Those Iron Foods

It's a good idea to have lists of foods that are rich in the various minerals and salts. One never knows when some member of the family, neighbor or friend may need the advice such lists will enable you to give.

Lean beef is exceptionally rich in iron. If you do not care for beef, oysters and spinach are almost as good. Then, in the order named, we have molasses, eggs, graham bread, potatoes, oatmeal, green peas, fish, dates and raw cabbage. No need for anyone to go without his quota of iron.

Candy Etiquette

No formal luncheon, dinner or tea is complete without candy. In fact the serving of confectionery at social functions has become so general that authorities on etiquette are coming forward with advice concerning the right kind of sweets to provide for your guests and the proper method of serving them.

One well-known authority says that at a small dinner bon-bon dishes full of candy should be placed at the four corners of the table where they are easily accessible to all guests and passed around at the end of the meal. The candy should stay on the table throughout the meal because when property selected it adds color to the scheme of table decorations. It is important, however, to choose candies that fit the color scheme, and this is an easy task because candy nowadays comes in almost every conceivable hue, shade and tint.

As a rule small pieces are preferred. Peppermint and assorted chocolates are the favorites for table service, but in this respect the hostess can serve almost any kind of candy she chooses, provided it is good candy.

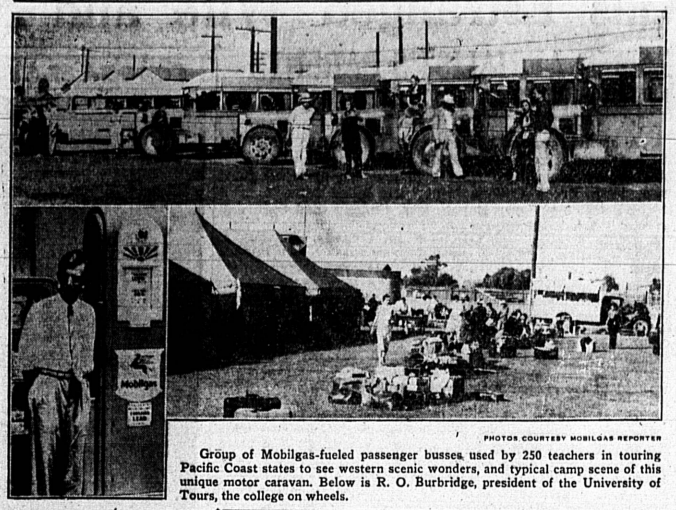
Stuffed Meat Loaf Is Easy

Stuffed chops and roasts regularly are given places on the menu in many homes, but have you tried a stuffed meat loaf? This combines a bread dressing with ground meat, in such a way as to make the whole dish enjoyed, with the meat juices flavoring the bread dressing. It makes an economical dish, which may well be a feature of the meal.

The stuffed meat loaf is easily made. Here are directions: Have beef and pork ground together, in the proportion of 1 pound of beef to one-half pound of pork. In the interest of economy, choose beef from the neck or shoulder and pork from the shoulder or trimmings for grinding. Season the ground meat with grated onion, salt and pepper. Moisten with slightly beaten egg. Pack two-thirds of this into a greased loaf pan, shaping it well up the sides of the pan, and leaving the center hollow. Fill the center with a moist bread dressing. Pack the remainder of the ground meat on top. Lay slices of bacon over it, and bake in a moderate oven (350° F.) until done, about one hour.

To serve, turn the loaf out onto a platter, and cut into slices.

Teachers See Western Wonders on University Tour



PHOTOS COURTESY MOBILGAS REPORTER

Group of Mobilgas-fueled passenger busses used by 250 teachers in touring Pacific Coast states to see western scenic wonders, and typical camp scene of this unique motor caravan. Below is R. O. Burbridge, president of the University of Tours, the college on wheels.

One of the most unique motor caravans ever seen in the country is touring the Pacific Coast states this month. Traveling in eight Mobilgas-fueled passenger busses, and using large trucks for their equipment, 250 teachers from 40 states are enjoying the glamorous spectacle of western scenery, while attending the University of Tours, actually a college on wheels.

This motorized university, presided over by R. O. Burbridge, includes Nevada, California, Oregon and Washington in its itinerary, according to information received by William C. Campbell, Torrance wholesale agent for the marketers of the Mobilgas and Mobiloil, used on the tour.

Sandwiched in between their studies of zoology, biology, western history and other subjects for which they get complete summer school credit, are visits to many places. Recently they passed through Torrance, and Santa Monica, going on to Yosemite National Park, San Francisco, Portland, Mount Rainier, Seattle, Spokane and the famous Coeur d'Alene mining district, reached August 10. Thence they return to Kansas City.

At each overnight stop the students, teachers and working personnel of this motorized university are quartered in a regular tent city, with cafeteria truck for the serving of meals and large tents, each of which provides sleeping accommodations for 20 persons.

"Attending this truly modern university," says Campbell of General Petroleum, "is a healthful, happy and inspirational way of obtaining education. After a generous breakfast, classes are held for two hours each morning, then busses are loaded and roll along toward new adventures. The students see and learn all about the wonders of the great Pacific Coast region. During each day frequent stops are made at beautiful and historical spots, and each night the large party is in another attractive camp.

"The party travels in two caravans and there are three sets of equipment, so that each new camp is ready when the students arrive at the day's destination."

In Few Fatal Crashes Women Drivers Involved

KANSAS CITY, Mo. (U.P.)—Men drivers are more likely to be involved in accidents in which someone is killed than a woman driver, according to a check by police here.

In Kansas City last year women were responsible for 6 percent of the fatal accidents, whereas at any hour of the day an average of 11 percent of the cars are driven by women.

Therefore, men, who drive 89 percent of the cars are responsible for 94 percent of the fatal accidents.

ROTARY PICNIC TONIGHT

Members of the Torrance Rotary club, their wives and guests, will attend a picnic at the city park tonight. Fried chicken dinner will be served to about 70 by Mrs. Frank Weiss.

Byrd Ship On Display

CLEVELAND. (U. P.)—Admiral Richard E. Byrd's 1929 Antarctic expedition ship will be shown this summer at the Great Lakes Exposition.

Oldest African Mine Reopened

WINDHOEK, Southwest Africa (U.P.) — Rising copper prices have permitted reopening of the oldest mine in South Africa.

ONE OF TORRANCE'S PRETTIEST

Here's a little Miss with a million-dollar smile.

She is Fay Ann Olson, daughter of Mr. and Mrs. Oscar H. Olson of 2111 Arlington avenue.

Fay Ann is two and one-half years old and her proud father is a night roller in the 22-inch mill at the Columbia Steel plant.

The name of her companion—the Teddy-bear—was not determined by the photographer who took the picture of this month's issue of "The Steel Blade," which allowed The Herald to publish Miss Fay Ann's picture here.