

Sandwiches Require Some Real Planning

Warm weather entices us to the open road at every opportunity for jaunts to the country and the picnic at your favorite spot.

The picnic lunch is not hard to prepare, but it does require a little planning, in order to have foods which ride well and at the same time are satisfying to hearty appetites. Sandwiches are the first thought because they meet both requirements, and so, it is a wise idea to have a number of different sandwich fillings in mind, so that you will have a choice for the picnic.

Meat sandwiches are delicious and satisfying, and there is almost no limit to the number of meat combinations for hearty sandwiches. Any kind of cold cooked meat may be used. If there happens to be left-over pot-roast, baked ham, roast beef, veal, pork, or lamb in your refrigerator, use it by all means. Here are two salad combinations which are excellent. These are suggested:

Ham and Chipped Beef Sandwich
Mix equal parts of chopped boiled ham, chipped dried beef, and sweet pickles. Combine with enough mayonnaise to moisten, but not enough to soak the bread. Spread between slices of buttered bread.

Pork and Nut Sandwich
1 1/2 pounds lean pork
1/2 cup nuts, chopped
1/2 cup celery, chopped
1/2 cup sweet pickle, chopped
Salad dressing to moisten
Let pork simmer in hot water until tender. Grind it or chop it very fine. When cool, add nuts, celery, and pickles. Add enough salad dressing to slightly moisten. Spread on slices of buttered bread.

CHECK OF OUTFIT URGED



To avoid the inconvenience of forgotten camp necessities, go camping in your own back yard and check all of your equipment, is the advice of Earl Wilcox, Western Auto outfit expert, shown, above, with pretty Bobby Rutherford. He has issued a handy Camp Check List for this purpose which may be secured at the local Western Auto Store.

A Tempting Way With Ground Beef

Since ground meat is so kind to the food budget, a variety of ways to prepare it is always welcomed by the enterprising housewife who wants to make every penny count. And ground meat can be so very temptingly prepared that seldom does the family object when this is the frequent choice.

Perhaps the ground beef recipe given here may be new to your repertoire. If so, clip and try it the next time you are puzzled for an economical meat dish.

Swedish Cabbage Rolls
1 pound ground beef

Cat Adopts Skunks
BASIN, Wyo. (U.P.)—A cat at the Delbert Crandall ranch near here has adopted three baby skunks.

Ben-Hur Spice Cake
1/2 cup Crisco
1 cup sugar
2 cups sifted family flour
2 teaspoons K. C. baking powder
1 teaspoon Ben-Hur cinnamon
1 teaspoon salt
1/4 teaspoon Ben-Hur nutmeg
1/4 teaspoon Ben-Hur cloves
1/4 teaspoon Ben-Hur pastry spice
1 cup Mayfair milk

Method: Cream Crisco and sugar, add egg and mix well. Sift dry ingredients together and add alternately with milk. Pour into greased loaf pan. Place in cold electric oven. Set temperature control at 350° and bake 50 to 60 minutes or until done. Frost with caramel frosting or powdered sugar frosting.

Mermaids Feast At Sun Valley



MANY OF THESE MERMAIDS from the East had never before tasted trout until they came to Sun Valley, Idaho, on their vacation. As a surprise, fishermen escorts of Jessie Ricks, Gerda Ewald and Betty Magot; (left to right), arranged with Chef Honore Martin to serve their first catch to the ladies during a dip in the lodge pool.

Sun Valley, in the heart of America's last wilderness, became a winter sports capital last winter and this summer will be the mecca for national summer sports activities including the Sun Valley Rodeo, August 14 and 15, which will attract many world's champion buckaroos and cowboys.

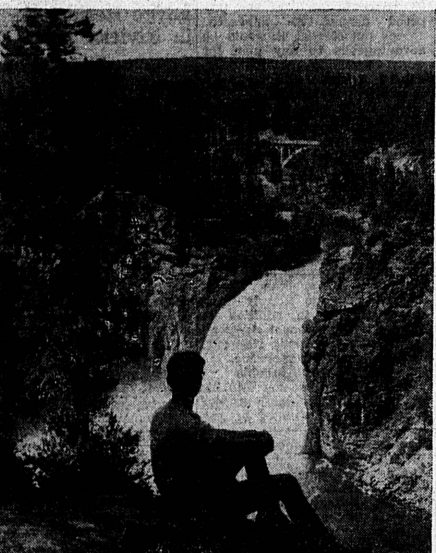
GARDENANS USE PARK

Members of the 260 club of Gardena met at noon Friday at the city park here for a pot-luck dinner and then held a regular meeting.

POSSIBLE DATES

California's 1937 migratory waterfowl season will be Nov. 27 to Dec. 26 if recommendations made by the state fish and game commission are observed.

Yellowstone Unrivalled in Wonders



YELLOWSTONE STILL SUPREME THRILL—Although it is the oldest of the national parks and has been seen by more persons than any of the others, Yellowstone still offers an incomparable thrill. Its wide variety of natural wonders cannot be duplicated anywhere else, and such scenes as this picture of the Upper Falls of the Yellowstone River lend it charm that cannot be described.

Photo by Union Pacific Railroad

Pickets Call Off 2-Hour Demonstration

Picketing of a small roadside grocery and vegetable stand operated by Mrs. K. V. Hinckley on Narbonne avenue in Lomita lasted for only two hours Saturday when four A. F. of L. pickets protested the closing hours established by the store. Mrs. Hinckley's firm was already signed up with the C. I. O., it was reported.

Altho the owner said the picket leader at first insisted the C. I. O. was not recognized by that district, the opposing groups came to an agreement and the picket line was disbanded at 4 o'clock.

NEW PARK RECORD

A new record for one day's attendance at Sequoia National park was established on July 4 when 11,442 entered.

COUNCILMAN ABSENT

Because he was absent from the city on his vacation, Councilman Robert Deininger was not present at council meeting Tuesday night.

Scrap Metal Ring Planned
LONDON (U.P.)—The leading shipbreakers and scrap metal merchants of the world have opened negotiations to form an international scrap metal ring.

READ OUR WANT ADS



"Like having a real mountain spring in your home"

Every drop of Arrowhead Water comes from the famous Arrowhead Springs. Hydro-Coolers available to patrons.

ARROWHEAD Spring
DRINKING WATER

ITS FINE TASTE LINGERS LONG AFTER THIRST IS FORGOTTEN
Fresh daily from the famous Springs, delivered in 5-gallon bottles

For Service Phone Samuel Pinkerton Redondo 5243

Flavor is Big Item in Meal Planning

The "flavor's the thing" that makes meals interesting. The more tasty the meal, the more it will be appreciated is a fact which cannot be denied. How, then, can perfect flavors be obtained?

In planning meals, meat is considered the center of the meal, not only because it furnishes many of the nutrients necessary for health, but also because it ranks so very high in flavor. Its savory aroma, which the appetite, and its delicious flavor makes the whole meal enjoyed, regardless of how bland in flavor are the foods served with it.

To Keep in Juices

In meats, much of the natural flavor is found in the meat juices; therefore it is important that meat be cooked in such a

way as to retain as many meat juices as possible. That is done by the use of low temperatures. It has been found that roasts cooked at a temperature of 300 to 350° F. are juicier and at the same time more tender and more palatable than those cooked at higher temperatures. Browning, too, is important in developing meat flavor. A roast all browned to a turn is a delight to the eye, and the flavor—it is excellent. (If the roast

should not be sufficiently browned when cooked at a low temperature, the temperature may be increased for a short time at the end of the cooking period. Usually, however, this is not necessary.) A Swiss steak, to be at its best, should be well browned before any liquid is added, and then it deserves only a small amount of liquid so that when the liquid cooks away and the steak browns more, it becomes that much better.

Seasonings for Flavor

For variety, seasonings of one kind or another are used with meat, but always these should be chosen judiciously. When meat contains so much natural flavor which can be duplicated in no other food, it seems a shame to over-power this delicious flavor with too many condiments and seasonings. Sometimes, its flavor is enhanced by a subtle touch of seasoning, if used with discretion. For instance, the flavor of pork is often


900 New Laws
SACRAMENTO (U.P.)—As a result of 1937 session of the legislature, Californians have more than 900 new laws to observe.

Ring Lost 20 Years Found
WORCESTER, Mass. (U.P.)—While picking raspberries in her garden, Mrs. Annette Perkins found her diamond engagement ring—lost 20 years ago.

Utah Checks Relief Ledger
SALT LAKE CITY (U.P.)—More than \$50,000 a day in federal funds have been spent in Utah during the past two years.

heightened by the addition of a whiff of garlic, but when the whiff becomes an overwhelming bouquet, the pleasant effect is destroyed. Always, regardless of the kind of seasoning, it is important that the meat flavor predominate if best results are to be obtained.

SAFEGWAY STORES EXTRA SAVING DAYS



Pineapple Juice
Libby's Brand - rich in flavor. 2 cans. 33c

Maximum Milk
Rich, pure, evaporated milk in cans. Value! 6c small 3c can

Laundry Soap
Your choice of Crisco, White King & G. 3 bars for 10c

You save every day at Safeway. Make a list of your food needs now and come to the Safeway in your neighborhood to have it filled. Join the thousands who make every day "extra saving day" by trading at Safeway.

Prices effective through Saturday, July 31, in Safeway-operated departments of stores within 35 miles of Los Angeles.

COFFEE EDWARDS DEPENDABLE Drip or Regular 1-lb. can	25c
Superbly blended fine coffees give it luscious flavor. Choice of drip or regular grind.	
SUGAR PURE GRANULATED IN PAPER BAG 10 lbs. for	51c
(Sugar in cloth bags—Beet, 10 lbs. 52c; Pure Cane, 10 lbs. 53c).	
FLYROL SPRAY pint can	17c
This high quality fly spray kills flies, moths and other insects. Pleasantly perfumed.	

Soda Crackers Better Best, 1-pound box	13c	Fruit Cocktail Stokely's Finest 2 No. 1 cans	25c	Airway Coffee You'll enjoy it's flavor 1-lb. can	18c
Graham Crackers Better Best, 1-pound box	13c	Planada Figs Serve for breakfast 16-ounce can	14c	Nob Hill Coffee High quality 1-lb. can	23c
Ginger Snaps Better Best, 1-pound box	13c	Stokely's Grapefruit No. 2 can	12c	Maxwell House Coffee 1-lb. can	28c
Fig Newtons Per package	10c	Tid Bit Pineapple Del Monte Brand 8-oz. can	7c	Libby Orange Juice 12-oz. can	12c
Peanut Butter Beverly, 1-pound jar	21c	Crushed Pineapple Del Monte Brand 8-oz. can	7c	Grape Juice Church's Per pint	32c
Peanut Butter Beverly, 2-pound jar	38c	Prepared Prunes Del Monte 2 8-oz. cans	13c	Tomato Juice Stokely or Libby brand, Fancy grade	5c
Shore Dinner 13-ounce package	10c	Sunsweet Prunes Extra Large 1-lb. box	10c	Tomato Juice Stokely's Finest 3 No. 2 cans	25c
Sardines Van Camp 2 oval cans	15c	Jell-O Assorted flavors of gelatin dessert 3 pkgs. for	14c	Eagle Aid Beverage Concentrate 2 2 1/2-oz. bottles	15c
Sardines Van Camp 2 oval cans	15c	Ice Cream Powder Jell-O Vanilla 3 boxes for	25c	Mayonnaise NuMade Brand 25c quart jar	43c
Van Camp Sardines Natural pack, No. 1 tall can	7c	Pork & Beans Van Camp Brand 2 16-oz. cans	13c	Salad Dressing Duchess Per pint	21c
Mission Tuna Choice light meat, No. 1/2 can	14c	Pork & Beans Van Camp Brand 22 1/2-oz. size can	9c	Sandwich Spread Lunch Box Per pint	25c
Leslie Salt Plain or iodized, 2-pound pkg.	8c	Green Limas Stokely's small green lima beans No. 2 can	14c	Ritz Crackers National Biscuits, Butter sprayed 1-lb. box	21c
Old Mill Vinegar Cider, Pint, 7c; per quart	12c	Del Monte Spinach Stokely Brand, For soup, stew. No. 2 can	10c	Libby's Corned Beef Hash No. 2 can	15c
Formy Shortening 1-lb. can, 80c; 3-lb. can	55c	Mixed Vegetables Stokely Brand, For soup, stew. No. 2 can	10c	Spaghetti Chef Millan's treat and serve 16-oz. jar	12c
Quick Fudge Mix Make candy quickly, 12-oz. box	15c	White House Rice Brown or white, 1-pound box	8c		
Friskies Dog Food 12-ounce package	10c	Grape-Nuts Flakes 7-ounce package	2 for 19c		
Friskies Dog Food 25c		Jersey Corn Flakes 2 for 13c			
Dog Food 3 1-lb. cans	29c	Jersey Wheat Puffs Per package	7c		
Red Heart Brand 5c		Shredded Ralston 12-ounce package	11c		
Strongheart Dog Food, Tall can	5c	Corn Flakes 2 8-oz. pkgs.	13c		
Ohio Matches Blue Tips, Box, 4c; carton of 6	23c	Pancake Flour Pillsbury Brand, 4-ounce box	19c		
Old Dutch Household cleanser 2 cans	13c				
Oxydol Soap 8-oz. box, 8c; 24-oz. box	21c				
Sani-Flush Deol 10-oz. can FREE with Toilet Tissue	34c				
Toilet Tissue Wadford, all-wrapped	3 rolls for 13c				

TRY THIS GROUND BEEF

The ground beef that you buy in your neighborhood Safeway meat department is prepared under government inspection. Selected lean cuts are carefully ground daily and packed in sanitary visking casing. This fresh beef, protected by its transparent wrapping, is rushed to you! Safeway, delivered daily. Ask for this better ground beef. Your market man will slice it for you—through the casing. It makes delicious beef patties.

GROUND BEEF 17c lb.

Excellent for meat loaf, or for hamburger steak. Guaranteed.

BEEF ROAST 21c lb.

Center cut seven-bone roast from the chuck of Guaranteed Beef.

BONELESS ROAST 35c lb.

Shoulder Clod or Rolled Rump

PLATE RIB BEEF 8c lb.

Lean cuts for boiling, tender

LEAN SHORT RIBS 12c lb.

You'll enjoy them baked, braised

FRESH HALIBUT 28c lb.

Sliced to fry, Tender white meat

COLD CUTS

Mixed Ham, Baked Ham, Luncheon Loaf, French Head Cheese, Domestic Salsami, and Fresh Liver Sausage.

Priced Low!

ASK FOR FREE MENU LEAFLET.

HALE PEACHES

Ripe freestone peaches. Eat from hand or slice.

4 lbs. 25c

LIMA BEANS

Well-filled pods. Fresh, tender, green lima beans.

per 5c

TOMATOES 4 lbs. 15c

Ripe, firm. To slice.

APPLES 8 lbs. 25c

New crop Gravenstein

RED ONIONS 3 lbs. 10c

Italian sweet onions

CORN 3 ears 10c

Fresh, tender, sweet.

BEER BROWN DERBY

Experts agree it's equal to imported Pilsner.

3 12-oz. cans 25c

Carton of 24 cans...\$1.95

4 11-oz. bottles 25c

Case of 24 bottles...\$1.43

Giant Quart 15c

Bottle

Case of 12 bottles...\$1.49

Deposits extra on bottles and cans. Beer is available only in Safeway Stores licensed to sell it.

TIME MARCHES ON!

... and so does the age of cattle and sheep and hogs. And the older they get, the tougher they get, and the tougher they get, the more unsatisfactory they become for eating purposes.

At Grubb's you'll never find tough meat. WHY? Because Grubb's always buys YOUNG, TENDER meat ... meat that you can cut with a fork, meat that melts in your mouth.

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