Homemakers' Bureau

COOKING BY COLOR

We can't all be artists and paint wonderful pictures that will be famous the world over, but we can be artists right in our own homes, every day of the year. Look at the marvelous array of colors in any vegetable and fruit market. Here are possibilities for any number of pictures. Vegetable plates that catch the eye and appetite with their harmonious blending of green, yellow and red. Vegetable salads, crisp and tempting. Cooked vegetables that still retain their pristine colors.

Most women know the essentials of laundering colors so that they will look as good as new, but many of these same homemakers forget that the colors of vegetables are just as interesting and need as good care. If more women would cook vegetables by color, they would be rewarded by plates that look as gay and bright as a dress goods counter.

White vegetables, which includes cabbage, cauliflower and turnips, should be cooked in a large amount of water for the shortest possible time—just until tender. The pan should be uncovered in order to prevent the odor of these vegetables from permeating the house.

Green vegetables are the brightest when the water in which they are cooked is slightly alkaline. Most water, has enough mineral salts in it to take care of this, but if you want to insure this brightness, add a tiny pinch of soda. The general rule is to cook uncovered as this tends to keep the green greener. Peas should be cooked in just enough water to cover, and salted after they are done for otherwise the skins will toughen. A pinch of sugar might also be added for this improves the flavor for many people. Spinach should also be cooked in very little water, just what clings to the leaves after washing.

Yellow vegetables need little attention because this color seems to be very stable. They should be cooked in boiling salted water until tender. If there is a slight darkening this due to the caramelization of the sugar contents, especially in the case of carrots.

Red in vegetables as well as in materials has a great tendency to run if not treated properly. Therefore, such vegetables as beets should not be peeled before cooking, in fact, the tail should be left on as well as part of the stem. In reality this procedure saves time, because after cooking, the skin and all slips right off with only a slight pressure. The addition of lemon juice or vinegar will brighten the red color and for this reason the water is usually slightly acidulated when cooking red cabbage.

At this time of the year, vegetable plates are licked clean with no persuasion. And if you will follow the directions for cooking by color, the result will be most gay and tempting.

For aid in household problems, menu planning, or special recipes, send in your request with a self-addressed, stamped envelope to Julia Lee Wright, director, Homemakers' Bureau, Safeway Stores, Inc., Box 660, Oakland, California.

Veterans Must File Claim For Exemption

Veterans who neglect to file a claim for exemption from taxation before July 1 will be "out of luck" in future years, according to a statement today from the office of the county assessor. Time for filing these claims is at hand, and a separate claim is required each year, according to John W. Hartman, chief deputy assessor.

Hartman pointed out that these claims may be filed at any of the seven branch offices—at Pomona, Van Nuys, Long Beach, San Pedro, Glendale, Pasadena or Santa Monica, as well as at the central office in the Hall of Justice. Veterans entitled to exemptions should not delay in filing their claims, Hartman declared.

Wild Goose Spread Religion

WILLIAMS BAY, Wis. (U.P.)—A wild goose, one of the winged missionaries used by Jack Miner, Kingsville, Ontario, Canada, naturalist, to spread the Gospel, was found here recently by Walter Everson. A tag on the bird's leg dated in the spring of 1930 bore Miner's name and address and the scriptural message, "With God all things are possible." Miner informed Everson that he attaches similar tags to hundreds fo fowl that visit his sanctuary.

SKIDDING TOWARD THE NATIONAL CHAMPIONSHIP

C. N. P. A. Service

Holder of the international motorcycle championship in 1933, "Sprouts" Elder, daring Fresno motorbike speedster, leads the field in a practice skirmish for the National Championships to be held at the Los Angeles Coliseum July 1, 2 and 3.

Careening over a fifth-of-a-mile dirt track on a skidding motorcycle, "Sprouts" Elder of Fresno, Cal., has set many speed records, but he expects to face his strongest competition at the Los Angeles Coliseum July 1, 2 and 3.

On those dates, the California Association of Highway Patrolmen in co-operation with the Los Angeles Junior Chamber of Commerce is staging the first national championships of the sport, with the winner entitled to the American Motorcycle Association's title of "national champion."

Crack riders from all the motorcycle racing centers of the United States are to be on hand, with a sprinkling of European and Australian performers, insuring the skiddingest, wildest races yet seen in the United States, according to the committees in charge.

Motorcycle racing fans shrug their shoulders at suggestions that they view automobile races, claiming that the two-wheeled sport is so far superior in thrills and spills as to defy comparison. More than a hundred of local champions have entered the Los Angeles competition for the national title.

Residents of Unincorporated Area Advised To Learn Phone Number

Capt. Owen A. Gregg, commanding sheriff's sub-station No. 3, located at 10817 South Vermont, relays the following appeal from the office of the sheriff, Eugene W. Biscailuz, in an effort to improve the already very efficient service rendered by officers of that department. He says:

"Sheriff E. W. Biscailuz is always anxious to render the very best possible service to the public, and with that point in view, he asks that you, who reside in county territory, avail yourselves of this service by committing to memory the telephone number and addresses of your nearest sheriff's sub-station.

"And by reporting to that station promptly every and all infractions of the law and suspicious circumstances, which in your opinion might be of police importance.

"These sheriff's sub-stations are in contact with all county departments and can give you advice and assistance in obtaining any information you require.

"These stations are also equipped with teletype systems by which they can broadcast police information over the entire state, in a very few minutes.

"These stations are also equipped with radio cars which are on constant patrol and are dispatched to answer your call, from the sheriff's sub-stations only. So in order to avoid delay and receive prompt police service at any hour of the day or night, please call THornwall 1168, or address a letter to Sheriff's Office, Sub-Station No. 3, 10817 South Vermont Ave., Los Angeles, California.

"When calling or writing, please give your name and address so that the officers can interview you."

On to Los Angeles

Shoemake, Oregon sprint star, will be the northwest's hope in the N. C. A. A. meet in Los Angeles June 22. The University of Oregon star set a new Northern Coast Conference record of 9.6 to win the 100-yard dash in the annual meet at Eugene, Ore. Above is the finish of the event. Left to right, Killien, Idaho, sixth; Peden, Montana, second; Plumb, Washington, fourth; Shoemake; Remer, Washington State, fifth; Hopson, Oregon, third.

CHESS

ALFRED L. PAUL, Chess Editor

Owing to the Chess Editor having been called north, one of his chess students is "pinch-hitting" for him this week. If there are any errors, please be tolerant—at least, don't blame Mr. Paul. It is to be regretted that Mr. Paul's comments on the correspondence game have to be omitted. This week's move, however, is 7. Q-Kt3, Q-Q2. Previous moves were:

Easterner—White	Paul—Black
1. P-K4	P-K4
2. Kt-KB3	Kt-QB3
3. B-B4	B-B4
4. P-QKt4	BxP
5. P-QB3	B-R4
6. P-Q4	P-Q3

Chess Notation

The most convenient system of recording a problem or position, when a diagram is not used, is the Forsyth method of notation. Place figures for empty spaces, initials for pieces (Kt or N for Knight, to distinguish from King). Use small letters for Black's men and capitals for White's. Start from Black's side of the board and read from left to right. Place a punctuation mark at end of each rank (the eight squares from left to right).

If you will set your chessboard and makes the moves given in the correspondence game between Easterner and Paul, you will find the notations representing the position of the men after the seventh move to be as follows: r 1 b 1 k 1 kt r; p p p q 1 p p p; 2 kt p 4; b 3 p 3; 2 B P P 3; 1 Q P 2 Kt 2; P 4 P P P; R Kt B 1 K 2 R.

Chess Events

A five-board match between women players is one of many features to be held at Sierra Madre when the fifth annual Morphy chess day will be observed, June 23.

Visitors are invited to the Hollywood Casino Chess Club, 6725 Yucca street, the evening of June 15, when the Exposition Chess Club will be guest contestants at a 20-board match.

A match between Harry Borochow, state champion, and Herman Steiner, chess editor The Times, is being arranged.

Here and There In Chess

Thirty games will be played during the world championship contest now going on in Germany in which Dr. Alekhine is defending his title against the contender, Bogoljubow. Fifteen and a half points are required for a win. Dr. Alekhine won the world chess title from Capablanca, at Buenos Aires, in 1927, by a score of 6 to 3, with 35 draws.

The 35th annual meeting of the Western Chess Association will open at Chicago, July 21. The three divisions—Masters, Class A, and Ladies—will be open to contestants from all states.

Some of the games in the coming tourney for championship of the United States will be played at the Century of Progress, Chicago, when Marshall and Kashdan face each other across the board.

Included in a unique filing system for playing and recording correspondence chess games perfected by A. L. Paul is a folding chessboard to fit a 3x5 index case. A slit in each square allows cardboard chessmen to be securely inserted.

Arthur W. Dake, Pacific coast champion, played 20 opponents at Denver and won 14 games and drew six. Dake played two of the games blindfolded.

Chess Oddities

Neither opponent can win the chess game if no error has been made by either—the result always will be a draw.

Lomita Sewer Gets Formal Approval As SERA Work Project

Formal approval was given by the Los Angeles SERA office Wednesday night to the Lomita and Bellflower sanitafy sewer projects, and the applications are to be studied Friday by the state office engineers at San Francisco, it was stated yesterday at Los Angeles.

Approval of the state engineers is virtually assured, which probably would permit the projects to get under way again in about 10 days, it was estimated by Alfred Jones, chief deputy county surveyor and co-ordinator between the county and the SERA.

The Bellflower and the Lomita projects have been at a standstill since the Civil Works Administration closed down several months ago.

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MONEY TALKS—That's why Dolley's are able to offer these REDUCED PRICES under their New Cash Policy. Pay Cash and Buy For Less!

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BURNTONE, SUNBURN SALVE 29c
MILES NERVINE 89c
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EPSOM SALTS ½-lb. 5c

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CITRO CARBONATE 79c
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666 Cold Remedy 23c - 45c

PEPSODENT **Liquid Antiseptic** 23c - 43c - 89c

Worthwhile "Cash Savings" On Many Other Items Not Listed Above!

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CHOICE MEATS
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TAKE YOUR PICK

Regardless of what kind of meat you may choose, rest assured the quality will be of the highest standard. Grubb's handle only the BEST.

Pure Lard or Shortening, 2 lbs. 15c

Lamb Stew, lb. 10c
Lamb Shoulder Roast, lb. 18c
Pork Shoulder Roast, lb. 10c
Pure Pork Sausage, lb. 15c
Pork Loin Roast, lb. 18c

Fresh Ground Hamburger 2 lbs. 15c
Baby Beef Short Ribs, lb. 8c
Boneless Beef Stew 2 lbs. 25c
Lean Beef Pot Roast, lb. 12½c
Eastern Sliced Bacon, lb. 25c

KNUDSEN'S Creamed Cottage Cheese, 2 lbs. 25c

SAFEWAY and PIGGLY WIGGLY

ORGANIZATION-WIDE EVENT

SALE THUR., FRI., SAT., JUNE 14, 15, 16

All over the West Safeway and Piggly Wiggly markets are offering the cream of the lamb flocks at prices fair to both producer and consumer. Buy this popular Summer meat today—it is easy to prepare and to digest. Guaranteed top quality 1934 spring lamb.

LEG OF LAMB GENUINE 1934 CROP TENDER TO ROAST LB. 22c
SHOULDER OF GENUINE SPRING LAMB "BOSTON LEG"-LB. 20c REGULAR STYLE-LB. 17c
Lamb Chops ROUND BONE LARGE LOIN SMALL RIB SHOULDER LB. 29c
Lamb Stew BREAST CUT LB. 10c
Lamb Roast LOIN CUT LB. 22c
Lamb Patties EACH 5c

Safeway and Piggly Wiggly Lamb Is U. S. Government and California State Inspected and Graded

Pork Leg Shank or Butt Cut, 3-lb. Average, Lb. 14c
Link Sausage Sterling, ½-lb. Package 9c
Sliced Bacon Swift's—In Bulk 24c
Colored Hens 4 to 4½-lb. Average, Each 99c
Hockless Picnics Swift's—4 to 5 Lb. Average, Each 89c

Ready To Serve Items
Cheese Brookfield or Jack Pound 15c
Lunch Meat Assorted, Pound 35c
Kraft Cheese Sliced, Pound 35c
Boiled Ham Center Slices, Lb. 35c
Wieners Frankfurters, Bologna Lb. 16c
Cottage Cheese, Pound 13c
Pigs Feet ½ Split Foot, Each 5c
Sandwich Meat, 6-oz. Can 10c

Fillet Of Sole, lb. 24c Haddock Fillet, Lb. 27c Halibut Or Salmon lb. 22c

Steak Round or Swiss, Lb. 19c
Pot Roast Chuck Cut, Lb. 9c; Shoulder, Lb. 7c
Prime Rib Beef Roast, Pound 17c
Ground Beef Freshly Made, Pound 10c
Meat Loaf Beef, Pork, Veal 2 LBS. 35c

Tunaetts Creamed Tuna, 12½-oz. 2 FOR 25c
Mayonnaise Best Foods, ½-pt. 10c; pt. 18c; qt. 28c
Peanut Butter Max-I-muM, 1-lb. Jar, 14c; 2-lb. Jar 25c
Grahams Honey Maid, 1-lb. Package 16c
Airway Coffee Pure Brazilian, Pound 19c
Fidelio Beer Plus Bottle Deposit, 12-oz. Size 10c
Formay Shortening, 3-lbs. 45c 1-lb. 16c
Matches Favorite, 3 Boxes 10c Carton of 6 20c
Oleomargarine Nucoa, Best Foods Quality 2 lbs. 21c

EGGS LUCERNE LARGE EXTRAS DOZ. 24c
SUGAR PURE CANE 10-LB. CLOTH BAG 45c
BUTTER LA FRANCE QUARTERED LB. 24c
HONEY BEE FARM 5-LB. PAIL 39c
SOAP SUNNY MONDAY LAUNDRY 5 BARS 10c

Penn-Rad Motor Oil MED. S.A.E. 30 2-gal. Can $1.17 Fed. Tax .08 TOTAL $1.25

SKY FLAKES A new cracker like eating Short-Bread 1-lb. pkg. 20c

CASTILIAN HOUSEHOLD SOAP One Pkg. FREE with 40-oz. pkg. 29c

SAL SODA HOLLY BRAND CRYSTALS 2½-lb. Pkg. 5c

Grandma's Cake 2 Layer Special, ½ Cake 18c
Corn Flakes Jersey, 8-oz. 6c
Shredded Wheat 12-oz. Package 12c
Grape Juice Church's, Pint 2 For 25c
Tomato Juice Libby's, No. 2 Can 10c
Tomato Sauce Del Monte, 8-oz. Can 2 For 9c
Coconut Baker's Southern, 4-oz., Can 13c
Doggie Dinner Dog Food, 16-oz. Can 3 For 25c
Chore Girl Scouring Ball 2 For 15c
Purex Liquid Bleach Quart, 9c; ½ Gallon 17c
Zee Tissue Toilet Paper, 750 Sheet Roll 4c

Fresh Fruit and Vegetables

Watermelons SWEET, VINE-RIPENED IMPERIAL KLONDIKES. EVERY MELON IS GUARANTEED. LB. 1c
Apples New Astrakan 4 lbs. 25c
Tomatoes Firm, Ripe 3 lbs. 10c
Grapes Seedless 2 lbs. 15c
Oranges For Juice 4 Doz. 19c
Squash Italian 2 lbs. 5c
Potatoes No. 1 White Rose 10 lbs. 15c

"IN OLD BRAZIL" MON. 8:45 P. M. FRI. 9:00 P. M. OVER K.F.I.-N.B.C.

Meat and produce values at Safeway and Piggly Wiggly operated departments only.

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