

MODERN MARKET SERVICES MAKE FISH COOKERY EASY

If you like fish, and nearly everyone does like fish in one form or another, this is an especially good season to indulge that taste. Markets nowadays make fish cookery as easy as possible for the housewives, and thus many of the old distasteful operations of cleaning, skinning and boning fish are unnecessary.

Your meat counter will display fish that is already thoroughly cleaned, will fillet it, if that is the way you wish to prepare it, and will bone it if you request to have that done.

Fish can be a most tempting dish. Its natural color becomes an appetizing golden brown when cooked, and, served with the yellow of lemon, the green of parsley, and the rich colors of the vegetables you decide upon, makes an attractive serving.

One of the outstanding reasons for serving fish, quite aside from its own deliciousness, is the iodine content which makes it a valuable addition to meal planning. Iodine is a preventive for goiter and other iodine-deficiency diseases.

There are fresh fish of all kinds to invite you and your family to special table delights, but however fresh, however enticing the name of the fish and however delectable the dish sounds, perfect cooking and a skillful combining of other foods with it is required.

Fish always needs a crisp vegetable or slightly tart and piquant relish or savory sauce (with careful thought given to the color and flavor) to complete the course.

Here are the methods of preparing fish which have been found to be most successful:

Baked Fish
Fish Fillets: Arrange on a heat-proof platter or on bottom of baking pan. Sprinkle with salt and pepper, and brush with melted fat or oil. Or dip each piece of fish in heavily salted milk, and then in finely sifted dried bread crumbs before placing in baking dish and then brush with melted fat or oil. Or salt and pepper fish, arrange in baking pan and top with any desired stuffing. Bake in very hot oven of 500 F. until fish is tender and "jelly-like" allowing about 8 to 10 minutes, depending upon thickness of fillets. Serve with egg, parsley, caper, fish, cheese, mornay, curry, cucumber or drawn butter sauce.

Steaks: Have the slices cut as thick or thin as you desire. Pare as above. Bake in very hot oven of 500 F. until fish is tender, allowing 25 to 25 minutes. Serve with same sauces as above.

Whole Fish: Order fish cleaned and have head and tail removed. If fish is to be stuffed, wipe with damp cloth and rub with salt inside and out. Stuff with favorite stuffing and sew up cavity with coarse thread. If fish is leanneated, gash top surface in three or four places and insert narrow strips of salt pork or bacon. Brush surface with oil; arrange in baking pan and bake until tender. Allow about 10 minutes, for each pound of cleaned fish for first 4 pounds and five minutes for each additional pound. Serve with egg, parsley, caper, or drawn-butter or onion relish.

Steaks are broiled 15 to 25 minutes altogether, depending on thickness. Small whole fish may be broiled without splitting and are broiled for 5 to 7 minutes with occasional turning. Medium sized fish are split and laid on rack, skins down. 15 to 20 minutes being required to cook them.

Planked Fish
Use large whole fish, such as salmon, halibut, etc. Fish is arranged on well-greased plank. Sprinkle with salt and pepper and lean fish is oiled. Bake in hot oven 400 F. for 25 to 40 minutes. When fish is done, arrange mashed potatoes on platter, making nests of potatoes and arranging hot vegetables in nests, or if preferred, cold vegetable may be used as garnish. Small tomatoes stuffed with vegetable salad or cucumbers marinated with French dressing are delightful with the fish.

Sautéed Fish
Dip small fish or steaks one inch thick in seasoned flour or corn meal, or in beaten egg and then in finely sifted dried bread crumbs, and sauté in a small amount of hot fat or oil in a skillet until golden brown on one side. Turn carefully and brown other side. Serve with maitre d'hotel, oyster, or cucumber sauce, lemon sections, onion relish, cole slaw, sliced tomatoes, etc.

Deep-Fried Fish
Small whole cleaned fish and fillets to be used. Sprinkle with salt and dip in egg mixture made of one beaten egg and 1 tablespoon water. Then dip in fine dried bread crumbs and fry in deep fat. Serve with same sauces as for sautéed fish.

Bolled or Steamed Fish
Thick steaks or whole fish

No Honeymoon for Them



Mary Astor, film star whose recent suit for custody of her child made headlines throughout the nation and implicated playwright George Kaufman as what her diary described as "one of the great loves of my life," is shown reading an account of her surprise elopement to Yuma, Ariz., with Manuel Del Campo, young Mexican, shown in photo at lower right. After the ceremony the couple parted as Del Campo had to go to Mexico City because of the death of his father.

Dr. Bingham Suffers Broken Neck In Crash

(Continued from Page 1-A) and was traveling at a high rate of speed, it was reported.

Sedan Badly Wrecked
The first motorist to pass the scene of the accident was a Long Beach physician who took the Bingham's, Miss Christensen and Schlick back to the Las Vegas hospital. The Smiths remained on guard over the wreckage of the car and their belongings.

Pussy Willows Bloom Early
ASHTABULA, O. (U.P.)—Northern Ohio's mild winter weather has brought pussy willows into bloom along Ashtabula county creeks.

After being received at the Los Angeles hospital, the dentist was placed in a special harness that keeps his neck and head rigid while the vertebrae knit back and the break is made whole again. Mrs. Bingham says that her husband realizes the seriousness of his injury but does not know that he must undergo the prolonged hospitalization and "harnessing." Friends are requested not to impart this information to him for the present. Dr. Bingham will not be permitted to have visitors at the hospital for two or three weeks, according to Mrs. Bingham.

Lamb Sale By Food Chains Save Farmers From Heavy Losses

Farmers and ranchmen feeding lambs for market were saved from heavy financial losses in January as a result of the mid-winter lamb sale sponsored by the National Association of Food Chains, according to a report received here by W. Bolesworth, district manager of Safeway stores.

The information was contained in a bulletin from P. O. Wilson, manager of the National Livestock Market association, who expressed the gratification of all sheep growers over results obtained in disposing of the large seasonal surplus of feeder lambs.

A tremendous increase in lamb consumption was shown by the preliminary reports from 37,000 food chain stores participating in the campaign which continues through the month of February. Some companies reported increases in sales from 50 to 300 percent above normal.

City Water Said In Fine Condition
(Continued from Page 1-A) grains: Hawthorne, 9.8; Ballona plant west of Athens, 12.5; the Union Oil company well west of Torrance, 12.8, and two different outlets in Gardena—14.3 and 12 grains.

"Now take a look at this issue of Public Works magazine—it says that in Neenah, Wisconsin, last year the people voted down a proposal to erect a water-softening plant there because it was deemed unnecessary. And Neenah's water was 70 grains hardness!"

"No, we have nothing to complain about our water's purity, its odor or its hardness. It's among the best in Southern California and we are going to keep it that way. Water, good water, is essential to a city and Torrance has certainly got that."

DIRECTORS TO MEET
Members of the Torrance Chamber of Commerce directors will meet with President J. W. McQuaid next Monday afternoon, March 1, at 4 o'clock. Routine business is to be transacted.

are used. Tie fish in cheesecloth or parchment and plunge into kettle of boiling water to which 1 tsp. salt and one tbsp. vinegar or lemon juice has been added for every 2 quarts water used. Boil 5 minutes and reduce heat quickly to simmer until tender. Six to 10 minutes per pound is required. Or fish may be steamed after being wrapped in a steamer or "waterless" cooker, allowing 6 to 10 minutes per pound. Serve with same sauces as for baked fish.

Broiled Fish
Fish is broiled on grased broiler rack or in baking pan placed beneath broiler. Sprinkle with salt and pepper, and brush with melted fat or oil. Fillets are placed 2 inches below flame in oven which has been preheated 10 minutes. Broil each side 5 to 6 minutes or until skin is golden brown and fish tender.

Better Ingredients
Greater Skill in Mixing
Make Whitney's Bakery Goods Superior
1323 SARTORI
Orders of 25c or More Delivered Free—Phone 572

Building-Loan Officers Attend Federal Home Loan Bank Session

Torrance C. Welch, C. T. Rippey and W. E. Bowen of the Torrance Mutual Building and Loan association attended the annual meeting of stockholders of the 12th district Federal Home Loan bank. Welch obtained the following information from M. M. Hurlford, president of the bank:

Advances by the Federal Home Loan bank to members, outstanding on Dec. 31, 1936, totaled \$8,795,178.82. This is a net increase for the year of \$4,355,185.83, or 99.45 percent. These figures actually reflect the lending of \$7,619,748.81 during the year, however, as compared to \$3,268,613 total advances during 1935, or an increase of 134 percent.

The U. S. government has invested, through the bank's lending operations, HOLC and treasury investments, the sum of approximately \$26,000,000 in home-financing institutions in this district.

The Torrance Mutual Building and Loan association, as a member of the Federal Home Loan bank, is privileged to obtain a portion of these funds, and to make them available to local borrowers, for home construction and refinancing.

Bethlehem Model Town
BETHLEHEM, Ga. (U.P.)—This village of 250 inhabitants has never violated the spirit of its name. The community has never had a policeman, its jail has never been occupied, and no murder or other violent crime has ever been committed.

OFFERS TAX AID
A deputy from the state income tax office will be at the Chamber of Commerce here March 4 and 5 to assist local residents in preparation of their income tax forms.

Single Men Exp. Most
ST. LOUIS, (U.P.)—Young men who are unmarried, get into more trouble that leads to court cases, according to an annual report.

STONE & MYERS, Funeral Directors
TORRANCE: Gravens at Engracia. Telephone 195
LOMITA. Telephone 347
AMBULANCE SERVICE

SAFeway
Your Neighborhood Grocer
FINEST MEAT IN THE WORLD
Prices effective through Saturday, February 27, in Safeway-operated departments of stores within thirty-five miles of Los Angeles.
THIS WEEK'S BAKERY SPECIAL
100% WHOLE BREAD 10c
SUGAR 10-lb. bag 48c
Mission Tuna 2 No. 1/2 cans 23c
Fancy Tuna 15c
Max-I-Mum Milk 6c
Tomato Sauce 3 8-oz. cans 11c
Horned Pea Soup 10c
Snow Flake Crackers 15c
Airway Coffee 19c
Dependable Coffee 49c
Nob Hill Coffee 24c
Sunset Prunes 10c
Cello-Pack Prunes 20c
Stokely's Apricots 15c
Red Supreme Cherries 15c
Stokely's Grapefruit 12c
Jell-well 3 pkgs. for 13c
Kre-Mel Dessert 3 boxes for 10c
Orange Juice 2 for 23c
Grapefruit Juice 10c
Tomato Juice 10c
AVOCADOS
California grown 2-1 lb. boxes 25c
Rome Beauty variety, Excellent no bake. 5 lbs. 25c
POTATOES
U. S. No. 1 Quality Klamath, Oregon 5 lbs. 23c

BEEF ROAST
Center Cut of Fancy Chuck
per pound 18c
PRIME RIB ROAST
First five fancy ribs. Cut from Safeway Guaranteed Beef.
per lb. 29c
SHORTENING
Product of Proctor & Gamble
4 lbs. 49c
BONELESS RUMP
per lb. 29c
BONELESS ROAST
Boneless shoulder clad. Cut from Guaranteed Beef.
per lb. 29c
SIRLOIN OR ROUND STEAK
Your choice of Sirloin or Round Steak. Serve one of these to get the most popular Guaranteed Beef in the whole family.
per pound 29c
T-BONE ALSO CLUB, PORTERHOUSE
2 SIRLOIN TIP STEAKS 35c
Select your favorite steak at Safeway. Guaranteed.
PORK SAUSAGE
Un-X-td brand links of pure pork. In sanitary package.
per lb. 18c
GROUND BEEF
Fresh, lean ground beef, packed in Viking casing.
per lb. 16c
COLORED HENS
OR FRYERS. Dry-picked, milk-fed. Guaranteed poultry.
per lb. 27c

GRUBB'S MARKET CHOICE MEATS
PHONE 779-TORRANCE
IN SAFEWAY STORE 1929 CARSON ST.
Fresh Dressed Young Hens..... 23c lb.
Shortening, Bulk..... 2 lbs. 25c
Sliced Bacon, 1/2-lb. pkg..... 18c ea.
Fresh Pork Liver..... 15c lb.
Lean Lamb Stew..... 8c lb.
Lamb Shoulder Roast..... 14c lb.
Swift's Skinned Hams..... 27c lb.
PEACHES 2 No. 2 cans 25c
PLUMS LIBBY OR DEL MONTE 2 No. 2 cans 25c
BEANS CUT GREEN BEANS 3 No. 2 cans 25c
SALMON LIBBY'S FANCY RED 2 No. 1 cans 37c
SAFeway

- Yolo Tomato Catsup 10c
- Formy Shortening 52c
- Mazola Oil 44c
- Harvest Blossom Flour 85c
- Kitchen Craft Flour \$1.00
- Globe A-1 Flour \$1.06
- NuMade Mayonnaise 38c
- NuMade Salad Dressing 31c
- Cream Cheese 9c
- Brookfield Cheese 17c
- Hi-Est Quality Grape Jam 25c
- Orange Marmalade 25c
- Tropical Mince Meat 23c
- Sleepy Hollow Syrup 35c
- Tomatoes 3 No. 2 25c
- Pork & Beans 2 No. 2 25c
- Standard Pack Corn 10c
- Burbank Hominy 9c
- Standard Pack Peas 10c
- Schilling's Black Pepper 6c
- Alber's Corn Meal 10c
- Ralston's Check-R Oats 19c
- Cream of Wheat 23c
- Mrs. Singer's Pie Crust 10c
- Globe A-1 Biscuit Flour 24c
- Dog Food 2 tall 13c
- Strongheart Dog Food 5c
- Marco Dog Food 2 tall 13c
- Laundry Soap 3 bars 10c
- White King Toilet Soap 5c
- Granulated Soap 21c
- SunBrite Household Cleaner 2 cans 9c
- Waldorf Toilet Tissue 4c
- BROWN DERBY BEER 4 11-ounce bottles 25c
- PADRE BEER 5c
- LIME RICKEY 5c
- GINGER ALE 5c