

Hints for Homemakers

by SONDRA REID

MAKING THE MARKET ORDER

TO CARRY OUT the week's menus as planned, food must be supplied at home or purchased from the grocer. When food needs are known in advance, buying is easier and better use can be made of the budget allowance.

If you know a food will be served more than once a week, you can take advantage of purchasing in larger quantities for less money. A large can of tomato juice is cheaper than the same amount from two or three smaller cans.



Sondra Reid

Planned menus also save trips to the market. Home storage of perishable and staple foods can be better organized. The oven can be used more economically, and leftovers will be better used.

As the Homemaker, you are repaid for the trouble of keeping a simple market list and shopping periodically by the saving in time and money and by the convenience of being able to get a meal without a special trip to the market. One should list staples for prompt replacement, and note special needs for the week's menus well in advance.

Buying in quantity where storage facilities permit and the food can be safely kept also helps to cut down the family budget. Careful planning well ahead of immediate needs allows one to take advantage of sales and other special opportunities.

Who says you can't save money on food? . . . you can by just taking advantage of the suggestions above.

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FASHIONS and SOCIAL EVENTS

JUDGE SPENCER ADDRESSES WOMEN DEMOCRATS SATURDAY

(From Page 1)

Field of Civil Rights (1962, Coca Cola Co.), Trailblazer Award, National Assn. Business and Professional Women (1962), and Honorary Citizen of Omaha, Neb., by resolution of City Council (1962).

Valedictorian of her 1938 class at Los Angeles Polytechnic High School and a graduate Summa Cum Laude of Los Angeles City College in 1949, Judge Spencer received her LL.B. from Southwestern School of Law in 1952 and was admitted to the California Bar the same year.

Appointed to the

bench by Gov. Edmund G. Brown, Judge Spencer has presided in the following Municipal Court divisions during the past two and a half years: traffic, misdemeanor arraignments, small claims, misdemeanor trials (including jury trials), civil trials and preliminary hearings on felony complaints.

SHE IS A MEMBER of the California Conference of Judges, Los Angeles Bar Assn.; the Langston Law Club, American Bar Assn., American Judicature Society and National Bar Assn. She was a member of the

California Law Revision Commission (1960-63), California Attorney General's Advisory Committee on Constitutional Rights (1959-63), Chairman, Legal Redress Committee, NAACP (1955-56); Executive Board, NAACP (1955-56); Life Membership Committee, NAACP (1962-64); Board of Directors, Southern California Chapter, ACLU (1959-61); Director at Large, California Mental Health Assn. (1962-64); Advisory Committee, Bank of Finance (1963-67).

In the political field she was a member of the Democratic State Central Committee

(1958-62), and its Executive Board (1958-60); President, Democratic Minority Conference (1957-60), and Executive Board, Community Groups for Political Action (1960-62).

Judge Spencer, a daughter of Abdul Hassan, who passed away in 1959, is married to prominent Los Angeles realtor, Lorenzo Spencer. Prior to becoming an attorney, she was in the general real estate business in Los Angeles.

FASHION CORNER

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Some pumps will feature open sides or the flat grosgrain bow. By the way, a new version of the old-fashioned T-strap sandal is back with us for spring and summer. Of course, as for the past year, the little low wide heel is making the fashion headlines.

This spring My Lady's Chapeau will be by no means small. On the contrary, the millinery picture is the wide brim.

Texture of fabrics will be from the sheer chiffons to the smooth and rough straws.

Colors will run wild with the combination of colors never before thought of and prints will range from large flowered to abstract design.



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