee home on Arlington avenue.

Two hundred attend "funeral" for Riley, dog slack wire artist who was member of J. J. Kennedy's little animal trouper.

1936—One Year Ago

Tolson, McGuire and Powell

"Helen! Have you and John been fighting again? And you say it was about the meals you serve?"

"Well, do you remember my telling you how much trouble Ralph and I had over the same thing? We went around and around until I learned about GRUBB'S MARKET and the wonderful meats they sell. Now I give Ralph meat at least once a day and he is satisfied! He never says a word except in praise, of course. That ended all our fights."

FOR QUALITY - - TRY GRUBB'S

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

Do You Have a
"COLD"
?

If so, you cannot afford to keep it because a "cold" always weakens the body and makes it more susceptible to disease.

You Will Be
AGREEABLY SURPRISED
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Meat Important In Child's Diet

Mothers everywhere ask the question, "When should I begin giving my child meat?" According to Inez S. Willson, home economist, most authorities on child feeding agree that the child should have servings of tender meat as soon as he is

able to chew, and even earlier crisp bacon and scraped beef may be given.

Meat deserves a prominent place in the child's diet for the same good reasons that it is included in the balanced diet for adults. It is one of the very best sources of protein, the body building material, and in addition, it furnishes minerals which children must have

if their bodies are to grow strong and healthful. In fact, it is especially important that the diet of children includes generous amounts of protein and energy foods because they are growing and must be supplied not only with energy but also building material.

Meats for young children should be prepared simply. Broiled steaks and chops and

roasts are well-suited to the child's meal. Also, stews are good, because of the combination of vegetables which are more acceptable because of the meat flavor. Liver is given a prominent place in all child feeding because it is an exceptionally rich source of iron and copper, two minerals so frequently lacking in the child's diet.

INTEND TO WED
Application for a marriage license was made this week in Long Beach by James L. Compton and Mrs. Dorothy Smith, both of Lomita. Mrs. Smith is secretary at the relief unit on Narbonne avenue.

HOLD GALA PARTY
Members of the Lomita V. F. W. were hosts to a large group

of friends and the Auxiliary last night at a program and dancing party in their hall. Ted Blackman, junior vice-commander, was in charge of the successful affair.

Social Security Sandwich
MINNEAPOLIS (U.P.)—Sign in a Minneapolis drug store: "For Social Security. Eat Our Sandwiches (no onions)."

Safeway

These prices effective through Saturday, April 17, in Safeway-operated departments of stores within thirty-five miles of Los Angeles.

OUR SPRING CANNED FOODS SALE SPECIAL SAVINGS

FEATURING THE FINEST FOODS IN CANS
FRUITS - FRUIT JUICES - VEGETABLES
MEATS - FISH - PICKLES - OLIVES - BABY FOODS

You'll want to be sure to stock up on canned foods while this Spring Sale is in effect - - - so don't delay. Make a list of the items you need and hurry to the Safeway store in your neighborhood.

Prices are low - - - quality is high! Buy today and take advantage of these EXTRA savings. The more you buy, the more you save!

AIRWAY COFFEE 17c
Seven out of ten people prefer this type of coffee. Order a pound today at this feature low price. Ground to order.

TOMATO SAUCE 3c
VAL VITA BRAND Spanish style sauce. Excellent seasoning for meat and vegetables. Note price.

CANNED VEGETABLES

Standard Corn	cream style	No. 2 can	10c
Standard Pack Peas		No. 2 can	9c
B & M Kidney Beans		No. 2 can	10c
Lima Beans	Seaside Brand	No. 1 can	15c
Baked Beans	Brown Crook	28-oz. can	15c
Pork & Beans	Van Camp Brand	16-oz. can	7c
Pork & Beans	Van Camp Brand	31-oz. can	11c

FOR BAKING

Calumet	Baking Powder	1-lb. 8-ounce can	19c
Baking Powder	Clabber Girl Brand	10-ounce size can	9c
Baking Chocolate	Hershey's	1/2-lb. cake	10c

QUALITY FLOURS

Flour	HARVEST No. 10 BLOSSOM	25 1/2-lb. bag	86c
Flour	KITCHEN No. 10 CRAFT	25 1/2-lb. bag	44c
Soft-A-Silk Cake Flour		44-oz. bag	51c
Pancake Flour	Harvest Blossom	40-ounce package	17c

SATURDAY—LAST DAY!!

DEL MONTE BRAND FOODS

Del Monte Red Salmon	tail can	20c
Del Monte Catsup	14-oz. bottle	12c
Tomato Sauce	Del Monte Brand No. 2 can	3 11c
Tomatoes	Del Monte Brand No. 2 can	2 25c
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 tail can	20c
Libby Corned Beef	12-ounce can	16c
Libby Deviled Meat	3 3/4-oz. can	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 can	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 can	2 25c
Mixed Vegetables	For soup or stew 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 can	2 25c
Stokely's Baby Food	Assorted per can	8c

TOMATOES	No. 2 1/2 can	8c
SNOWDRIFT	OR CRISCO SHORTENING 1-lb. can	20c
	3-lb. can	56c
	FORMAY SHORTENING 1-lb. can	19c
	3-lb. can	50c

CANNED FRUITS

Apricots	Pacific Brand Whole-unpeeled No. 1 can	10c
Apricots	Cal Klit Brand Whole-unpeeled No. 2 1/2 can	14c
Nectarines	Cordado Brand No. 2 1/2 can	35c
Suprema Cherries	R. S. P. Brand No. 2 can	15c

FRUIT & VEGETABLE JUICES

Libby Orange Juice	12-oz. can	12c
Pineapple Juice	Libby's No. 2 1/2 can	33c
Pineapple Juice	Del Monte No. 2 1/2 can	33c
Prune Juice	Sunsweet Brand 12-oz. can	7c
Grapefruit	JUCE Stokely's Finest Brand No. 2 can	29c
Grapefruit	JUCE, Artz-Sweet or Dromedary No. 2 can	29c
Tomato Juice	Stokely's No. 2 can	25c
Tomato Juice	Del Monte No. 2 can	25c
Tomato Juice	Libby Brand No. 2 can	25c

BROWN DERBY PILSENER BEER

Packed in Keg-lined cans and regular or Stow-away type bottles.

4-11-ounce bottles	25c
22-ounce bottles	25c

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

LETTUCE Large size, crisp, solid heads. **5c**

ASPARAGUS Tender, long spears. **2 lbs. 15c**

NEW POTATOES San Diego British Queens. Freshly dug. **6 lbs. 25c**

PIPPIN APPLES Crisp, green, solid, New town Pippins. **6 lbs. 25c**

COFFEE VALUES

Edwards' Coffee	1-lb. can	25c
Nob Hill Coffee	per lb.	23c

MISCELLANEOUS LOW PRICES

NuMade Mayonnaise	per pint	25c
Chocolate Poms	per pound	21c
Peanut Butter	Beverly Brand 1-lb. can	21c
Max-i-mum Milk	3 tall cans	19c
Jell-well	Assorted "cubes" flavored gelatin 3 boxes	13c
Morton's Salt	Plain or Iodized 26-oz. box	7c
Black Pepper	Schilling 4-oz. can	6c
White King	Granulated Soap 36-ounce package	30c

CANNED SOUPS

Tomato Soup	Van Camp 22-oz. can	9c
Vegetable Soup	Van Camp 22-oz. can	10c

BREAKFAST FOODS

Jersey Corn Flakes	2 pkgs. for	13c
Kellogg Corn Flakes	8-oz. pkg.	7c
Kellogg Pep	or Rice 2 boxes	19c
Kellogg Krumbles	per pkg.	10c
Wheaties	Gold Medal Brand Wheat Flakes. Pkg.	11c

CANNED SEA FOODS

Pink Salmon	Happy-Valle Brand tall can	10c
King Oscar Sardines	No. 1/4 can	14c
Mission Tuna	Choice grade No. 1 Light meat 2 1/2 can	25c
Fancy Tuna	Chicken of the Sea No. 1/2 can	15c
Strand Minced Clams	No. 1/4 can	15c
Kipperd Snacks	2 No. 2 cans	19c

SYRUP - HONEY

Syrup	Sleepy Hollow pint 19c
Honey	California Gold 1-lb. 32-oz. jar
Blossom Time Honey	5-pound can

"RAMONA"

14th annual showing of California's spectacular outdoor play, presented by the people of Hemet and San Jacinto. Plan to attend this drama of early California.

APRIL 17-18, 24-25, MAY 1-2.

PLUMS Your choice of Libby or Del Monte DE LUXE PACK. No. 2 1/2 can **11c**

PEACHES Libby, Del Monte or Stokely's. Your choice of sliced or halves. No. 2 1/2 can **14c**

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

PET FOODS

Dog Food	Kennel King Brand	3 tall cans	14c
Kennel King	Quality Pet Food	2 tall cans	11c
Marco Dog Food		2 tall cans	13c