Everyday Cooking Miracles

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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. To-day's rosy-cheeked children are witness to what modern scientific care and conscientious mothers have done to raise the health standard.

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 — possibly a "smidgin" of cereal, 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 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 ⅔ cup water; in the third, fresh green beans, cut in small pieces, with two tablespoons of water and 1 tablespoon of butter; in the fourth, diced carrots with 2 tablespoons of water and 1 tablespoon of butter; in the fifth, 3 prunes well covered with water; in the sixth, one-half cup of sliced pared apple, 1 tablespoon of sugar and 1 tablespoon of butter; and in the seventh, cubes of beef. All seven jelly glasses are covered, and then all piled on the rack of the thrift cooker in which 1 cup of water has been placed.

Cooked in Thrift Cooker

Then the switch is turned to HIGH. When steam comes from the vent, the switch is turned to LOW and the cooking continues for two or three hours. By this "no watch" cookery procedure the miracle cooker subjects these foods to that long, slow cooking which is so essential for baby's foods. The vegetables and fruits are steamed so that none of the minerals and vitamins are lost in the pouring off of excess juices and cereals are given plenty of time to reach the state of maximum digestibility.

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 Zuconni and Evelyn Harms, king and queen of Romany. Also in the receiving line were Miss Clementina de Forest Friffin and Ben Comrada, 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."

He is Kenneth L. Roberts of 1739 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:

$275 Per Seat

"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.

Job Well Done

"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.