A. H. WARSHAW, M.D.

## Announces

RE-OPENING OF OFFICES FOR PRACTICE OF EYE, EAR, NOSE AND THROAT GLASSES FITTED
1405 SARTORI AVE P'KONE TORRANCE 1334
TORRANCE, CALIF.

## MILK

## PRICES REDUCED

Now, More than Ever
Milk is Your Best Food Buy!
Welcome news to thousands of homes in the Torrance area is an immediate reduction in milk prices of I\& per quart.

As most consumers know, minimum milk prices are established by the Bureau of Milk Control of the State Department of Agriculture. Their constant studies of production and distribution costs-from the dairy farmer right through to the can-sumer-determine the price of milk to you. Thus the lowest possible price at which milk can be sold, without jeopardizing the supply of this most vital of all foods, is established. The present price reduction is the result of these surveys.

One quart of milk a day provides: $49 \%$ of the adult daily requirements of protein; $22 \%$ of the calorie needs; $67 \%$ phosphorus; $33 \%$ fat; $30 \%$ vitamin $\mathrm{A}_{i} 22 \%$ thiamin; $82 \%$ riboflavin; $19 \%$ vitamin $\mathrm{C}_{;} 6 \%$ niacin; iron, $3 \%$; $100 \%$ of the calcium.

To secure nutrition equivalent to that contained in a quart of milk through the purchase of foods other than milk would cost you more than $40 \pm$.*

This figure is based on research by a member of The American Dietetic
Association and on today's Los Angeles prices of those substitute foods.

Even at Twice the Price Milk WVould Still be Your Best Bargain in Food!

USE MDIERE MMLKE
NO DTHER FODID GIVES YOU SO MUCH FDIR SO LITTHLE?

AND IT'S GOOD!

# MAYFAIR CREAMERY <br> 1336 Post Avenue - Torrance 

 Phone Tor. 1887

Variety of Activities Told by. Catholic Women
April 24, were announced when
Aourt St. Catherine is is scheduled
he executive board of Court
Cor Mor mian, April $11,8: 000^{\circ}$.
St. Catherine, Catholic Daugh.
ters of America, met Monday
evenitock, at Nativity hall.
evening with Mrs. Lyle o'Hora,
1615 Fern avenue

| will be at Meltons-bythe-Sea in |  |
| :--- | :--- |
| Manhattan Beach, $10: 00$ | a.m., | MOTHERS CLUB




bring guests.
Frank Farrell attended a quar- A dramatization, "Dream of a
ciation of Southern California
at the mona Re Lisa in Hollywood, received recitation,
bry of the respective
grades were eithusiastically re
on T
ceir
court
day
tion
St. $A$

New Ideas for Short Ribs
Lead to Interesting Meals
When some one says "short ribs," don't, your cars prick
up in antitication of a good, homey meal? of course, they do,
and they will even more when you try some of the newly.
and they will even more when you try some of the newly-
developed ways of serving short ribs.
Spanish whot
Spanish short ribs is one way yourtl want to try. To make
these, add sliced onion and green pepper and a can of toma.
toos to the browned short tibs, suggests Reba Staggs, food
authority. Season with salt peper
toes to the browned short ribs, suggests Reba Sta ${ }^{\text {Saggs }}$ food
authority. Season with salt, pepper and Worcestershire sauce
and cook until tender, about $11 / 2$ to 2 hours.
and cook until tender, about $1 \frac{1}{2}$ to 2 hours.
Or you might cook the browned short ribs with sauerkraut,
thus combining two old favorites into a new and delicious
thu you might cook the browned short ribs with saucrkraut,
twosome. Deviled short favorites into a new and delicious
twis, too, are good: add silced onion,
dry mustard, and vinegar to the witer used to col the
twosome: Deviled short ribs, too, are good: add silced onion,
dry mustard, and vinegar to the water used to cook the meat.
so far these have all been suggestions for braising, in which

container with a small amount of liquid until tender. Short
ribs may also be cooked as a stew, in liquid to cover, thus
addina
The alternate layers of fat and lean in short ribs help add
The alternate layers of fat and lean in short ribs help add
extra flavor to any kind of stew you might choose. An old-
fashioned "brown" stew, with a galexy of vegetables added
fashioned "brown" stew, with a galexy of vegetables added
near the end of cooking time is always a good choice. Or you
might have a monotone stew, with all vegetables of the ssame
bage wedges, carrots, turnips and onions near the end of
Short ribs are a natural for a "boile" dinner, too. Add cab-
bage wedges. acrats, turnips and onions near the end of
cooking time for a meal that's tops in flavor. decide on any other car at any price!


Compare the others with "The Car Designed with YOU in Mind"

$$
\begin{aligned}
& \begin{array}{l}
\text { at pictures. . . or by watching them on the highwa) } \\
\text { You've got to get behind the wheel yourself. }
\end{array} \\
& \text { That's why we urge you to ceme yourself. } \\
& \text { De Soto before you decide on any other car } \\
& \text { You notice the difference right away, De } \\
& \text { doors are wide. You walk in . . . and keep your hat on } \\
& \text { the steering wheel doesn't hit your knees. You're } \\
& \begin{array}{l}
\text { on chair-high seats, so that you get } \\
\text { the larger windows and windshied, }
\end{array}
\end{aligned}
$$

You've got. ffull stretch-out leg. room, front and Yes, De Soto is lower. It's got a longer wheelbase,
(all passengers ride bet (all passengers ride between the axles). But there's
no penalty for these a no penalty for, these advantages. Overall length and
breadth are not increased. You needn't rebuild your breadth are not increased. You needn't rebuild your
garage. You can still change a tire. And a dented garage. You can still change a tire. And a dented
fender doesn't mean an expensive body repair joh. Tender doesn't mean an expensive body repair job.
Let us show you all the new features of the car that lets you drive without slufting. Compare it for beauty, comfort, safety and value. Then decide.

## THATCHER \& <br> DTT

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