



Mary Wise

menu and shopping guide

KING CRAB COCKTAIL SPREAD NIPPY ENTERTAINING IDEA

Deluxe King Crab Cocktail adds just a hint of its delicate flavor to this nippy cheddar and blue cheese mixture. The flavor of this spread improves on standing and it will keep for about five weeks under refrigeration. Surprise your hosts with a gift crock of this unique spread the next time you are invited over for dinner.

Deluxe King Crab Cocktail is now available in its own special serving glasses in markets throughout Southern California. Served in the cocktail glass container with a garnish of lemon, it makes a tasty appetizer. Or, use the cocktail as a quick sauce for vegetables, pastas or baked whole fish.

KING CRAB COCKTAIL SPREAD
1 cup beer

2 4 oz. Deluxe King Crab Cocktail

1 1/2 lbs. natural cheddar cheese, grated

1/4 lb. blue cheese, crumbled

1/4 teaspoon salt

1 teaspoon dry mustard

2 tablespoons soft butter

1 teaspoon Worcestershire sauce

1/2 teaspoon hot pepper sauce

Pour out beer and let

stand. Let crab cocktail come to room temperature. Mix cheeses, salt and mustard. Blend in butter, Worcestershire and hot pepper sauce. Add beer alternately with crab cocktail, beating with electric mixer or blender until creamy. Fill crocks or jars and chill. Makes five cups.

Assignment TV

By **TERRENCE O'FLAHERTY**

MONTE CARLO—At a time when there is so much attention given in the United States to the psychedelic set, the hippies and the fake excitement of the Halloween fringes of our society, it has been like a breath of fresh air to be here and watch a small group of real adventurers planning a different sort of "trip" that requires discipline, skill and courage. It is a voyage that will be shared by millions of Americans next season on the ABC network in a series titled "The Undersea World of Jacques Cousteau."

On the afternoon I sought out Cousteau aboard his oceanographic vessel Calypso, the gale warning flags were being flown and the blue-green waves of the Mediterranean were blowing high over the breakwater of the little port of Monaco. The big Greek yachts tied to the quay were banging against one another. And there is no sound in the world quite like that!

The Calypso will be home for the next five years for its 29-man crew and divers. While it was not as sleek as the vessels around it, the converted mine-sweeper is the most beautifully equipped craft for ocean research afloat. It is completely televised with four TV screens on the bridge which allow top-side observers to watch what is happening in the open ocean around them.

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FROM FLORIDA TREESWEET FROZEN ORANGE JUICE 12-OZ. CAN, 37¢ SAVE 2¢ 6-OZ. CAN 19¢ EVERY DAY DISCOUNT PRICE SAVE 1¢

STANFORD FROZEN Tuna Pie 8-OZ. PKG. 20¢ 2¹/₂

EVERFRESH FROZEN PEAS, PKG. 16¢, SAVE 1¢ OR Chopped Broccoli PKG. 15¢ 2¹/₂

HOLD RISE FROZEN Chili 14-OZ. PKG. 36¢ 1¹/₂

COMBET Barbecue Beef 2-LB. \$1.79 19¹/₂

SPANISH, 2-LB. \$2.02, SAVE 10¢

AUNT JEMIMA FROZEN Waffles 9-OZ. PKG. 36¢ 3¹/₂

SARA LEE BAKING POWDER CAKE OR 20-OZ. Cherry Cheese Cake 82¢ 7¹/₂

DEWITT FROZEN Raspberries 10-OZ. PKG. 29¢ 2¹/₂

BIRD EYE FROZEN IN BUTTER SAUCE CUT CORN, FRENCH BEANS, PEAS, SPINACH Vegetables PKG. 27¢ 2¹/₂

BIRD EYE FROZEN IN BUTTER SAUCE Mixed Vegetables PKG. 31¢ 4¹/₂

FROZEN Hawaiian Punch 12-OZ. CAN 35¢ 4¹/₂

REGULAR, LOW CAL. RED, LOW CAL. YELLOW Hawaiian Punch 6-OZ. CAN 19¢ 1¹/₂

VAN DE KAMP FROZEN Alaska God 9-OZ. PKG. 65¢ 4¹/₂

ALL WINEYETS FROZEN Banquet Dinners EA. 38¢ 1¹/₂

DEEP CUT EVERYDAY DISCOUNT PRICES

VERMONT Syrup 24-OZ. BOT. 63¢ 6¹/₂

JELL-O Cheese Cake Mix 10N-OZ. PKG. 53¢ 2¹/₂

HEINZ Older Vinegar QT. DOT. 31¢ 2¹/₂

HEINZ White Vinegar QT. DOT. 28¢ 2¹/₂

D & B CROWN Mushrooms 8-OZ. CAN 69¢ 2¹/₂

D & B CHOPPED Mushrooms 8-OZ. CAN 59¢ 4¹/₂

D & B SLICED Mushrooms 8-OZ. CAN 65¢ 6¹/₂

FAST HEADACHE RELIEF BAYER ASPIRIN 100 73¢ EVERY DAY DISCOUNT PRICE YOU SAVE 18¢

REGULAR, SUPER OR V FORM Modess PKG. OF 24 67¢ 6¹/₂

SANITARY PROTECTION Tampax BOX OF 120 30¢

SHAMPOO Head & Shoulders 2.7-OZ. TUBE 83¢ 27¹/₂

ANTISEPTIC Listerine 20-OZ. \$1.08 31¹/₂

FAST HEADACHE RELIEF Bufferin Tablets 100 \$1.04 35¹/₂

STYLE Hair Spray 13-OZ. CAN 69¢ 30¹/₂

BAH Deodorant Spray 4-OZ. CAN 76¢ 24¹/₂

FOR TEMPORARY RELIEF OF HEMORRHOIDS Preparation H 1-OZ. TUBE 98¢ 21¹/₂

HAIR DRESSING Brylcreem 4 1/2-OZ. TUBE 86¢ 23¹/₂

FOR MINOR CUTS Band Aids BOX OF 45 54¢ 15¹/₂

VASELINE Petroleum Jelly 8-OZ. JAR 48¢ 11¹/₂

FAMILY SIZE TOOTH PASTE Crest 6 1/2-OZ. TUBE 71¢ 24¹/₂

PRO MEDIUM OR HARD TEXTURE Toothbrushes EACH 54¢ 15¹/₂

DEODORANT Right Guard 7-OZ. \$1.18 31¹/₂

SUPER STAINLESS Schick Blades PKG. OF 10 \$1.18 26¹/₂

EFFICIENT DENTURE TABLETS BOX OF 20 TABS. 48¢ 11¹/₂

BLENDING WHISKEY LORD OF KENTUCKY FIFTH \$2.99

KENTUCKY BOURBON, 86 PROOF Johnny Dram FULL 6.00 QT.

ROSE, BURGUNDY, CHABLIS OR CHIANTI wine Canto Mountain FULL \$1.99 GAL.

REFRESHING Steinbran Beer CASE OF 24 9.99 12-OZ. CANS 42¢

Tenderay BRAND BEEF

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Now -- for the first time in California -- you can have FRESH beef flavor and full natural-aged TENDERNESS at the same time. In the old days unrefrigerated beef HAD to be served fresh, but it was pretty tough. Then came aged beef -- usually tender, but weeks in a dark locker room drained away much of the flavor and juices. Finally came TENDERAY -- an exclusive process using climate-controlled aging rooms -- where beef is aged in 44 hours or less, instead of for weeks. The result is beef with a marvelous FRESH FLAVOR along with guaranteed natural tenderness every time. If you haven't tried Tenderay brand yet, find out what you've been missing... today.

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TENDERAY BRAND U.S.D.A. CHOICE BEEF

RIB ROAST

WHOLE OR LARGE END

69¢

LB.

TENDERAY BRAND U.S.D.A. CHOICE BEEF

T-BONE STEAK

98¢

LB.

U.S.D.A. GRADE A FRESH FRYING CHICKENS

U.S.D.A. GRADE A FRESH FRYING CHICKENS

WHOLE 29¢

LB.

Bonus Discount Buys

Oscar Mayer All Meat Franks ALL BEEF, LB. 80¢ 1-LB. PKG. 65¢

ALEX Beef Tamales 5 8-OZ. PKGS. \$1

ALEX Chili Con Carne 8-OZ. PKG. 43¢

MARKET BASKET ALL MEAT OR ALL BEEF REGULAR OR THICK Sliced Bologna 12-OZ. PKG. 49¢

MARKET BASKET HAM LOAF OR Cotto Salami 12-OZ. PKG. 49¢

IOWA FARMS Sliced Bacon 1-LB. PKG. 49¢

Cut Up Fryers LB. 33¢

Fryer Drumsticks LB. 59¢

Fryer Thighs LB. 55¢

Fryer Breasts LB. 59¢

FRESH CHUB PACK Ground Beef 3-LB. CHUB, \$1.11 3-LB. CHUB, 38¢

U.S.D.A. CHOICE TENDERAY BEEF

Porterhouse Steak LB. \$1.08

Top Sirloin Steak LB. \$1.29

Full Cut Bone In Tenderay Beef Round Steak LB. 68¢

Regular Cut Tenderay Beef Rump Roast LB. 68¢

U.S.D.A. CHOICE BONELESS TENDERAY BEEF

Sirloin Tip Steak LB. 87¢

7-Bone Roast LB. 47¢

O-Bone Roast LB. 67¢

FRESH FILET OF ROASTISH, TRUCOD OR Ocean Porch LB. 69¢

LEAN, BONELESS TENDERAY Stew Beef LB. 77¢

ROLLED AND TIED CHUCK TENDERAY BEEF LB. 77¢

Boneless Roast LB. 79¢

ROLLED AND TIED TENDERAY BEEF Boneless Brisket LB. 79¢

SMALL SIZE TENDERAY BEEF Rib Steak LB. 35¢

GRADE A CALIFORNIA GROWN—WHOLE OR HALF Tom Turkeys LB. 39¢

FRESH ECONOMY QUALITY SKIN TOWN Roasting Chickens 1-LB. 57¢

FARMER JOHN, RATH BLACK HAWK, SWIFT PREMIUM, HOFFMAN BETTERMAID, HORMEL RED LABEL OR BLACK LABEL, LIVER QUALITY, MORRELL, YORKSHIRE, WILSON KORN KING Sliced Bacon 5-OZ. PKG. 55¢

MARKET BASKET SLICED Cooked Ham 8-OZ. PKG. 49¢

NEW GORTON FROZEN CRISPY, CRUNCHY Fish Fillets 10 3/4-OZ. \$1.18

SCALLOPS, 7-OZ., 80¢; SHRIMP, 6-OZ., 80¢

KOLD KIST FROZEN Beef Steaks 1-LB. PKG. 59¢

MARKET BASKET All Meat Franks 1-LB. PKG. 69¢

OSCAR MAYER SARAN WRAPPED Sliced Bacon 1-LB. PKG. 69¢

"CLIMB DOWN and tell me what you see," said Captain Cousteau. Ten feet below water level is a small cavity where a man can lie flat and look ahead through a port-hole.

"I see the garbage from the Onassis yacht," I said.

"Not after tomorrow," said Cousteau gleefully, referring to his departure.

When the Calypso is in less trafficked waters, underwater scenes can be immediately filmed when the spotlight is activated and the motion picture camera triggered. Other engine control instruments, TV cameras are aimed at the aft and divers as they enter the water.

THE SHIP is an arsenal of the latest undersea equipment, which has been assembled by Cousteau and his crew at the Oceanographic Museum in Monaco, just down the road a piece from the Palace. The new Aqualung packs are revolutionary one-piece affairs which include all the necessary equipment for deep, unfettered dives plus voice communication with the ship as well as fellow divers. The new color cameras are small miracles, easily maneuvered and perfectly balanced.

But perhaps the most interesting co-stars of the new ABC series will be two one-man submarines with remote control cameras and powerful floodlights which will be capable of carrying a diver 2,000 feet below the surface to seas where man has never before been able to control filming.

"Oceanography is the link between nations," Cousteau is fond of saying—and he was given a surprise opportunity to test the truth of the statement when we looked up to see a huge, white ship silently glide past us and into the harbor. It towered five times as high as the Calypso and six times as long. On her stack was the hammer and sickle. She was the Russian oceanographic liner Akademik Kurchatov paying an unexpected visit to Monaco.

THE RUSSIAN captain made an unannounced visit to the Calypso a few moments before Captain Cousteau was told to hold a small press conference for European newsmen, outlining his plans for the five-year adventure. A correspondent from Investia happened to be vacationing aboard the Akademik Kurchatov and also attended the briefing.

The Russian captain spoke excellent English, beamed happily, asked many questions and only looked sad when he said to Cousteau: "My ship is too big and cumbersome for any real exploratory work like yours."

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