

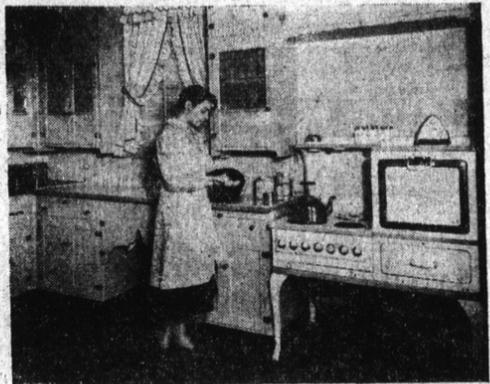
Cooking School at Woman's Clubhouse Opens March 2

HERALD-SAFEWAY COOKING SCHOOL TO INTEREST ALL

Widely Known Home Economist to Explain Secrets of Domestic Arts

Information gathered by the Safeway Stores Homemakers' Bureau in more than a year spent in research work, testing recipes and gathering new ideas, will be revealed to local homemakers at the TORRANCE HERALD-SAFEWAY STORES COOKING SCHOOL to be held at the Torrance Woman's clubhouse.

When the school opens March 2, women of the community will be given an opportunity to view at close range just what this bureau does.



Homemakers' Bureau kitchen with Mrs. Julia Lee Wright, National Director.

The Safeway Homemakers' Bureau claims the distinction of being the only organization of its kind in the west which acts as a permanent clearing house and testing kitchen for the development of new ideas in homemaking. It has been organized by Safeway Stores, Inc., as a service to western women and rapidly is becoming a popular ally to all women who have charge of homes.

The TORRANCE HERALD-SAFEWAY STORES COOKING SCHOOL, which will be held at the Torrance Woman's clubhouse on three consecutive afternoons, March 2, 3 and 4, from 2 to 4 o'clock, will cover the niceties of table setting, basic menus and recipes upon which to build an individual taste dictates. Miss B. Edna Galvin, one of the West's

widely-known home economists, will conduct the cooking school in person.

Miss Galvin announces that the Homemakers' Bureau not only makes it a point to know the very latest homemaking ideas developed in other parts of the country, but it also contributes many ideas of its own. It extends an invitation over the air each week to write in to the bureau for help on any household problem. During the three days of the school Miss Galvin will endeavor to answer questions of local housewives at the close of each session.

The service of the Homemakers' Bureau is given free to all who ask for it and already several thousand women write in each week to get advice on some household problem.

Why Recipes Go Wrong

By JULIA LEE WRIGHT
Director Safeway Homemakers' Bureau.

When you try a friend's pet recipe, haven't you often wondered why you don't get the same fine results that she does? The answer is "accuracy" and the use of correct utensils. Your husband would not deny himself the equipment really needed for his business, and as homemaking is your business, why try to work without proper tools and material?

This does not mean that you need to go to any great expense either, for fortunately kitchen equipment costs but little. Every kitchen should be equipped with a set of measuring spoons, consisting of tablespoon, teaspoon, half-teaspoon and quarter-teaspoon; several measuring cups (two glass and one metal), which save time otherwise spent washing cups in the midst of a recipe. Spatulas, egg whips, dough blenders and similar knickknacks are handy to have around, but if your purse is rather lean, these may be omitted.

As you no doubt know, metal measuring cups are best used for hot liquids, while the glass cups are usually used for cold liquids or dry ingredients. Many of the new glass cups have a lip for pouring liquids, and on almost all of these and on some of the straight sided cups, the one-cup mark comes below the rim, so be careful!

After we get accurate equipment, the next thing is to find a "sure" recipe. Any recipe found in a magazine, either published by a manufacturer or the magazine's home economics department, can be depended upon as no concern would publish a "catch" recipe, for if they did, the value of its advertising would be lost. Many of these companies have an expert Home Economist who works out or tests all recipes published.

The terms "heaping" or "rounding" spoonful, went out of style along with the mustache cup, and now are seldom seen except in "one of mother's recipes." It is understood that all measurements should be level, and to obtain this, the straight edge of a knife is simply run along the top of the

spoon or utensil, taking care that the spoon has been heaped full, clear out to the edges. Of course, it goes without saying that the spoon used should be an accurate measuring spoon and not just one that looks about the same size. A level spoonful cannot be measured by just running the spoon up the side of a can. To prove how inaccurate this method is, one needs only try it and then level the spoon correctly with the knife blade and see how much falls off. Maybe someone will say, "Oh, that little bit will never matter," but that "little bit" multiplied by the number of times it is called for in the recipe equals the difference between success and failure for a product. In measuring fractions of a spoonful, such as three-fourths, it is much more accurate to measure out a half and then a quarter-spoonful.

In measuring liquids the greatest chance for inaccuracy is in holding the cup while pouring. It is so easy to hold the mark to which the cup is to be filled on a slant and get either too much or too little liquid, according to whether it is on the up-hill or down-hill side of the cup. To avoid this, the Bureau recommends that whenever liquids are being measured, the cup be placed on a level surface. Incidentally, the best of drain boards are built on a slant.

When measuring shortening, a tablespoon should be used for anything less than a quarter of a cup, remembering that there are sixteen level tablespoons to each cup. When measuring over that amount, try the water method. That is, if a half a cup of shortening is needed, measure out half a cup of cold water and then put enough shortening into the cup to bring the water level up to the one-cup mark. Drain the water off, cut around the edges of the cup with a knife and the shortening will drop out, accurately measured.

When flour is mentioned in a recipe, it means flour that has been sifted once before measuring, and spooned gently into the cup

Feeding Husband What He Likes Is Surest Way to Lose Him, Says Economist

"The surest way to lose a husband is to let him eat the things he likes. Make him eat the things he dislikes and the divorce courts will have one less case to settle."

So speaks B. EDNA GALVIN, young western Home Economist, on the staff of the Safeway Homemakers' Bureau, headed by Mrs. Julia Lee Wright, national director.

Miss Galvin, who will conduct the TORRANCE HERALD-SAFEWAY STORES COOKING SCHOOL at the Torrance Woman's Clubhouse beginning March 2, and continuing March 3rd and 4th, believes that if the young bride starts out letting her husband eat steaks, French fried potatoes and other rich heavy foods all the time, he is simply storing up material of which grouches are made. On the many mornings after the night before which sprinkle his life, he is as mean as the proverbial bear and the result is a good healthy quarrel.

"This husband, according to Miss Galvin, has a perfect right to put the blame on his wife, for it is her fault if she doesn't insist on serving a well balanced menu which, easily digested, helps maintain good physical health, and eliminates mental conflicts or complexes.

without packing. The "cup" means a standard measuring cup and not just any teacup that happens to be handy. Moreover, striking or biting the cup when measuring flour will pack it down so that you have too much in the recipe

only a few cups of flour at a time or the flour will pack and the value of the sifting is lost. "All purpose" flour or bread flour needs more sifting to make it light than does cake flour.

If the directions of a cake recipe reads "Cream the sugar and shortening until light and waxy," the homemaker usually mixes it only until it just sticks together, or "cleans the bowl." This is just the beginning, for if a fine cake texture is to be obtained, the sugar and shortening must be creamed, and creamed, and then creamed some more. To get the best results with the least effort, the Bureau suggests that you use a wooden spoon with a handle long enough to extend up the arm and support the wrist.

While invariably, a recipe reads, "add dry ingredients alternately with the liquid," nine times out of ten the liquid is added to the mixture first and the cake crumbles and is coarse. The dry ingredients added first to "coat the fat" prevents this, giving a finer texture.

Correct temperature is also necessary for cooking and especially baking. Excellent results can be obtained with any good kind of range, provided the temperature can be controlled. Of course to do this there must be some kind of an oven indicator, so if a

stove has no thermometer or indicator, the homemaker will save herself grief, is she buys an oven thermometer and puts it on an oven rack, where it can be seen easily, and leaves it there, where the temperature can be checked at any time.

Let the homemaker try these accurate methods of measuring and see, if it does not cause her stock as it cooks to go "right" into the class known as "First Preferred."

The Homemakers' Bureau invites you to write for any information you desire, be it a recipe, a budget, or a party planned. Simply enclose a large, self-addressed, stamped envelope with your request to Julia Lee Wright, Safeway Homemakers' Bureau, Care of Safeway Stores, Inc., Box 774, Oakland, California.

Electric Pump Installed at Well

B. J. Scott of the Torrance Electric Shop, has just completed the installation of an electric pumping system at the Higgins deep test well on Palm street, replacing the steam equipment formerly used.

Similar equipment has been installed at a well on the Selby-Road lease.

GREAT NEWS!



for
Torrance Homemakers
Announcing the
Torrance Herald-Safeway Stores
COOKING SCHOOL
Conducted personally by Miss B. Edna Galvin
Representing Safeway Stores Homemakers' Bureau
Woman's Clubhouse, Torrance,
March 2 - 3 and 4.

THE Safeway Stores Homemakers' Bureau is a well known and popular service directed by Mrs. Julia Lee Wright. Her weekly talk over twenty radio stations has won her thousands of enthusiastic friends among Homemakers all over the West. Grab your pencil and bring a friend! Attend every session of this real course in cookery condensed into but three short days. This is your opportunity to get a new idea of what is vogue in the kitchen!

March 2, 3 and 4, 2 to 4 p. m. at Woman's Clubhouse



When you go to the
COOKING SCHOOL

you'll see... for yourself how much easier it is to make delicious things when you use Ghirardelli's Ground Chocolate.

... you'll see how the powdered form of Ghirardelli's makes it possible to put the chocolate, with the other dry ingredients, into the sifter.

... you'll see how delicious desserts, cakes, cookies, puddings, and chocolate novelties are easily and daintily made.

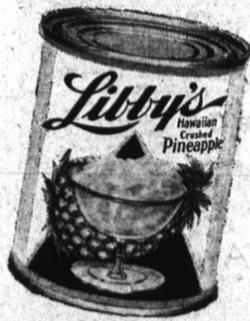
Also... you'll receive the famous Ghirardelli "Sweet Sixteen" Recipe Packet, useful chocolate recipes in practical form.

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Ground **CHOCOLATE**
Say Gear-ar-delly

Taste it!

the finest pineapple
ever grown *
LIBBY'S Crushed

LIBBY'S Crushed Hawaiian Pineapple brings you "the finest pineapple ever grown" in the form most convenient for pies, puddings, sauces, short-cakes. Just try it! You'll love its tangy tropic sweetness, its delicacy of texture.



LIBBY'S Sliced
Just the center slices!

LIBBY'S Sliced Hawaiian Pineapple—every single can of it—brings you just the center slices! Not ordinary sliced pineapple, but just the slices that are loveliest in color, richest in flavor, most uniform in size and shape. Yet they cost you no more! Insist on getting this extra value.



* LIBBY'S COSTS YOU NO MORE
THAN ORDINARY KINDS!