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7-YR. OLD BOURBON

CREEKWOOD

\$2.98 FIFTH

Excellent quality straight bourbon at the lowest price on the market. An ideal mixer for highballs.



KENTUCKY WHISKEY

KENTUCKY NATIONAL A blend of superb whiskeys.

\$2.98

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IMPORTED IN CROCKS SAVE 80c ON EACH!

Choose from six famed Rhine and Moselle Valley varieties at a stock-up price!

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IMPORTED CANADIAN "E.L."



\$3.99 FIFTH

FULL QUART \$4.99

Comparable in quality to Canadian whiskeys selling up to \$6.50 a fifth. "Especially Light." . . . Smooth.

KENTUCKY BOURBON COLONEL DAN

SINGLE FIFTH \$3.99 2 FIFTHS \$7



IMPORTED SCOTCH SANDY MACDONALD

SANDY MACDONALD

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86.8 proof. Delightfully smooth. Scotch whisky distilled, blended, bottled in Scotland. None finer.

Friendly Fox Markets!

Hours Valid Thurs., Fri., Sat., Sun., October 11, 12, 13, 14

TORRANCE—182nd & Arlington—DA 3-7065 GARDENA—Van Ness & Rosecrans—DA 3-1767

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



ENJOY THE BEAUTY AND goodness of ruby-hued Tokay grapes in this double-crust dessert delight. Pie is high on the list of any man's favorite. The interesting table piece here is an old-fashioned feed scoop with grapes and their leaves. Fashion your own decor with something just as simple and just as attractive.

Flame Tokays Give Dessert of Glory

Grapes of one variety or another are grown throughout most of California; from the desert regions of the south to the Northern wine districts.

One of the best-known is the Flame Tokay, shipped from the town of Lodi in the northern tip of the San Joaquin Valley. This grape is handsome in color, firm in texture and has a unique wine-like flavor.

Enjoy these ruby-hued grapes in Flame Tokay Pie. This year's crop is the finest in at least a decade with quality top-grade.

FLAME TOKAY PIE

5 cups Tokay grapes
2/3 cup sugar
1 tsp. grated lemon rind
1 tsp. lemon juice
3 tbs. tapioca
Pastry
Butter
1/8 tsp. cinnamon
2 tsp. sugar

Halve and seed grapes. Combine them with 2/3 cup sugar, lemon rind and juice and tapioca. Mix gently and let stand while preparing pastry.

Turn grape mixture into pastry-lined 9-inch pie pan. Dot with butter. Cover with

top crust, folding edge under edge of lower pastry; press to seal.

Flute edges and cut slits in top for escaping of steam. Mix cinnamon and sugar and sprinkle over crust. Bake in 375 degree oven about 50 minutes or until pastry is rich, golden brown.

Cool before serving. If desired, garnish with grape leaves and a cluster of Tokays.

Zucchini Salad

Tear 1 head romaine lettuce into bite-size pieces. Remove large stems from 1 bunch watercress and toss in large bowl with 2 stalks of celery, sliced.

Add 6 medium-sized zucchini, thinly sliced and sprinkle with salt and pepper and 1/2 cup grated Parmesan cheese. Chill until ready to use. Just before serving add Italian dressing and toss well. Decorate with 2 large tomatoes, quartered and 1/4 lb. thinly-sliced ham, cut in strips.

Cheese and pears are scrumptious flavor mates. Bake fresh pear pie in crust made with Cheddar cheese added.



SUPPER FOLLOWS FALL GAMES

Open the first quarter of your football victory supper with piping hot soup. Brown four frankfurters, thinly sliced, in 2 tablespoons butter or margarine. Add 2 cans (11-1/2-oz. each) green pea soup and 2 soup cans water. Heat, stirring often. Makes 4 to 6 servings. Serve with bread sticks or crackers. Follow with your favorite casserole. For the third quarter serve individual frozen fruit pies baked to a golden brown. Cool and serve a la mode.

Scientific Findings Ever Available

Americans are enjoying longer life spans, better health and better living today, all because our modern scientists are constantly developing new products, new items, as well as new ideas, in the fields of medicine, clothing, housing, and food.

In fact, there's hardly anything we do come in contact with today, that has not gone through scientific laboratories for detailed checking.

American's knowledge of these developments is increasing every day.

Safflower Oil

Because of its immediate acceptance by the public, safflower oil is certainly one item to which we should draw our attention. Safflower is truly a western product with California and Arizona being the prime growing areas.

The plant was originally imported from India by the department of agriculture several years ago for experimental purposes.

Since then, the interest in safflower for food purposes has grown to such an extent that safflower acreage has virtually doubled every year for the past four years.

Authorities Believe

Safflower's very high ratio of poly-unsaturated fat to saturated fat is credited with helping to stimulate interest in safflower oil as a food.

Poly-unsaturated fat contains fatty acids known as linoleic which many medical authorities believe, tend to lower blood cholesterol levels.

The same authorities also are of the opinion that a high cholesterol level can clog arteries, thereby leading to heart and other ailments.

For this reason, safflower oil margarine is a product that has really come into prominence.

Arden Margarine

Because it is 100% safflower oil, not a blend of other vegetable fats, Arden Golden Valley margarine is one of the leaders in the safflower market.

Cook green beans and chill in tart French dressing. Serve with hard-cooked eggs in lettuce cups or add to tossed green salad.

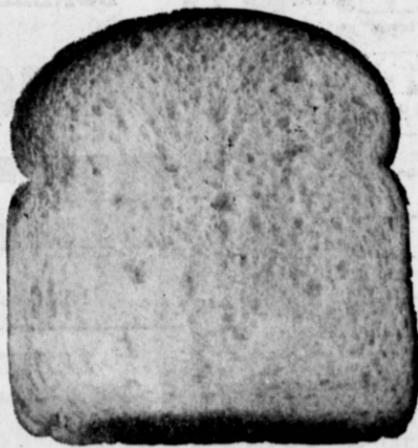


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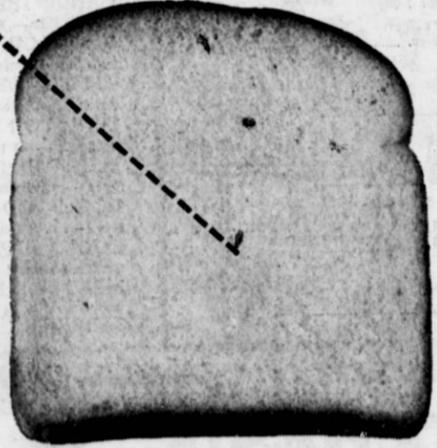
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