



Free

Friday and Saturday

A Pair of 5-foot adjustable

Stilts

(Joy for the Kids)

to advertise

LAC-LAX

Delicious Candy Laxative

Friday and Saturday we are giving, absolutely free, a pair of bright red STILTS with each 50c purchase of LAC-LAX—the delicious candy laxative, that is not only delicious in taste but effective in action and harmless to the smallest child.

This is only one more proof of our belief in the merit of LAC-LAX and explains why we are always endeavoring to have more of our customers try it. Once used, you become one more booster for LAC-LAX and our store. Our supply is limited.

For Health Tomorrow LAC-LAX Tonight

Dolley Drug Co.

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Hot Bread, 1 1/2 lb., 12c

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Torrance

You Can Sell "It" Through Our Want Ads.

WIFE SAVERS

BY MRS. MARY MORTON

Mix a small quantity of soap flakes in hot water. When dissolved, either wait until the water cools or add cold water so that it is lukewarm. Then put in your hose and wash by hand; turn the stockings inside out, too. Do not put any soap on the soles.
Rinse in water of the same temperature. Your stockings will be soft, just like new ones, and should not change in color.

Kidney Bean Roast.—Mash a one-pound can of kidney beans or the same quantity of home-cooked beans, and a half pound of grated American cheese and enough bread crumbs to make a roll; season with onion juice, salt and pepper. Turn into a fireproof dish, bake in a moderate oven and baste with melted butter. Serve with tomato sauce.

Creamed Shrimps and Green Pepper.—Two tablespoons butter, two tablespoons flour, two cups milk, one-half teaspoon salt, one-fourth teaspoon pepper, one-half cup chopped green pepper, one and one-half cups shrimps, toast. Melt the butter and add the flour, cook until bubbling and add the milk gradually, stirring constantly. Cook until smooth and thickened. Season with salt and pepper. Place this sauce over hot water and heat in it the green pepper and shrimps. Use either freshly cooked or canned shrimps which have been thoroughly cleaned and cut in halves. Serve on crackers or toast, or in timbale or puff paste cases.

If the small tin buckets which contain peanut butter, etc., and round tin boxes which dust mops come in are painted with several coats of enamel in pink, blue or black on the outside, and a kodak picture of the child pasted on the lid, then a coat of clear shellac over all, a pretty candy or work box can be made for Christmas gifts for children, from the tiniest tots up. Small toys or other articles can be put in them. Different colors of enamel in small cans may be purchased at 5- and 10-cent stores.

Take an old wire toaster and lay across the top of the pan in which

beans are to be baked. Slice pork toast as far as the rind and lay across wires. The grease cooks out of the pork and drips down into the beans, leaving the pork crisp but not hard.

Gold Cake.—One cup granulated sugar, one-half cup butter, butter substitute, or one-half each butter and lard; two eggs, yolks and whites beaten separately; one-half cup sweet milk, two teaspoons of lemon extract and a little grated orange rind if liked, two scant cups pastry flour sifted with two teaspoons baking powder and a little salt. Fold in the stiffly beaten egg whites last. Bake in layers. The orange frosting may be made by melting a tablespoon of butter, adding confectioner's sugar and a little salt and mixing to the right consistency for spreading with orange juice. A little grated orange rind will add to the flavor of the frosting.

Lemon juice, orange juice and cold tea make the ideal base for a punch that will really refresh. Add gingerale or charged water just before serving.

To make stale cake taste and appear almost like newly baked, steam it for an hour and then place it in a hot oven for a few minutes.

To polish a waxed floor, cover an ordinary red brick with a piece of carpet. This makes a polisher heavy enough to give a high polish, but not too heavy to manipulate with ease.

Have you ever been annoyed in a sick room by a rubber sheet that is wrinkling under the patient's back and making the bed hot and uncomfortable as well as making painful ridges in the flesh?

Usually, if one has to use a rubber sheet on a sick bed, the patient is too young or too ill to be annoyed in this way.

Pinning the rubber at the corners of the mattress is bad because the pins tear the rubber sheet and ruin the rubber sheet.

This is overcome by cutting wide strips of stout unbleached cotton or bed-ticking and sewing them by machine, with several rows of stitching, to each end of the rubber sheet. Make a good seam so the rubber will not pull out. You will find that you can tuck the rubber sheets firmly in place so that they cannot wrinkle, because the cotton ends will extend under the mattress.

Celery Hash.—Three medium-sized boiled potatoes, one-half cup cut celery, one-half teaspoon salt, one tablespoon butter, pepper and Worcestershire. Cut the raw celery in small pieces. Add the boiled potatoes, which have been cooked in salt water. Cut the potatoes in cubes. Add the seasoning and the melted butter. Put in a casserole and bake until the top is nicely browned. Stir the crusty part in and let it continue baking until the new top part is browned. Repeat this two or three times until the potatoes are nicely browned throughout and the celery is well cooked. Serve with mustard pickle.

Chili Con Carne.—Two cups red kidney beans (canned ones are good), one cup coarsely chopped beef, one onion, one pint canned tomatoes, one teaspoon chili powder, two and one-half teaspoons salt, two and one-half cups water. Cook and add water as needed until meat is done and a thick, soup-like consistency is reached.

Cream Waffles.—To one cup of flour add a teaspoon salt, and gradually mix in one pint sour cream, two eggs and a teaspoon of soda. Beat whites of eggs separately and add last. This makes about sixteen waffles. It is best to break out of them apart while crisp.

When the nerves or muscles are in a state of exhaustion as the result of effort, all the bodily activities are slowed down. The taking of a hearty meal under such conditions is often attended by bad results. Digestion fails for lack of a sufficient amount of active gastric juice, and acute indigestion is a frequent consequence. Rest, especially sleep, is needed rather than food, unless the exhausted person has been fasting for some time. In such cases the most suitable nourishment will be found in a solution of honey or maple sugar in water or diluted fruit juice. Nutrient of this sort is quickly absorbed and immediately appropriated, requiring little or no action of the digestive organs. An exhausted person, after resting for an hour or two, may take simple food in liberal quantity. Eating heartily when one is tired out by either mental or muscular effort is likely to be followed by indigestion, malaise and incapacity for work.

A sure way to know when cake is thoroughly baked is to hold the pan to your ear. If it is not done it will sizzle. When baked just right it will be perfectly quiet.

Cut the return address from an envelope of each of the firms you deal with and past them on one side of a large blotter. You need never look for the correct address, as you have it right on the blotter which you use when writing. You will find this a time-saver.

U. S. Cleans Up Ohio Dry Force As State Director Is Indicted



A complete reorganization and clean-up of federal "dry" forces in Ohio is resulting from the grand jury investigation of a liquor permit scandal. Joshua E. Russell of Columbus, state prohibition director, and nine others already are under indictment on charges of conspiracy. Included in the group are M. B. Copeland, clerk in charge of liquor withdrawal permits under Russell; Warren Barnett, Columbus politician; Peter J. Higgins, millionaire Youngstown broker; and Harry A. Grossberg and Armand A. Gardos of the Armand Drug and Candy Company, Cleveland, distributing fount of the alleged liquor ring.

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Oranges, good and sweet, doz. 15c	Idaho Potatoes, 9 lbs. 25c