

Tomorrow - Last Day of Safeway Stores Cooking Class

Kitcheneering Classes Close Tomorrow

Many Surprises Are Promised For Final Session By Safeway Stores Economist.

Day of surprises! That's what Mrs. Edith Jeffers Freeman, home economist, promises for the final session of the Safeway Stores and Piggly Wiggly Homemakers' Bureau course in "Kitcheneering" at the Torrance Theatre tomorrow afternoon.

The program has been generally catalogued under the title of "Complete Meals" but Mrs. Freeman declares that this third day of the local cooking school will involve much more than that.

"For example, we're going to give a very complete demonstration tomorrow of practical and economical stove usage," Mrs. Freeman pointed out. "This will involve thorough explanations of both surface and oven operations at high and low temperatures."

MEATS
"And then we are going to demonstrate the preparation of choice meat dishes. Along with this we will discuss with local 'Kitcheneers' the various cuts of pork, veal and beef and how to select the best cuts."

"Among the dishes which we will demonstrate from the stage will be bacon and cream cheese pinwheels, which provide an unusual hors d'oeuvre. We're also going to show the 'Kitcheneers' how to make a most delightful Porto Rican dish, the 'Mystery Cake'."

delightfully served with rice and with German potato pancakes. All of the dishes to be demonstrated tomorrow are of the type everyone enjoys."

COMPLETE MEALS
"Complete meal planning will take up a good portion of the last program," advised Mrs. Freeman. "This feature will involve the Homemakers' Bureau ideas for original and tempting breakfasts, luncheons, formal and informal dinners—in fact every type of meal that would be of interest to homemakers."

"We plan to make our last session a sparkling climax of the Torrance 'Kitcheneering' course," said Mrs. Freeman. "It's completion will mark the actual demonstration from the stage of more than 35 dishes which include every possible feature of the homemakers' menu."

"From the comments we have received from homemakers attending our first two days of 'Kitcheneering' our course this year is one of the finest we have ever presented. For my part I note that there is more interest in modern cookery than ever before. Homemakers, young and old alike, eagerly ply us with literally hundreds of questions."

QUESTION BOX
"The question box at the exit of the Torrance Theatre is demonstrative of the great interest in 'Kitcheneering.' At the end of each of the two day sessions here it has been virtually jammed with question cards. We have attempted to answer all of these that we could from the stage, and the other questions that require a more detailed report, or a recipe, are sent on to the Homemakers' Bureau which will mail the requested information."

Mrs. Freeman said that although the program tomorrow will mark the completion of the 1934 "Kitcheneering" course in Torrance, it does not mean that the pleasant practice of "Kitcheneering" ceases at that point.

"In fact," advised Mrs. Freeman, "Kitcheneering will just be starting for Torrance homemakers. They can now go home and put into actual use the many things they have learned at the cooking school. And throughout the entire 12 months of the year every homemaker can keep pace with the new findings of 'Kitcheneering' through the weekly radio broadcasts sponsored by the Safeway Stores and Piggly Wiggly Homemakers' Bureau, the bulletin service in Safeway Stores and Piggly Wiggly and correspondence with home economists at the bureau in Oakland."

"I hope there won't be any homemakers who stay away from our 'last Kitcheneering' sessions just because they were unable to attend on the first two days," added Mrs. Freeman. "The program for every day is complete in itself and I think everyone will find our last session well worth while and highly interesting."

Mrs. Freeman said past experiences had demonstrated the final day programs to be the most popular of all and seats at the theatre are usually at a premium. For this reason she cautions all homemakers who possibly can to be at the Torrance Theatre when the doors open at one o'clock. The final course will begin promptly at two o'clock Friday afternoon.

Novel Menus For Parties Told To Cooking Classes

By ROXIE SLEETH

If you're invited to a party at the home of one of the 900 local women who attended the second day of the Safeway Stores and Piggly Wiggly Homemakers' Bureau three-day course in "kitcheneering" at Torrance Theatre this afternoon, break any other engagements you may have and attend.

This, you may rest assured, is perfectly grand advice. Having spotted several of her friends in the audience, your reporter expects to follow it herself, for she doesn't see how each and every housewife present can refrain from having at least one party, but not, of course, to "show off." Of course not.

Not that the afternoon's session was without its practical side, for no matter how frivolous a dish was presented, its frivolity was within the limitations of simplicity of preparation and beyond the limitations of purely party use. What's good for the friends, in other words, is good for the family as far as the Homemakers' Bureau is concerned. And making it easy to make in the first place was obviously a primary consideration in the mind of Julia Lee Wright, national director of the bureau, in planning the program which Mrs. Edith Jeffers Freeman presented today as Mrs. Wright's personal representative.

Mrs. Freeman started things off right royally with what she chose to call a Mystery Cake, before she revealed the mystery. Of course, it's the business of a reporter to uncover and explain mysteries. But this is one time when we fall down on our job. If we were to tell you, for instance, that there's tomato soup in it, you probably wouldn't believe us, so we might just as well say nothing other than to suggest that, if you weren't present, you ask someone who was. You'll find out something well worth while.

Not content, apparently, with introducing one new thing at a time, Mrs. Freeman killed two birds with one stone and, in addition, handed with the Mystery Cake, exposed a brand new way of mixing butter cakes in general. It proved, as she termed it, "twice as good in half the time," and it, as well as a new method of making sponge cake over hot water, promises to join the long line of Homemakers' Bureau innovations which have become standard practice in local kitchens over the past few years.

After Mrs. Freeman had transformed the sponge cake into a Whirligig Jelly Roll, she did not discard her magic wand but continued and turned tomato soup into a ring salad with a crab meat center, pointing out that the diversity of tastes permits the substitution of pineapple and royal Anne cherries for the crab meat, which gives one still greater respect for the inventive genius of the Homemakers' Bureau.

Then, flashing on one surprise to another, she demonstrated something that only a few believe possible in the shape of a foundation recipe for smooth, creamy sherbets made in a mechanical refrigerator without benefit of cream. The particular sherbet made was pineapple, and serving it Long Island style, with maraschino cherries, aroused no end of interested comment.

"GOOP"
But perhaps the biggest hit of the day was Goop. The name fits it perfectly. It is Goop. Nothing else can describe it. We thought of Glimp and Spidachi and Frizzle and whole lots of other names, but Goop alone remains descriptive. Served with butter or garlic bread and platter salad, Goop is a meal in itself. And what a meal. It's made of veal and chicken and spaghetti and seasoning and other nice things, and is as simple to make as the simplest sort of a meat dish. It's grand warmed over, too, and one can just about guarantee that a perfectly marvelous reputation awaits the first housewife to try it.

Second and the third, and so on, it's that kind of a dish. Even Goop, however, did not bring the day to a close, for other delicious things were still to come, and they held the audience in excited anticipation until the very end. Broiled grapefruit, for example, and a cheese tray, and a pair of gay treats primarily for the younger generation, Sunbonnet Salad and Ice Cream Clowns.

The Clowns, by the way, showed the final disposition of the Pea-

Breakfast Eggs In New Attire

Bread Case Appetizing and Attractive

Tired of having fried eggs stare you in the face with their expressionless eyes? Then try this—Breakfast Eggs in Cases, a combination of eggs and toast that is not only attractive but delicious.

Put small loaves of day-old white bread into slices about 1/2 to 2 inches thick. Trim off the crusts, and with a sharp knife, hollow out each slice, leaving a wall and a bottom one-quarter-inch or more thick. Dot the inside of this with butter and break one or more eggs in each case, and season with salt and pepper.

Place on a shallow pan and bake in a moderate oven (325 to 350° F.)—no warmer, and allow the bread to toast slowly and the egg to set, fully 20 minutes.

Serve hot with crisp bacon or sausages and sprinkling of parsley. Allow one case for each person.

Many people for whom breakfast would not be complete without eggs prefer them cooked to any other form of cooking. Heat water to boiling before eggs are put in. Then remove from the fire. Allow eggs to stand in the hot water for four or five minutes before serving. They will be cooked to a jelly-like consistency and are palatable and easily digested when served with butter and seasoning to taste.

Butter ice cream started on the first day, and with their veal and chocolate noses and gay little ice cream cone caps, they promised many a treat for lucky children of "Kitcheneers" who came, saw and were conquered.

Tomorrow will bring the 1934 edition of "Kitcheneering" to its local close with a program featuring complete meals. Mrs. Julia Lee Wright, national director of the Homemakers' Bureau, has recognized in planning this last

delicious, well-balanced menu that will bring a new variety to many a table, and the program has been arranged to provide exactly that.

"This last day," said Mrs. Freeman, "is probably the most helpful day of all three, and I want to repeat again Safeway Stores' hearty invitation to everyone to be present."

The program will start promptly at 2 o'clock, with doors open at 1 o'clock.

Conducts Course Suffer From the Altitude When Cooking in Mts?



Mrs. Edith Jeffers Freeman who is conducting the "Kitcheneering" Course in Torrance.

When Butter Proves Hard For Spreading

When butter is too hard to spread easily, turn a heated bowl or pan upside down over the butter dish for a few minutes. This softens butter without melting it. Heat the pan or bowl in the oven or by putting boiling water in it.

Sugar—Decrease one tablespoon per cup for each 2500 feet. This holds true wherever recipes are given at sea level proportions.

Baking powder—Double action baking powder at altitudes above 5000 feet, subtract 1/4 teaspoon for each 2500 feet. For single action baking powder, above 5000 feet, subtract 1/4 teaspoon. No change

is necessary in recipes in altitudes up to 5000 feet except in very few instances.

Liquid—Should be slightly increased, due to high rate of evaporation, 1/4 to 1/2 cup at 5000 feet, depending upon mixture. Dough should break half way between spoon and bowl for proper mixture.

Atmospheric pressure directly affects the cooking of all foods. For example, water boils at 212 degrees F. at sea level, but for every 500 feet of ascent, the boiling point is lowered one degree. At this rate, water boils at 198 degrees at 7000 feet. This makes the cooking period longer at higher altitudes. The pressure cooker eliminates the necessity of longer cooking and is used extensively in canning and in general cooking in high altitudes.

Generally the following directions hold true:

Shortening—Decrease slightly as altitude increases, about one tablespoon per one-half cup at 5000 feet.

Broiled Bean Snacks
An excellent luncheon dish. Place slice of buttered bread on baking sheet or broiler pan. Spread with baked beans. Put a slice of American cheese over the beans. Top with slices of bacon; broil under low flame until cheese is melted and bacon crisp, about 10 minutes.

Eat With Fingers? Proper, Sometimes
Fingers, of course, were used before forks or spoons were invented. Now there's less for fingers to do at the table. But there are some things properly eaten with the fingers—artichokes, corn on the cob, firm cheese, strawberries (when served with hulls), small, firm sandwiches, julienne strips, potato chips, cherries (with stems), and crisp cakes.

Add It to Milk; There You Are!
Lemon juice and milk. That's a combination that used to mean curdled milk. But there's a way to avoid that. Always add lemon or orange juice to the milk, rather than the milk to the juice. There will be even less difficulty if the milk is either very cold or very hot, rather than at room temperature.

FINE TABLE MAT
A fine table mat for hot dishes can be made from the top of an old straw hat. The edge should be bound with tape.

GASOLINE BIG HELP
When you have a hard window washing session ahead, add a few drops of gasoline to the water and watch the magical results.

Yours!

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To Be the Best "KITCHENEER" In Your Neighborhood

If you haven't attended the Safeway and Piggly Wiggly Stores course in "Kitcheneering" conducted by Mrs. Edith Freeman, be at the Torrance Theatre, Friday afternoon at 2 o'clock sure. The newest and most practical ideas in kitchen cookery are revealed in a most interesting and unusual manner! Tomorrow is the Last Day—Admission FREE!

FRIGIDAIRE To Be Given FRIDAY

FREE FRIGIDAIRE Valued at \$124.50

Friday at the Cooking School

Tomorrow, Friday, this Frigidaire will be given away by the Star Furniture Co. Frigidaire, product of Frigidaire division of General Motors, has many exclusive features and conveniences found on no other make of refrigerator. Frigidaire costs little to operate and lasts a good many years. If you do not win the Frigidaire given away at the Cooking School, stop in at the STAR FURNITURE CO. and inspect the latest models now on display.

Added ATTRACTION FRIDAY AFTERNOON MEAT LECTURE

By Walter H. Balsom

As a special added attraction for the Cooking School Friday, Walter H. Balsom, well-known authority on meats, will present a very interesting and educational lecture on one of the popular varieties of meat. Mr. Balsom will explain the food value of the various cuts and explain how best to carve and serve them. Be sure to come and bring your friends. We promise you a very enjoyable afternoon. Admission is FREE.

FREE 12 Large Baskets of Groceries FREE

FRIDAY AND OTHER FOOD PRIZES **BE SURE TO COME**

These cooking school items are being featured at all Safeway and Piggly Wiggly Stores listed below, Wednesday, April 25th, to Saturday, April 28th, Inc. Buy a supply now at these special low prices.

COFFEE EDWARDS Dependable Vacuum Pack. 1-lb. can.....	25c	Mayonnaise BEST FOODS Pint Jar, 24c; Quart.....	44c	A-Y BREAD WHITE or WHEAT 16-oz. loaf.....	8c
CHEESE KRAFT LOAF All Kinds. 1/2-lb. pkg.....	15c	Morton Salt PLAIN or IODIZED 28-oz. package.....	7c	Honeymaid GRAHAM CRACKERS 1-lb. package.....	16c
Van Camp Soup VEGETABLE Per can.....	6c	FLOUR GLOBE A-1 No. 10 sack.....	43c	Tomato Soup VAN CAMP'S Per can.....	5c
Snowflake SODA CRACKERS One-pound package.....	16c	Shortening FORMAY 16c 3-lb. 1-lb. can.....	45c	Pineapple LIBBY'S SLICED No. 2 1/2 can.....	17c
Biscuit Flour GLOBE A-1 40-oz. package.....	22c	Bean Hole Beans Baked in the Ground Two 28 1/2-oz. cans.....	25c	Pineapple LIBBY'S CRUSHED No. 2 can.....	12c

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