

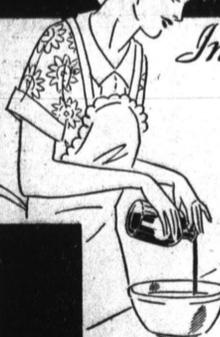
# Cooking School at Woman's Clubhouse Opens March 2

## Free! Big Baskets of Groceries!

Large baskets, heaped full of high grade groceries and other food products, will be given away at the Torrance Herald-Safeway Stores Cooking School, which opens next Wednesday, March 2, at the Woman's Clubhouse, Torrance.

Many other valuable gifts will be distributed as well as interesting and proven recipes. Admission free and every woman is invited to attend the school. Sessions will be held, from 2 to 4 p. m. on Wednesday, Thursday and Friday, March 2, 3 and 4.

## MAX-I-MUM SYRUP



### In the Kitchen

#### A New Angel Food Cake

- 1 1/2 cups egg whites
- 1/2 cup cane sugar
- 1 1/2 cups syrup
- 1 1/2 cups flour
- 1 1/2 teaspoon salt
- 1 1/2 teaspoons cream tartar

Boil syrup to soft ball stage when tested in cold water (232°F.). While boiling syrup, sift some flour and carefully measure 1 1/2 cups. Sift several times. Add salt to egg whites. Use rotary egg beater and beat until foamy. Add cream tartar. Continue beating until mixture "peaks," but is not stiff. Fold in the sugar with an egg whip. When syrup has cooled to 180°F., or until bottom of pan is just warm, pour in a fine stream into the egg whites, folding it in steadily to prevent settling to bottom of mixing bowl. Sift in a small portion of the flour. Fold this in and continue until all of the flour has been added. Pour batter into a water-treated angel food pan. Oven is preheated to 200 degrees—a slow oven. Cake is put in and temperature increased to 325 degrees—a moderate oven. Bake 60 minutes.

Max-i-mum Syrup is used exclusively in recipes demonstrated at the Torrance Herald-Safeway Stores Cooking School.

## Homemakers' Bureau



To keep the family well fed without meat, yet not have them "fed-up" on its substitutes, is the problem of the homemaker during Lent. Of course, fish, eggs and cheese are her chief standbys, for they contain the same valuable qualities as meat and can be made into similar dishes. This recipe for Tuna Loaf is delicious and you will also find it an ideal way to use up any leftover cooked fish.

#### Tuna Loaf

- 3 slices bread
- 2 eggs
- 1/4 teaspoon celery salt
- 1 can tuna fish
- 2 tablespoons fat
- 1 teaspoon salt
- 1 cup milk
- 1/4 teaspoon chopped parsley
- 1/4 teaspoon pepper

Put bread and milk in a bowl and let stand till milk is absorbed. Melt fat, add bread and milk, and cook five minutes, stirring constantly. Mixture should be a smooth paste. Separate fish into flakes with fork, and add to the first mixture with slightly beaten eggs, seasonings and chopped parsley. Mix well, turn into greased bread pan or small baking dish and bake in a moderate oven (300 degrees to 350 degrees F.) for 30 minutes or till it is firm.

A delicious and well seasoned sauce adds zest to any baked or sautéed fish. This one is a "tried and true" family favorite.

#### Mother's Recipe for Fish Sauce

(Mock Hollandaise)

- 3 tablespoons shortening
- 3 tablespoons flour
- 1 cup milk
- 1/2 teaspoon salt
- Pepper to taste
- 1 tablespoon chopped green pepper for parsley
- 1 tablespoon chopped red pepper or pimiento
- 2 tablespoons chopped sweet pickle
- 1 teaspoon grated onion

Make thick cream sauce by melting shortening, stirring in

flour, and adding milk gradually. Season to taste with salt and pepper, add chopped peppers, pickle and onion, and serve immediately with any cooked fish requiring sauce. If peppers are not available, use parsley for green pepper, and pimiento or stuffed olives for red.

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

## STORY 1

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from the lack of meat knowledge. Miss Galvin believes that only a few out of every hundred women can ask for a cut of meat by its correct name.

One way of learning the correct meat cuts, is to go marketing personally and learn to know the meat market man, according to Miss Galvin who says: "Make a friend of your meat market man and your meat bill will be far less for he will help you select cheaper cuts and tell you ways to prepare them so that they taste just as good as the more expensive steaks."

Miss Galvin, who is an authority on meats, herself, will show local homemakers some of the secrets of meat buying during the Torrance Herald-Safeway Stores Cooking School.

## Judge Leroy Dawson to Talk to Kiwanis

Leroy Dawson, judge of the Superior Court in Los Angeles, will be the speaker at the Torrance Kiwanis Club's Monday evening at Earl's Cafe. Judge Dawson recently spoke at a meeting of the American Legion and his talk scored a big hit with the 200 Legionnaires who heard him.

## Strange Questions On Cookery to Be Answered at School Here

Bread is made from seaweed. Garden snails are table delicacies. Coffee grounds are used in making cake. Strange as it seems—



Miss B. Edna Galvin

These are not "boners" made by students in school examinations, but are correct answers to three of many thousands of questions which western women have asked the Safeway Homemaker's Bureau during the past year.

The Homemaker's Bureau staff answers on an average of 575 inquiries every day! These letters come from women all over the West in response to the Bureau's invitation in newspapers and over the air to call upon it for help in household problems. The Homemaker's Bureau has become a great clearing house for the latest developments and ideas affecting the management of the home and western women are taking more and more advantage of the information which has been made available to them through the free service of the Bureau.

It's part of Miss B. Edna Galvin's job to help find answers to these questions although it may take days or even weeks of research. Miss Galvin, who arrives here February 28, to conduct the Torrance Herald-Safeway Stores Cooking School, at the Woman's Clubhouse, beginning March 2 and continuing March 3 and 4, is an assistant to Mrs. Julia Lee Wright, national director of the Bureau.

Since joining the staff of the Safeway Homemaker's Bureau, Miss B. Edna Galvin has not only assisted in planning parties, testing recipes in the Bureau's test kitchen, and making out budgets, but she has helped to solve such difficult problems as serving refreshments to a dozen persons at the total cost of one dollar and the planning of a dinner served to 150 persons at a cost of twenty-five cents per plate.

Miss B. Edna Galvin has planned a program of practical ideas with menus and recipes particularly adapted to this locality. She also is prepared to answer all the unusual cookery questions which local housewives have been hearing for some time. Home economics classes of the local high school, as well as the mature homemakers themselves, have been invited to attend the Torrance Herald-Safeway Stores three-day cooking school.

Miss B. Edna Galvin has been chosen to conduct the Torrance Herald-Safeway Stores Cooking School, not only because of her wide popularity but because she is a practical cook, having kept house herself for the past several years. She knows the value of taking advantage of the season's changing specialties and her popularity is due in a large measure to her faculty of keeping to the seasonable and plentiful things which must form the backbone of the day-to-day menu. Those who want information on the preparation of the rarer delicacies, however, get just what they want by writing in to the Homemaker's Bureau.

Mr. and Mrs. Francis Gilbert accompanied by Mrs. W. H. Gilbert and daughter, Pearl, and Mrs. Helen Billings, motored to Mint Canyon Monday.

## How to Avoid Grating and Melting Chocolate

The elimination of grating and melting in chocolate recipes is one of the features of Miss B. Edna Galvin's lectures and demonstrations in connection with the Torrance Herald-Safeway Stores cooking schools. "I have found a chocolate that is a chocolate and that nevertheless comes in powdered form," said Miss Galvin.

"I am going to try and show the difference between chocolate, cocoa, and ground chocolate, in my lectures," Miss Galvin said. "Chocolate is the refined substance of the cocoa bean, containing all of its natural fat," she continued, "while cocoa is the same substance after most of the natural fat has been removed. Ground chocolate stands between the two in fat content, having less than solid chocolate and more than cocoa." Miss Galvin uses Ghirardelli's Ground Chocolate exclusively in all her chocolate cooking and will show its use in connection with the cooking school, both for making chocolate beverage and for other cooking and baking uses.

Free Recipe Packet As a special souvenir to those who attend the cooking school, the famous Sweet Sixteen Recipe Packet in the current edition will be supplied by D. Ghirardelli Co. for each cooking school visitor. This recipe packet has a romantic history in that it was originally developed from the long series of prize-winning recipes in the files of the D. Ghirardelli Co.

Miss Galvin emphasized that Ghirardelli's Ground Chocolate is much richer than cocoa and still not overly rich. "This makes it possible to add the chocolate with the other dry ingredients in baking," said Miss Galvin. "Being a blended product, it has the full chocolate flavor richly developed from various strains of high grade cocoa beans."

# 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!

Attend the Herald-Safeway Cooking School

# oven-Freshness wins



### Suggestions That May Help You Today!

Practically every casserole dish is vastly improved by use of a crisp topping of crushed Snow Flakes mixed with a little melted butter and sprinkled over the top of the combination.



Try this Escalloped Tuna Arrange layers of Tuna with seasoning and pimientos alternately with Snow Flake crackers on a plate. Top with crushed Snow Flakes mixed well with melted butter. Bake until nicely browned.



You'll Like Cheese and Snow Flakes—perfect ending for a dinner Mash Roquefort cheese with fork, add salt and dressing to suit your taste, and mix to a paste. File roughly in center of cheese server or pastry plate and surround with crisp Snow Flake crackers. Serve with coffee.

Or Arrange one or two cakes of cream cheese on a plate, and pour over them soft strawberry, raspberry or currant jam, beaten slightly with fork. Serve plenty of Snow Flakes with this.

## the popularity vote for SNOW FLAKES

In countless homes, restaurants, hotels and clubs, everywhere in fact where good food is appreciated and enjoyed, you'll find these crisp, deliciously flavored soda wafers, oven-fresh!

Don't miss Snow Flakes' unusually fine quality. Buy from your grocer today, open the familiar red package and then taste for yourself this out-of-the-oven freshness. Remember to always insist on Snow Flakes.... grocers everywhere

are featuring these favorites of the West. They get Snow Flakes oven-fresh regularly from the spotless "Uneceda Bakers" bakeries located in population centers of the Pacific Coast.

Give Snow Flakes to the children after school; it won't spoil their appetites. Serve them with soups, salads, baked, cheese dishes and light lunches. Snow Flakes are triple-wrapped. Get the big packages—we call them thrift packages.

Don't ask for crackers—say

# SNOW FLAKES

IN THE FAMILIAR RED PACKAGE

NATIONAL BISCUIT COMPANY "Uneceda Bakers"

# Coffee must be fresh

Max-i-mum Coffee will be demonstrated at the Torrance Herald-Safeway Stores Cooking School

Coffee, like fruits and vegetables, must be FRESH to give you the finest flavor. Just as soon as Max-i-mum Coffee is blended, roasted and ground it is sealed in vacuum cans which guard its flavor from the time it leaves the plant until you open the can in your own kitchen. There's no chance for evaporation of flavor enroute to you.

When you buy Max-i-mum Coffee you know it is fresh! There is no better coffee at any price. That's why we say:

Let your Taste decide!



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