

## Everyday Cooking Miracles

BY VIRGINIA FRANCIS  
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Fortunately, in these days there are fewer children who, like Topsy, "jes growed," and there are more and more children who really do grow up straight and strong. Healthy little beings are witnesses to what modern scientific care and conscientious mothers have done to raise the health standard.

one process. In the morning they are assembled and prepared for cooking. Then, seven or more, if you like—small jelly glasses are filled, each with one serving of food. In each of two jelly glasses, mother places 1 tablespoon of pulverized cereal, preferably a different kind in each glass, together with



The remarkable Thrift Cooker of the modern electric range simplifies the preparation of baby foods.

A rigorous regime of milk, sunshine, fresh air, stewed fruits, and vegetables is almost guaranteed to make any youngster a radiantly healthy little being. In each of two jelly glasses, mother places 1 tablespoon of pulverized cereal, preferably a different kind in each glass, together with

Tables Are Turned. Cooked in Thrift Cooker. Then the switch is turned to HIGH. When steam comes from the vent, the switch is turned to LOW and the cooking continues for two or three hours. By this "no watch" cookery procedure the miracle cooker subjects these foods to that long, slow cooking which is so essential for baby's foods. The vegetables and fruits are steamed so that none of the minerals and vitamins are lost in the pouring off of excess juices and cereals are given plenty of time to reach the state of maximum digestibility.

## Gypsy Theme for Narbonne Prom

Friday night proved a happy one for juniors, seniors and faculty members of Narbonne high school at Lomita when the annual Promenade was given by the juniors in honor of the graduating class.

Flashing smiles and the gay strains of the violin and accordion heralded another unusual theme—a gypsy camp. Everywhere was there evidence of

the gypsy—in cleverly painted scenery, costumes of servers, fragrant flowers and greenery, and soft, bewitching lights. There was even a gypsy fortune teller who lured many into her tent during the course of the evening.

As the guests entered the gymnasium, they were greeted by Alfred Zucconi and Evelyn Harms, king and queen of promany. Also in the receiving line were Miss Clemolina de Forest Priffin and Ben Comrada, principal and vice-principal, and Mrs. Frances Hamilton, who had been chosen patroness.

## THS Grad Sees Great Parade as Cameraman

A graduate of Torrance high school claims he "had the best view of the Coronation procession of anyone in London."

1789 Andreo avenue, who is employed by the Technicolor corporation. Roberts sailed from New York on Armistice Day for work in England. This week his parents received a letter from him and they have allowed The Herald to publish excerpts. "I suppose when you get this you'll be wondering what's happened to me but to tell the truth

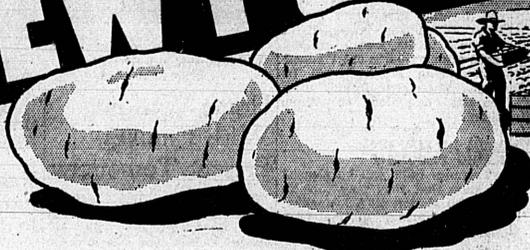
I haven't had time to write before," Roberts begins. "I've had a bit of very good luck. I was assigned to a camera position as film runner for the Coronation. . . I was with the ace cameraman and I had the best view of the procession of anyone in London. "We were directly across the street from Westminster Abbey in Westminster Hospital and about 15 feet above the ground.

Seats all around us were selling for 52 guineas—that's \$275 per seat, believe it or not! The whole spectacle was so immense and so beautiful that it's hard to believe even now when I look back on it. The god of luck certainly was sitting on my shoulder for this event. "We had air mattresses and blankets at the plant and food was served at any hour of the day or night for the gang. We

even had brandy the last night. Most of my boys are rather young and had a tough time standing the long grind but we pulled thru all right and delivered 200 prints Saturday night. The whole job was well done."

Teachers to Earn More QUEBEC, Que. (U.P.)—The Quebec Government will spend \$400,000 a year to improve conditions among the province's poorly-paid rural school teachers.

# SAFEWAY NEW POTATOES!



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# 10 lbs. 15c

These prices effective through Saturday, June 5 in Safeway-operated departments of stores within thirty-five miles of Los Angeles.

These thin-skinned smooth White Rose Potatoes are exceptionally delicious when creamed. They are uniform in size and large enough to be easily prepared. Purchase a supply at your neighborhood Safeway-operated produce department this week end.

- ### For Desserts
- Chocolate Syrup 10c
  - Jell-O 14c
  - Ice Cream Mix 25c
- ### Beverages
- Coca-Cola 25c
  - Tomato Juice 15c
  - Malted Milk 39c
  - Eagle Ade 25c
  - Lipton's Tea 37c
  - Iris Coffee 29c

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ALSO REGULAR GRIND EDWARDS COFFEE

One-pound vacuum can 25c

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For all your baking

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HARVEST BLOSSOM FLOUR

- No. 5 21c
- No. 10 39c
- 24-lb. bag 86c

- ### SEA FOODS
- Kipper Snacks 2 for 9c
  - Pink Salmon 10c
  - King Oscar Sardines 15c
  - Sardines 2 for 15c
  - Mission Tuna 2 for 25c

- ### CEREALS
- White House Rice 8c
  - White House Rice 9c
  - Corn Flakes 13c
  - Shredded Ralston 11c
  - Bran Flakes 19c
  - Kellogg's Pep 19c

- ### MISCELLANEOUS
- Favorite Matches 3 boxes for 10c
  - Vanilla Extract 21c

### DUTCHESS SALAD DRESSING

pt. 21c qt. 35c

### MADE MAYONNAISE

pt. 25c qt. 43c

### SANDWICH SPREAD

pt. 25c qt. 43c

- ### Quality Coffees
- Airway Coffee 17c
  - Nob Hill Coffee 22c

- ### Canned Fruits
- Sliced Pineapple 33c
  - Sliced Pineapple 33c
  - Fruit Cocktail 12c
  - Del Monte Peaches 14c
  - De Luxe Plums 11c

- ### Miscellaneous
- Pineapple Juice 10c
  - Morton's Salt 7c
  - Honey Maid Grahams 16c

- ### Prepared Flours
- Pancake Flour 15c
  - A-1 Biscuit Flour 22c

- ### Pet Foods
- Strongheart Dog Food 14c
  - Calo Dog Food 21c

- ### SOAP, ETC.
- Laundry Soap 10c
  - Toilet Soap 5c
  - Lifebuoy Soap 6c
  - Scotch Soap 19c
  - Ivory Soap 6c
  - Ivory Flakes 9c
  - Sunbrite Cleanser 9c
  - Zee Toilet Tissue 4c

- ### INSECTICIDES
- Antrol Ant Traps 10c
  - Flea Powder 23c

- ### Spread
- Shefford Snappy Roll 10c
  - Nucoa 22c
- ### Canned Vegetables
- Van Camp Pork & Beans 7c
  - Van Camp Pork & Beans 10c
  - Lima Beans 14c
  - Stokely's Beets 11c
  - Stokely's Corn 25c
  - Del Monte Peas 27c
  - Stokely's Peas 27c
  - Stokely's Tomatoes 10c

### BROWN DERBY BEER

Declared by experts to be equal to imported Pilsner.

- In Kegged Cans 3 for 25c
- Stow-Away Bottles 11-oz. 25c
- Stow-Away Bottles 15-oz. 15c

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Safeway's guarantee on meats means more than a promise of every cent back if the meats are not satisfactory. The guarantee carries Safeway's assurance that you'll never have cause to ask for the return of your money. Through the exclusive 5-step plan of meat preparation for market, Safeway meats do not vary in quality. You'll get perfect cuts every time. Try these finer meats today. They cost no more than ordinary cuts.

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- BONELESS ROAST lb. 33c
- BEEF RUMP BONED ROLLED lb. 34c
- PRIME RIB OVEN ROAST lb. 32c
- CORNED BEEF lb. 15c
- SEA BASS FRESHLY CAUGHT lb. 18c

## CHEESE MILK JUICE CATSUP

- CHEESE 17c
- MILK 3
- JUICE 2
- CATSUP 10c

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