

MARY WISE Menu Planners



LEMON CHICKEN is a shining example of a low-calorie meal to rate cheers from the most exacting gourmet. It's low in calories too.

Counting Calories? Choose Chicken!

Counting calories? Then chicken is your dish. Delicate and agreeable, chicken is an implacable foe of the calorie count. A three-ounce portion of skinless broiled chicken breast has only 115 calories, reports the National Broiler Council. Even with the skin, the count is still only a gentle 185 calories. One of the happiest ways to prepare the bird is to simmer it in a tangy lemon sauce. The chicken combines with artichoke hearts, small white onions, and a lemon sauce thickened with egg yolks.

- LEMON CHICKEN**
- 1 broiler-fryer chicken, cut in serving pieces
  - 2 1/2 cups water, divided
  - 2 bay leaves
  - 1 tsp. monosodium glutamate
  - 2 tsp. salt
  - 12 small white onions, peeled
  - 1 pkg. (9 oz.) frozen artichoke hearts
  - 2 tbs. flour
  - 2 egg yolks
  - 2 tbs. lemon juice

Put chicken in a deep kettle; add 2 cups of the water, bay leaves, monosodium and salt. Bring to a

Cherry Delight

In bowl mix 1/2 cup EACH sugar and flour and 1/4 teaspoon allspice. Cut in 1/4 cup butter or margarine. Stir in 1/2 cup roasted diced almonds. Turn a can of red cherry pie filling into an unbaked pie shell. Sprinkle almond mixture over top. Bake in 375 degree oven about 45 minutes or until filling is bubbly and crust is brown.



to please any cat... special blend kidney 'n meat liver 'n meat chicken 'n meat meaty mix tuna

6 Dr. Ross CAT FOODS

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



BLUE CHIP STAMPS

7 MAGIC SALE DAYS THURS. THRU WED. JULY 8-14

Looking for Bargains Shop at Magic Chef

FRESH **LARGE AA EGGS**  
3 dozen \$1



FOR DISHWASHERS **ALL DETERGENT**  
large 35 oz. pkg. **49¢** save 28c (inc. 15c off)

N.B.C. CEREALS **RICE or WHEAT HONEY**  
3 8 oz. pkgs. \$1 save 5c

SKIPPY **PEANUT BUTTER**  
creamy or chunky 18 oz. jar **59¢** save 10c

So refreshing... choose from 7 luscious flavors! 6 ounce can frozen **Cal Fame Fruit Drinks 10¢**  
Bob's. A seafood feast to heat and eat! 8 ounce package frozen **Fried Shrimp Dinner 69¢**  
Betty Crocker Mashed Potato Buds. For jiffy meals! 16 ounce size **Instant Potato Buds 79¢**  
Chicken Cat Food. Tasty meal for your favorite feline! 6 oz. can **Calo Cat Food 2 for 29¢**

Keep plenty of ice cold grape juice for thirsty guests! 24 ounce can **Betsy Ross Grape Juice 29¢**  
Choose Chocolate, Vanilla, Coconut, Banana or Fudge. 10 oz. pkg. **Fireside Cookies 4 for \$1**  
Mission. Just wonderful for emergency meal stretching! tall 303 can **Whole Green Beans 5 for \$1**  
Cock O' Walk. Perfect for diet watchers. 303 can **Lo-Cal Fruit Cocktail 5 for \$1**

ASSORTED STRAINED **GERBER'S BABY FOOD**  
4 oz. jars **\$1** save 16c

SOLID PACK **DEL MONTE TOMATOES**  
303 can **25¢** save 4c

Cream Style Gold **Green Hi-C Fruit Pot Pail Zoo Pail**

TEXSUN **GRAPEFRUIT JUICE**  
3 46 oz. cans \$1 save 17c

Festival Queen Strawberry, Apricot-Pineapple, Peach. 20 ounce jar **Preserves (or Grape Jelly) 35¢**  
Tom's, the best choice for a hostess... just open a can! 7 ounce can **Cocktail Peanuts 4 for \$1**  
Choose Bleu Cheese or Caesar for salads men go for! 8 ounce bottle **Lawry's Dressing 2 for 89¢**  
For all these dainty washables! (Includes 13c off) 32 ounce size **Ivory Liquid Detergent 76¢**

Produce

FRESH TENDER **GOLDEN CORN**  
dozen ears **49¢**



SOLID GREEN **FRESH CABBAGE**

SUN GRAND SWEET LARGE **NECTARINES**

Liquor **NEW LOW PRICE! SMIRNOFF VODKA**  
full half gallon **\$9.59**

IMPORTED FROM FRANCE **BEAUJOLAIS WINE**  
vintage dated **99¢** fifth \$10.59 case of 12 bottles

EASTERN PREMIUM **PROST BEER**  
12 oz. cans **89¢**

Delicatessen **MONTEREY JACK CHEESE**  
5 oz. pkg. **59¢**

MR JOHN SLICED **BOLOGNA**  
5 oz. pkg. **29¢**

GRAND TASTE ALL BEEF **SALAMI CHUB**  
12 oz. pkg. **55¢**

Old Fashioned Delicatessen



Imported. For good sandwiches! regular \$1.69 lb. **Boiled Ham \$1.49 lb.**  
Save 12c a lb. Say cheese, and we've got it! **Swiss Cheese 98¢**  
Tasty, fresh, ready-to-serve slaw! reg. 45c lb. **Cole Slaw 35¢**