



FOOD NEWS



MUSICAL INSTRUMENTS
SHORT MUSIC-RECORDING
 complete musical service
Humphreys
 ONE THIRD FINE AVENUE
LONG BEACH

SPICED MOCHA COCOA MILK SHAKE
 1/2 cup rich milk
 1/2 cup made coffee
 2 tablespoons malted cocoa
 Few grains salt
 1/2 teaspoon cinnamon
 Put ingredients in beverage shaker, shake very thoroughly and serve cold.

CUISINE NEWSLETTERS

By NINA G. ABBEY
 "Enough is as good as a feast!"
 —Dietrich.

ORANGE MOUSSE
 1 cup boiling water
 1/2 cup sugar
 1/2 cup orange juice
 1 Tsp. gelatin
 Cook sugar and water to the thread stage. Soak gelatin in cold water. Pour boiling syrup over softened gelatin and stir until dissolved. Cool and combine with the fruit juices. Whip cream and add sugar; fold into the gelatin mixture. Pour into a mold and place in four parts ice to one part salt. Place in the ice refrigerator until it freezes.

FIVE MINUTE CARROTS
 Scrape and clean carrots. Grate on a fine vegetable grater. Place in a skillet in which a small amount of butter has been melted. Cover and cook for five minutes. Stir occasionally and season to taste.

REFRIGERATOR CHEESE CAKE
 2 Tbsp. plain gelatin
 1/2 cup cold water
 2 Egg yolks, slightly beaten
 1 Tsp. salt
 1/2 cup milk
 1 Cup whipping cream
 Soften the gelatin in cold water. Beat the egg yolks slightly in the top of a double boiler and add salt, milk and sugar. Cook until the mixture thickens, stirring constantly, and add softened gelatin, lemon juice and rind. Mix thoroughly and cool, then add vanilla and cheese which has been put through a sieve. Fold in egg whites and whipped cream. Frost with corn flake pastry.

Corn Flake Pastry
 1/2 Cup melted butter
 1/2 Cup sugar
 1 Cup corn flakes or zweiback crumbs
 1 Teaspoon cinnamon
 Roll or grind 4 cups of corn flakes so as to yield 1 cup of fine crumbs. Mix with butter, sugar and cinnamon and press two-thirds of the mixture into the bottom of a spring form mold. Fill the mold with cheese mixture, then sprinkle the remaining corn flake pastry crumbs over the top. Chill for several hours in ice refrigerator before serving.

BANANA FRITTERS
 1 1/2 cups flour
 2 Tsp. baking powder
 1/2 cup salt
 Egg
 Mix flour, baking powder, salt, egg, milk, sugar, Beat well. Add bananas and drop from a spoon into deep hot fat. Fry 5 minutes, turning with fork to allow even browning. Remove to tissue paper, drain well.

BUNCH OF GRAPES SALAD
 1 Can Royal
 Ann cherries
 1 Pkg. Philadelphia dressing
 1/2 Cup French cream cheese
 Dry grapes thoroughly. Turn halves of pears round side up. Cover with cheese mashed and creamed to a soft consistency. Cut cherries in half and place them very close together into the cheese to resemble a bunch of grapes. Marinate for 1 hour in grape dressing in the ice refrigerator. Serve on crisp lettuce leaves over which has been placed a small amount of French dressing.

TIPSY PEACHES
 Empty a 2 1/2 can of peaches into a sauce pan. Add 1 cup of sugar and 1 cup of sherry and simmer for ten minutes. Take the peaches out and simmer the liquor until it is reduced about one half. Pour over peaches and place in ice refrigerator until cold. This may be used for pears or apricots also.

SPICED PINEAPPLE JUICE
 Boil 1 cup sugar, 1 1/2 cups water, 2 sticks cinnamon, 8 whole cloves. Strain. When cool add to 4 cups unsweetened pineapple juice, 1 cup orange juice, 1/2 cup lemon juice. Pour over crushed ice. Serve in thin glasses. If you wish, tint the water with vegetable coloring before it is frozen in the refrigerator tray. Crushed green ice is very attractive.

Cooking School Recipes

(Continued from Last Week)

Third Class Friday, June 26

MENU
 Roast Leg of Lamb with Green Peas
 Orange Bread
 Vegetable Cookery
 Green and White Salad
 Frozen Rock Road
 Broiled Salmon
 Roast Leg of Lamb

Season lamb with salt, pepper and 3 tablespoons of garlic oil made with salad oil. Make an incision and insert meat thermometer in the center of the fleshiest part of the meat. Do not allow thermometer to touch the bone. Preheat oven to 350 degrees. Place on a shallow pan. Do not add water and do not cover. When the thermometer registers 175 degrees the meat is done. Allow approximately 35 minutes per pound for roasting a leg of lamb. During the last hour of cooking, place fresh peas in a tightly covered pan, add 1/4 cup of water, salt and pepper and cook with the roast.

Orange Bread
 3/4 cups cake flour
 3 teaspoons baking powder
 1/2 teaspoon salt
 1/2 cup sugar
 2 tablespoons oil
 1 cup walnuts
 1 tablespoon grated orange peel
 1/2 cup Iris orange marmalade
 1 cup Mayfair milk
 1 egg
 Cream sugar and shortening, add beaten egg, orange rind and marmalade. Add sifted dry ingredients alternately with milk. Pour into oiled loaf pan lined with wax paper. Bake at 350 degrees for 1 1/4 hours.

Green and White Salad
 1 pkg. lime gelatin
 1 cup boiling water
 3/4 cup Iris pineapple juice
 1/2 cup lemon juice
 1 cup cut apples
 1/2 cup cut celery
 1/2 cup shredded almonds
 1/2 teaspoon salt
 1 No. 2 can Iris muscat grapes
 Dissolve gelatin in boiling water, add pineapple juice, lemon juice and salt. When the mixture begins to thicken, add the drained muscat grapes and the rest of the ingredients to gelatin. Pour into oiled ring mold and allow to chill in Electrolux. Unmold and garnish with lettuce.

Broiled Salmon Steaks
 Preheat broiler 10 minutes with regulator set at 550 degrees. Wipe steaks dry. Lay steaks on strips of bacon on preheated broiler pan. Brown. Remove from broiler pan. Sea-

son, garnish with lemon and serve immediately.
Beets, Cooked in Surface Burner Pyrex
 Peel and dice beets. Rinse beets thoroughly and turn dripping into a sauce pan or casserole into which 2 tablespoons of unmelted butter has been placed. Cover pan with a tight-fitting cover and cook over a simmer flame until tender, about 45 minutes.

Frozen Rocky Road
 1 square unsweetened chocolate
 1/2 cup Mayfair milk
 4 tablespoons sugar
 1 teaspoon gelatin
 1/2 cup chopped pecans
 14 marshmallows

1 teaspoon Iris vanilla
 1/2 pint Mayfair whipping cream
 1 tablespoon water
 Cook sugar, milk and chocolate until thick and smooth, stirring constantly. Add gelatin which has been dissolved in 1 tablespoon water. Cool. Add marshmallows cut in quarters, nuts and vanilla. Fold in whipped cream. Pour into dessert tray and freeze in Electrolux.

BANANA MILK SHAKE
 Mash 2 well-ripened bananas to a pulp with a fork. Add 1 cup evaporated milk diluted with 1/2 cup orange juice. Shake thoroughly with cracked ice. This amount makes 2 servings.

PINEAPPLE RASPBERRY ADE
 1 cup water
 1 cup canned crushed pineapple
 1 can canned raspberry juice
 Juice 1 lemon
 Mix all ingredients together and keep in refrigerator until ready to serve. Serve in tall glasses with ginger ale cubes and fresh mint leaves.

GINGER ALE
 With Lemon and Lime
 Combine equal parts of ginger ale and bottles of lemon and lime and pour over crushed ice. Or freeze the lemon and lime in ice cubes, put in glasses and add ginger ale.

Harbor Dist. Meets Tonight

Dr. Robert McIntire of Washington, D. C., will be the guest speaker at the meeting of the Harbor District Chambers of Commerce tonight at North Long Beach. A chicken dinner will be served at 6:30 at the Houghton Park clubhouse.

BUILDING PERMITS
 E. M. Rush, Walteria, took out two permits last week of \$850 each for the erection of double cabins and garages. Frank Jarrett, 1629 Elm street, \$800 for a house moved in on the premises. Bob Ueda, \$250 for a house moved on the Ellwood ranch.

ASSOCIATED AGROCCERS

INDIVIDUALLY OWNED STORES
"PEAK-O'-SUMMER"
 SPECIALS FOR FRIDAY AND SATURDAY, JULY 10, 11

CERTO FOR SURE RESULTS
 Bottle..... 21°
GOLD MEDAL FLOUR
 No. 5 Sack..... 24°
 No. 10 Sack..... 44°

Shred. Wheat N B C 12°
Baking Powder CALUMET 21°
 1-Lb. can
Woodbury SOAP 25°
 3 for

CRISCO 3 Lbs. 58°
Brillo Sm. 2 for 15°
 Lge. 17°
BLACK SWAN FLOUR
 24 1/2 lbs. 65c
 10 lbs. 32c
 5 lbs. 19c

Sure-Jell 10c
Wheat Hearts SPERRY 13°
 Small
 Lge. pkg. 21c
Dog Food MARCO 6 for 25°
 B-oz.
 1-Lb. cans..... 3 for 18c
Drano 19°
 Can

Oxydol 21°
 Large
Windex 18°
HORMEL ASSORTED SOUPS
 Mushroom, Noodle, Vegetable Beef, Tomato
 2 for 25°
FRANCO AMERICAN Spaghetti
 No. 1
 Can..... 3 for 25°

Towels SCOTT 2 for 19°
Camay Soap 2 for 11°
P. & G. Soap 3 for 10°
Ivory Soap Medium Large-10c; Bar 6°
Tissue SCOTT 2 rolls 15°

Pancake Flour SPERRY 10°
 Small
 Medium 17°
FOLGER'S COFFEE
 Lb. 27 1/2°
 2 lbs. 53c
MILANI Chicken Noodles
 16-oz. Glass..... 25°

BLACK SWAN SPECIALS!
 CATSUP, 14-oz. bottle
 HOMINY, No. 2 1/2 can
 KRAUT, No. 2 1/2 can
 STRING BEANS, No. 2 can
 PEAS, No. 2 can
 CORN, No. 2 can
 VINEGAR, qts.

10c each

• Tune in on "The Corner Store Philosopher" Radio Program, Every Tuesday and Thursday, 6:45 p. m., Station KHJ. Also KFAC, 6:45, every evening.
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PINEAPPLE SUGAR LIBBY OR DEL MONTE No. 2 1/2 can 16°
 Eight large, fancy slices in each can. Your choice of Libby or Del Monte Brand.
PURE CANE SUGAR Cloth Bag 10 lbs. 49°
 Paper Bag 10 lbs. 47°
 Pure cane and fine granulated. Limit, 10 pounds.

Crackers Better Best Brand 1-lb. box 9c
Ginger Snaps Better Best Brand 1-lb. box 11c
Peanut Butter Beverly Brand 1-pound size jar 14c
Libby Peaches or Del Monte Sliced or 1/2 2 No. 2 1/2 cans 25c
Fruit Cocktail Dainty Milk Brand pint jar 18c
Nu-Made Salad Dressing quart jar 31c
Dated Mayonnaise 1/2 pint jar 22c
Nob Hill Coffee See it Ground 1-lb. bag 18c
Dependable Coffee Edwards' 2-lb. can 20c
Favorite Matches Strike Anywhere per box 3c
Mission Tuna Light Meat in Euro Oil 2 No. 1/2 cans 19c
Happy-Vale Pink Salmon No. 1 can 10c
Ralston's Wheat Cereal 24-oz. pkg. 19c
Grape-Nuts Crisp, Crunchy, Tasty Breakfast Cereal 12-oz. box 15c
Kellogg Corn Flakes 2 8-ounce packages 13c
Flour HARVEST No. 5 24 1/2-lb. sack 17c
Pancake Flour Harvest Blossom Brand 5 1/2-lb. pkg. 15c
Yolo Catsup Made from Red-ripe Tomatoes 14-oz. bottle 9c
Val Vita Tomato Sauce 7 1/2-ounce can 3c
Camay Toilet Soap 3 bars 14c
Lifebuoy Toilet Soap 3 bars 16c
Woodbury's Facial Soap 2 bars 15c
Purex Liquid Bleach Half Gallon also Jug 13c

Safeway Meats
 Trade at your Safeway Meat Department and be assured of the best. Through improved meat selection and scientific meat processing, your Safeway meat man is able to guarantee you meats flavor-perfect and tender—EVERY TIME. Join the thousands of Southern California housewives that buy all of their food at the neighborhood Safeway Stores. You'll save money—you'll obtain consistently high quality foods at all times.
LAMB LEGS 27°
 Cut from fine quality spring lamb. Order one of these for your Sunday roast. Serve with fresh green peas.
BEEF ROAST 18°
 Finest quality steer beef roast, shoulder blade cut. Purchase one of these fine roasts at Safeway this week. You will be pleased with the tenderness & flavor.
PLATE RIB 5°
 Plate rib cuts of beef to boil. You'll find these economical cuts to be delicious in soups or in stews. Cook them with plenty of fresh-spring vegetables.
SHORT RIBS 10°
 Short ribs of beef to bake or broil. When you order these short ribs, stop in the produce department & purchase some vegetables to cook with them.
CORNER BEEF 19°
 Boneless brisket cuts, lean and tender. NOTE: Do not soak or parboil our corner beef. Our cure makes this unnecessary.
GROUND BEEF 15°
 100% pure meat. Excellent for frying or for use in meat loaf. Lean & tender. Purchase a supply at your Safeway market.
 AT SAFEWAY-OPERATED MARKETS THROUGH JULY 17
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CHAIN STORES HELP ME? Yes, Plenty!
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