

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



BIRTHDAY TREATS like these will be the talk of the youngsters of all ages. Fancy shapes hold appeal but these are as good to eat as they are good looking.

Party Sandwiches Are Delight of Small Fry

Birthdays are one's very own but they are enjoyed best when shared with family and friends.

Parties with games, balloons and favors rate high with the young fry and all age groups enjoy the highlight which is the food.

In addition to the tradition of serving ice cream and cake, plan to offer fancy sandwiches with party appeal and add soft drinks with or without calories as the guests desire.

WONDER LOLLYPOPS

Cut crusts from slices of new Wonder Soft Whirled Bread. Place slices on damp towel and roll gently with rolling pin until bread is thin and elongated.

Spread with butter; then with filling. Roll up, pinwheel fashion and wrap snugly and chill for several hours. Slice 1/4-inch thick and arrange on wooden pick or 6-

inch bamboo barbecue skewers.

For the filling, grind 2 cups baked ham. Moisten with salad dressing and accent with enough juice from sweet pickles to make a spreading consistency.

WONDER CLOWNS
Cut slices of new Wonder Soft Whirled Bread into rounds with cookie cutter and put them together two by two, with cream cheese filling.

Spread top of each little sandwich evenly with soft cream cheese and make a clown face with cut-outs of pimiento, a currant for a nose and sprigs of parsley for hair.

WONDER FIRECRACKERS
Cut crusts from slices of new Wonder Soft Whirled Bread. Place on a damp towel and roll gently with rolling pin until bread is slightly thinner but not flat. Spread with butter, then

Barracuda Is Choice for Spring

Barracuda, found in abundance off the coast of Southern California in the spring months is the Seafood of the Month as chosen by the Southern California Fisheries Association.

The white meat has a mild flavor like trout if eaten fresh from the sea. When there is more than a day's delay between catching and eating, it develops a strong flavor.

Before cooking, skin the barracuda and wipe the flesh with a damp cloth. This will eliminate the strong flavored oil between the skin and flesh.

BARRACUDA FILLETS ITALIAN SAUCE
1 cup sliced onions
1 clove garlic
4 tbs. olive oil
2 can (8-oz. each) tomato sauce
1 tbs. anchovy paste
1/4 tsp. sugar
1/2 tsp. oregano
1 lb. shell macaroni
1 lb. barracuda fillets
1/2 cup grated Romano cheese

Saute onions and garlic in olive oil until soft, about five minutes. Remove garlic. Add tomato sauce; cook 5 minutes.

Lower heat and simmer for 45 minutes. Add anchovy paste, sugar and oregano. Salt to taste. Keep hot over very low heat until ready to serve.

Cook macaroni according to package directions. Meanwhile, boil barracuda fillets in water until flaky, but still firm, approximately ten minutes.

Drain macaroni and arrange on hot platter. Top with boiled fillets in a single layer. Pour hot sauce over fillets and macaroni. Sprinkle with grated Romano cheese.

Roll up pinwheel fashion, wrap snugly and chill. When ready to serve, decorate with strips of pimiento and small stars cut out of green pepper.

Complete the picture by inserting pieces of onion top at each end. Make filling as follows: To 2 cups ground chicken, add 1/2 cup very finely diced celery, salad dressing to moisten and salt to taste.

Navies Travel Globe

Although nearly all the navy beans are grown in Michigan, they're great travelers, too.

Hundred of thousands of pounds of navies go abroad each year and no matter where you go around the world you're likely to find a favorite local dish using these little white beans.

Here some recipes from overseas you'll enjoy trying at home.

JENNIE'S CASSEROLE (From England)

1 lb. navy beans
3 tbs. brown sugar
1 tbs. molasses
2 cloves garlic, crushed
2 tbs. tomato puree
1/2 lb. bacon, cut in 1-inch slices
2 cups beef bouillon
1/2 tsp. cloves
1/2 tsp. celery salt
1 tsp. paprika
1 bay leaf
Pinch thyme
1 tsp. dry parsley
1 lb. smoked sausages
Salt and pepper to taste

Soak beans overnight in cold water to cover. Drain and place in deep saucepan. Add all other ingredients except sausage. Mix thoroughly.

Closely cover and cook in 300 degree oven for 5 hours or until beans are tender. Add stock or water if beans appear to be dry. Forty minutes before serving, stir in sausages and finish cooking uncovered.

FALAFEL (From Egypt)

1 cup cooked or canned navy beans, drained and pureed
1/4 cup fine cracker crumbs
1 tbs. finely minced onion
1/2 tsp. mashed garlic
1 egg, beaten
1/2 cup cracker crumbs for topping
Cooking oil for frying
Salt to taste, only if needed

Combine beans with 1/4 cup cracker crumbs, onion and garlic. Shape into tiny balls. Dip balls in egg, then in cracker crumbs. Drop into deep oil at 375 degrees until golden and crisp. Drain on absorbent paper. Serve hot.

To save time in the dish washing department, encourage children to rinse their milk glasses with cold water immediately upon finishing this nutritious beverage.

SO LEE SAY:

VOTE FOR WOMAN PRESIDENT? Certainly! First Act would be to stock White House Kitchen with Sona Soy Sauce.



Recipe of Week!

MARINADE FOR STEAKS
9 tbs. red wine 1/2 tsp. of almost any herb
6 tbs. SONYA SOY SAUCE 1/2 tsp. mono-sodium glutamate
2 tbs. garlic vinegar 1/2 tsp. fresh ground pepper
2 tbs. oil
1/2 tsp. salt
Combine all of the ingredients and mix well. The bourbon imparts a special flavor and the Dantips prefer it to wine. Sometimes smoked salt is used instead of the regular. Approximate yield: 1 cup of Marinade.



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STARRY EYED... Examining decorations for a "Stars for Barry" reception Monday night for South Bay Goldwater campaign workers are Mmes. Virginia Jones, Marian Greer, and Joanne Ross of Torrance. Mrs. Ross is the eldest daughter of Sen. Goldwater. Several motion picture and television stars will attend the fund raising reception in the Golden Room at the Jump 'n Jack.

Scouts, Dads Banquet Tonight

Girl Scouts and Brownies in the Normandale District will hold their annual father and daughter banquet tonight at the V.F.W. Hall, 1822 W. 162nd St., Gardena.

A Howard Wood School student; ventriloquist Peter Hayes, Fleming Junior High, and Robert Gilmore, who will supply dinner music at the piano.

Door prizes have been donated by local merchants, Girls and their dads will be admitted for \$1.75 per person, and tickets will be available at the door.

The "Date With Dad" banquet will begin at 6:30. Entertainment for the evening will be furnished by "The Temp-est's," a group from Stephen M. White Junior High School. Other features on the program will be dancer Julie Jackson.

Public Meeting Calendar

Listed below are meetings scheduled for the City Council and City Commissions during the month of April, 1964.

Meeting	Date	Where	Time
Airport Commission	23	Council Chams.	8:00 p.m.
Water Commission	23	Room #209	7:00 p.m.
City Council	28	Council Chams.	8:00 p.m.

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