



Flavor, Color Abound in Broccoli Casserole

Almost a meal in itself, Broc-Olive Fondue is a hearty meatless main dish for Lent. Individual casseroles make it ideal for a buffet luncheon or supper. Ripe olives are cut into wedges and layered with broccoli spears, bread cubes and grated cheese.

A seasoned egg-milk mixture is poured over all and the casseroles are baked. The result is a golden cheese custard accented with the olives and vegetable.

Excellent accompaniments would be hot French bread and sliced cooked carrots and celery flecked with chopped parsley. A simple fruit dessert completes the meal.

BROC-OLIVE FONDUE

- 3/4 cup ripe olives
- 2 packages (10 oz. each) frozen broccoli spears
- Soft butter or margarine
- 6 slices day-old bread
- 1 cup grated American process cheese
- 4 eggs
- 2 cups milk
- 1 teaspoon salt
- 3/4 teaspoon pepper
- Dash nutmeg

Cut olives into wedges. Cook broccoli according to

package directions ONLY until tender-crisp; drain.

Butter bread on both sides and cut into squares. Place broccoli in 6 individual casserole dishes (or in 1 large baking dish).

Top with bread cubes; sprinkle olives and cheese over bread. Beat together remaining ingredients and pour over casseroles.

Place casseroles in a large pan of hot water; bake in 350-degree oven until custard is set—(about 30 minutes for small casseroles, 40 minutes for large baking dish). Serve at once.

Another cheese-broccoli combination is this recipe for Broccoli Parmesan. This combines two of the food groups considered the foundation of good diet—vegetables and dairy foods.

Plan to serve this with roast of lamb, over browned potatoes, tossed green salad with dressing of choice and pineapple sundaes and milk.

Almond 'Exotic'

Stir roasted diced almonds into cream cheese softened with a little crushed pineapple. Add a dash of curry powder for a different sandwich spread.

BROCCOLI PARMESAN

- 2 tablespoons chopped onion
- 3 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/2 teaspoon marjoram
- Dash pepper
- 1 chicken bouillon cube
- 2 cups milk
- 1/2 cup shredded Parmesan cheese
- 1 bunch fresh broccoli (about 1 1/2 pounds)*
- Paprika

Saute onion in butter until soft but not brown. Blend in flour, salt, dry mustard, marjoram and pepper.

Add bouillon cube and milk stirring constantly. Cook until smooth and thickened. Stir in cheese, reserving 2 tablespoons for sprinkling over top.

Pour hot sauce over broccoli. Sprinkle with remaining Parmesan cheese and paprika. Place under broiler to brown lightly. Makes 4 to 6 servings.

*Or use 2 packages (1 pound each) frozen broccoli.

MOCHA DESSERT IS DELIGHT FOR ALL

The flavor of coffee, cinnamon and brown sugar mingled with the crunchiness of roasted diced almonds combine to make this pudding a delightful chilled dessert.

ALMOND MOCHA PUDDING

- 1 env. plain gelatine
- 3/4 cup cold water
- 2 eggs
- 1 cup cold coffee
- 1/2 cup milk
- 1/2 cup brown sugar, packed
- 3/4 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 cup roasted diced almonds

Soften gelatine in cold water. Combine egg yolks, coffee, milk, brown sugar and salt and cook over hot water until slightly thickened, stirring frequently.

Remove from heat and dissolve gelatine in hot mixture. Add cinnamon. Chill until mixture begins to mound on a spoon.

Beat egg whites until stiff but not dry. Beat gelatine mixture until foamy. Fold in egg whites and almonds. Chill. Serve plain or with cream, if desired.

No coaxing to eat vegetables when they are topped with mashed avocado mixed with a little oil, vinegar and dash of garlic salt. This is a very good use for avocados that are soft-ripe.



The little cubes of cranberry sauce don't melt in these cookies so there are little red jewels of tart jelly throughout.

CRANBERRY CHEWS

- 2 eggs
- 1 cup sugar
- Juice of 1/2 lemon
- 1 1/2 cups sifted flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 cup pecans, finely chopped
- 3/4 cup jellied cranberry sauce

Beat eggs and sugar with egg beater until creamy. Add lemon juice and beat about 1 minute.

Sift flour, baking powder and salt and stir into egg and sugar mixture. Fold in chopped pecans and jellied cranberry sauce which has been chopped in small cubes about 1/4-inch square.

Mix only lightly. Bake in greased shallow pan (10 x 15 inches) for 30 minutes at 350 degrees.

Cut in squares while still slightly warm. Makes 4 dozen.

To add interest to your meals remember we have locally grown fresh mushrooms, bean and alfalfa sprouts.

APPETIZING FLAVOR AND color abound in Broc-Olive Fondue, a Lenten tree brightened by broccoli spears and husky ripe olive wedges. Broccoli Parmesan, also listed is another combination of two of the four main food groups essential to good health.

Eve's Fruit Makes Good Meat Partner

Ham and apples have been good eating companions for generations.

With the good supply of Crisp-Aire McIntosh apples from New York State and New England orchards now in California markets, it's apple time again.

This new and revolutionary storage method places the apples in airtight rooms at harvest time where they are literally put to sleep.

Once out of storage, these sleeping beauties awaken gradually with the result that they retain their orchard freshness longer than apples from ordinary storage.

Try this new recipe for apples with curry dressing. The real autumn flavor will enliven the meal.

CURRIED APPLE HALVES

- 8 Crisp-Aire McIntosh apples
- 3/4 cup sugar
- 3/4 cup water
- 1 1/2 tbs. curry powder
- 1 tbs. minced onion
- 1/2 tsp. salt
- 1/2 cup finely chopped chutney

Wash, core and pare apples; cut in half crosswise. Combine sugar, water, curry powder, onion and salt in saucepan.

Bring to boil, stirring until sugar dissolves. Add apples, cover and simmer 3 to 5 minutes. Turn apples carefully; cover, cook apples 2 to 3 minutes longer or until apples are easily pierced but hold their shape.

Remove apples to shallow pan. Continue cooking sugar until it forms thick syrup. Add chutney.

Pour over apples; broil until apples are well-glazed, basting several times with syrup. Serve as meat accompaniment.

Aspic Is Party Dish

There is something elegant about aspic and Avocado Roquefort Aspic carries out this tradition with a flair.

The tomato juice that is chilled with the gelatine is seasoned with both garlic and celery salt and enhanced by Roquefort dressing and cubes of avocado.

If this is for a luncheon party, double the recipe and make it in a ring mold, filling the center with chicken or tuna salad.

Winter varieties of the fruit are ready to be eaten when they yield to gentle pressure when cupped between the palms of your hands. Testing them for eating goodness is as simple as that.

AVOCADO ROQUEFORT ASPIC

- 1 env. plain gelatine
- 1 1/2 cups tomato juice
- 1/2 tsp. celery salt
- 1/2 tsp. garlic salt
- 1/2 cup Roquefort dressing
- 1 large avocado
- 1 Salad greens

Soften gelatine in 1/2 cup tomato juice; heat remaining juice and dissolve gelatine in it. Add the salts. Blend in the dressing. Chill until mixture begins to set.

Cut avocado lengthwise into halves, remove seed and skin. Cut fruit into cubes and fold into aspic. Pour into 6 individual molds and chill until firm. Unmold on salad greens and garnish with mayonnaise, if desired.

UCLA BASKETBALL

BRUINS vs STANFORD

Friday 8:20 PM

BRUINS vs CALIFORNIA

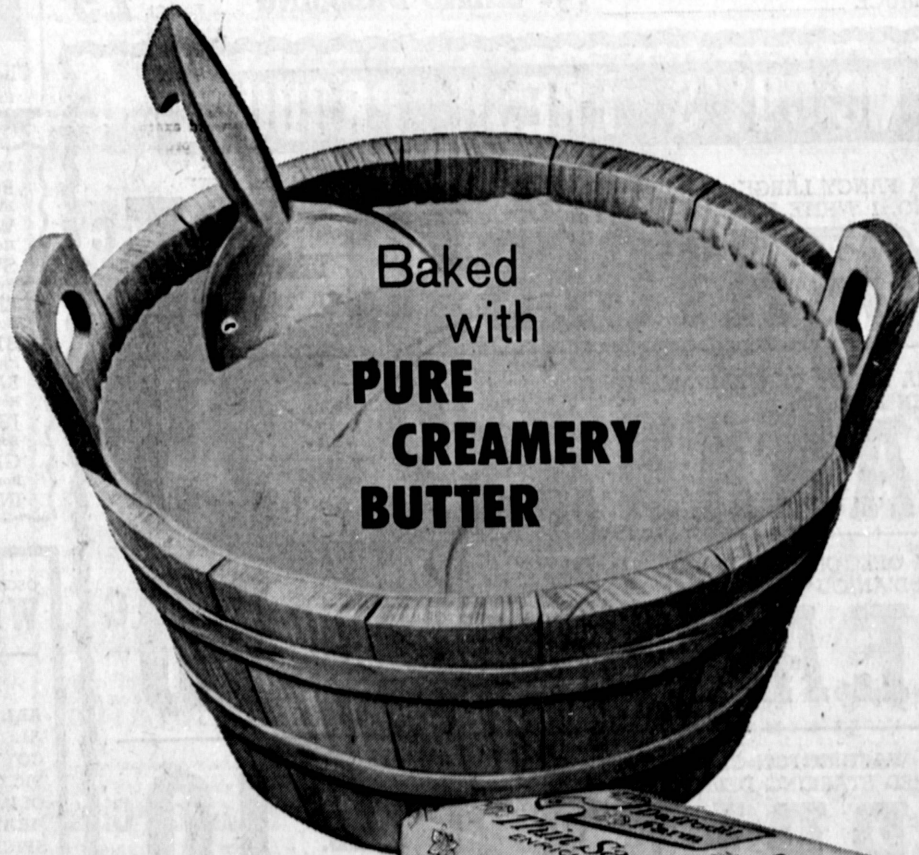
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LOOK! Crisp-Aire McIntosh

Yes, be on the lookout for these bright red-and-green McIntosh apples from New York and New England orchards, arriving daily. Famous for cracklin' crisp, snow-white flesh. Packed full of juice with that tangy McIntosh flavor. Simply wonderful for eating, baking and sauce. NOW AT YOUR MARKET.

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