

Cooking School Economist Plans New Spring Menus for Torrance Classes

No Secret In Always Having Peak Season Fruits and Vegetables When You Purchase Iris Brand

How long must a homemaker study in order to become an expert in selecting foods for the table? The answer is many years, unless she is wise and takes the shortcut which modern food packers have provided for her. The study is a long and tedious one, otherwise, and one that, even when mastered, does not provide a means for assuring choicest vegetables and fruits.

There are certain sections in America which produce much

finer corn than others. Some parts of the country are noted for extra sweet and tender peas. Still others grow the kind of tender, flavory string beans which fairly melt in the mouth.

Accept No Substitutes
Now, here's where Iris foods come into the picture to save the day for the particular purchaser. Iris foods are not only selected by experts who have devoted a lifetime to finding out just where everything grows best, and tastiest, but they are

picked and packed at just the right time to assure you of the finest qualities.

Iris food buyers are never satisfied with accepting a substitute for the very peak of quality. More than that, they do not have to accept inferior quality, because they are constantly in touch with all sections of the country and know when a crop is better one place than another. They then proceed post haste to that section of the country and buy the crop for Iris.

Oh! Boy! Ham Fritters with Bananas!

By AUNT SALLY

Yesterday morning I spent at my niece Sally's. I offered to get lunch, and looked through the refrigerator to see what could be thrown together into a tasty dish. The first thing that struck my eye was some left-over ham, so I decided to surprise Sally with one of my favorites—ham fritters with bananas.

Here is a recipe that will make 12 small fritters:
Ham Fritters With Bananas
2 eggs

2 tablespoons milk
1/4 teaspoon pepper
Chopped onion, if desired
3 tablespoons flour
2 cups chopped left-over ham
Beat eggs, add milk, seasoning, and ham, then flour. Drop by spoonfuls into deep Crisco heated to 375 to 385 degs., or hot enough to brown an inch cube of bread in 40 seconds. Fry until brown. Drain on absorbent paper. Arrange on center of platter and surround with bananas fried as follows: Peel six small bananas, dip them in lemon juice, roll them in dry bread crumbs, and fry as above until brown. Garnish with parsley.

Pompeian Olive Oil Result of First Pressing

The first pressing produces only 25 percent of an olive's oil but that's all that is good enough to be sold under the Pompeian label. Pompeian is pure and unadulterated, and comes to you just as it flows from the olive. It is being demonstrated in the cooking school sponsored by The Herald today and tomorrow.

Twice Pompeian has been awarded gold medals in international competition. Pompeian also bears the Good Housekeeping seal of approval. It is recommended by more than 9,000 American physicians for kitchen and medical use.

Helpful Hints for Use of Baking Powder

Always sift flour and KC baking powder together at least three times. The more sifting, the lighter, finer texture the cakes, biscuits, etc., will have.

To mix a cake, first cream shortening and sugar thoroughly, then add yolks, is used. Then, to this mixture, alternately add moisture and the flour that has been sifted with baking powder and stir until smooth and glossy, adding beaten egg whites after thoroughly mixing.



You'll prefer its delicate flavor!

A can full of health!

EMPHASIZES DISHES TO FIT WARMER DAYS; HAS MANY PRACTICAL SHORT-CUT HINTS

Miss Nancy Baker arrived in Torrance Tuesday to take charge of all last-minute preparations in connection with The Herald's free all-electric cooking school, Thursday and Friday afternoons at 2 o'clock at the Civic Auditorium.

Arrives Early



MISS NANCY BAKER

Who has been in Torrance since Tuesday preparing the programs for the free all-electric cooking school, sponsored by The Herald. Classes—they are free to all—are scheduled from 2 to 4 o'clock this afternoon and Friday afternoon in the Civic Auditorium on El Prado.

Robin Fights Self Five Hours
PAINESVILLE. (U.P.)—A robin fought a losing battle against his reflection in a basement window for five hours here.

Miss Baker was most enthusiastic about the Torrance culinary classes, for she feels that her programs will be of genuine interest and value to the women of this district. Said Miss Baker, "I feel that women realize more than they ever have the importance of nutritious, well-balanced meals to the health and consequent happiness of their families. With this thought in mind, I have prepared my programs in order to present only up-to-date food information, attractive and wholesome menus, and recipes which will fit right into the well-ordered kitchen."

Miss Baker continued, "With the end of the cold winter, weather and bright spring days here again, we all want something different to cook and to serve, while the appetites of the whole family seem to demand a change from the heavier foods of winter meals. Food should be lighter and more zestful, stimulating the appetite with spicy, subtle flavors. So the recipes I will prepare during the school have been especially planned to meet the desire for something 'different,' yet not too expensive for the most modest income."

Special emphasis will be placed upon the preparation of well-balanced, yet dainty and attractive dishes, which will be stimulating to lagging appetites, and will fit into the warmer days of the spring season. The program for the two-day all-electric cooking school is extremely well rounded, containing menus, recipes and suggestions for dozens of colorful seasonal dishes, and practical short-cuts to simpler, better cookery. No woman will wish to miss even a part of any of the sessions, and Miss Baker urges every one to arrive early in order to enjoy the classes from the moment the curtain rises until the final prize is awarded.

Expert Endorses K C Baking Powder

There is not a purer, better nor more effective baking powder on the market than KC, Miss Nancy Baker will inform women attending The Herald's cooking school at the Civic Auditorium today and Friday. The lecturer at the cooking school is using double-tested, double-action KC Baking Powder exclusively.

KC is made by manufacturers who make nothing but baking powder and because of this, they have been able to develop a highly efficient product by concentrating all other research toward the improvement of this one product. For 46 years KC baking powder has been selling at the same standard price, and there is more KC manufactured and shipped than any other brand.

Cooking

IS NO *problem* FOR A hen



DON'T MISS IT!

COME TO THE NEW
ALL-ELECTRIC

Cooking School

UNDER THE DIRECTION OF NANCY BAKER

Days ... Today and Friday

Dates ... May 13 and 14

Place ... Torrance Civic Auditorium

Time ... 2 P. M.

ADMISSION FREE—BRING A FRIEND

Cooking is more of a problem for you! With breakfast, lunches and dinners parading before you day after day, it's no wonder you welcome every suggestion for "something different!"

So drop in at the All-Electric Cooking School. You'll get lots of recipes for new dishes... practical ones that you can serve for dinner tonight.

Of course this modern cooking school will feature electric cookery. No other method measures up to the standards set by modern housewives. You will be interested in the electric cookery demonstrations—if only to see why so many of your friends are changing to electric ranges!

This big session will be packed with thrills. Bring your friends and come early!



SOUTHERN CALIFORNIA
EDISON COMPANY LTD.

Creamiest of All!
The New

Super-Creamed

CRISCO

Used exclusively by
Miss Nancy Baker
at the **Herald**
COOKING SCHOOL



TRY IRIS PEACHES

Notice the family's appetites respond! It's not magic! It's merely that Iris products are much more tempting, much more flavorful. That is true of each one of the more than 200 fruits, vegetables and seafoods. The Iris label means extra care in picking and packing. That's why, when you buy, you can be sure of rich dividends you can't measure in dollars and cents!

Attend IRIS HOUSE PARTY! Tune in KHJ 2 p.m. on Tuesdays. Or come as our guest to the Palomar, 3rd and Vermont. Tickets at your IRIS Grocer!



IRIS
FINE
FOODS
TRY IRIS COFFEE
VACUUM PACKED
IN GLASS JARS