

MARY WISE Menu Planners

As Fresh As Spring And As Old As Time

Asparagus, the delightful, tender, succulent spring vegetable, has been a favorite for more than 20 centuries. It has served both as food and for medicinal purposes. Asparagus' native home is Europe but the plant is still found wild in southern Russia, Poland and Greece. Some experts praised the stalks from the wild asparagus for their additional sweetness.

About 200 B.C., Cato developed a set of cultural directions for growing asparagus which would serve fairly well today.

The vegetable came to the United States in Colonial days. It takes about three years to establish an asparagus bed but once it is started and cared for properly, it may produce profitable yields for 10 to 15 years.

Harvesting is done by hand by carefully trained, experienced farm workers. The stalks are cut with a knife which has a wide, chisel-like blade and this is pushed down to cut the spears off below the surface of the ground.

During cool spring weather the bed needs to be cut every two to four days. As

the temperature rises they may be cut several times a day for asparagus grows like magic in warm weather.

Asparagus ages rapidly after it is cut. The tips spread and the stalks become tough and woody.

When asparagus grows rapidly, a green shoot from six to 10 inches in length develops before any part of it becomes tough. After a few inches of the tip are green, the white portion below the ground toughens.

Try to select asparagus which is green for almost its entire length. To be at its best, it must be fresh, tender and firm.

The little leaf-life scales at the tip of the spears should be close and compact — not beginning to spread. Wilting stalks and spreading tips usually indicate that considerable time has passed since harvest.

March, April, May and June are the leading asparagus months with April usually the peak of the season. This is the time when we expect much of the best "grass" and usually prices are at their lowest.

If you plan to freeze asparagus, watch your favorite green grocer's selection. Rush it home and process it immediately.

The same is true with serving fresh asparagus. Don't store it. Eat it.

Soy Sauce Opens New Cooking Joys

As we approach the barbecue season in Southern California, everyone looks for new recipes and new ways to make old favorites taste better and new.

Long overlooked is the versatility that soy sauce adds to many a meat dish.

Soy sauce is mankind's oldest seasoning agent and has been the Orient's basic seasoner since before recorded history.

Adapted to Western palates, the versatile soy sauce at once serves as a marinating agent, a tenderizing agent and as a unique flavoring agent.

From China, we get the salty soy sauce. From Japan, comes the sweet soy sauce.

Now, Sona Food Products, one of the world's largest producers, comes a soy sauce that blends the best of the Chinese and Japanese recipes to give the home-maker a soy sauce that is pungent in flavor and aroma.

As one of the most economical flavoring and tenderizing agents available today, soy sauce also affords the home-maker one of the most versatile cooking aids to be found on the grocer's shelf.

A whole new world of taste and variety was discovered by homemakers who used soy sauce to marinate tuna and other fish dishes before cooking.

The swing to soy sauce as a basic ingredient for barbecuing steaks, wieners, hamburgers and chicken has relieved the boredom of "the same old thing" and many backyard chefs are busy swapping barbecue recipes that feature soy sauce.

Economical cuts of meats, marinated in soy sauce, have become gourmet delights. Discover for yourself the new world of cooking and dining pleasure that a bottle of soy sauce opens for you.

You can get a free recipe book by sending a post card to Sona Food Products Company, P.O. Box 338, Los Alamitos, Cal.


REALLY GOOD!
like home made



SKIPPY PET STEW
DOGS - CATS



SO LEE SAY:
BEEF STEAK...
MARIANNA BARBECUING TENDERIZING



LOS ALAMITOS, CALIFORNIA

More kinds of more people listen most to **KMPC** dial **710**

Citizens Urged To Write Reps

On Feb. 4, 1964, the Honorable Howard J. Thelin, member of the Assembly from Glendale, and I introduced, as joint authors, Assembly Joint Resolution No. 1. On March 23, 1964, we amended the Resolution, so that it now reads:

"WHEREAS, On June 25, 1962, in the case of Engel v. Vitale, the United States Supreme Court held that the State of New York could not encourage in its public schools the voluntary use of a 'denominationally neutral' prayer provided by the State Board of Regents; and

"WHEREAS, In the Engel case, the court held that the state and federal governments are without constitutional power to prescribe any particular form of words to be recited by any group of the American people on any subject touching religion and whereas this could conceivably invalidate the references to God such as are found in 'The Star-Spangled Banner,' the

Pledge of Allegiance to the Flag, and the motto impressed on our coins; and

"WHEREAS, H. J. Res. 9, introduced by Congressman Frank Becker of New York, proposing an amendment to the United States Constitution to allow prayers or biblical scriptures to be read in schools or other public places, has been in the House Judiciary Committee since June, 1962; and

"WHEREAS, Many similar resolutions have been introduced without action being taken by Congress to adopt a resolution proposing an amendment to the United States Constitution which will permit voluntary nonsectarian prayers in the public schools and which will permit the references to belief in, reliance upon, or invoking the aid of God or a Supreme Being in any governmental or public document, proceeding, activity, ceremony, school, institution, or place, or upon coinage, currency or ob-

literation of the United States; and

"WHEREAS, Thirty-three Senators have indicated they will support H.J. Res. 9; now, therefore, be it

"Resolved by the Assembly and Senate of the State of California, jointly, That the Legislature of the State of California urges the House Judiciary Committee to act favorably upon H.J. Res. 9; and be it further

"RESOLVED, That the California Legislature respectfully memorializes the Congress of the United States to adopt H.J. Res. 9; and be it further

"Resolved, That the Chief Clerk of the Assembly be hereby directed to transmit copies of this resolution to the President of the United States, to the Speaker of the House of Representatives, to each Senator and Representative from California in the Congress of the United States, and the Chairman of the House Judiciary Committee."

The above resolution calls upon the U. S. Congress for action; hence it is important to write to your own Congressman and both U. S. Senators from California, expressing your position for or against the proposed amendment to the U. S. Constitution.

Rummage Sale Set at Church

A rummage sale will be held at the Alondra Park Methodist Church, 3153 W. Compton Blvd., tomorrow from 9 a.m. to 9 p.m. and Saturday from 9 a.m. to 1 p.m.

Rummage pickup may be obtained by phoning Mrs. Katherine Chase, 323-4993, or Mrs. Marilyn Tetrick, 675-8057.

SUBSCRIBE TODAY!
ask for circulation dept.
FA 8-4000

PROFESSIONAL RUG and CARPET CLEANING

WHY NOT LET SPENCER DO IT?

Spencer has added hundreds of years of new life to South Bay area carpets. Let us add new years of life to your carpet also.

CARPET CLEANING SPECIAL (IN YOUR HOME) AS LOW AS \$1800

PER 200 SQ. FT. Free Soil Retarding Free Moth Proofing

"PROFESSIONAL CARE PROLONGS THE WEAR"

Spencer's RUG CLEANERS

FRONTIER 1-4671

2625 HAWTHORNE AVE., TORRANCE
2 BLOCKS NORTH OF TORRANCE BLVD.

SAFEWAY Celebration Values at Southern California Safeways

39th ANNIVERSARY SALE!

39th Anniversary Special Similac Baby Formula * Alsosma or Enfamil * Special Value Case of 24 \$4.75 5 13-oz. Cans \$1	39th Anniversary Special Apple Puffs Mrs. Wright's * Pkg. of 4 49c Pkg. of 2 25c Cake Roll Devil Food Cream, Jelly or Orange each 29c Fresh Bread Oatmeal or Potato 32 1/2-oz. \$1	39th Anniversary Special Multiple Vitamins Safeway Guaranteed Bottle of 100 99c	39th Anniversary Special Northern Towels Size Jumbo 5 for \$1	Funk & Wagnalls Encyclopedia Volume 1 only 25c Vols. 2-25, 99c each Volume 13 Now on Sale
Jell-well Gelatins 3-oz. pkgs. 5c	Tomato Sauce Town House case of 48, \$3.39	Green Giant Peas Sweet, Tender Case of 24, \$3.89	Deep Rock Water Deposits extra case of 4, 98c	Parade Detergent 48-oz. pkgs. 39c
Miracle Whip Dressing 39c	Peaches Golden Gem Eberts case of 12, \$3.49	Soft Drinks Cragmont Assorted case of 12, \$1.78	Fruit Drink Cragmont Assorted case of 12, \$2.89	NuMade Salad Oil 38-oz. bottle 33c
U.S.D.A. Choice Beef	Chuck Roast Blade Cut 33c lb.	Boneless Beef Roast Shoulder Chuck 69c	Boneless Clod Roast Beef Shoulder 89c	Frozen Foods
Steak Sale!	Rib Steak Also Whole or Large End Rib Roast 79c	Ground Beef 2-lb. Fresh 77c	Beef Short Ribs Well Trimmed To broiler or bake 29c	Ice Cream Cotton Candy 16 Flavors 1/2 Gal. Ctn. 59c
Chuck Steak 1-lb. 49c Swiss Steak 1-lb. 59c Spencer Steak 1-lb. 1.69 Club Steak 1-lb. 98c	Boiling Beef Plate Meat. Fine with Noodles 19c	Stewing Beef Boneless Lean Cubes 79c	Veal Steaks Menor House Process 4-oz. average 69c	Meat Pies Swanson, Beef Turkey, Chicken 4-oz. 51c
Sea Food Values	Sole Fillet Captain's Choice 1-lb. 59c	Scallops Captain's Choice 7-oz. 49c	Fresh Grade A Fryer Chicken Parts	Bel-air Beans French, Italian Cut or Waxed 4 Pkgs. 51c
PLAY TV-BINGO . . . WIN \$100 OR MORE!!	7 10 45 50 75 2 28 45 60 1 10 35 74 6 25 41 59 67 1 24 42 47 63	Whole Legs or Drumsticks Dark Meat 49c	Breasts 59c Backs & Necks 12c Wings 29c	Broccoli Spears Bel-air 4-oz. 51c
				Bel-air Peas Tender Sweet 7-oz. 51c

Golden Bananas Fancy South American 3 lbs. **39c**

Asparagus Long Green Tender Spears High in Flavor Low in Calories **15c lb.**

Apricots Town House Breakfast 8-oz. **39c**

Valencia Oranges 6 lbs. **1**

Grapefruit Ruby Florida Indian River 6 lbs. **1**

Anjou Pears U.S. No. 1 Far Salads 6 lbs. **1**

Pippin Apples Oregon Newton 6 lbs. **1**

Dates Fresh Daglel Noor Pitted, 10-oz. Box, 12-oz. **4 pgs. 1**

Lettuce Bronze or Butter 2 lbs. **25c**

Artichokes Large Size 3 lbs. **49c**

Fresh Carrots 2 lbs. **25c**

Rhubarb Washington Hot House Ex. Fancy Wine **1.29**

Specials Effective Thurs. thru Sun., April 2, 3, 4, 5, 1964 at local Safeway Stores (Applicable taxes collected)

SAFEWAY
NO LIMITS—BUY ALL YOU WANT AT SAFEWAY
Blue Chip Stamps given with each purchase except cigarettes, magazines, tobacco, alcoholic beverages or fluid milk products. Applicable Taxes Collected.

CARSON AT WESTERN, TORRANCE • NARBONNE AT 101 HWY., LOMITA • PALOS VERDES BLVD. & CATALINA, REDONDO BEACH