

### THE FOOD PRIMER

**stands for Dessert**  
Delectable bite  
DeLovely at dinner  
Delicious delight.

BY BETTY BARCLAY

"Dessert" often means fruit-flavored gelatin these days, because of its delicious flavor and the ease with which the housewife can prepare it. Yet since modern science has made gelatin so delicious a food, it is often regarded merely as a decorative dessert or a "carrier" for salad ingredients. People eat it because they like its taste and are often unaware of its very real food value. In reality, it is pointed out by the Royal Institute, when gelatin is eaten as a dessert, it is a source of the most important body building and repair foods.

Gelatin belongs to that great family of protein-rich foods whose other prominent members are milk, eggs, cheese, meat and fish. It contains food elements which build and repair the tissues of the body and promote its growth. Not only is it one of the easiest of all foods to digest, but it is an important factor in aiding the digestion of other foods. For that reason, gelatin is often added to milk in infant feeding, and is used in the menu of invalids.

Of recent years a great deal of progress has been made in determining the value of gelatin as a food. It has long been recognized as a nitrogenous food, but it is now retained for modern science to discover that it is rich in one protein element which is indispensable for the growth of children. That element is Lysine. Since this factor is extremely valuable to the proper development of the child and since gelatin is so rich a source, it is no wonder that child specialists are advocating the inclusion of gelatin in the child's diet.

It is no wonder then, that gelatin dessert enjoys so prominent a place in the daily menu of all people, adults as well as children, sick as well as healthy people, especially nowadays, when it may be had in seven-fruit flavors in the convenient quick-setting-prepared form, each package containing pure-high-grade gelatin of the first extraction, pure cane sugar and delicate real fruit flavor. In gelatin dessert we have a food which combines to delight the eye and palate while at the same time it provides all the benefits of its high nitrogenous and protein content.

To show how easily it is prepared, these are the instructions: Four contents of one package of fruit-flavored gelatin dessert into bowl. Add 1 cup (1/4 pt.) boiling water; stir until completely dissolved. Add 1 cup (1/4 pt.) cold water. Stir and pour into moulds. Chill until firm. The same amount of fruit juice or other liquids may be used in place of cold water.

### Party Food That Fits the Season

Spring brings with it a whirl of parties and entertaining functions of every description, and lucky is the hostess who first chooses the bright spring colors as the decorative note of her party. Even though winter still lingers, spring can't be far away, and the bright yellows and greens are always welcome.

The decoration may consist only of bouquets of spring flowers of many hues and the foods, too, may carry out to a certain extent the color scheme of the day. Here is a luncheon menu suggested by Inez S. Wilson, home economist, which is particularly suitable for the spring-time. It is dainty, yet substantial as it should be at this season of the year.

### Veal Birds Ideal For Spring Lunch

Boneless veal birds deserve a prominent place in the hall of cookery fame, because they serve so many purposes well. If you are looking for a meat suitable for the spring luncheon, choose veal birds, stuff them with a cheese force-meat, and your success as a hostess will be assured.

**Veal Birds.** Have veal steaks cut 3/4 to 1/2 inch thick and into individual servings, following as nearly as possible the natural dividing lines in the steaks. Pile a spoonful of cheese force-meat on each slice and roll. Fasten the edges with toothpicks. Brown these in hot lard, add a small amount of water, cover tightly, and bake in a slow oven (300° F.) until the "birds" are done, about forty-five minutes.

**Cheese Force-meat.** Make a bread dressing and season with a small amount of Parmesan cheese. If Parmesan cheese is not available, any grated cheese may be used, the amount depending on the kind of cheese used.

and put on skewers with a mushroom cap between each two pieces of lamb. Thoroughly preheat the broiling oven, with the oven regulator set to "high." Place the skewers of lamb on the rack about three inches from the flame or element. If it is not possible to have them this far from the source of the heat, reduce the heat accordingly. Let broil until brown on one side, then turn until all sides are brown, and the meat is done. Place on a hot platter, together with apricot halves which have been threaded onto small wooden skewers and placed on the broiler rack for long enough to heat them. Garnish with mint leaves or parsley and serve at once.

### Now Is the Time to EAT MORE LAMB

• SPRING LAMB is now at its best . . . tender, young, exceedingly savory. What could be more satisfactory than a leg of spring lamb . . . particularly when the lamb is from Grubb's. At Grubb's you always get LAMB . . . not yearling nor mutton . . . but Genuine Spring Lamb.

### GRUBB'S MARKET

CHOICE MEATS  
PHONE 779-TORRANCE  
IN SAFEWAY STORE 1929 CARSON ST.

### Canned Shrimp Offers Many Food Treats

By MARJORIE BLACK  
There is no question about the convenience of canned shrimp. Anyone who has had a meal will agree with that point.

Canned shrimp can be used any way that fresh shrimp, prepared at home, can be used, and they can be relied upon to be wholesome and good in every way.

Shrimp are canned with and without liquid, and they can be used interchangeably. Some cooks prefer one type and some the other. The can contains shrimp water and salt, or just

shrimp and salt. The popular sized—can is the one holding five ounces and in all cases the can contains five-ounces of shrimp and the weight of the liquid is extra.

In preparing the shrimp for use, many housewives like to remove the black line along the outside curve. No harm is done by leaving it in, but often there will be a gritty taste as a re-

sult of leaving them unre-moved. Shrimp are ready to eat as they come from the can, because, like all canned foods, they have been scientifically cooked after the can was sealed.

Shrimp cocktails and salads of various kinds are popular. One style of salad is made with crisp foods like shredded celery, green pepper, apples, hard cooked eggs, pickles or boiled

rice; while the other style is made with fruit, such as pineapple, grapefruit, orange and avocado. Shrimp salad is good just by itself with a salad green like lettuce or endive or chikory. French dressing or mayonnaise may be used.

Hot entrees made with shrimp are good to feature, such as curried shrimp over boiled rice, creamed shrimp and peas on

toast, shrimp a la king (a mixture of hard-cooked eggs, pimiento, mushrooms, cream sauce and shrimp), shrimp added to creamed potatoes, or scalloped with tomatoes and corn. In fact, there are many ways of combining shrimp with foods to make superb combinations.

Your rent money will buy a home.

# Safeway SPRING CANNED FOODS SALE

HERE'S THE SALE YOU'VE BEEN WAITING FOR! Savings abound in Safeway's Annual Spring Canned Food Sale. Values in a large variety of fancy and staple foods are offered you in every department.

Check over this list. You'll see many items you need. You'll recognize numerous outstanding values.

Visit your neighborhood Safeway during this sale and stock up. Take full advantage of the values to be had. Multiply your savings through buying in quantity.

These prices effective through Saturday, April 10 in Safeway-operated departments of stores within 35 miles of Los Angeles.

**PLUMS** LIBBY OR DEL MONTE DE LUXE PACK No. 2 1/2 can **11c**

**PEACHES** LIBBY, STOKELY DEL MONTE No. 2 1/2 can **14c**

**CORN** DEL MONTE BRAND COUNTRY GENTLEMAN No. 2 cans **25c**

Your choice of Libby or Del Monte brand Italian Prune Plums. Libby, Del Monte or Stokely's. Your choice of sliced or halves. Del Monte's popular Country Gentleman corn.

### DEL MONTE BRAND FOODS

Del Monte Red Salmon	tall can	20c
Del Monte Catsup	14-oz. bottle	12c
Tomato Sauce	Del Monte Brand 8-oz. can	3 11c
Tomatoes	Del Monte Brand No. 1 can, 8c	2 No. 2/5 cans 25c
Del Monte Spinach	Garden Fresh No. 2/2 can	13c
Del Monte Peas	Early Garden No. 2 can	15c

### LIBBY'S FINE FOODS

Libby Red Salmon	Fancy Grade tall can	20c
Libby Corned Beef	12-ounce size can	16c
Libby Deviled Meat	3 3/4-oz. cans	10c
Libby Corned Beef Hash	No. 2 can	15c
Libby Sliced Beef	2-ounce glass jar	10c
Libby Spinach	Fancy grade Free from grit No. 2/2 can	13c
Libby Sauerkraut	No. 2/2 can	14c
Baby Food	Libby's Brand Homogenized 3 cans	25c

### STOKELY'S FRUITS & VEGETABLES

Stokely's Fruit Cocktail	No. 1 can	15c
Stokely's Grapefruit	No. 2 can	11c
Tomato Catsup	Stokely's Finest 14-ounce bottle	12c
Stokely's Tomatoes	Solid Pack 24-oz. can	11c
Stokely's Beets	Diced or sliced No. 2 can	11c
Stokely's Corn	Country Gentleman No. 2 cans	2 25c
Mixed Vegetables	For soup or stew, Stokely's No. 2 can	11c
Stokely's Jumbo Peas	No. 2 can	15c
Stokely's Spinach	Excellent in flavor No. 2/2 can	13c
Stokely's Sauerkraut	No. 2/2 can	14c
Green Limas	Stokely's Beans Medium size No. 2 can	14c
Cut Green Beans	Stokely's Finest No. 2 cans	2 25c
Stokely's Baby Food	Assorted per can	8c

### AIRWAY COFFEE

Seven out of ten people prefer this type of coffee. Order a pound today at this feature low price. Ground to order.

per lb. **17c**

### CANNED FRUITS

Apricots	Pacific Brand Whole-unpeeled No. 1 can	10c
Apricots	Cal Klut Brand Whole-unpeeled No. 2/2 can	14c
Nectarines	Coronado Brand No. 2/2 cans	35c
Suprema Cherries	R. S. P. No. 2 cans	15c

### FRUIT & VEGETABLE JUICES

Libby Orange Juice	12-oz. can	12c
Pineapple Juice	Del Monte No. 2 cans	3 33c
Pineapple Juice	Del Monte No. 2 cans	3 33c
Prune Juice	Sunsweet Brand 12-oz. can	7c
Grapefruit Juice	Stokely Finest Brand No. 2 cans	29c
Grapefruit Juice	Aric-Sweet or Dromedary No. 2 cans	3 29c
Tomato Juice	Stokely's Finest No. 2 cans	25c
Tomato Juice	Del Monte No. 2 cans	3 25c
Tomato Juice	Libby Brand No. 2 cans	3 25c

### VALUES IN SPREADS

Jelly	Kopper Kettle Brand Grape or Strawberry 2-lb. jar	25c
Preserves	or Jellies Assorted Tropical Brand 12-oz. can	15c
Peanut Butter	Beverly Brand 1-lb. jar	21c

### CANNED SEA FOOD

Pink Salmon	Happy-Vale Brand tall can	10c
King Oscar Sardines	No. 1/4 can	14c
Sardines in Oil	Assorted Brands No. 1/4 can	5c
Fancy Tuna	Chicken of the Sea No. 1/2 can	15c
Strand Minced Clams	No. 2/2-1/2 can	15c
Kipperd Snacks	in oil No. 2/2 cans	9c

### SYRUP—MOLASSES—HONEY

Syrup	Sleepy Hollow Cane & Maple Jug	19c 35c
Molasses	Ber-Rabbit Gold label No. 1/2 can	18c
Honey	California Gold 19c 32-oz. jar	27c
Blossom Time Honey	20-ounce size jar	45c

### CANNED PET FOODS

Dog Food	Brand Strongheart 3 tall cans	14c
Kennel King	Quality Pet food 2 tall cans	11c
Marco Dog Food	2 tall cans	13c

### ASPARAGUS 2 lb. 15c

Tender, fancy. Long, green.

### FRESH PEAS 2 lb. 15c

Sweet and tender. Full pods.

### NEW POTATOES 5 lb. 25c

San Diego. Fresh, white.

### PIPPIN APPLES 6 lbs. 25c

Crisp, green, and firm.

## Meats GUARANTEED TO PLEASE!

# TURKEYS lb. 22c

Fancy, Prime Young Hens. Fresh Dressed.

PRIME RIB	Quality boiling beef. Cook with vegetables. lb.	31c
PLATE RIB	lb.	11c
RUMP ROAST	Boneless rump roast of Guaranteed beef. lb.	32c
SHORT RIBS	Beef or pork. Guaranteed beef. lb.	15c
BONELESS ROAST	Boneless Shoulder of Guaranteed beef. lb.	30c
PURE LARD	Wilson's brand. Packed in 1-pound cartons. lb.	15c
GROUND BEEF	Guaranteed ground beef. Packed in Visking. lb.	17c
SAUSAGE	Pure pork sausage, country style, Bulk. lb.	30c
ROAST CENTER CHUCK	Beef Roast. Fancy grade center cut chuck. per pound	21c