

# MODERN MARKET SERVICES MAKE FISH COOKERY EASY

If you like fish, and nearly everyone does like fish in one form or another, this is an especially good season to indulge that taste. Markets nowadays make fish cookery as easy as possible for the housewives, and thus many of the old distasteful operations of cleaning, skinning and boning fish are unnecessary.

Your meat counter will display fish that is already thoroughly cleaned, will fillet it, if that is the way you wish to prepare it, and will bone it if you request to have that done.

Fish can be a most tempting dish. Its natural color becomes an appetizing golden brown when cooked and served with the yellow of lemon, the green of parsley, and the rich colors of the vegetables you decide upon, makes an attractive serving.

One of the outstanding reasons for serving fish, quite aside from its own deliciousness, is the iodine content which makes it a valuable addition to meal planning. Iodine is a preventive for goiter and other iodine-deficiency diseases.

There are fresh fish of all kinds to invite you and your family to special table delights, but however fresh, however enticing the name of the fish and however delectable the fish sounds, perfect cooking and a skillful combining of other foods with it is required.

Fish always needs a crisp vegetable or slightly tart salad and a piquant relish or savory sauce (with careful thought given to the color and flavor) to complete the course.

Here are the methods of preparing fish which have been found to be most successful:

## Payrolls Rise 9 Billion Over 1933 Low Mark

1936 Wages Represent 63 Per Cent of Nation's Total Income

WASHINGTON, Feb. 25 (U.P.)—Workers received approximately 63 percent of the nation's estimated total income of \$80,000,000,000 last year, the Department of Commerce has reported.

Labor income climbed from \$29,000,000,000 in 1933 to \$38,500,000,000 last year, an increase of approximately 30 percent. National income increased at approximately the same rate from the 1933 low of \$45,000,000,000.

Labor income is defined in the report, published in the Consumer's Guide, as income from salaries and wages of all employees. It includes wages paid to unskilled workmen and to skilled craftsmen and salaries paid to office personnel.

Depth Reached in 1933

The survey, entitled "Who gets the national income?" showed national earnings hit a peak of \$79,000,000,000 in 1929 and then dropped to \$45,000,000,000 at the depth of the depression in 1933. About 40 percent of that loss has been recovered.

All types of incomes—except from interest payments—suffered major slashes during the depression. All incomes—except interest payments—have shown substantial recovery in the past three years.

Income payments climbed four points in 1930, then dropped to 13 points below the 1929 in 1935. The decline was attributed to lower interest rates generally prevailing since the boom period.

City Water Said In Fine Condition

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grains; Hawthorne, 9.6; Ballona plant west of Athens, 12.5; the Union Oil company well west of Torrance, 12.8, and two different outlets in Gardena—14.3 and 12 grains.

"Now take a look at this issue of Public Works magazine—it says that in Neenah, Wisconsin, last year the people voted down a proposal to erect a water-softening plant there because it was deemed unnecessary. And Neenah's water was 70 grains hardness!

"No, we have nothing to complain about our water—its purity, its odor or its hardness. It's among the best in Southern California and we are going to keep it that way. Water, good water, is essential to a city and Torrance has certainly got that."

DIRECTORS TO MEET

Members of the Torrance Chamber of Commerce directors will meet with President J. W. McQuaid next Monday afternoon, March 1, at 4 o'clock. Routine business is to be transacted.

are used. The fish in cheese-cloth or parchment and plunge into kettle of boiling water to which 1 tsp. salt and one tsp. vinegar or lemon juice has been added for every 2 quarts water used. Boil 5 minutes and remove heat quickly to simmer until tender. Six to 10 minutes per pound is required. Or fish may be steamed after being wrapped in a steamer or "waterless" cooker, allowing 6 to 10 minutes per pound. Serve with same sauces as for baked fish.

Broiled Fish

Fish is broiled on greased broiler rack or in baking pan placed over hot broiler. Sprinkle with salt and pepper and brush with melted fat or oil. Fillets are placed 2 inches below flame in oven which has been preheated 10 minutes. Broil each side 5 to 6 minutes or until skin is golden brown and fish tender.

Sautéed Fish

Dip small fish or steaks one inch thick in seasoned flour or corn-meal, or in beaten egg and then in finely sifted dried bread crumbs, and saute in a small amount of hot fat or oil in a skillet until golden brown on one side. Turn carefully and brown other side. Serve with maitre d'hotel, tartar, or cucumber sauce, lemon sections, onion relish, cole slaw, sliced tomatoes, etc.

Deep-Fried Fish

Small whole cleaned fish and fillets to be used. Sprinkle with salt and dip in egg mixture made of one beaten egg and 1 tablespoon water. Then dip in fine dried bread crumbs and fry in deep fat. Serve with same sauces as for sautéed fish.

Bolled or Steamed Fish

Thick steaks or whole fish

◆ Better Ingredients  
◆ Greater Skill in Mixing

**Make Whitney's Bakery Goods Superior**

1323 SARTORI

Orders of 25c or More Delivered Free—Phone 572

## No Honeymoon for Them



Mary Astor, film star whose recent suit for custody of her child made headlines throughout the nation and implicated playwright George Kaufman, as what her diary described as "one of the great loves of my life," is shown reading an account of her surprise elopement to Yuma, Ariz., with Manuel Del Campo, young Mexican, shown in photo at lower right. After the ceremony the couple parted as Del Campo had to go to Mexico City because of the death of his father.

## Dr. Bingham Suffers Broken Neck In Crash

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and was traveling at a high rate of speed, it was reported.

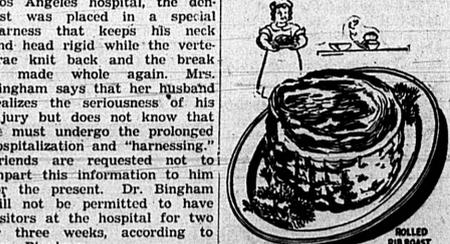
Sedan Badly Wrecked

The first motorist to pass the scene of the accident was a Long Beach physician who took the Bingham's, Miss Christensen and Schlick back to the Las Vegas hospital. The Smiths remained on guard over the wreckage of the car and their belongings.

Dr. Bingham's sedan, a new model, was badly smashed up, all of the glass being shattered except the left wind-wing, it is reported.

Pussy Willows Bloom Early

ASHTABULA, O. (U.P.)—Northern Ohio's mild winter weather has brought pussy willows into bloom along Ashtabula county creeks.



## Lamb Sale By Food Chains Save Farmers From Heavy Losses

Farmers and ranchmen feeding lambs for market were saved from heavy financial losses in January as a result of the mid-winter lamb sale sponsored by the National Association of Food Chains, according to a report received here by W. Bolesworth, district manager of Safeway stores.

The information was contained in a bulletin from P. O. Wilson, manager of the National Livestock Market association, who expressed the gratification of all sheep growers over results obtained in disposing of the large seasonal surplus of feeder lambs.

A tremendous increase in lamb consumption was shown by the preliminary reports from 37,000 food chain stores participating in the campaign which continues through the month of February. Some companies reported increases in sales from 50 to 300 percent above normal.

**GRUBB'S MARKET**  
CHOICE MEATS  
PHONE 779-TORRANCE  
IN SAFEWAY STORE 1929 CARSON ST.

Fresh Dressed Young Hens	23c lb.
Shortening, Bulk	2 lbs. 25c
Sliced Bacon, 1/2-lb. pkg.	18c ea.
Fresh Pork Liver	15c lb.
Lean Lamb Stew	8c lb.
Lamb Shoulder Roast	14c lb.
Swift's Skinned Hams	27c lb.

## Building-Loan Officers Attend Federal Home Loan Bank Session

Torrance C. Welch, C. T. Rippey and W. E. Bowen of the Torrance Mutual Building and Loan association attended the annual meeting of stockholders of the 12th district Federal Home Loan bank. Welch obtained the following information from M. M. Hurford, president of the bank:

Advances by the Federal Home Loan bank to members, outstanding on Dec. 31, 1936, totaled \$3,795,178.82. This is a net increase for the year of \$4,385,185.83, or 94.45 percent. These figures actually reflect the lending of \$7,619,743.81 during the year, however, as compared to \$3,258,613 total advances during 1935, or an increase of 134 percent.

The U. S. government has invested, through the bank's

lending operations, HOLC and treasury investments, the sum of approximately \$26,000,000 in home-financing institutions in this district.

The Torrance Mutual Building and Loan association, as a member of the Federal Home Loan bank, is privileged to obtain a portion of these funds, and to make them available to local borrowers, for home construction and refinancing.

Bethlehem Model Town

BETHLEHEM, Ga. (U.P.)—This village of 250 inhabitants has never violated the spirit of its name. The community has never had a policeman, its jail has never been occupied, and no murder or other violent crime has ever been committed.

**OFFERS TAX AID**

A deputy from the state income tax office will be at the Chamber of Commerce here March 4 and 5 to assist local residents in preparation of their income tax forms.

**Single Men Err Most**

ST. LOUIS, (U.P.)—Young men who are unmarried, get into more trouble than do their counterparts, according to an annual report.

**Steam Shovel Stolen**

NILES, N. Y. (U.P.)—Theft of a 10-ton steam shovel has been reported to state police by town officials of Niles.

**NO MORE EYES WORK**

R. B. DRUG STORE

**STONE & MYERS, Funeral Directors**

TORRANCE: Cravens at Engracia. Telephone 195  
LOMITA: Telephone 347  
AMBULANCE SERVICE

**SAFEWAY**  
Your Neighbourhood GROCER

# FINEST MEAT IN THE WORLD

Prices effective through Saturday, February 27, in Safeway-operated departments of stores within thirty-five miles of Los Angeles.

**THIS WEEK'S BAKERY SPECIAL**  
**100% WHOLE WHEAT BREAD 10c**

Julia Lee Wright's 100% Whole 1-lb. Wheat Loaves. Uniform sliced loaf

**SUGAR** 10-lb. 48c

Mission Tuna 2 No. 1/2 23c  
Fancy Tuna 15c  
Maxi-mum Milk 6c  
Tomato Sauce 3 8-oz. 11c  
Horned Pea Soup 10c  
Snow Flake Crackers 15c  
Airway Coffee 19c  
Edwards' Coffee 49c  
Nob Hill Coffee 24c  
Sunsweet Prunes 10c  
Cello-Pack Prunes 20c  
Stokely's Apricots 15c  
Suprema Cherries 15c  
Stokely's Grapefruit 12c  
Jell-well 3 for 13c  
Kre-Mel Desserts 3 boxes for 10c  
Orange Juice 2 for 23c  
Grapefruit Juice 10c  
Tomato Juice 10c

**BEEF ROAST**  
Center Cut of Fancy Chuck per pound 18c

**PRIME RIB ROAST** per lb. 29c  
**SHORTENING** 4 lbs. 49c  
**BONELESS RUMP** per lb. 29c  
**BONELESS ROAST** per lb. 29c

**SIRLOIN OR ROUND STEAK**  
Your choice of Sirloin or Round Steak. Serve one of these tonight—notice how popular Guaranteed Beef is with the whole family. per pound 29c

**T-BONE ALSO CLUB, PORTERHOUSE** per lb. 35c  
**PORK SAUSAGE** 1/2-lb. 18c  
**GROUND BEEF** per lb. 16c  
**COLORED HENS** per lb. 27c

**AVOCADOS** Fuerte variety, each 6c  
**DATES** California grown 2 1-lb. 25c  
**APPLES** Rome Beauty variety, Excellent no. 5 lbs. 25c  
**POTATOES** U. S. No. 1 Quality Klamath, Oregon Russets, 5 lbs. 23c

**PEACHES** 2 No. 2 25c  
**PLUMS** LIBBY OR DEL MONTE 2 No. 2 25c  
**BEANS** CUT GREEN BEANS 3 No. 2 25c  
**SALMON** LIBBY'S FANCY RED 2 No. 1 37c

**(SAFEWAY)**

**BROWN DERBY BEER** 12-oz. cans 4 1/2 liter 25c  
**PADRE BEER** Locally brewed beer, 11-ounce bottles 5c  
**LIME RICKY** 3 bottles 25c  
**GINGER ALE** 3 3-oz. 25c