

Special FOOD Savings

STOP! CHECK! SAVE!

FOOD

Returning Schooldays Recall Importance of Well-Planned Meals for Children

Long summer days spent in active play out of doors, hours in the bright sunshine have contributed to the buoyant health of children everywhere.

If the child comes home for his noon meal the problem is a simple one, of if there is a cafeteria provided in the school the meals are almost sure to be carefully chosen and satisfactory.

Lunch at Home

Luncheon Potatoes Bread and Butter Chocolate Tapioca Souffle Milk LUNCHEON POTATOES Scrub three large potatoes and bake about 1 hour in a hot oven.

the butter a small bit at a time as the sauce cooks.

Browned Honey RICE PUDDING 1 cup washed raw white rice 1/2 cup strained honey 1/4 cup raisins 1 1/2 cups evaporated milk or cream

Method: Cook rice in boiling salted water. Brown in a skillet, being careful not to burn the rice. Drain, mix with honey and add butter, cinnamon, nuts and milk. Mix and place in a casserole. Bake in a moderately hot oven until pudding gets golden in color.

Box Lunches

Fig and Peanut Sandwiches Apple Milk FIG AND PEANUT SANDWICHES 1 cup dried figs, chopped 1/2 teaspoon salt 2 teaspoons lemon juice 3 tablespoons water 1/2 cup mayonnaise 1/2 cup salted peanuts, chopped

Green and Gold Sandwiches Molasses Thins Banana Milk GREEN AND GOLD SANDWICHES Mash the yolks of 2 hard-boiled eggs, add 1 tablespoon butter; 2 1/2 tablespoons mayonnaise; 2 chopped egg whites and 7 chopped green olives. Mix together. Spread on unbuttered brown bread slices.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Cut away the green leaves and woody base from the cauliflower and soak, head down in cold salted water for at least 15 minutes. Drain and boil, uncovered, in enough salted water to cover until tender. Drain, divide into flowerets, and serve with golden sauce. To make the sauce, beat the yolks slightly, add cream, salt, paprika, and lemon juice. Place in the top of a double boiler over boiling water and cook until thick. Add

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Method: Heat the molasses to boiling. Add the shortening and allow it to melt in the molasses. Then add sifted dry ingredients. Stir until smooth and well blended and drop by teaspoons, 4 inches apart on the back of a buttered dripping pan or metal tray. Bake in a moderate oven for about 15 minutes, until they darken a bit and bubble up well. Remove from the oven and cool slightly on the pan.

Ideas for Easy Buffet Supper

After a motor trip or Sunday afternoon excursion into the country, there is nothing better

than a hearty supper, served at home. And in order to make serving easy for the hostess, should there be a number of guests, why not serve the supper buffet style, where all the food is placed on the buffet or table and each person helps himself?

It is wise to have at least one substantial hot dish even in the warmer weather, so you may be interested in this suggestion by Inez S. Willson, home economist.

4 pound dried beef 1 package egg noodles 1 1/2 cups white sauce 1 teaspoon celery seed 1 egg slightly beaten 1/2 teaspoon pepper Method: Cook noodles until tender in boiling salted water.

Drain and add to them white sauce, beaten egg and seasoning. Fryze dried beef in melted butter until it is crisp and the edges curled. Place in a baking dish. Grate cheese over the top and bake slowly until heated.

CCC Fights Elm Blight WASHINGTON, (U.P.)—A campaign by the Civilian Conservation Corps and the Bureau of Plant Industry at Morrilton, N. J., is being advanced to eradicate the Dutch elm disease from areas in eastern states.

SAFETYWAY CANNED GOODS BUY NOW SAVE MONEY!

CANNED PEAS table with columns for brand, quantity, and price. Includes Del Monte, Stokely's, and Emerald brands.

CANNED CORN table with columns for brand, quantity, and price. Includes Del Monte and Standard Pack brands.

CANNED BEANS table with columns for brand, quantity, and price. Includes Stokely's and Champion brands.

OTHER VEGETABLES table with columns for brand, quantity, and price. Includes Hominy and Tomatoes.

PEACHES, PINEAPPLE, TOMATOES, PORK & BEANS. Large promotional text with prices for various products.

CANNED FRUITS table with columns for brand, quantity, and price. Includes Apricots, Pears, and Pineapple.

CANNED FISH table with columns for brand, quantity, and price. Includes Tuna, Salmon, and Sardines.

OTHER ITEMS table with columns for brand, quantity, and price. Includes Dog Food, Catsup, and Milk.

WELSH'S GRAPE JUICE, PINEAPPLE JUICE, TOMATO JUICE, FRUITS, JELLY, Noodles, Soup, Asparagus, Boraxo, Lifebuoy Soap, Rinso, White Way Soap.

WELSH'S GRAPE JUICE, PINEAPPLE JUICE, TOMATO JUICE, FRUITS, JELLY, Noodles, Soup, Asparagus, Boraxo, Lifebuoy Soap, Rinso, White Way Soap.

HARVEST FLOUR BLOSSOM FLOUR. All-purpose blend milled from selected wheat.

BROWN DERBY BEER. A California brewed beer that has been voted 'Best of Old World Breweries'.

FANCY BEEF ROAST. For a delicious and satisfying meal, try spaghetti and pot roast tonight!

MEATS That Are Handled With Care. GRUBB'S MARKET CHOICE MEATS. PHONE 779 TORRANCE.

HURRY! CONTEST CLOSES MONDAY NIGHT. Get Busy Today—Write Your Letter in 50 Words or Less Telling 'WHAT CHAIN STORES DO FOR CALIFORNIA'.

SAFETYWAY