

Fruit of Our California Doubles as Vegetable



SAVORY TOASTWICHES MAKE an easy Saturday lunch for the gang when they "happen" to be at your home when it's time for eatin'. Add tall glasses of cold milk and call it an occasion.

Cater to Gang With Hearty Toastwiches

Friends and friend's friends who spend Saturday together usually happen to be at your home around luncheon time if you are noted as a mother who enjoys being hostess to these "gangs."

It is a time for easy menus. Add this savory dish to your sandwich repertoire. You may fix these Wonder Soft Whirled sandwiches at the table on the grill.

Sans grill, the ever-dependable broiler comes to the rescue. Try this speciality next time the teenagers gather—it is a he man's treat for six.

SAVORY TOASTWICHES

- 12 slices Wonder Soft Whirled bread
 - ½ cup whipped butter or margarine
 - 6 slices corned beef
 - 4 slices American snappy cheese
 - 2 medium size pickles, one cut in 6 medium strips; 2nd into strips, then halved
- Spread whipped butter or margarine on all 12 slices of Wonder Soft Whirled bread. Place 6 slices of corned beef on 6 of the slices of buttered bread and top with remaining slices of bread.
- Place on grill or in broiler. When golden brown, turn and place cheese on top in crossed manner. Grill until golden brown.
- Garnish with slices and half slices of pickle.

Avocados, a favored food of many is listed by some as a fruit and by others as a vegetable. The dictionary says it is a fruit, but there is something to be said for the misconception that avocados are a vegetable. Few other fruits are so versatile that they may often be used in a recipe which you might expect to call for a green vegetable.

Do Not Cook
You should never actually cook avocados but adding slices of the fruit the final four or five minutes of cooking time heats it slightly and adds to its appeal.

Hot entrees take on new interest when served in avocado halves. Try avocado in this sauce as an accompaniment for fish.

AVOCADO-TARRAGON SAUCE
1 cup dairy sour cream
2 tablespoons tarragon vinegar
1½ teaspoons seasoned salt
½ teaspoon sugar
1 tablespoon chopped green onion or chives
1 teaspoon chopped parsley
1 avocado

Combine all ingredients except avocado. Cut avocado lengthwise into halves; remove seed and skin. Dice fruit. Fold into sour cream. Serve with broiled, baked or fried fish or seafood. Makes about 2 cups sauce.

Our Heritage Includes Fine Breakfasts
Long before nutrition became a science our grand- and great-grandparents instinctively knew the value of a good breakfast. Of course, they were hungry because they knew they had a day's labor before them.

But today's labor, though less rigorous physically, requires a nutritious breakfast, too.

We come by breakfast heritage of note and might well pass it along to the next generation.

From New England we suggest Johnny Cakes and from the Deep South, Grits with Red-Eye Gravy.

CRISPY JOHNNY CAKES
1 cup Quaker Enriched Corn Meal
½ cup sifted flour
1 tbs. sugar
1 tsp. salt
1 tsp. baking powder
1 egg, beaten
1 cup milk

Heat griddle to hot (400 degrees). Sift together dry ingredients into bowl. Add egg and milk and mix well.

Pour ¼ cup batter for each cake onto greased preheated griddle. Bake until edges are dry and top is covered with bubbles—about 4 minutes.

Turn and bake second side about 4 minutes. Serve warm with butter and maple syrup. Makes 8 Johnny Cakes.

GRITS WITH RED-EYE GRAVY
Add 1 teaspoon salt to 8 cups boiling water. Slowly stir in 1 cup Quaker or Aunt Jemima Enriched Hominy Grits.

Cover and cook 25 to 30 minutes, stirring frequently. Serve with fried ham and red-eye gravy.

For quick grits, decrease water to 4 cups and cook 2½ to 5 minutes.

Red-Eye Gravy: After frying ham, place 3 tablespoons ham drippings in gravy boat. Brown remainder of drippings. Pour ¾ cup water or brewed coffee over browned drippings.

Bring to boil and pour over drippings in gravy boat. Serve over hot grits.

AVOCADO CLAM COCKTAIL
1 large avocado
1 can (7 oz.) minced clams
8 or 12 cooked or canned asparagus tips
Water cress or lettuce
½ cup catsup
½ teaspoon prepared horseradish
2 teaspoons lemon or lime juice
Dash Tabasco

Cut avocado lengthwise, into halves; remove seed and skin. Cut fruit into cubes. Drain clams; combine with avocado. Arrange 2 or 3 asparagus tips in each of 4 cocktail glasses or on shells or salad plates.

Spoon avocado-clam mixture over asparagus. Garnish with water cress. Combine catsup, horseradish, lemon juice and Tabasco. Spoon over avocado and clams. Chill and serve cold.

Jiffy Dessert
Dissolve 1 package lime flavored gelatin in 1 cup hot water; add ½ cup cold water. Chill until just thickened but not set.

Remove from refrigerator and add 1 pint vanilla ice cream, beating with rotary or electric beater.

When well blended add 2 cups cantaloupe balls and pour immediately into a loaf pan that has been buttered and lined with slices of angel-food, chiffon or pound cake. Chill until firm. When ready to serve invert on platter and garnish with cantaloupe balls, whipped cream and fresh mint, if desired.

Jewel Dessert
Pour strawberry gelatin about ½ inch deep into a shallow dish or pan. When chilled and set, cut into cubes and remove with lifter. Combine with golden pineapple chunks and sprinkle coconut atop each serving.

Food Factory
The dairy cow is the world's greatest food factory. She produces on the average from an acre of crops: 2,190 pounds of milk which contains 72 pounds of digestible protein and 712 units (therms) of energy.

Cantaloupe Mocha Creme
Peel and finely dice 1 cantaloupe. Whizz in blender. Add 1 tbs. sugar, 1 tsp. instant coffee and 3 cups non-fat cold milk. Beat until frothy. Serve in chilled glasses crowned with nutmeg or cinnamon.



DICED AVOCADO IN taste-tempting sour cream sauce makes Avocado-Tarragon Sauce an ideal accompaniment for fish and seafood. This food, really a fruit, is versatile enough to be used in vegetable-ways, too.

Congress on Poultry

Included in the convention program of the Western Poultry Congress this fall will be a Consumer Sales Panel to discuss "Planned Menus or Habit Buying" of poultry items.

The Convention will be held in the Riverside-San Bernardino area, with headquarters in the Mission Inn at Riverside and exhibits at the Orange Show Grounds in San Bernardino, Sunday, Oct. 28 through Thursday, Nov. 1.

More than 4,000 industry members are expected to attend the business sessions and to visit the 174 booths of exhibitors from 41 states.

One of the highlights of the program will be the separate sessions including the Consumer Sales Panel for discussion of such topics as broilers, egg production and turkeys.

The industry, always aware of consumer problems, will endeavor to find ways to improve techniques in bringing the finest dairy and poultry products into the home.

The Western Poultry Congress comprises three groups: the California Turkey Federation, the California Poultry and Hatchery Federation and the California Egg Council.

Q: WHAT MAKES THIS THE GREATEST SANDWICH LOAF EVER BAKED?



A: THESE 3 EXCITING FEATURES!

1

NO NEED TO TRIM CRUSTS... they "eat" as good as the bread itself! You can throw that bread knife away!

2

SPECIAL BAKING COVERS seal in extra oven flavor... make slices perfectly square, for neater sandwiches.

3

"SOFT WHIRLED" PROCESS means no holes... jellies, jams, sandwich fillings, mayonnaise can't drip through.

Wonder thought of everything with this sensational loaf! The special "Soft Whirl" process means every slice is flawless in texture; has no holes. The crusts are thin and delicate... actually "eat" as good as the bread itself. And these extra-tender slices are square shaped and thin sliced so that you get more and neater sandwiches per loaf!

Wonder "Soft Whirled" Sandwich Bread tastes as good as it looks, too... soft, smooth, fine—perfect! Get a big, fresh loaf at your food store today.

WONDER "SOFT WHIRLED" SANDWICH BREAD

GREAT NUTRITION, TOO...and it Helps Build Strong Bodies 12 Ways!

GOOD COOKS REACH FOR THE TASTIEST CORN PRODUCTS IN THE WEST!

Aunt Jemima

CORN MEAL and GRITS

Sun-drenched corn goodness! That's what Aunt Jemima brings to Western folks. Choice corn, water-washed pure. Milled to capture all of the original corn sweetness and goodness. Double-wrapped in sparkling packages that seal in flavor and freshness. Treat your family to Aunt Jemima Corn Meal and Grits now. You pay so little and get so much!

Aunt Jemima Corn Meal and Grits

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