



**BARBECUED COD** which is marketed in cryovac bags comes to you ready to heat-in-the bag for easy preparation and no kitchen cooking odors. Combined with potatoes and green beans you have a meal prepared in minutes.

**TODAY'S FAVORITE**

**Heat and Eat Is Watchword for '60's**

Cod, a fish that helped shape the history of our country because of its value to the early settlers of the New England states, is a well known favorite in today's Southern California homes.

The discerning West Coast homemaker finds the convenience of Lasco's "Heat-in-the-Bag" Barbecued Alaska Cod a nutritious way to add variety and taste-appeal to a family meal.

To prepare the pre-cooked Barbecued Alaska Cod, simply drop the airtight cryovac bag in boiling water and heat for eight minutes.

Just one easy step and no food odors in the kitchen!

Serve with whole-frozen potatoes that have been parboiled, sauteed in butter and sprinkled with chopped parsley or frozen chopped chives.

Combined with buttered green beans and almonds, and a hot roll you have a delicious, well balanced meal prepared in minutes.

**FROZEN POTATOES MAKE QUICK DISH**

For a quick potato dish, try delicious, ready to heat and serve frozen potatoes. There are several varieties on the market such as French fries, shoestrings and hash browns.

One of the favorites is Orinda brand frozen Tater Tots. They're ideal for outside grilling.

Place Tater Tots in heavy-duty aluminum foil and drizzle melted butter or margarine over the little golden brown rounds of shredded, ready cooked potatoes.

Tater Tots are lightly seasoned but for extra flavor, sprinkle with barbecue or seasoned salt.

Wrap tightly and heat on grill for about 20 to 25 minutes. Turn once during heating process.

**Plum Glaze Dresses Ribs in New Look**

Spareribs, favorites for backyard cookouts, shed their familiar barbecue sauce for a fruit glaze, producing a crusty, tangy-flavored treat.

The glaze mixes a can of plums with concentrated orange juice and Worcestershire sauce. It's spread on the ribs only during the last 1/2 hour of grilling.

Extra glaze may be served as a sauce.

- SPARERIBS WITH GLAZE**  
3 lbs. spareribs  
2 1/2 tsp. salt  
1 can (1 lb. 14 oz.) plums  
1/4 cup frozen concentrated orange juice  
1/2 tsp. Worcestershire sauce

Place spareribs on grill 4 to 5 inches from glowing coals. Season with salt. Grill about 1 hour, turning occasionally.

Drain plums, reserving 1/2 cup juice. Force plums through sieve. Add reserved plum juice, orange juice and Worcestershire sauce to sieved plums.

After spareribs have cooked one hour, spread part of plum glaze over ribs. Turn and grill 15 minutes.

Spread more glaze on top side, turn and grill an additional 15 minutes. Serve any remaining glaze over spareribs.

**Eggnog Livens School Lunch**

For busy mothers seeking suggestions for variety in school lunch kits, the California Egg Council says, "Add an egg".

Obviously, the nutrition in a hard cooked egg earns it a deserved place cracked and ready to season and eat or in sandwiches with variety additions.

Or a more subtle way to introduce an egg to the school lunch is to fill the thermos with an egg nog.

- EGG NOG**  
2 tbs. sugar or honey  
2 cups milk  
2 egg yolks, beaten  
2 egg whites, beaten  
Dash cinnamon

Combine sweetener, milk and egg yolks. Fold in egg whites and cinnamon. Pour into thermos and seal tightly.

For a thinner egg nog, add one cup orange juice or one cup of apple juice.

**Camper Special Offers Season's Last Fling**

How about a last picnic fling? Californians have an opportunity to prolong the out-of-door eating that is so popular with the young fry.

Here's a good campfire food for people who don't want to fuss with barbecuing.

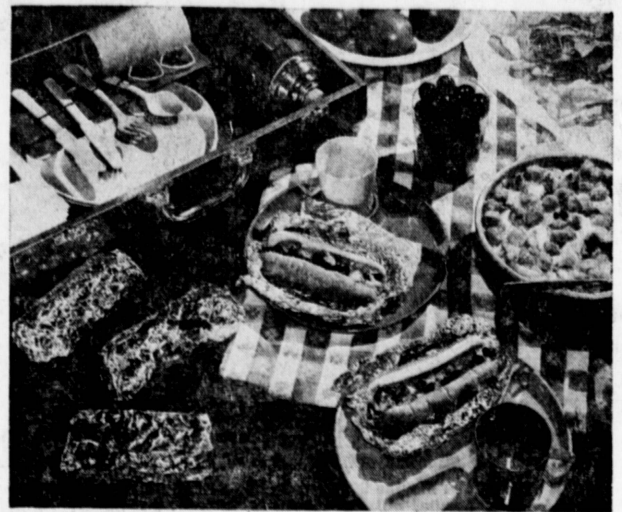
Shasta Camper's Special is a steaming hot frankfurter filled with ripe olive and cheese filling and nestled in a bun. To heat this sandwich, simply wrap it in foil and heat in the hot coals of your campfire until the cheese melts.

**SHASTA CAMPER'S SPECIAL**

- 1 cup ripe olives  
1 cup grated Cheddar cheese  
1 tablespoon prepared horseradish  
6 drops Tabasco sauce  
1/2 teaspoon prepared mustard  
10 frankfurters  
10 frankfurter buns  
Aluminum foil

Cut olives in small pieces. Mix with cheese, horseradish, Tabasco and mustard. Split frankfurters lengthwise and heap in cheese-olive mixture. Place frankfurters in buns and wrap individually in aluminum foil. Bake in hot oven (425 degrees F.) 20 minutes or over open fire until cheese melts.

Makes 10 buns.



**YOU NEED NO GRILL** or special equipment to prepare Shasta Camper's Special—frankfurters stuffed with a piquant mixture of ripe olives and cheese and heated in foil-wrapped buns.



**SERVE NATURE'S CAPSULED VITAMINS**

When a slim figure is desired, cast a glance at the fresh vegetable department in your markets. Make a cool, crisp and colorful finger salad that is easy to prepare with calorie-"less" appeal. Instead of pouring a dressing over the salad, serve it as a dip for those who want to indulge. Soften 3 ounces cream cheese and blend with 1/4 cup dairy sour cream, 2 tablespoons catsup, 1/4 teaspoon each paprika and salt, 1/4 teaspoon Worcestershire sauce and a drop of Tabasco. Chill. Just before serving, stir in 1/4 cup finely minced cucumber and 2 radishes, grated. This tray of fresh vegetables satisfies the hunger pangs of those who need to count their calories yet have the normal craving for foods.

**California Grapes Are Among First Families**

Grapes are early Californians, having been planted here as early as 1781 at the San Diego Mission.

Having started out only as food and wine for the people of the missions, they are now big business and California is the leading grape state of our Nation.

The padres of old brought to this state the grape variety known as "Mission" which was good for table food and was good for making wine.

While the padres were content with the fruit of their variety, the expansion to the planting of commercial vineyards brought to light its faults and other varieties were brought in.

Grapes have been cultivated from such ancient times that it is not known where they originated. Before any history was put in writing, grapes were being planted and grown by methods that proved a long background of knowledge.

If you can buy by sight and from recognition Thompson Seedless, Flame Tokay, Emperor, Malaga, Red Malaga, Cardinal, Ribier and Zante (of which few get to market) you will know your grapes!

Buy mature grapes, usually indicated by plumpness. High sugar content and flavor are indicated by high color. In the white and green grapes, this is noted by amber color.

A few small, sunburned, wrinkled, raised or unripened berries do not affect the flavor and quality of the whole bunch. Grapes with dry, brittle stems usually shatter badly and cause some loss of fruit.

Because grapes are highly perishable, buy in small quantities and use quickly. To keep grapes for several days, sort carefully, spread on shallow pans and refrigerate.



**NEED MORE BE SAID?**

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with Don Wells  
**SUNDAY 6:05 PM**



Fifteen minutes of commentary with baseball's "Executive of the year"... Fred Haney, General Manager of the Los Angeles Angels.

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