

A FAVORED DESSERT of the summer season is strawberry shortcake. Make it the easy way with bread as the base. Sour cream and coconut add a subtle flavor which complements the berries.

## Bread Like Cake Tastes Just Great

Use bread to make strawberry shortcake? Why not, if its the new fine textured white bread, such as Wonder Soft Whirled bread, which has the look of cake.

Try it as a short-cut dessert to please the family.

### STRAWBERRY SHORTCAKE

12 slices Wonder Soft Whirled bread  
1 large carton dairy sour cream  
½ cup toasted coconut  
4 cups sweetened sliced strawberries

Cut largest possible round from each slice of bread. Toast lightly. Combine sour cream with coconut.

Place about 2 tablespoons if this mixture on six rounds of the bread and top with remaining pieces of bread. Spoon a few strawberries in bottom of six dessert dishes.

Add bread rounds and remaining berries. Top with generous spoonfuls of sour cream-coconut mixture. Garnish each with large strawberry.

## Man Has 'Cooked Out' for Centuries

When was the first cook-out held? It might have been way back in one million B.C. when Peking man is thought to have first used fire for food preparation.

Romantics visualize a flash of lightning touching off a blaze. After one taste of meat roasted in the fire, man has always loved barbecue.

The word "barbecue" comes from the Spanish word "barbacoa," the American Meat Institute reports. This is the name natives of the West Indies gave to the wooden framework they used in grilling smoked meat and fish.

Word Changes  
The early French-Canadians borrowed the word "barboka," from the Western Indians. French explorers of the Mississippi Valley twisted the word into the modern "barbecue."

English writers from 1600 on used the phrase "to barbecue" to describe a large animal broiled over an outdoor pit.

Around 1730 barbecue began to mean family picnic, county fair or political rally at which the tasty meat was served. George Washington mentioned barbecue in his diary.

Popularity Continues  
Barbecuing continues to be a popular American tradition, with equipment ranging from a table-size Japanese hibachi to elaborate electric spits. Home-made and commercial barbecue sauces make gourmet dishes of hamburgers, wieners, roasts and chops. There is even a barbecue-flavored pizza.

An exciting and varied as today's menus are, the most outstanding barbecue fare was served nearly four decades ago.

In 1923 at the Oklahoma governor's inauguration, 100,000 persons were served more than 10 kinds of barbecued meat, including beef, pork, mutton, buffalo, bear, reindeer, antelope, squirrel, rabbit and goose.

### Cows and All That Jazz

Jazz may be okay for "twisters," but it makes cows jumpy too, and that's not good. Infinite patience and perseverance has revealed that cows like soft music. So pampered bovines in many of California's better milking parlors hear only our more melodious tunes.

Fill a cantaloupe half with cottage cheese and top with crushed raspberries.

## Main Dish Enhanced by Melon Balls

Midsummer cantaloupes are in your markets in abundance. Growing conditions have brought about tremendous production so now is the time to enjoy these flavorful melons known for their low-calories and refreshing goodness.

They make fine eating just plain but they also lend themselves to entrees of note.

Try this one inspired by the Orient. Heating the melon balls intensifies the sunny fragrance of the cantaloupes.

### FAR EAST BEEF

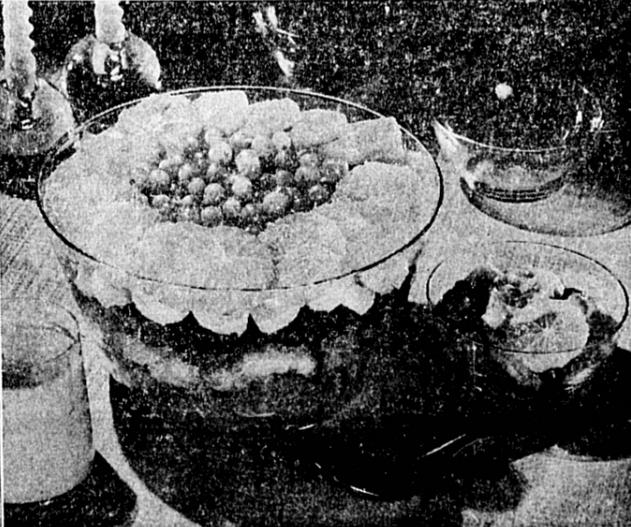
1 medium cantaloupe  
2 lbs. beef sirloin steak  
½ lb. fresh mushrooms  
¼ cup butter or margarine  
¼ tsp. ground ginger  
1 cup thinly sliced celery  
1 pkg. frozen pea pods  
1 cup sliced red sweet pepper  
1 cup water  
1 tbs. instant minced onion  
3 tbs. soy sauce  
2 tbs. cornstarch  
1 tbs. wine vinegar  
1 tsp. sugar

Cooked saffron buttered rice  
Cut cantaloupe in halves; remove seeds. Using French ball cutter, make cantaloupe balls. Place beef in freezer for few minutes until just firm.

Remove excess fat. Cut into thin strips ¼x2-inches. Slice mushrooms. Melt butter with ginger in large skillet. Sauté mushrooms in butter until golden. Add celery, frozen pea pods, beef strips and red peppers.

Combine water, onion, soy sauce, cornstarch, vinegar and sugar. Pour over beef mixture. Simmer, stirring occasionally, 10 to 15 min. until vegetables are tender but crisp.

Add cantaloupe balls and simmer 4 to 5 minutes longer. Serve at once over hot rice. Makes 4 or 5 servings.



SELECT FRESH FRUITS for color as well as good eating and nutrition when you prepare this salad or dessert. Alternate layers of colorful fruits in your prettiest glass bowl make a bid for attention.

## SPICED GRAPES ADD SALAD SPARK

Combine 3 cups diced cooked chicken, 1 cup spiced seedless grapes, 1 cup chopped celery, 1 cup toasted slivered almonds, ½ teaspoon salt and ¼ cup mayonnaise; Chill. Peel 6 cantaloupe rings, 1-inch thick and place on lettuce cups. Fill with chicken salad. Garnish with watercress.

## Fruit Companions

Spread almond-honey butter on muffins for a hot bread to go with summer fresh fruit plates. Whip honey and butter together (equal portions). Add chopped or slivered almonds. Spread on split English muffins and broil until bubbly. Or serve with wedges of hot toast.

## SALAD OR DESSERT

# Fresh Lemon Tops Rainbow of Fruit

California oranges add the golden touch to this rainbow of fresh fruit—as a sparkling salad for summer meals with Fresh Lemon Cream Dressing or the grand finale dessert topped with Fresh Lemon Custard.

Arrange alternate layers of colorful fresh fruit in your prettiest glass serving bowl—golden cartwheels of California orange with other choice fresh fruit in season, luscious ripe berries, sweet melon chunks, creamy banana slices and tender seedless green grapes.

### AMONG MY SOUVENIRS

Here is a jellied cold meat dish that has been a family favorite for many years. See if your family enjoys it or serve it for a guest luncheon entree.

### JELLIED VEAL LOAF

2 ½ lbs. lean veal  
1 veal shank  
2 slices onion  
2 slices green pepper  
1 tsp. salt  
6 cups cold water  
½ cup chopped parsley  
Cook meat, bone and other ingredients except parsley slowly for two hours. Remove pepper strips. Chop meat. Add parsley and combine with the stock and mold to harden.

### FRESH LEMON CREAM DRESSING

1 cup heavy cream, whipped  
¼ cup sugar  
2 teaspoons fresh lemon juice  
4 teaspoons prepared mustard  
Combine all ingredients, blending lightly. Makes 2 cups.

### FRESH LEMON CUSTARD SAUCE

1 3¼-ounce package vanilla flavored pudding mix.  
2-½ cups milk  
1 tablespoon grated lemon peel  
Combine vanilla pudding mix and milk in saucepan. Cook over low heat, according to package directions. Remove from heat; stir in grated lemon peel. Chill. Makes 2-½ cups.

## Fruit Juice Plentiful Is Refreshing

Frozen orange juice concentrate, a summertime convenience food, has been designated by the United States Department of Agriculture as a plentiful food.

It's a snap to slip it from the can and weave its flavor throughout menu favorites.

Orange juice provides refreshing enjoyment these hot summer days and it's the perfect pick-me-up for low-level energy.

### Variety Uses

Orange Cooler is a delightful thirst quencher. Add a scoop of vanilla ice cream or orange sherbet for every cup of orange juice and beat together.

Orange Fluff makes a delightful tophat for puddings and other desserts. Add 2 tablespoons slightly thawed undiluted orange juice to whipping cream, evaporated milk or nonfat dry milk topping as soon as it reaches the whipped stage.

Continue to whip into fluffy lightness. Or use thawed orange concentrate as the liquid when whipping nonfat milk.

### Baking Uses

Orange-Glaze Biscuits go well with turkey. Place ready-to-bake biscuits in shallow pan and bake according to package directions.

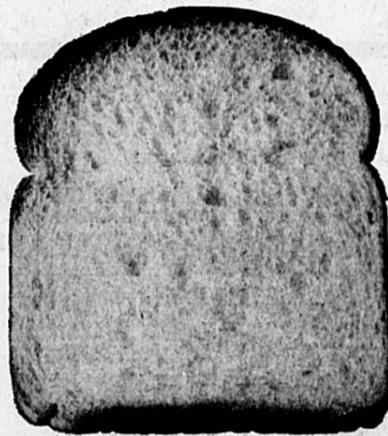
Meanwhile, combine ¼ cup undiluted orange juice and 3 tablespoons brown sugar. Spoon mixture over hot, baked biscuits and return them to oven until glazed—4 to 5 minutes.

To make Orange-Honey Muffins, blend 2 tablespoons butter, 4 tablespoons undiluted orange juice and 4 tablespoons honey.

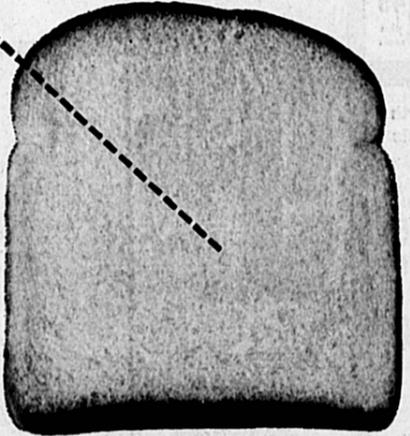
Heat until butter melts. Spread English muffin halves with the mixture and broil until bubbly and nipped with golden brown.

To Prove the WONDERFUL Difference in WONDER "Soft Whirled" Bread...

# ONE LOOK IS ENOUGH



CONVENTIONAL BREAD



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