

Everyday Cooking Miracles

BY VIRGINIA FRANCIS

Director Hotpoint Electric Cookery Institute

Fortunately, in these days there are fewer children who, like Topsy, "jes growed," and there are more and more children who really do grow up straight and strong. Today's rosy-cheeked children are witness to what modern scientific care and conscientious mothers have done to raise the health standard.

one process. In the morning they are assembled and prepared for cooking. Then, seven or more, if you like—small jelly glasses are filled, each with one serving of food. In each of two jelly glasses, mother places 1 tablespoon of pulverized cereal, preferably a different kind in each glass, together with



The remarkable Thrift Cooker of the modern electric range simplifies the preparation of baby foods.

A rigorous regime of milk, sunshine, fresh air, stewed fruits, and vegetables is almost guaranteed to make any youngster a radiantly healthy little being. And speaking of baby's stewed fruits, vegetables, and cereals, modern mothers are rapidly abandoning the obsolete, all-day method of baby food cookery in favor of the "seven-way" infant diet by one-way cookery, made possible by the thrift cooker of the Hotpoint electric range.

Tables Are Turned.

A few years ago menu-making homemakers complained that they had to cook too much of everything. Now the tables are turned and it seems the objectors must cook too little of everything—a handful of peas, and minute quantities of any of the other foods which comprise the very young baby's food repertoire. Let me tell you what this procedure is.

By this miracle "seven-way" method of infant food cookery, the entire day's supply of vegetables, fruits, and cereals are cooked by

the gypsy—in cleverly painted scenery, costumes of servers, fragrant flowers and greenery, and soft, bewitching lights. There was even a gypsy fortune teller who lured many into her tent during the course of the evening.

As the guests entered the gymnasium, they were greeted by Alfred Zucconi and Evelyn Harms, king and queen of romany. Also in the receiving line were Miss Clemantina de Foresta, principal and vice-principal, and Mrs. Frances Hamilton, who had been chosen patroness.

Gypsy Theme for Narbonne Prom

Friday night proved a happy one for juniors, seniors and faculty members of Narbonne high school at Lomita when the annual Promenade was given by the juniors in honor of the graduating class.

Flashing smiles and the gay strains of the violin and accordion heralded another unusual theme—a gypsy camp. Everywhere was there evidence of

the gypsy—in cleverly painted scenery, costumes of servers, fragrant flowers and greenery, and soft, bewitching lights. There was even a gypsy fortune teller who lured many into her tent during the course of the evening.

As the guests entered the gymnasium, they were greeted by Alfred Zucconi and Evelyn Harms, king and queen of romany. Also in the receiving line were Miss Clemantina de Foresta, principal and vice-principal, and Mrs. Frances Hamilton, who had been chosen patroness.

THS Grad Sees Great Parade as Cameraman

A graduate of Torrance high school claims he "had the best view of the Coronation procession of anyone in London."

1789 Andreo avenue, who is employed by the Technicolor corporation. Roberts sailed from New York on Armistice Day for work in England.

This week his parents received a letter from him and they have allowed The Herald to publish excerpts.

"I suppose when you get this you'll be wondering what's happened to me but to tell the truth

I haven't had time to write before," Roberts begins. "I've had a bit of very good luck. I was assigned to a camera position as film runner for the Coronation . . . I was with the ace cameraman and I had the best view of the procession of anyone in London."

"We were directly across the street from Westminster Abbey in Westminster Hospital and about 15 feet above the ground.

Seats all around us were selling for 52 guineas—that's \$275 per seat, believe it or not! The whole spectacle was so immense and so beautiful that it's hard to believe even now when I look back on it. The god of luck certainly was sitting on my shoulder for this event."

"The crowd, stands, decorations and so forth are for me, indescribable. You must see

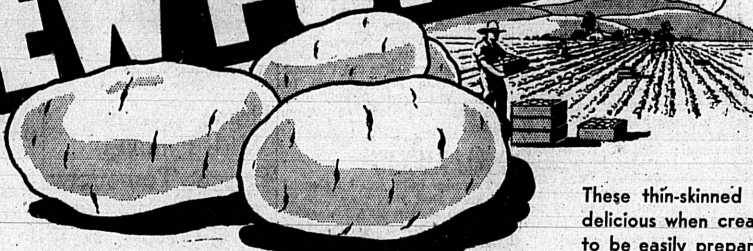
the moving pictures. The day before the big event I went up to London and slept part of the night in the Hospital where we had our camera position. From then until Sunday morning about 1 o'clock I never had my clothes off although I did get snatches of sleep at intervals.

"We had air mattresses and blankets at the plant and food was served at any hour of the day or night for the gang. We

even had brandy the last night. Most of my boys are rather young and had a tough time standing the long grind but we pulled thru all right and delivered 200 prints Saturday night. The whole job was well done."

Teachers to Earn More QUEBEC, Que. (U.P.)—The Quebec Government will spend \$400,000 a year to improve conditions among the province's poorly-paid rural school teachers.

SAFEWAY NEW POTATOES!



★ Help the farmer MOVE his bumper crop of fine POTATOES

10 lbs. 15c

These thin-skinned smooth White Rose Potatoes are exceptionally delicious when creamed. They are uniform in size and large enough to be easily prepared. Purchase a supply at your neighborhood Safeway-operated produce department this week end.

For Desserts	
Chocolate Syrup	10c
Chocolate Syrup	4c
Jell-O	14c
Ice Cream Mix	25c
Beverages	
Coca-Cola	25c
Tomato Juice	15c
Malted Milk	39c
Eagle Ade	25c
Lipton's Tea	37c
Iris Coffee	29c

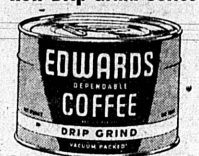
Spreads	
Shefford Snappy Roll	10c
Nucoa	22c
Canned Vegetables	
Van Camp Pork & Beans	7c
Van Camp Pork & Beans	10c
Lima Beans	14c
Stokely's Beets	11c
Stokely's Corn	25c
Del Monte Peas	27c
Stokely's Peas	27c
Stokely's Tomatoes	10c

SAFEWAY GUARANTEED MEATS

Safeway's guarantee on meats means more than a promise of every cent back if the meats are not satisfactory. The guarantee carries Safeway's assurance that you'll never have cause to ask for the return of your money. Through the exclusive 5-step plan of meat preparation for market, Safeway meats do not vary in quality. You'll get perfect cuts every time. Try these finer meats today. They cost no more than ordinary cuts.

BEEF ROAST	CENTER CHUCK	lb.	22c
BONELESS ROAST		lb.	33c
BEEF RUMP	BONED ROLLED	lb.	34c
PRIME RIB	OVEN ROAST	lb.	32c
CORNEED BEEF		lb.	15c
SEA BASS	FRESHLY CAUGHT	lb.	18c

New Drip Grind Coffee



ALSO REGULAR GRIND EDWARDS COFFEE

One-pound vacuum can 25c

FLOUR

The New Home-Type Flour KITCHEN CRAFT

No. 5 23c No. 10 23c No. 15 23c

24-lb. bag 95c

HARVEST BLOSSOM FLOUR

No. 5 21c No. 10 21c No. 15 21c

BROWN DERBY BEER

Declared by experts to be equal to imported Pilsner

In Kegged Cases 3 12-oz. 25c

Stow-Away Bottles 4 11-oz. 25c

Stow-Away Bottles 4 11-oz. 25c

PADRE BEER

Quality local brew. (Case of 24, \$1.20) 5c

Bottles and cases extra on bottled beer. Beer available only in Safeway stores licensed to sell it.

SEA FOODS

Kipperd Snacks	2 for 9c
Pink Salmon	10c
King Oscar Sardines	15c
Sardines	2 No. 1/4 15c
Mission Tuna	2 No. 1/2 25c

CEREALS

White House Rice	8c
White House Rice	9c
Corn Flakes	2 8-oz. boxes 13c
Shredded Ralston	11c
Post brand	2 boxes for 19c
Kellogg's Pep	2 for 19c

MISCELLANEOUS

Favorite Matches	3 boxes for 10c
Vanilla Extract	21c
Schilling, 2-oz. bottle	

SOAP, ETC.

Laundry Soap	3 bars for 10c
Toilet Soap	5c
Lifebuoy Soap	6c
Scotch Soap	19c
White King Granulated	29c
Ivory Soap	6c
Ivory Flakes	9c
Sunbrite Cleanser	2 cans for 9c
Zee Toilet Tissue	4c

INSECTICIDES

Antrol Ant Traps	10c
Flea Powder	23c

CHEESE MILK JUICE CATSUP

AMERICAN, BRICK, PIMIENTO, (Limburger, Old York, or Swiss, 1-lb. pkg., 20c)

MAX-I-MUM BRAND

High quality canned milk. (19 half cans, 6 for 18c)

GRAPEFRUIT STOKELY'S or ARIZ-SWEET

Your choice of Stokely's Finest or Ariz-Sweet brand.

STOKELY'S FINEST

Note this feature low price on Stokely's fancy quality tomato catsup.

SAFEWAY CO-OPERATIVE GROCER

The Choice of Millions

KC BAKING POWDER

Double Tested - Double Action

Manufactured by baking powder specialists who make nothing but baking powder—under supervision of expert chemists.

Same Price Today as 45 Years Ago

25 ounces for 25c

You can also buy

A full 15 ounce can for 15c

Highest Quality - Always Dependable

MILLIONS OF POUNDS HAVE BEEN USED BY OUR GOVERNMENT



TRY

IRIS APRICOTS

Here's one of the Iris Family that will win a welcome in your home! The big difference is in the quality, not the price. Choose from the more than 200 fruits, vegetables and seafoods. You'll find a plus value behind every Iris label that you can't measure in dollars and cents.

Attend IRIS HOUSE PARTY! Tune in KJH 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