

700 Ice Cubes a Day Frozen By Frigidaire

Perhaps no home in the world, no matter how grand or palatial, would attempt to banquet seven hundred people entirely under its own roof. Its dining rooms, and its kitchens and kitchen service would, undoubtedly, prove wholly inadequate. Yet a single, ordinary household Frigidaire, such as may be found in hundreds of thousands of small American homes, can, between 8 a. m. and 12 midnight,

freeze sufficient ice cubes to provide one cube in the drinking glass of 700 persons. This amazing fact is being brought out geographically at a special demonstration now going on at the Star department store, authorized dealers, Torrance.

"Of course we do intimate that the average Frigidaire user never will need any such quantity of ice in so short a time. But whether he needs it or not, he can have it if he wants it. But, if you think that is remarkable, you will be more amazed than ever when I tell you that the ice you see actually cost less to freeze in the Frigidaire than it would have cost if it were purchased from a regular ice wagon."

"The secret of all this is the remarkable economy of Frigidaire's meter-miser, the compact but powerful little refrigerating unit that cuts current costs to the bone. Without the exceptionally fast freezing ability and the extremely low electric con-

Bolled Pompano Dressing
4 eggs, whole
1 tablespoon Pompano Olive Oil
6 tablespoons sugar
2 tablespoons flour
1 cup vinegar
1 teaspoon Ben-Hur Mustard
1 teaspoon salt
1/2 teaspoon Ben-Hur paprika
1/2 teaspoon Ben-Hur celery salt

Salt and pepper to taste.
Method: Beat eggs well, add to dry ingredients which have been mixed well. Add vinegar and cook on surface unit on low until thick. Remove from unit and beat until smooth. Add 1/2 cup top milk or thin cream.

Steamed Rice
1 cup Smith rice
1 1/2 cups water
1/4 teaspoon salt
Method: High to steam, low 5 minutes, off 15.

sumption of the meter-miser, we could not truthfully make the statement about the quantity of ice or the cost of making it."

Hot Spiced Cottage Pudding
1/2 recipe miracle cake
1/2 teaspoon Ben-Hur cloves
1 teaspoon Ben-Hur cinnamon
2 1/2 tablespoons molasses
1/2 teaspoon Ben-Hur nutmeg
1/2 teaspoon Ben-Hur pastry spice

Method: Add all ingredients to 1/2 batter. Beat well. Turn at once into greased loaf pan 9 by 5 and store in electric refrigerator. Bake 45-50 minutes. Frost with powdered sugar frosting or caramel or serve with raisin sauce.

Caramel Frosting
2 cups light brown sugar
2 egg whites
5 tablespoons cold water
1/2 teaspoon Ben-Hur vanilla
Put all ingredients into aluminum sauce pan. Place on low heat. Turn switch to low. Beat with mixer or rotary beater until thick and will hold a point.

When Meals Suffer From "Monotonitis" Try This

Simple If You Use
Your Ingenuity

Have you ever heard of the malady of "monotonitis"? Perhaps not, if you are the clever cook who takes advantage of all the foods the market offers. This ailment, as you have no doubt guessed, is an affliction to which others are more susceptible. Some cases are only slight while others are more severe, but always the cure is simple—the application of new flavors, new flavors, and new foods.

The fact remains that we cannot have new foods always, especially when it comes to meats. We are limited usually to beef, pork and lamb with an occasional fowl thrown in for good measure. So it means that we must find new cuts, new uses, and new flavors for our old stand-bys.

Few cooks realize what a variety of lamb cuts the market affords for relieving the menus of monotony. Instead, many confine their shopping list to just "a leg of lamb, please," or "a half dozen rib chops," where they might run the whole wide gamut of many interesting cuts. Inez S. Wilson, home economist, suggests a few.

Pin Wheel Lamb Roll
A pin wheel in meats may be a new idea; if so, try it and you will agree it is much more useful than the toy after which it is named. This roll is easily made from the lamb breast. Have the breast of lamb boned, spread with bulk sausage, and rolled. You can have this done at the market, and save yourself every ounce of bother. The lamb breast is best, cooked by braising, as a pot-roast, and to serve is cut across into pin wheel slices.

Cushion Style Lamb Shoulder
The cushion style shoulder of lamb is a cut which is decidedly practical, and eye-appealing to the superlative degree, in the opinion of every modern cook. How this cushion style shoulder became known is a subject for conjecture, but it is reasonable to suppose that some inventive genius disliked carving around the odd-shaped shoulder blade bone, and yet he liked the delicious flavor of the meat in a shoulder of lamb. So he reasoned thus: "Why not re-

move those shoulder bones? One doesn't eat them, anyway, and they add nothing to the flavor." So, he did, and along came an equally inventive cook, who said, "That's just the place for my new fruit stuffing." And that is the stuffed shoulder of lamb, which has been a good friend to cooks ever since. We call it a cushion style shoulder of lamb, because as the dressing becomes heated, it expands and gives the roast a puffed and rounded appearance, much as a "cushy cushion."

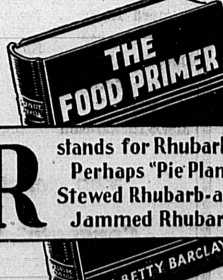
In purchasing this cut, ask the retailer to remove the bones from a square-cut shoulder of lamb and sew the cut edges on two sides, leaving one side open for you to insert the stuffing. It takes only a stitch or two with a large darning needle and clean white string to fasten the edges together after the stuffing is inserted. However, if you are averse to sewing, pin the edges together with small wooden skewers. These may be obtained at the meat market.

Broiled Lamb Dishes
Whenever you feel inclined to a broiled meat dish, and yet lamb rib chops were served too recently to be included on the menu again, canvass the other possibilities for broiled lamb dishes. A lamb is most accommodating, and any cut of it is tender and may be broiled or roasted, if desired. The loin and the shoulder chops make excellent broiled dishes. Try having shoulder chops boned and fastened with skewers for broiling. These will always make a hit. Lamb steaks cut from the leg are also guaranteed to please.

Cubes cut from the lamb shoulder, and threaded onto wooden skewers, perhaps with a slice of bacon, and broiled, are delicious. The idea for these, it is said, is borrowed from our Far Eastern friends, where lamb is a great favorite and the usual way of preparing it is broiling over the open fire; but whatever its source, the idea is a good one. Try it, and you will agree.

Lamb Trotters
Lamb trotters, or in terms of meat cuts, whole lamb shanks, make an unusual and delicious dish. These are best cooked by braising, in the manner of a Swiss steak, browning first, and then cooking slowly in moist heat until done. Serve these with noodles or rice and plenty of rich brown gravy, and they will soon be numbered among your stand-bys.

Britain's Air Becoming Purer
LONDON (UP)—Great Britain's air is purer than it was 20 years ago, but is still far from being as pure as it might be.



THE FOOD PRIMER
stands for Rhubarb
Perhaps "Pie Plant" to you.
Stewed Rhubarb—an old dish.
Jammed Rhubarb—a new.

BY BETTY BARCLAY

"Rhubarb? Surely, I'll have some. It's my favorite Spring delicacy. Fits the season—like the dandelion and the robin."

We are all acquainted with stewed rhubarb and rhubarb pie. But have you ever put up rhubarb jam for the winter months, when this food is very difficult to obtain in even the largest city? If not, you have a delight in store for you.

Pack it in glass containers. Pack it in quantity—pints for the bridge luncheon, and quarts for the "company" meals or large family gatherings. Hold up a jar of rhubarb jam next December and let your guests view it through its sparkling glass container. They can see its quality, and they will have a "surprise" dish, indeed.

Sealed properly, and packed in glass jars, the following jams will keep indefinitely. Try them.

Jammed Rhubarb
You may call it "rhubarb jam" if you wish. Chop six pounds rhubarb and let stand with five pounds sugar over night. In morning, put 1 lemon, 1 orange, 1 pound figs through food chopper. Mix all ingredients together and simmer slowly 3 hours, stirring often. Put into sterilized jars and seal.

Rhubarb and Pineapple Jam
Chop seven pounds rhubarb and two medium sized pineapples into small pieces. Add 2 1/2 pounds sugar and cook 15 minutes. Then add 2 1/2 pounds more sugar and simmer, stirring often, until rich and thick. Pour into sterilized jars and seal.

Economical—Use one LEVEL teaspoonful to a cup of flour for most recipes.

Dependable—Scientifically made by baking powder SPECIALISTS to produce best results.

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JUNE 25 and 26

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| CEBHARDT'S CHILI POWDER 1-Oz. | 12c |
| CEBHARDT'S Mexican Style BEANS No. 1 Can. | 9c |

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|---|-----|
| Golden Swan MILK "TOP QUALITY" 3 Large Cans | 19c |
|---|-----|

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| Flour Blend FLOUR 10-LB. SACK. | 49c |
| Pancake Flour SPERRY'S Small Pkg. | 10c |
| Med. Pkg. | 18c |

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|---|-----|
| FLUFFO Shortening, 1-Lb. Carton | 15c |
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| FRANCO-AMERICAN SPAGHETTI 3 CANS FOR | 25c |
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|---|-----------|
| PHILLIPS—No. 2 1/2 Cans PORK & BEANS | 2 FOR 25c |
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|---|--|
| BLACK SWAN FRUIT COCKTAIL 2 CANS 25c | BLACK SWAN SHOEPEG CORN No. 2 Cans 2 FOR 25c |
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| BLACK SWAN Vinegar Pints 7c Quarts 11c | GOLDEN SWAN Tomato Juice No. 1 Cans 2 FOR 15c |
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| DESERT STAR—No. 2 Can GRAPEFRUIT JUICE | 10c |
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|-----------------------|--------------------------------------|
| WHEATIES 2 FOR 21c | MIRACLE WHIP Pints 23c Quarts 37c |
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|---|------------------------------------|
| SNOWDRIFT Shortening 1 Lb. 22c 3 Lbs. 58c | CRYSTAL WHITE SOAP 3 FOR 10c |
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| WHITE KING SOAP 3 FOR 10c | PALMOLIVE SOAP 3 FOR 17c |
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| PEETS Granulated Soap, Large Pkg. | 28c |
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| SUPER SUDS Large Pkg. Giant Pkg. | 9c 17c |
| SCOTCH GRANULATED SOAP Pkg. | 23c |

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| Airway Coffee | Ground as you buy | per lb. | 17c |
| Edwards Coffee | Regular or Drip grind | 1-lb. can | 25c |
| Nob Hill Coffee | Delicious Flavor | per lb. | 22c |
| Royal Pudding | Chocolate or Vanilla | 3 pkgs. | 14c |
| Fruit Cocktail | Stokely's Finest | 2 No. 1 cans | 25c |
| Libby Pineapple | Long Slices | 2 1/2-oz. cans | 31c |
| Libby Pineapple | Fancy Sliced | 2 No. 2 1/2 cans | 33c |
| Libby Orange Juice | 12-ounce size can | | 12c |
| Grapefruit Juice | Stokely Brand | 10-ounce can | 10c |
| Pineapple Juice | Libby Brand | No. 2 can | 10c |
| Libby Tomato Juice | 2 No. 2 cans | | 15c |
| Pen Jel Fruit Pectin | per box | | 10c |
| Sure-Jell | Powdered Pectin | 2 boxes | 25c |
| Ice Cream Mix | Junket Assorted | 3 boxes | 25c |
| Shredded Wheat | Serve with berries, Box | | 12c |
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| Flour | KITCHEN No. 5 CRAFT bag | 23c No. 10 bag | 43c 24 1/2-lb. sack |

Meats!

To be sure of the finest meats at all times, insist on Safeway Guaranteed Meats. Through the five-step plan, developed exclusively for Safeway, your satisfaction is guaranteed on every purchase that you make here. Try these better meats today. You'll enjoy their tenderness and flavor.

BEEF ROAST lb. 20c
Fancy grade center chuck roast. Guaranteed Beef.

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Rump or Shoulder Clod. No waste.

GROUND BEEF lb. 17c
Your choice of fancy boneless roasts. No waste.

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Selected beef. Ground under government inspection.

Corned Beef lb. 15c
Boneless brisket of beef. Prepared with special mild cure.

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Packed in one-pound cartons. High quality for all baking uses.

FRESH BREAD 24-oz. loaf 11c
Julia Lee Wright's. Choice of white or wheat bread in sliced or unsliced. DATED 1-lb. loaf, 8c.

FRESH MILK 10c
Lucerne Brand. "Country-Fresh." Grade A pasteurized. (Price in Metropolitan L.A. only.)

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KRAFT DINNER MACARONI & CHEESE Each package contains the ingredients for a dinner of macaroni and cheese. Par Package 17c

Brookfield Cheese American, Brick, Pimiento or Limburger, 12-lb. package 17c

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Mission Tuna 2 No. 1/2 Choice light meat 25c

Graham Crackers Honey Maid Brand, 1-lb. box 16c

Pillsbury Wheat Bran 20-ounce package 17c

Crisco Shortening 1-lb. can, 2 1/2-lb. can 57c

California Gold Honey 17c
Clover, sage, orange, 16 oz. jar

Strongheart 3 tall Dog food 15c

White Shinola For white shoes, per bottle 9c

Fels Naphtha Soap 2 bars for the laundry 9c

Lux Toilet Soap Soap of the stars, per bar 6c

Oxydol Soap 9-oz. package, 8c; 24-oz. box 20c

Zee Toilet Tissue White or colored, per roll 4c

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Declared by experts to be equal to imported Pilsner.

In Kegged Cans 3 cans 25c (Case of 24, \$1.95)

Stow-Away Bottles 4 bottles 25c (Case of 24, \$1.43)

Stow-Away Bottles Giant size 15c (Case of 12, \$1.69) at bottle

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