

MARY WISE Menu Planners

did you know

—that retail prices of half-gallon containers of ice cream have dropped in the past 10 years while other food costs have risen 13 percent?

—that the dairy industry's voluntary program for the addition to milk of 400 U.S.P. units of vitamin D per quart has played a significant role in the reduction of infantile rickets in the United States?

—that it takes about ten and one-half quarts of milk to make one pound of butter?

—that one generous slice of American cheese (1 1/4 ounces) is about equal to one cup of milk in calcium and protein, vitamin A, and calories?

—that the K in vitamin K comes from the Danish word "koagulation"? Vitamin K was first recognized in 1935 by a Danish scientist.

—senior citizens actually need less food to burn as energy but still need as much of the repair materials in food as they did at 30 years of age? Sometimes more proteins, minerals and vitamins are needed just as more rest is needed.

—that the swing in the eating habits of Asians is now to Western food because Western food is easier and quicker to prepare?

—that consumption of ice cream and other frozen desserts in the United States was 17.2 pounds per person in 1950, 18 pounds in 1955 and 18.2 pounds in 1960?

—that of every \$20 spent for groceries, from \$1.50 to \$2 is for the packaging?



ENGLISH MUFFINS dripping with melted butter and topped with English Marmalade please Americans too.

Marmalade Is 'Tops' for English Muffins

Even the traditional English muffin has gone modern. It has incorporated the convenience of coming to you fork-split—the way an English muffin should.

Try Hostess English Muffins toasted. Serve them with plenty of butter and top them with this marmalade; a favorite of the English themselves.

ENGLISH MARMALADE

Take one dozen oranges and four lemons. Cut each fruit in quarters and slice quarters through pulp and rind into the thinnest possible slices. This necessitates a sharp, sharp knife.

Weigh the prepared fruit and to each pound add three pints of cold water. Set aside for 24 hours. Let boil gently until the rind is perfectly tender and transparent. This will take 6 or more hours. Set aside until the following day.

Weigh the material and to each pound add 1 pound of sugar. Let cook until it thickens enough to hold the peel. It will thicken more upon cooling.

Do not over-cook. Stir while cooking occasionally to avoid burning.



CLUB SPEAKER . . . Ted Bruinsma, left, candidate for the 17th Congressional district seat, goes over a speech he will give Wednesday at an All-American City Young Republican Club meeting with Mrs. Mary Knight and and Phill LeFeuvre, club representatives. Bruinsma's talk will follow the film, "Operation Abolition." The program is scheduled for 7:30 p.m. at the Fern Avenue School cafeteria, Elm Avenue and El Dorado Street. (Herald Photo)



YOUTHFUL CAMPERS . . . Dickie Grossman, 9, left, and Mark Warden, 11, right tell YMCA program Secretary Stan Ellis how they achieved the distinction of being the first two boys to earn their way to summer camp by selling peanuts. Some 60 boys are participating in the door-to-door peanut sale to earn their way to camp. Both boys will go to camp in the San Bernardino mountains. (Herald Photo)

Three Hurt In Traffic Accidents

Three persons were injured in two accidents within an hour of each other Wednesday. Nine-year-old Roxanne Shinoda of 2716 Torrance Blvd., was taken to a private physician by her parents after she was struck by a car at Torrance Boulevard and Hickory Avenue.

Police said the vehicle, a station wagon, was driven by Louis Adkins Spease, 48, of 20521 Avis Ave. He was not cited. The girl was walking north across Torrance Boulevard when the accident occurred at 8:45 p.m.

In another accident, a driver and his passenger suffered major injuries and were taken to South Bay Hospital after their sedan was involved in a collision about 7:15 p.m. at Paseo De Las Delicias and Pacific Coast Highway.

Injured was the driver, Janet Phyllis Mower, 40, of Redco, Calif., and her passenger, William N. Armont, 61, of Hermosa Beach. Driver of the other vehicle was John Robideaux, 62, Hermosa Beach.

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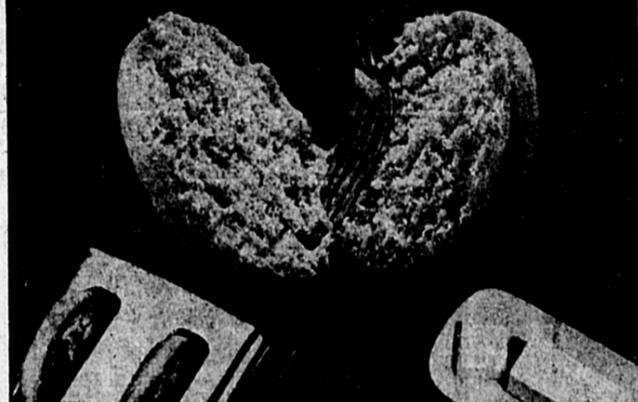
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FORK-SPLIT ready for toasting... made with ALL-BUTTER for flavor!



Look at these marvelous ways you can use WONDER ENGLISH MUFFINS!

*Complete recipes for these tasteful dishes on every package!

WONDER PIZZA RECIPE

Sprinkle top of salad oil on each muffin half. Cover with 2 tbsps. of tomato sauce, large slice of mozzarella cheese; sprinkle oregano, pepper, salt and top with another tsp. of oil. Place in oven (425° F.) for 15 minutes or until cheese melts.

EGGS BENEDICT*

This slice of fried ham... on buttered, toasted Wonder English Muffin. Top with poached eggs and Hollandaise Sauce. Recipe for "quick blender" sauce on every package.

WONDER SNACK NO. 1*

Try delicious toasted Wonder English Muffins topped with cream cheese and then deviled ham. Quick and easy but so appetizing! Great as a luncheon snack.

WONDER SNACK NO. 2*

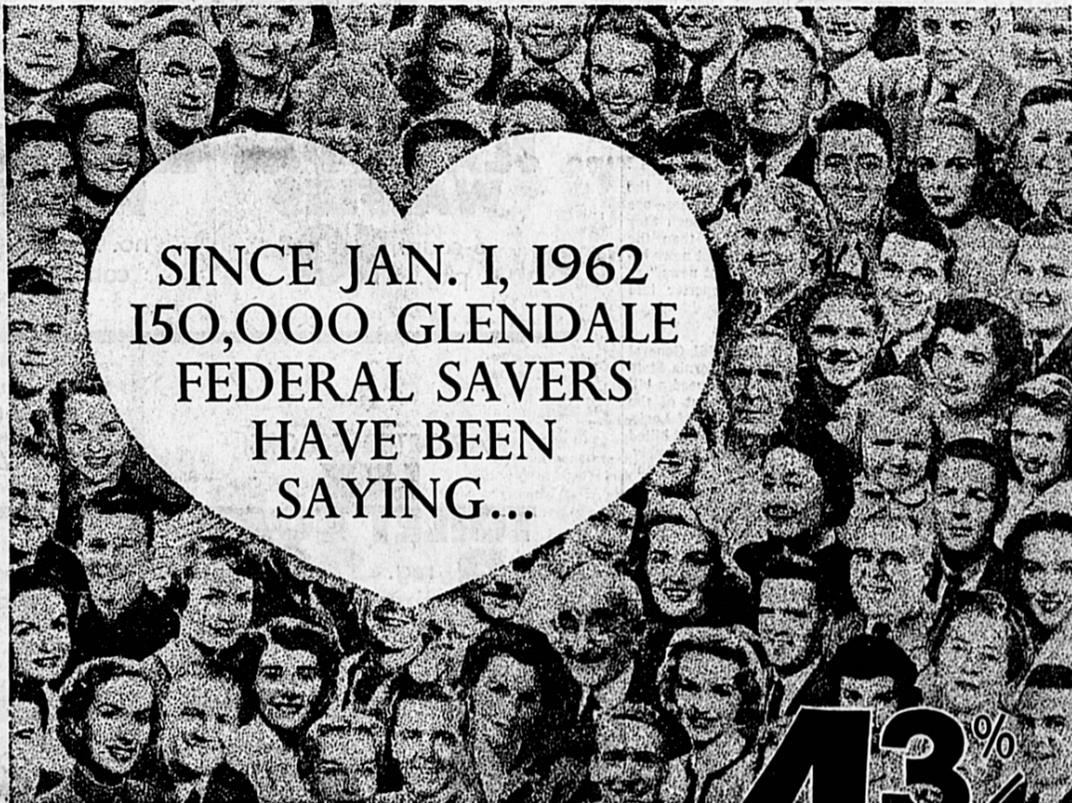
Sprinkle brown sugar and ground cinnamon over buttered muffins. Place on aluminum foil and toast under broiler until brown. Cover with chopped walnut meats.



You'll never get enough of these mouth-watering Wonder English Muffins... once you taste them. They come to you ready for toasting. But that's not all. Wonder English Muffins are fork-split by a special device... to toast beautifully—so perfectly browned. Try this new breakfast

treat... that can be used many ways for delicious meals. Ideal for Eggs à la Wonder Muffins and spreads. So be sure you ask for Wonder English Muffins... because only Wonder cares enough about flavor to bake English Muffins the more costly way... with pure creamy butter!

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