

"Buy Better in Torrance"



The Housekeeper's Page

A Page for Thrifty Shoppers

Humpty Dumpty

"COMPLETE FOOD STORES"

If you desire the best, go to your nearest Humpty Dumpty Store—the shelves of high grade merchandise are indeed tempting. Humpty Dumpty stores are bright, clean and cheerful; his method is practical and prices pleasing to all.

Prices Effective Grocery Dept.—May 10th and 11th

Medium Loose Eggs, doz. . . 32c

10 lb. Cane Sugar, 10 lbs. . . 49c

MILK M & M Fat (Tall) 3 Cans 25c
(A high quality product that pleases)

PEACHES Saratoga Sliced or Halves No. 2 1/2 Can 15c
(A standard peach in a medium syrup)

RED HUSSAR PEACHES (halves) No. 10 can 65c
Owing to the recent frost, which was very disastrous to coming fruit crop, this will be our last sale on this fruit at this price. We are giving our customers the benefit of the stock bought at the old price.

COFFEE HUMPTY DUMPTY (Good) lb. 35c
HUMPTY DUMPTY (Better) lb. 40c
HUMPTY DUMPTY (Best) lb. 45c

This coffee is roasted and packed daily for us by the Ace High Products Company and as an introductory inducement to have you use it we are offering it at a reduction of 5c a pound. We guarantee to please you or refund the full purchase price, even if you have used one-quarter of the purchase in trying it.

BUTTER HUMPTY DUMPTY lb. 48c
(The very Best)
GROCERIES lb. 44c
(Better Than Many Sell For Best)
More people each day are taking advantage of our high quality Butter.

SALMON Libby's Red Alaska Sockeye 1/2's 3 Cans 50c

SOUPS Van Camp's Tomato 3 Cans 25c
(A quick and tasty meal.)

CITRUS POWDER Contains a product of the lemon. 24c Large Pkg. Does not injure the hands.

CITRUS GRANULATED SOAP 35c Large Pkg. quick suds.

NUCOA — at a Special Price lb. 22c
(May 10th to 16th inclusive)

Humpty Dumpty (Special) lb. 15c
OLEOMARGARINE Finest Quality (Friday, Saturday and Monday only)

MEAT DEPARTMENT

"Where Quality Counts"

Pure Lard, 1 lb. 15c

HAMS Swift's Premium or Hormel's Flavor Seal Full Size Canned Hams lb. 64c
Hormel's Flavor Seal 1/2 Size lb. 69c
No Skin, No Bone, Ready Cooked . . . will keep indefinitely until opened. The flavor is sealed in. Try them hot by stuffing with cloves, cover with brown sugar and heat in oven about one hour.

BEEF There is nothing nicer than a Roast of Prime Steer Beef. It has flavor and makes a meal worth while. We insist that our buyers procure the very best regardless of price. We guarantee to resell it to you on the same close margin as we do on groceries. Believe us, and try one, you will then know where to get the good beef you enjoy.

Pork Nebraska Pork Whole Shoulders lb. 18 1/2c
Lean Shank Roasts lb. 16 1/2c
Center Cut Roasts lb. 22 1/2c

HAMS Lesser Hi-Grade 1/2 or Whole lb. 26 1/2c
A mild cured, good flavored ham.

BACON Cudahy's Puritan (1/4 or Whole Slab) lb. 35c
1/2 lb. Pkg. Puritan ea. 23c
Eastern Sugar Cured lb. 28 1/2c
(1/4 or Whole Slab) Sliced lb. 30c

Prices Effective Meat Dept.—May 10th and 11th

FRUITS and VEGETABLES

STRAWBERRIES, 3 boxes 25c
ASPARAGUS, 2 lbs. 25c
LEMONS, dozen 10c
LETTUCE, large head 5c
BANANAS, 5 lbs. 25c

RECIPES

Vitamin D is absolutely necessary for both the proper growth and development of bone and teeth. Since butter and egg yolk are the only common foods supplying vitamin D in any appreciable amount, physicians give cod liver oil, the richest source of vitamin D, as a routine measure very early in the child's life. McCollum and Simmons state in "Food, Nutrition and Health" that "the most apparent disturbance in rickets is associated with abnormalities of bone growth. This is true because the metabolism of calcium and phosphorus is interfered with." It has been found that rickets are not likely to develop on a diet rich in calcium and phosphorus containing foods, and the person is exposed to direct sunlight for a time each day. This again shows the value of the carefully selected daily diet. The balanced diet then must contain not only the carbohydrates, proteins and fats to give energy and body building tissue, but must contain the vitamins A, B, C, D and E and definite mineral salts for specific uses in the body.

Suggestive Menus for a Day

BREAKFAST—Orange. Whole wheat cereal. Top milk. Coddled egg. Whole wheat toast. Butter. Chocolate.

LUNCHEON—Baked beans. Brown bread. Cottage cheese and celery salad. Butter. Whole milk.

DINNER—Vegetable meat loaf. Baked sweet potato. Sliced tomato salad with mayonnaise dressing. Whole wheat bread. Butter. Baked apple with cream. Whole milk.

Vegetable Meat Loaf
1 lb. ground beef.
1 small onion chopped.
1/2 cup dried carrots.
1/2 cup milk.
1/2 cup canned tomatoes.
1 egg, beaten.
1/2 cup chopped cooked spinach.
1/2 cup fine, dry bread or cracker crumbs.

Mix all together and bake as an ordinary meat loaf. (Christmas Seal Service).

LOMITA NEWS

Mr. and Mrs. H. H. Lamport of Weston street enjoyed a trip to Ojai valley recently with Los Angeles friends.

Mrs. Alice Smithley of Glendale was a weekend guest at the home of her daughter, Mrs. C. G. Marxmiller of Stage street.

Mrs. Annette Northrop of Pennsylvania avenue was guest of honor Friday at a birthday dinner given by Mr. and Mrs. L. C. Randles of Torrance. Mrs. Northrop was 33 years old, May 3.

LOMITA Notes

Mr. and Mrs. L. R. Rutherford of Long Beach were entertained at cards and a late supper, Saturday evening by Mr. and Mrs. George C. Presnitus of Weston street.

Mr. and Mrs. L. A. Stump and daughters of Lucile street were guests Saturday of Mr. and Mrs. I. B. Niswander of LaVerne.

C. A. Hammack, Emmett Bright and Art Aibers were visitors in Anaheim Sunday.

Mr. and Mrs. Sidney Springman and family of El Monte were recent visitors in Lomita. Mr. and Mrs. Springman formerly were residents of Lomita.

Mr. and Mrs. Fred Nelson of Weston street left Friday for a three weeks visit in Prescott and other Arizona towns.

Harry Linderman of Poppy street spent the weekend at Frank Laski's ranch near Carlsbad.

Mr. and Mrs. W. A. Teagarden of Poppy street attended a "hobo" party given Friday evening by the Re-organized L. D. S. church of Long Beach.

Miss Jewel Bright of Woodard avenue is spending the week with her grandmother, Mrs. Alice G. Otterson of Riverside. On Saturday Miss Bright enjoyed a picnic at Marino Dam with her cousins Mr. and Mrs. Edwin Day of Wineville, and Mr. and Mrs. Harry Nell and Ed and George Severe of Riverside.

Mr. and Mrs. William Wilcox, who have lived in the Wentz property on Eschelmann avenue for nearly three years will move to the newly constructed home on Redondo boulevard, Torrance, in a short time.

George Edwards of Eschelmann avenue was home from Newhall over the weekend. Mr. Edwards is a member of the Pico Oil and Gas company.

Miss Mae Linderman was an overnight guest of Miss Maryline Jones, and on Sunday the girls attended a Los Angeles theatre.

Mrs. Walter Hagelow is recovering from a major operation performed last Thursday, at the Seaside hospital, Long Beach.

W. C. Bright of Woodard avenue and Dr. Brown and George Collins of San Pedro enjoyed a weekend fishing trip to Hodges Lake.

Mrs. J. W. Lyons of Eschelmann avenue was a luncheon guest Friday of Mrs. Grace Tibble of San Pedro.

Mrs. Harry Howell of Los Angeles was a guest Sunday of Mr. and Mrs. H. N. Robb of 261st street.

Mr. and Mrs. E. D. Northrop of Oak Street were entertained at dinner Friday by Mr. and Mrs. H. G. Randles of Pennsylvania avenue.

Mrs. Emily Mading of Pennsylvania avenue spent Monday with Mr. and Mrs. Carl Berlin of Los Angeles.

Mr. and Mrs. Hubert Lindeman of Walnut boulevard entertained Mrs. Ivan Keyes and son at dinner Sunday.

Mr. and Mrs. George Taylor senior of Sawtelle were guests Sunday of Mr. and Mrs. Gabriel Hodge of Miller street.

Mr. and Mrs. C. E. Chase of Flower street and Mr. and Mrs. J. L. Luck of 257th street spent Friday and Saturday at the Chase's cottage at Trabuca Park.

Mr. and Mrs. A. G. Woods of Hollywood was a Sunday guest of Mr. and Mrs. H. G. Woods of Star street.

Mrs. B. A. Beekham and son and Mrs. Fanny Skinner of George street were Long Beach visitors Sunday.

Mrs. J. A. Hunt of El Paso, Texas, is a houseguest of Mr. and Mrs. F. B. Boyle of Arizona street.

Dr. A. W. Lamport, father of H. H. Lamport of Weston street is reported seriously indisposed.

Mrs. Mary Hovey of Texas, is a houseguest of her daughter, Mrs. E. M. Macomber of Pennsylvania avenue.

Mr. and Mrs. Arthur Lueker of Los Angeles were weekend guests

of Mr. and Mrs. J. O. Staleub of Elgin street.

Mr. and Mrs. Howard Ludolph returned Saturday from their honeymoon trip to Yosemite and are at home at 1945 Allene street.

Mr. and Mrs. Kenneth Perry of San Diego were weekend guests of Mr. Perry's parents, Mr. and Mrs. E. S. Perry of Pennsylvania avenue.

Mr. and Mrs. C. Van Derbeek of Arizona street were guests Wednesday of Mr. and Mrs. Frank Hards of Huntington Park.

Marion Thompson of the U. S. S. California was a recent visitor at the home of his sister, Mrs. Paul Edwards of Weston street.

Mr. and Mrs. Pittman of Los Angeles were Sunday guests of Mr. and Mrs. H. V. Hincley of Flower street.

Mrs. Leroy Busse and Mrs. J. W. Lyons of Eschelmann avenue and Mrs. Hazel Madden of Los Angeles lunched in Long Beach Wednesday.

Mr. and Mrs. J. H. Cross of Mitchell, Nebraska, are houseguests of their daughter, Mrs. H. N. Robb of 261st street.

Walter Mallory of Inglewood was a recent guest of Mr. and Mrs. H. G. Randles of Pennsylvania avenue.

Mr. and Mrs. Paul Beaver and son of Alhambra will be weekend guests of relatives here.

Mrs. Gabriel Hodge of Miller street attended a birthday luncheon given Saturday by Mrs. H. N. Robb of 261st street.



MEAT At Prices That Appeal to All

Everybody enjoys our meats because we stock and sell only the choicest cuts. Our big volume makes low prices like these possible!

- SPECIALS**
- Compound, 2 lbs. 25c
 - Pure Lard, lb. 15c
 - Rib Boiling Beef, lb. 14c
 - Eastern Bacon, lb. 28c

Rock Bottom Supreme Market L. Ott
Market Henry Grubb

TRY **Mountain View Dairy Products** AT **Leadbetter's Dairy Store**

Fresh Churned Buttermilk 5c GLASS
All Special Flavors of ICE CREAM

- The Following Dealers Can Supply You With **Kern Dairy Products** and are co-operating in this special China Offer:
- Pilfold's Bakery 2735 Redondo Blvd., Lomita
 - West Torrance Market Hawthorne and Redondo Blvds.
 - Cra-Post Market Post and Cravens
 - Fess Grocery 1321 Sartori
 - Von's Grocery 1929 Carson
 - Schroeder's Grocery 803 Sartori
 - Central Market 1119 Narbonne, Lomita
 - Quality Market 2171 Redondo Blvd.
 - Davis Market 1639 Carson
 - Colburn Grocery 645 Sartori
 - Oetken's Grocery 1001 Sartori
 - Lindeman's Grocery 254th St., Lomita
 - California Market Redondo Blvd., Lomita
 - Woodburn's Grocery Cor Sonoma and Madrid

SAVE THE Kern Cards FOR PENN CHINA

ONE CARD On Each Quart of Milk
ONE CARD On Each Bottle of Cream

The Cards Are Valuable

50 cards 6 sauce dishes	100 cards 6 soup plates
80 cards 6 oatmeal	150 cards 6 cups and saucers
80 cards 6 pie plates	150 cards 13 piece breakfast
75 cards 6 lunch plates	100 cards 6 dinner plates set

No Cards Will Be Given Out Unless Bills Are Paid Promptly

Kern Creamery Inc.
1336 POST AVE. TORRANCE SEE THE DISPLAY OF PENN CHINA IN OUR WINDOW
PHONE 337
TELL YOUR FRIENDS ABOUT THIS EXCEPTIONAL OFFER

Our Recipe Club

WHO WOULDN'T FEEL HAPPY AFTER THE DINNER WE HAD?

POPS A BIG KID HIM-SELF

HIGHEST QUALITY **QUALITY MARKET GROCERIES AND MEATS Vegetables**

High-quality meats sold by us make people happy at meal time and in between times. It's safe to phone your order. We send just what you want—PROMPTLY.

BAKED MACARONI WITH CHIPPED BEEF

2 cups cooked macaroni
1 lb. dried beef sliced
2 cups thin White Sauce
1/2 cup buttered crumbs

Break macaroni in 1/2 inch pieces. Boil until soft. Then remove from skin from thin sliced smoked dried beef and separate into pieces. Cover with hot water, stand 10 minutes, and drain. Place in buttered baking dish, alternating layers of macaroni and beef. Pour over White Sauce, cover with buttered crumbs. Bake in a hot oven until crumbs are brown.

QUALITY MARKET FOOD CENTER OF TORRANCE
2171 REDONDO BOULEVARD AT HORTON AVE. PHONE 93-W