

## How To Feed the Family Well But Economically to Be Told At Newspaper Cooking School



Miss B. Edna Galvin, Home Economist in Charge of Herald-Safeway Cooking School Shown Selecting Food Articles.

How to spend wisely, save wisely, budget a varying income, live comfortably and feed the family well are only a few of many important problems which will be taken up for local homemakers at the Torrance Herald-Safeway Stores three day cooking school which begins March 2 and continues March 3 and 4.

Miss B. Edna Galvin of the Safeway Homemakers' Bureau staff and a noted home economist, who is completing final preparations for the Torrance Herald-Safeway Stores cooking school, is of the opinion that in these times women are becoming more and more interested in the budgeting of food, clothing and other household expenses than ever before, and therefore she has included budget problems in her daily cooking school programs.

Because food is the largest single item of expense in most households, Miss Galvin will place special emphasis on the food budget. She believes that this particular budget is a great deal more elastic than the majority of homemakers realize and that in many instances, food costs are kept considerably higher than necessary because the person in charge of handling the food supplies orders fancy groceries over the phone at the last minute.

One way of cutting down food costs, she suggests, is to keep a well-stocked, well-equipped kitchen. "There is really nothing that gives the homemaker a greater sense of confidence than plenty of supplies and a knowledge of how to use them interestingly." Another suggestion which she makes to local housewives is that

## Art of Gravy Making

By JULIA LEE WRIGHT  
Director Safeway Homemakers' Bureau.

Gravy making is an art in cookery, because to be able to make a gravy that is perfect in creaminess, flavor and color is something to which every cook aspires. There are many varieties of gravies in both color and flavor, depending on whether we make them with milk or water as the liquids, and whether they are to be served with meat, fowl or fish.

Gravies belong to that all important division in cookery known as the White Sauce division. We, at the Bureau, define this particular division as "important" because we believe that to know the thickening power of flour and cornstarch is one of the highly important and useful lessons to learn in cookery. This knowledge measures your ability as a good cook.

The two principal thickening agents are, flour and cornstarch. Cornstarch requires longer cooking than flour or the finished gravy will have an uncooked taste. When flour is browned to give color and a caramel-like flavor to gravies which is liked by many, slightly more is needed.

Also in making a sauce in which they take their market baskets and do their food shopping personally.

Miss Galvin practices what she preaches when it comes to careful buying of supplies for she carries her own market basket in buying for the cooking school at nearby Safeway Stores.

In addition to suggestions for food buying and planning, Miss Galvin will offer many suggestions for recipes of food which may be included in the diet for proper nourishment of the family and at the same time remain within the budget limit. All of these recipes, she declares, have been prepared in the Safeway Homemakers' Bureau's testing kitchen under the direction of Mrs. Julia Lee Wright, national director.

Miss Galvin is a member of the staff of the Homemakers' Bureau which sponsors Friday talks over the air from Canada to Mexico and from the Rocky Mountains west. Western women have formed the habit of writing in to the Bureau for help and information on practically every household problem under the sun.

The liquid is acid, as vinegar, tomatoes and juicy fruits, it is well to remember to add a little more thickening (the amount depending upon the strength of the acid used), and shorten the time of cooking. As acids differ greatly in strength, it is not possible to make a definite statement relative to these differences.

When less fat than usual, is used in making gravies or sauces, the Bureau finds that the following method gives best results. Heat three-fourths of the liquid and stir the rest of it gradually into the thickening agent (flour or cornstarch) stirring in, at first, only enough of the cold liquid to make a thick batter, then beat until smooth and free from even the tiniest lump, adding the rest of the cold liquid. The mixture at this time should be about as thick as top milk. Now beat this gradually into the hot liquid and cook, stirring constantly, until thickened, and add the fat. After it is made, such sauces or gravies may be kept hot in a double boiler, covered, and the mixture stirred occasionally.

When the amount of fat equals or exceeds the amount of the thickening agent, the Bureau recommends melting the fat, adding the flour or cornstarch and then cook, stirring constantly until thoroughly blended. Then stir in the liquid, in a small quantity at first, then immediately to thin the mixture and finally add the rest of the liquid, stirring constantly until thickened.

It is well to remember that when milk is used, more is needed than when water is used owing to the solids in the milk. If, when a gravy is made, it is at all lumpy, which will be due to improper methods of cooking, it may be strained; but such a gravy will never be as delightfully creamy as when properly made.

Also, if a gravy or a sauce is too thick, it can be thinned by adding more of the liquid, in small amounts, stirring thoroughly until it is of the desired consistency.

If a gravy or sauce is too thin, it then has to be thickened by adding more of the thickening agent and also by re-cooking it. Of course, a starchy sauce is always thinner when hot than when cooled. It is easily noticed in

pouring the gravy from the utensil, in which it is made, to the serving dish or over the meat or fowl or poultry. If it is to be served that way, that it will thicken perceptibly. This must be taken into consideration always when it might be thought that the gravy or sauce is too thin.

Different kinds of meats, fish, and poultry require different kinds of gravies or sauces in order to enhance their own particular flavors, colors, etc. It is well to remember that in some instances the gravies or the sauces are highly seasoned and in some cases they are of a more bland flavor depending entirely upon the natural flavors of the foods with which they are served. In other words we build flavors thru the sauces or gravies when needed—

**Glazing for Meats and Poultry**  
Boil 1 quart of consomme until it is reduced to 1 cup for heavy glazing or to 1 pint for a thinner glazing.

Another glazing is made by simmering a small amount of jellied stock with burnt sugar until it becomes like syrup.

To one cup of brown stock add one-half tablespoon gelatin soaked in four tablespoons water. The glaze should be melted over hot water and applied to meats, fish, game or poultry.

**Gravy for Roast Beef**  
2 tablespoons flour.  
1 cup boiling water.  
2 tablespoons drippings.  
Seasonings to taste.

Heat the fat, blend in the flour, stirring constantly, then add the boiling water, stirring constantly. When creamy in consistency, sea-

son to taste with salt, pepper and onion salt. If desired, a tablespoon of catsup or any preferred sauce may be added at this time.

**Gravy for Roast Lamb**  
2 tablespoons fat.  
1 cup boiling water.  
2 tablespoons flour.  
Garlic salt as special seasoning.  
Make as gravy for roast beef.

**Gravy for Roast Pork**  
2 tablespoons fat.  
1 cup milk and water.  
2 tablespoons flour.  
Sage, onion, celery salts.  
Make as for roast beef, adding the special seasonings listed, with salt and pepper.

**Gravy for Roast Veal**  
Make as for roast pork—seasoning with mace, celery salt, onion salt and the usual seasonings of salt and pepper. Veal requires quite a highly seasoned gravy.

The Homemakers' Bureau invites you to write for any information you desire, be it a recipe, a budget or a party plan. 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.

## Keystone Women To Serve Dinner Friday To Help Unemployed

Keystone Woman's club will serve a Plunket dinner tomorrow, Friday, for the benefit of the local unemployed. The dinner will be served at 6:30 in Booster's hall and the public is urged to attend in order that as much money as possible can be realized for relief. The price is 35 cents.

## Friends don't like to call you up on your neighbor's Telephone



"We have no telephone, but you can get us by calling our neighbor, Mrs. Jones—she doesn't mind."

Sometimes unthinking people say that.

But perhaps Mrs. Jones does mind.

A telephone of your own costs but a few cents a day.

SOUTHERN CALIFORNIA TELEPHONE COMPANY  
Business Office: 1266 Sartori Telephone Torr. 559



Plenty of  
**NEW IDEAS**  
Advanced at the

## Torrance Herald-Safeway COOKING SCHOOL

Miss B. EDNA GALVIN, home economist with Safeway Stores Homemakers' Bureau who has been chosen to conduct the TORRANCE HERALD-SAFEWAY STORES three day cooking school which will be held at TORRANCE WOMAN'S CLUBHOUSE, MARCH 2, and continuing through MARCH 3rd and 4th, from 2 to 4 o'clock, will speak from both practical and scientific experience.

MISS GALVIN has specialized in the study of the balanced menu for children as well as that for adults and will help TORRANCE homemakers solve many perplexing problems concerning child dietetics.

MISS GALVIN will make a point of explaining various children's menus which offer all the needed food values and yet do not necessitate the cooking of two separate meals.

"The greatest problem of the homemaker who must prepare meals for adults and children, too, is the tying-in of the vegetables and desserts," avers MISS GALVIN who will present many interesting new ways of solving this problem.

You will enjoy every minute of the Cooking School. A different program will be featured each day. Come early for the best seats.



Wed., Thurs. and Friday, March 2-3-4  
**WOMAN'S CLUBHOUSE, TORRANCE**

Newest table settings for a variety of occasions will be featured daily.

Grab your pencil and come—New Menus to be Demonstrated!

ADMISSION FREE

## Get these **LIBBY'S** extra values\*

Just the center slices!

THINK of it! Libby's gives you just the center slices! Just the slices that are finest in form, evenest in texture, richest in color, in fragrance, and in the tang of the full-ripe fruit. A marvelous extra value!



Ask for **CRUSHED**, too!



YOU'LL find this form most convenient for pies, puddings, fritters, short-cakes. And it brings you the full sweetness and luscious tang of pineapple ripened to perfection under the tropic sun.

\*  
"THE FINEST PINEAPPLE  
EVER GROWN"—YET  
IT COSTS YOU NO MORE!



at the Cooking School  
You'll see how to

## SAVE 3 STEPS IN BAKING

How many times have you wished you could have delicious chocolate cakes and cookies without the necessity for grating and melting the chocolate, and mixing it in afterwards, when your batter is "touchy"?

Use Ghirardelli's Ground Chocolate instead, and you can save those three steps. Ghirardelli's is in powdered form and so they are unnecessary. Just drop your Ghirardelli's into the sifter with the other dry ingredients.

Ghirardelli's has the full fine flavor that only real chocolate can have—plus convenience. That's why it's the West's favorite.

**GHIRARDELLI'S**  
*Ground* CHOCOLATE  
Say Gear-ar-delly