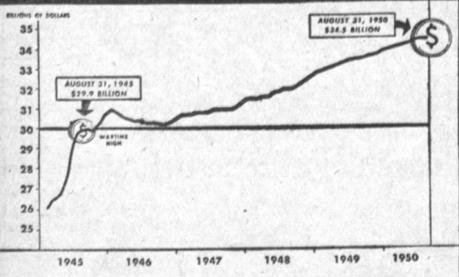


Join **MARCH OF DIMES** JANUARY 15-31

PATIENT CARE
FIGHT INFANTILE PARALYSIS
EPIDEMIC AID
EDUCATION
RESEARCH

'34.5 BILLION IN "E" BONDS NOW!
(Gain \$4.6 Billion In 5 Years Since War)



Despite extra consumer spending set off by international events, the Series E Bond holdings of Americans are holding the line at the \$34.5 billion mark reached in 1950. That is \$4.6 billion or 15 per cent above E Bond holdings on V-J-Day in August, 1945. Amounts shown are at current redemption values.

WHAT YOUR DIMES BUY

MARCH OF DIMES POLIO CARE AND COST...

- ELECTRON MICROSCOPE**
150,000 DIMES
- RESPIRATOR**
15,000 DIMES
- PROFESSIONAL FELLOWSHIP**
45,000 DIMES
- HOT PACK MACHINE**
3,000 DIMES
- PHYSICAL THERAPY TREATMENT PER DAY**
150 DIMES
- ULTRA CENTRIFUGE**
100,000 DIMES
- WHIRLPOOL BATH**
40,000 DIMES
- COST OF HOSPITAL SERVICE FOR ONE DAY**
143 DIMES

The eight items above—needed in polio care and its improvement—give an idea of the vast cost defrayed by the March of Dimes in fighting infantile paralysis. March of Dimes funds, by the millions, have been expended for patient care, research and professional education. YOU CAN HELP make sure the battle against polio continues until the disease is conquered, by joining the 1951 March of Dimes now.

Your Kitchen Counsellor

by MARGIE EWEN

Southern California Gas Company Home Service Representative

PLAN WINTER BARBECUE

Looking for a good idea for dinner? What could be more tasty than a fine winter bar-b-que of spare-ribs? Because of spare-ribs? One definition of barbecue is "to cook meat in a highly seasoned vinegar sauce." And spare-ribs take to that like mashed potatoes take to gravy. Rice, steamed to tender fluffiness in the oven or on top of the stove makes a fine accompaniment for barbecued ribs. The flavorful sauce you'll use on the ribs tops it to perfection. A favored green vegetable and a salad rounds out the main part of the menu and you add other dishes as desired.

You may find any number of recipes for fixing the ribs. Some do them to a turn in the broiler. Others cook them in the oven. Then, there are directions for completing the entire process on top of the range.

There's an important point all good recipes for cooking spare-ribs have in common — time is allowed for thorough cooking. In fact, all pork should be cooked well-done, regardless of the cooking method.

BROILER BARBECUED RIBS

- 1/2 C. Vinegar
- 1/2 C. catsup
- 2 Tbsp. lemon juice
- 2 Tbsp. soy sauce
- 1 tsp. horseradish
- 1 Tbsp. Worcestershire
- 1/2 C. pineapple juice
- 2 tsp. dry mustard
- 1/2 tsp. paprika
- 1/4 C. brown sugar
- Tobacco sauce to taste
- 4 to 5 lbs. spare-ribs

Combine all ingredients except spare-ribs in a saucepan. Bring to boil. Thoroughly brown ribs in the broiler. Drain off the fat. Turn broiler flame low. Baste ribs with

hot sauce and continue cooking for at least 30 min. Turn and baste ribs frequently during the broiling. If desired, place ribs in a large baking pan after they are browned and finish cooking in the oven at 350°, turning and basting often with the sauce.

CHINATOWN SPARERIBS

- 3 lbs. spare-ribs
- 2 Tbsp. shortening
- 2 Tbsp. brown sugar
- 1/2 tsp. salt
- 1 1/2 Tbsp. cornstarch
- 1/2 C. vinegar
- 1/2 C. water
- 1/4 C. pineapple juice
- 1 onion, chopped
- 1 green pepper, chopped
- 2 slices pineapple, cut in cubes

Cut spare-ribs into serving pieces and simmer in boiling water until almost tender. Allow about an hour. Add 1 1/2 tsp. salt for each quart of water used for the cooking. Drain ribs thoroughly. Heat shortening and brown ribs. (Do not take time to do this thoroughly, too). Mix sugar, salt and cornstarch and stir in liquids. Cook, stirring constantly until thickened. Add onion, green pepper and pineapple. Pour this sauce over the browned ribs. Cover and simmer gently until ribs absorb a good part of the sauce (10 to 15 min.).

OVEN-BARBECUED RIBS

- 3 lbs. spare-ribs
- 2 onions, thinly sliced
- 1/2 C. vinegar
- 1 C. canned tomatoes
- 1 1/2 tsp. prepared mustard
- 2 Tbsp. brown sugar

Lay half of the spare-ribs in a roasting pan. Cover with half of the onions. Put in remaining ribs and top with the rest of the onions. Mix the other ingredients and pour this sauce over the ribs. Baste uncovered at 350° for about 2 hours.

FLUFFY OVEN RICE

- 1 C. rice
 - 2 Tbsp. butter
 - 1/2 tsp. salt
 - 2 C. boiling water
- Do not wash rice. Put rice in utensil with tightly fitting lid. Dot with butter and sprinkle with salt. Pour on boiling water. Cover. Place dish in oven. Set oven heat control at 350°. Bake 1 hour.

Roth's

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FRESH DRESSED **STEWING HENS**

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Every Bird Guaranteed

FRESH DRESSED **FRYING CHICKENS**

49¢ lb

Soft Bone Fancy Fryers

EASTERN SUGAR CURED

Sliced Bacon 45¢ lb

FRESH GROUND COUNTRY STYLE

SAUSAGE 45¢ lb

RIB PORK CHOPS 69¢ lb

FRESH DRESSED

Frying Rabbits 69¢ lb

EASTERN

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EASTERN SIDE

SALT PORK 29¢ lb

FRESH FILLET

Catalina Flounders 59¢ lb

FRESH FILLET

Red Snapper 55¢ lb

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- ORANGE JUICE** 6-oz. Tin
- GRAPE JUICE** 6-oz. Tin
- CUT GREEN BEANS** 10-oz. Pkg.
- CAULIFLOWER** 10-oz. Pkg.
- CUT CORN** 10-oz. Pkg.
- SWEET PEAS** 12-oz. Pkg.
- PEAS & CARROTS** 12-oz. Pkg.
- LEAF SPINACH** 14-oz. Pkg.

19¢

LIQUOR DEPARTMENT

MARIPOSA CALIFORNIA SWEET WINE	Full Fifth	53 ¢
GRAVES FINE ROCK AND RYE	Full Fifth	\$2 49
OLD STAGG STRAIGHT BOURBON	Full Fifth	\$3 99
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SUPREMA R. S. P. CHERRIES

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HOPALONG CASSIDY

PURE HONEY 21¢ One Lb. Jar

GOLD MEDAL

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California Gift Pitted

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Kremel-Reg. Pkg. **PIE FILLING 7**¢

C & H-10-lb. Bag. **CANE SUGAR 95**¢

Cudahy's-12-oz. Can **TANG 47**¢

Oscar Mauer, in Brine **WEINERS 51**¢ 10-oz. Can

OLEO-1-lb. Can **DELRICH 34**¢

Rath's Breakfast-8-oz. Tin **SAUSAGE 3**¢

Family Whole-No. 2 Can **GREEN BEANS 2**¢

Family-No. 2 Can **WAX BEANS 1**¢

Del Maize-Cream Style **CORN 1**¢ 303 Can

Niblets-Tall 300 Can **ASPARAGUS 4**¢

Q. T. Cake-Reg. Pkg. **FROSTING**

Regina-Full Pint **Wine Vinegar 2**¢

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LAURA SCUDDER **Peanut Butter**

Full 1-lb. Jar **37**¢

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CANTEEN CUT **Green Beans 12**¢ No. 2 Can

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