

## Hi-Lites Of Seaside Heights

By GRAYCE RYCKMAN  
Frontier 5-1779

Gee, I was sure sorry to miss my weekly chat with all you neighbors, but along with about 2 1/2 hrs. of the Heights' population, the cold bug got me too. So I start my New Year a little late.

Better late than never, I feel, is a special vote of thanks to Mrs. Charles Lumsden of 5238 Bindewald road, for her wonderful song leadership at our Christmas Tree songfest, December 23. So many of the Brownie Mothers, and others, at the tree gathering asked me to use this method to say "thank you, Gertrude Lumsden, you were grand."

As for a bad start in the New Year—have you seen Curly Herbst of Vanderhill? One might say he fell into 1952. Seriously, Curly fell (New Year's Eve) into one of the holes due to connect a sewer, and is still limping badly from a sprained left knee. Our sympathy and wish for a quick recovery.

The news on our neighbor, Arthur Howe, of Vanderhill, who was so badly injured when he was hit by a car last month, is not too good. He is conscious but unable to talk. He recognizes people but cannot yet have visitors, except family. He is still definitely on the critical list—so let's all offer a prayer for him now.

Today was the first of four two hour classes in a nutritional course sponsored by the Torrance PTA. Adelle Davis, well known authority on nutrition, is conducting these classes and they are being given in conjunction with a dental program being set up in Torrance. It is felt that dental treatments are useless unless the basis of poor dental health (nutrition) is also treated. Everyone is invited to attend the remaining meetings. If you want or can offer transportation, call Mrs. Dorsey Gruver, FR. 5-1681, of 5411 Carol drive. The classes are being held at the Fern avenue school auditorium.

Don't forget—tonight is the January meeting of the Seaside PTA. This is the Father's Night program and a special feature by the fathers is planned. Los Cancioneros will sing—they are always good, and a representative from the Los Angeles Police department will give a lecture with illustrative films. The room prize will go to the room having the most fathers present. So come on, it sounds like a swell program, let's meet at the Seaside auditorium at 8 p.m.

Macaffee road has had a few



Race track  
**COFFEE CAKE 23¢ ea.**  
(Reg. 29¢ ea.)



2-Layer Pineapple  
**CAKE . . . 79¢ ea.**  
(Reg. 95¢ ea.) 40¢ half

**Van de Kamp's**  
BAKERY  
1506 CRAVENS AVE.  
TORRANCE

**Savings Earn Quarterly Interest at LINCOLN**  
Lincoln invites you to open your savings account where it will be insured up to \$10,000 . . . and will earn interest quarterly at our current rate of 3% per year.

**LINCOLN**  
SAVINGS AND LOAN ASSOCIATION  
615 So. Spring Street, Los Angeles, 18th Fl. 6543  
Roy P. Crocker - President  
Charles T. Rippy - Vice-President

new faces recently, and in getting their names I met some awfully nice people. At 5013, the new family is Mr. and Mrs. H. H. Patterson (Betty) and two real nice boys, Jeff, age 10 and Jay, age 8. They just recently moved from Hermosa Beach and are all keyed up about getting a new lawn in, and flowers and shrubs. If you haven't already stopped and said "Howdy," try it. You'll be glad you did. Mr. Patterson works at Northrup.

Then at 5183, right on the corner, is Mrs. G. Littlefield. She is very friendly and is also an aircraft employee—North American.

Jo Jurisch was sure proud last week when she started out her bridge year by winning in duplicate. She played at the Redondo Women's Club. She should also be mighty proud of the new thermostat-controlled, blower type heating system her husband installed in their home at 5225 Bindewald. It is really a honey.

Mr. and Mrs. E. J. Bundgarde and son, Ray, of 5116 Zakon, and daughter and husband, Mr. and Mrs. Kahn, had a wonderful trip and overnight stay at idyllwild just after Christmas.

Books, books, books! Do any of you have any books that you can donate, or loan to the Seaside School Library? Golden books, pocket books, regular books! They are badly needed, and will be greatly appreciated. If you have any, you can call me or bring them to me at 5229 Bindewald. Or you can contact Mrs. Schockency, FR 4-9774, 23033 Doris Way.

For several weeks now I've been hearing rumors of a Bible Class being conducted in the Heights. I tracing it down, I found it true, and wonderful. Mrs. Lola Richards is taking children into her home on Saturdays at 3 p.m. and teaching them passages from the Bible in a nonsectarian, non-denominational form. After the child has attended five times she gives him (or her) a Bible of his own. She has a good size group now but her door is open to any and all. That is 5241 Vanderhill road.

And in the same nonsectarian, non-denominational form, Mrs. Isabel Phillip, 5128 Macaffee road, is conducting Bible Classes for the grownups who wish such knowledge. Her classes are on Thursday evening at 7:30 p.m. Or if you cannot get there by that time, come when you can. I think both of these women deserve our deepest respect and gratitude.

As I sit here jotting down these news items and coughing and coughing, I think of the story of the frog that said, "I can't say much more, I have a man in my throat."

## New First Aid Class to Start In Adult School

A free First Aid class will be held each Tuesday night from 7 to 9 starting January 15, at the Seaside Elementary School (Seaside Ranchos, off Highway 101 in Torrance).

Bill Stidham, of the Los Angeles County Life Guard Service, will handle the class. Stidham has trained thousands of first aiders during the past year alone—many of them for the Torrance Adult School.

The course will feature atomic warfare and health protection, care of children, burns, bruises, fractures, treatment of common everyday illnesses, and accidents.

One high light of the course will be the showing of films of the atomic bomb with instructions as to how to prevent personal injury.

Another feature will be the introduction of the Hoegler-Nielson system of artificial respiration which is now being widely used by many in place of the older Schafer method.

## TEGA to Discuss Bond Brochure

Suggestions for a bond brochure to aid in the coming school bond election will be solicited from members of the Torrance Educational Advisory Committee when they meet at the Ding How Cafe next Monday noon, January 14, according to Mrs.

Grace Wright, moderator of the group. The members will also hear a discussion of social studies in the curriculum, she said. Reservations can be made by calling the administrative office of the school at Torrance 2111.

## Pacific Electric Grants Wage Hike

A cost-of-living wage increase of 4 cents per hour for 2900 Pacific Electric employees, including nearly 300 employed in the repair shops here, effective January 1, was announced by L. R. McIntire, manager of personnel.

Not included are 1800 trainmen and motor coach operators whose request for a wage increase is being negotiated, with the next conference scheduled on January 14. The wage boost is authorized

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for all other employees under existing labor agreements and for all non-operating employees not covered by agreements.

This increase brings to 11 cents per hour the wage adjustments for Pacific Electric employees under the cost-of-living allowance since April 1, 1951.

and will hike the company's payroll \$22,000 per month, McIntire said.

### SONG WRITTEN

The words of "Annie Laurie" were first printed in 1824, but were not set to music until 1835.

# Coax 'em with CASSEROLES



...those cook-easing, budget-pleasing dishes with the "come-hither" flavor

Nothing brings 'em to the table faster than the rich, fragrant aroma from a steaming casserole. But that's only one of casseroles' many good features. They're thrifty, too, and easy on the cook because they're practically a meal in themselves. We're featuring now a lot of casserole ideas. Why not check them for some you'd like to make... then come to Safeway for the "makings."

See the January FAMILY CIRCLE for recipes and full-color pictures of tasty casserole dishes.



### FREE RECIPES for you!



A variety of casserole dishes made with such foods as, thrifty meats, poultry, seafoods, cheese and vegetables.

Pick up your copy at SAFEWAY

### Turn THRIFTY MEATS into NIFTY MEALS with Casseroles

Lower-priced meat cuts take on new glamour when teamed with other good foods in a hearty casserole. For best results, be sure to use quality meats—the kind Safeway sells. Even our lower-priced cuts are from top grades of meat—guaranteed to please you.

**GROUND BEEF** lb. **65¢**  
Freshly ground and packed in Visking. Delicious in meat ball casserole.

**CORNERED BEEF** lb. **69¢**  
Boneless brisket, with mild cure. Delicious served hot, cold, or en casserole.

**WIENERS** lb. **55¢**  
Somerset skinless. No. 1 quality. For a tasty meal serve en casserole.

**PORK ROAST** Center Cut lb. **65¢** End Cut lb. **45¢**  
Center cuts or either end of loin of Eastern Pork.

**PORK CHOPS** Center Cut lb. **69¢** End Cut lb. **49¢**  
Cut from center or either end of loin of Eastern Pork.

**PORK SPARERIBS** lb. **49¢**  
SMALL SIZE, 3 lbs. and under. From select Eastern pork.

**BACON** GRADE A SLICED lb. **43¢** GRADE B SLICED lb. **39¢**  
Popular brands, in Heat Seal pack. Serve with eggs.

**Special Beef Items**  
Beef Hearts Fine to stuff lb. **49¢**  
Sliced Beef Liver lb. **79¢**

**Chicken Parts**  
Chicken Thighs lb. **1.19**  
Chicken Wings lb. **52¢**  
Chicken Breasts lb. **1.23**

**FRESH EGGS**  
CREAM O' THE CROP  
LARGE SIZE Grade AA carton of one dozen

**BREAKFAST GEMS**  
LARGE SIZE Grade A carton of one dozen

**61¢ 57¢**

**SHORTENING**  
Pure vegetable. For baking, frying.

**SPRY BRAND ROYAL SATIN**

3-lb. can **89¢** 3-lb. can **83¢**  
(1-lb. can, 33¢) (1-lb. can, 31¢)

PRICES EFFECTIVE THROUGH SUN., JAN. 13, 1952, AT SAFEWAY STORES IN LOS ANGELES COUNTY. Right to limit reserved. No sales to dealers. Sales tax added to retail price on taxable items.

**TUNA-TEMPTER**  
This casserole recipe blends tuna with other ingredients into a taste-teasing treat. It's in the free leaflet at Safeway.

**TUNA**  
Breast O' Chicken. Chunk style. For salads, sandwiches.

6 1/2-oz. can **25¢**

**LUNCH MEAT**  
Rath Black Hawk Brand. Excellent hot or cold. Delicious for casserole dishes. \*can **39¢**

**BUTTER**  
Dairy Glen brand. Quarters, packed in cartons. FIRST QUALITY lb. **82¢**

**GRAHAMS**  
Pirate's Gold, tasty crackers that children like. Serving size pack keeps them fresh! 1-lb. pkg. **27¢**



## Vegetable Deep-Dish Delight

A wonderful variety of flavors subtly blended into a dish that's "lip-smacking" good. It's called "Vegetable Pot Pie." Free recipe at Safeway. A good thing to remember: Make sure the vegetables are fully fresh—like the kind you'll always find at Safeway.

**CARROTS**  
Crisp, sweet, tender. Tops are off. lb. **8¢**

**SQUASH**  
Banana variety. Thick-meated, yellow. Fine to bake. lb. **2¢**

**ONIONS**  
Sweet, yellow. Adds flavor to your casserole dishes. 3 lbs. **25¢**

**NAVEL ORANGES**  
Large size, lb. **5¢**

**Winesap Apples**  
Washington State grown. lb. **10¢**

**Grapelruit**  
Desert grown. Sweet, juicy. 8-lb. mesh bag **39¢**

**SAFEWAY**

**1301 SARTORI AVE., TORRANCE**  
Open Thurs., Fri., Sat. Nights until 9 p.m.

**2171 PACIFIC COAST HWY., LOMITA**  
Open Friday and Saturday Nights until 9 p.m.