

Make Use of These Vegetables

Vary your vegetables. Use those that have been ignored by you in the past. You will find some very pleasing flavors and soon appreciate what you have been missing. Then again, the "unusual" vegetable is always an asset when you have summer guests.

Creamed Kohlrabi
6 kohlrabi
2 tablespoons butter, butter substitute, or savory fat
2 tablespoons flour
Salt
Paprika
2 cups milk
1 egg-yolk
Wash and pare the kohlrabi. Cut into half-inch cubes, drop into boiling water to cover and cook until tender. Just before cooking is completed, add salt, then drain and shake over the fire to dry slightly. Make a white sauce from the flour, fat, milk and seasonings, adding the egg-yolk last, and pour it over the vegetable.

Stuffed Eggplant
1 eggplant
2 tablespoons butter or butter substitute
1/2 cup water
2 cups crumbs
Cut the eggplant in half lengthwise and scoop out the center pulp, leaving the rim about one-half inch thick so that the shape may be firm. Cover the shells with cold water. Chop the pulp fine, add butter, butter substitute or other savory fat and cook in a frying pan for ten minutes, stirring well, then add water and one cup of bread-crumbs. Drain the shells, sprinkle the interior of each with salt and pepper and fill them with the mixture. Spread one cup of crumbs on the surface of the mixture, place the two pieces of plant in a baking-dish or deep pan, and pour enough hot water into the pan to come one-third up the sides of the plant. Bake one hour, and serve hot.

Red Cross Roll Call Stresses Preparedness

"Preparedness for disaster, at home or elsewhere, will be emphasized preliminary to the Red Cross Call, Nov. 11-25," Mrs. Flora McDonald, local Red Cross chairman, said this week. At the same time she made it known that since 1881, when disaster relief was first humanitarian work of the Red Cross, it has carried relief such as food, clothing, shelter, medical aid, rehabilitation of homes and families, to more than 2,000 scenes of disaster, large and small. During the past 56 years the Red Cross has expended \$133,000,000 in this single phase of its mercy work.

Mrs. McDonald also said that the Red Cross policies of relief have been worked out over the years through actual experience of its workers in the field. Relief is given on the basis of need of the sufferers—not on their losses.

The Red Cross is able to handle vast relief projects through the volunteer help of thousands of men and women, everywhere, and through its ability to borrow trained workers from other agencies, to supplement its own staff of trained disaster relief workers.

The local chairman pointed out that loans are never made to disaster sufferers, the relief being a gift from the Red Cross in the name of its members and the people of the United States. Every dollar contributed for disaster relief is accounted for to Congress through a War Department audit, as are all other Red Cross finances.

FOR VET LOANS
An additional \$3,000,000 has been asked for loans to California World War veterans.

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ATTENTION LADIES!!
Shop Until 9 P.M.
Daily including Sundays and Holidays at HINCKLEY'S Grocery, 1 1/2 miles south on Arlington.

Full line of lunch meats, etc. For Your Sunday picnic.
Phone Lomita 452
100% UNION

Women Prisoners Attend Electric Cooking School



A two-day all-electric cooking school held recently at the California Institution for Women at Tehachapi gave the women there an opportunity to work with the newest type of electric kitchen equipment. The school, a unit in the institution character building program, was sponsored by the Southern California Edison Company and was conducted by Mrs. Ruth T. Erb, right, widely known home economist. Miss Florence Monahan, left, superintendent of the institution, is the director of its human rehabilitation program.

"Routine at Tehachapi is designed to assist in adjusting the delinquent woman to a more normal life," Miss Monahan said. "Although some women criminals apparently cannot be reclaimed for society, there is a larger group whose prison treatment decides their future, and it is primarily for them that this character rehabilitation program is planned. By making life 'inside' more normal, we hope to show the women that a life lived within the laws of society is pleasant. Such a concept better equips those who are to be released from the institution for normal living when they return to the outside world."

Prisoners are housed in four cottages of French Norman architecture, with approximately 40 residents in each dwelling. Each cottage has its own kitchen, dining room and living room. All work at the institution is done by the women. Flags for schools and other tax-supported institutions are made by the women there. Opportunity for recreation is provided, with games, parties and plays furnishing amusement. Regulation uniforms which have been worn by the prisoners now are being changed to cotton print dresses, and a certain measure of personal freedom is accorded.

Fence-Mender
Fifteen acres are occupied by the buildings and grounds within the institution proper. Outside its confines are 1,665 additional acres of land owned by the state, 900 of which are under cultivation. The institution is located in the Cummings valley, 4,000 feet high in the mountains of Kern county, ten miles from the town of Tehachapi. At the time of its establishment five years ago, it was a branch of San Quentin prison. It was made a separate institution for women last spring, and is the only one of its kind in the west.

STATE'S COTTON CROPS
California will produce 675,000 bales of cotton this year on the basis of Oct. 1 estimates by the federal-state crop reporting service.

Ozark Preserves Set Aside
ST. LOUIS (U.P.)—More than 1,000,000 acres of land in the Ozarks have been purchased by the federal government to be made into forest preserves.

Belgrade Couple Wed 90 Years
BELGRADE, U.P.—Wejlo Zivanovitch, 107, and his wife Yelina, 104, have just celebrated the 90th anniversary of their wedding.



Postmaster Gen. James A. Farley shown above while laying the corner stone of the new postoffice branch near the University of Washington in Seattle on his current "fence-mending" political tour of the West.

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QUALITY SuperMarkets

2171 TORRANCE BLVD. 1325 SARTORI AVE.
L. G. BARKDULL, Proprietor TOM KING, Proprietor

LEGS OF GENUINE LAMB	lb. 28c
EASTERN SLICED BACON	lb. 35c
OYSTERS - NEW YORK COUNT	Doz. 30c
GROUND ROUND STEAK	lb. 28c
STEER BEEF SWISS STEAK	lb. 28c
FRESH GROUND HAMBURGER	lb. 15c
PIG PORK ROASTS (Shank Cuts)	lb. 18c
ALL KINDS DELICIOUS SALADS	lb. 15c
BACON SQUARES lb. 25c	Young Beef POT ROAST lb. 15c
PLATE and BRISKET	
BEEF BOIL lb. 12 1/2c	SHORTENING BEST GRADE lb. 12 1/2c
TRADE AT THE QUALITY MARKETS - BE SURE OF THE BEST	

IDAHO RUSSET	SWEET
POTATOES 15 lbs. 25c	POTATOES 3 lbs. 10c
RED-PEARMAIN	OREGON DELICIOUS
APPLES 10 lbs. 25c	APPLES 5 lbs. 25c

Broiling Easy On Gas Range

Broiling of meat, fish and vegetables is advocated by many leading dieticians as one of the surest methods of preserving the health-giving and nutritional values of these foods.

On the new Mode-O-Mat type gas range, it is pointed out, broiling is one of the easiest and cleanest ways to prepare a meal. Smokeless, due to the use of gas fuel and new type broiling pans, the broiler may be used to cook a steak or a chop, or a complete dinner.

An enticing broiled dish recently evolved by the home service department of the Southern California Gas Company consists of full-ripe tomatoes stuffed with yellow corn, precooked slices of potatoes brushed with butter, and a thick cut of ham.

New 1938 Chevrolet To Be Shown By Ed Thompson Here Saturday

Ed Thompson has everything in readiness for the first local showing of the new 1938 Chevrolet which will be given a nation-wide introduction Saturday. The show rooms of the local dealer have been specially decorated for this event which is noted for the large crowds of people that it attracts.

"We are especially proud of the surprise we have in store this year," states Mr. Thompson. "Never in our years in the automobile business have we been privileged to introduce such a distinctively beautiful car. In addition, this New Chevrolet leaves nothing to be desired from the standpoint of such qualities as performance, comfortable riding, safety, etc., which means so much to the careful car buyer."

Buying Heavy
Fall automobile buying promises to be unusually heavy this year according to Mr. Thompson. Basis for his prediction is the large number of advance orders he is receiving for the new 1938 Chevrolet which will be officially announced to the public on Saturday, October 23rd.

"All orders received before Announcement Day are being classified as Preferred Delivery Orders," said Mr. Thompson, "and deliveries of new cars will be made in the order in which our customers make their purchases."

"Many of the orders taken for new cars have been placed by individuals who have previously owned Chevrolet cars; and although we have not been in a position to show them the new car, their past experience with Chevrolet has convinced them that they can buy any Chevrolet car with absolute confidence."

"This confidence is well placed for I have been privileged to see the new Chevrolet and examine it in detail. It is easily one of the most beautiful and distinctive cars I have ever seen and I predict that it will be the most popular car we have ever sold."

BUMPING THE CURB
One common cause of misalignment of the front wheels is bumping into the curb when parking. A slight bump that knocks the wheels out of line can cause thousands of miles of unnecessary tire wear before the motorist realizes it has had the slightest effect.

BUMPER CROP
APPLE SALE
THE NEW CROP IS HERE!
Firm ripe fruit, crisp and heavy with juice. You've never seen such fine apples. We're buying carloads to help the apple growers market their tremendous crop in a hurry. Come in, take your pick and enjoy this grand and beautiful fruit now.

SAFEGWAY
Your Neighborhood GROCER

POTATOES
RUSSETS or BURBANKS
Your choice of fancy grade, Russet Burbank or U. S. No. 1, Idaho Russets. Note price.

10 lbs. 19c

APPLES NORTHERN JONATHAN Crisp, juicy apples. Excellent for school lunches. Medium size.	6 lbs. 25c
APPLES CALIFORNIA PIPPINS You'll find them fine cooking or for eating from the barrel. Value!	8 lbs. 25c
Delicious Apples 4 lbs. 25c Extra fancy Washington apples.	Fancy Bananas 4 lbs. 25c Number 1 one grade golden-ripe fruit.
Rome Beauties 7 lbs. 25c Red apples. Perfect for baking.	Bartlett Pears 4 lbs. 25c U. S. No. 1 Lake County Pears.
MALAGA GRAPES 4 lbs. 10c Fine flavored, full bunches.	LARGE CELERY 12c Crisp, fresh, Utah type. Per bunch.
LETUCE 5c Large, iceberg type. Per head.	FANCY YAMS 3 pounds 14c Choice of red or white.
CRANBERRIES 2 pounds 35c Extra-early Blacks.	CALIFORNIA DATES 1 lb. 17c New crop Deglet Noor. (1-lb. bag.)
PERSIAN MELONS 2c Fine flavored. Serve for breakfast.	

AIRWAY COFFEE lb. 17c
A mild mellow blend of fine coffee. See it ground. KNOW it's fresh! Specially priced this week-end.

Sliced Peaches Also halves, Stokely, Libby or Del Monte No. 2 1/2 can 15c

Sliced Pineapple Choice of Libby or Del Monte No. 2 1/2 can 18c

Edwards Coffee Your choice of drip or regular grind 1-lb. can 25c

Edwards Coffee Regular grind. Choice vacuum-packed blend 2-lb. can 49c

Nob Hill Coffee See it ground—KNOW it's fresh. Try a pound 1-lb. can 23c

Baker's Breakfast Cocoa 1-lb. can 13c

Wet or Dry Pack Shrimp 5-oz. can 15c

Chicken of the-Sea Tuna No. 1/2 also can 15c

Mission Tuna Choice quality light meat. Solid packed No. 1/2 can 25c

Calif. Gold Honey 16-oz. jar 15c 32-oz. jar 25c

Jams and Jellies Tropical brand assorted 7-oz. jar 10c

Kraft Macaroni Dinner Special Per package 15c

Max-i-mum Milk Pure evaporated Small size can 3c 6c

Val Vita Spinach Oz. Masterpiece brand spinach No. 2 1/2 can 10c

Van Camp Pork & Beans 20-ounce 8c

Stokely Cut Green Beans No. 2 can 21c

Jacob Mushrooms (Hotel Style) Buttons 4-oz. can 21c

Stokely Honey Pod Peas No. 2 cans 27c

Mince Meat None Such. Per package 12c

California Tamales 6-ounce can 5c

Spanish Rice Silk's brand. 16-ounce can 9c

Van Camp Soup Bitter Bean. Vegetable. 20-oz. can 10c

Better Best Crackers Soda or Graham's 1-lb. box 13c

Ritz Crackers 1-pound box 21c

Cello Bag Cookies No. 2. Assorted. Per bag 15c

Gold Medal Flour No. 10 bag. 44c; No. 5 bag 24c

Gold Medal Flour 25-lb. sack \$1.00

Quaker Oats Quick or regular. 20-oz. box 9c

Quaker Oats Quick or regular. 48-oz. box 18c

Small White Beans 1-lb. Cellophane bag 7c

Egg Noodles Globe A-1. Fine, wide or medium. 8-ounce package 10c

Formy Shortening 1-lb. can. 18c; 3-lb. can 51c

Baking Powder Clabber Girl. 2-lb. can, 23c; 10-oz. 9c

Guaranteed Meats

ROUND STEAKS OR SIRLOIN lb. 35c
Tender, juicy sirloin and round steaks cut from fancy quality Safeway Guaranteed beef.

LAMB CHOPS SMALL RIB lb. 39c
Cut from Safeway Guaranteed lamb. (Small loin chops priced at 48c per pound.)

LINK SAUSAGE pkg. 16c
UN-X-L-D brand, pure pork link sausage, packed in half-pound size cartons.

PRIME RIB lb. 33c
Standing rib roast. Guaranteed beef.

BEEF ROAST lb. 21c
7-bone chuck roast. Guaranteed.

GROUND BEEF lb. 16c
Un-X-L-D brand, government insp.

PORTERHOUSE lb. 45c
Porterhouse, T-Bone, Club steaks.

BEEF STEW lb. 22c
Boneless cuts. Guaranteed beef.

WIENERS lb. 19c
Fancy skinless wieners and frankies.

HAMS SWIFT'S PREMIUM WHOLE OR HALF PER LB. 33c
Skinless, with surplus fat removed. (Shank cuts, 16c per pound; Split cuts, 25c per pound.)

FLUFFO SHORTENING IN CARTONS 2 lb. 25c
High quality shortening for all baking and frying uses. Packed in pound cartons.

SAUERKRAUT 2 lb. 15c
New, crisp, long white shreds of fancy sauerkraut. Excellent with wieners or frankfurters.

JOLLY FARMER'S
Nation Wide
Dried Prune Sale

Cello Pack Prunes 70-80 also 3-lb. bag 15c

Sunsweet Prunes Extra large 2 1-lb. boxes 19c

Sunsweet Prunes 15c Medium Prunes 15c
Medium size. 2-lb. box 1 1/2-pound brick

Cello-Pack Prunes 15c Fancy Prunes 21c
30-40. 2-pounds for 2-pound brick