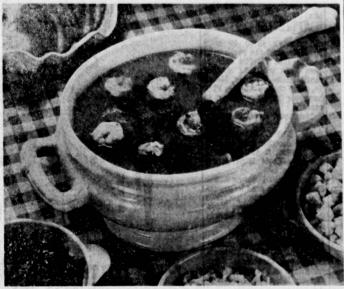
WISE Menu Planners and shopping suggestions



CHOWDER FANS will be delighted with the suggestions offered here for those hearty soups which fall into main dish category. Pictured is a seafood dish enlivened with an extra dash of flavor.

2 tbs, butter 1/2 cup chopped onion 2 frankfurters, thinkly

1 pkg. (10 cz.) frozen lima beans 1 pkg. (10 cz.) frozen whole kernel corn

Melt butter in large sauce-pan. Add onion and frank-furters and cook over low heat until onion is tender.

sliced

and dessert of your choice. Choose from canned or fro-zen items and allow about a half an hour of your time from can opener to the table. Fill the steaming bowls, ring the dinner bell and watch the family approach the table Whole server com 1½ cups water 1 tsp. salt 34 tsp. pepper 2 tbs. flour 1 tall can evaporated milk with zest.

SEAFOOD CHOWDER 1 ths. frozen chopped

- chives 2 cans (8 oz. each)

tomato sauce 2 cans (10½ oz. each) split

pea or green pea soup 2 soup cans water 3 lb, cooked shrimp, lobster or crab

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1 can (1 lb.) salmon 1 chicken bouillon cube 1 cup boiling water 34 cup chopped onion 34 cup chopped green

corn 1 cup sliced okra ½ tsp salt ¼ tsp. thyme Dash pepper 1 whole bay leaf



Rules for Meat Storage Are Listed

Keep it cool; keep it clean; keep it covered. These are simple rules for the handling and storage of meat to insure wholesome food with top flavor.

Mavor. When you shop, be alert to packaging conditions. Reject a package that is broken or excessively wet, Discard rigid packages that are bulged and packages that are bulged and under tension. Avoid exposing meat packages to warm air. Refrigerate meat products properly when you get them home. When bacteriol-ogists say that "life begins at forty", they're talking about 40 degrees and bac-terial life. It has been proved that meat held at 40 degrees will keep twice as long as meat

keep twice as long as meat held at 50 degrees. Meat held at 32 degrees will keep four times as long as meat held at 50 degrees will keep four degrees.

Place meat properly in neat compartment of refrig-erator. Fresh meats which are wrapped in market paper should be unwrapped and covered loosely before refrigered in

two or three days of pur-

chase. Ready-to-eat sausages uncheon meats and smoked meats such as ham and bacon should be used within a

y cup chapped green pepper
1 clove garlic, finely chopped
y cup butter, melted
y cup salmon liquid
1 can (1 lb.) tomatoes
1 can (8 oz.) whole kernel corn week week. America's food processors, shippers and retailers exer-cise care and diligence in providing the nation with bountiful supply of nourish-ing food. Homemakers, too, have a responsibility to pro-tect this quality.

1 or 2 ths. oil 1½ lbs. ground beef chuck ½ tsp. garlic powder 1½ tsp. salt 1 red onion, sliced 1½ tbs. chili powder ½ cup red table wine r water water

r water 1 can (15 oz.) Spanish style tomato sauce ¼ tsp. oregano 1 can (15 oz.) kidney baase undrained beans, undrained

2 avocade Heat oil in large skillet; add

1 or 2 tbs, vinegar Tabasco 6 slices American cheese

meat, garlic powder, and salt. Brown meat, stirring occa-



FOR AN ELEGANT after-the-theater snack try Swiss Cheese Fondue with Tater Tot dippers. For added flavor the dippers can be given a sprinkling of nutmeg.

2 tbs, butter 2 tbs, flour 3/2 tbs, flour 1/2 tbs, flour 1/2 tsp, salt 1/2 t 1 pkg. (16 oz.) Ore-Ida frozen Tater Tots ½ tsp. salt ½ tsp. nutmeg

RANCH

SITES

IN CALIF.

proof serving dish; arrange avocado slices on top. Place cheese slices over avocado. Run under broiler about 2

minutes—just long enough to melt cheese, Serve hot. JOLLY TIME

POP CORN **Pops Better** Tastes Better



TAKE A DIP Sneak a Snack with Golden Tater Tots

TORRANCE HERALD THURSDAY, FEBRUARY 27, 1964

Fondue is a very versatile| Melt butter and blend in

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ance Manufacturers Associa-FONDUE AND DIPPERS

tion suggest you remove the broiler pan and grid, then turn on the gas flame. Arrange food on the cold, un-greased broiler grid, then slide under the gas flame and set the timer.



Mother, want to save 50¢on baby's meals?



the difference the difference the difference **New WONDER "Soft Whirled" Has No Holes-Perfect Texture**

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TASTE

and 6 labels from Beech-Nut... the baby food that caters to your baby's taste.

Beech-Nut makes good, nourishing food taste so good, one spoonful just naturally leads to another. Nutrition and flavor go hand in hand in all Beech-Nut's wide variety of Strained and Junior Foods. And remember, babies who eat better are better nourished, healthier. That makes mealtimes happier for everybody concerned!.