BEST BUYS FOR THE WEEK

In Torrance Markets

Busy shoppers with Christmas on their minds are trying to stretch food budgets . . . and still give their families nourishing, interesting meals. Save pennies and time by choosing some economy cuts of meat for easy-to-reheat dishes. Oxtails, for example, considered by many to be the best eating meat in beef, make wonderful stew or soup.

BRAISED OXTAILS

For 6 portions, use 1 oxtail (about 2 pounds), cut in 2-inch lengths. Roll in flour and brown in 2 tablespoons fat. Add 1 cup water, 1 onion (chopped), and 1 cup tomatoes. Season with salt, pepper, celery salt, 4 whole cloves and 1 bay leaf. Cover and simmer about 3 hours . . or until tender. Add diced carrots and sliced mushrooms and cook ½ hour longer. Add one-third cup sherry or lemon juice the last 10 minutes.

Keep in mind other variety meats, or sundries. Some of the quick-cooking ones are: brains, kidneys, liver, and sweetbreads. Other good-for-a-change meats, but those which take longer cooking, are: hearts, tongue, and tripe. These are easy to reheat.

During December we can expect to have an abundance of beef . . . two to four per cent more than last year's ample supply. Pork also will be in good supply, and lamb holding up to fill demands.

Of course we'll have turkeys, turkeys, turkeys. We are promised about 14 per cent more than we had a year ago. And there is a big supply of tender, meatry broilers fryer chickens.

ON THE PRODUCE STANDS

Fine quality selections in the "old standbys;" apples, avocados, bananas, grapes, grapefruit, oranges, lemons, pears.

Cabbage, carrots, cauliflower, celery, corn, onions, potatoes, and squash. But just a little bit different . . . you will find a few melons in markets, cranberries, strawberries, the first of the navel oranges (small size at reasonable prices), Flemish Beauty pears, persimmons, tangerines, chestnuts, papayas, pineapples, and tangelos.

For a different vegetable check over the stands for: anise, artichokes, Brussels sprouts, chayotes, Chinese cabbage, okra, China peas.

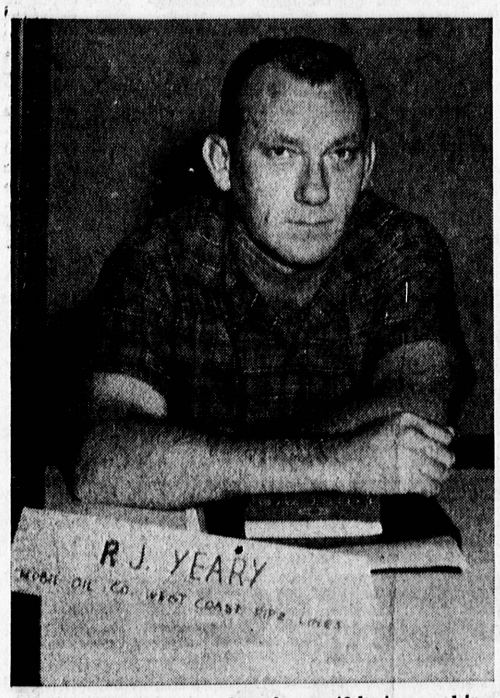
And, that completely misunderstood "fruit" which is always listed with vegetables . . . rhubarb.

Church Guild Hears Speaker

The Rev. Harlan Waite of All Nations Foundation in Los Angeles spoke on history of the foundation recently at a meeting of the Wesleyan Service Guild of the First Methodist Church.

Three new members were also welcomed to the guild. They were Mrs. Marion Whisler, Mrs. Barbara Sebring, and Mrs. Marion Gunter.

If the doctor says you have a case of lentigo, you've got freckles.



COMPLETES CLASS . . . One of some 46 business and industrial personnel who have just completed a Red Cross industrial first aid class is R. J. Yeary, fire and safety supervisor, Mobil Oil Co. Purpose of the 11-week training course is to give concentrated instruction in standard, advanced and instructors' first aid. Personnel who complete the course are expected to train fellow empolyes in first aid techniques.