

**MARY WISE Menu Planners AND SHOPPING SUGGESTIONS**

**TORRANCE HERALD**  
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**JUICY CALIFORNIA CANTALOUPE** half-shells cradle creamy lime gelatin and strawberries for sumptuous rainbow-hued Cantaloupe Marlborough.

**MIDSUMMER DELIGHT**

**Filled Zig-Zag Shell Makes Regal Dessert**

There is a decidedly regal look to Cantaloupe Marlborough, an imposing summer dessert that will glamorize any menu.

Cantaloupe half-shells cut in a zig-zag pattern are filled with refreshing lime gelatin-sour cream mixture and garnished with whole strawberries for this colorful and attractive treat.

It's easy to cut cantaloupe a variety of ways for different uses or dramatic effects.

For the saw-tooth shown in today's picture, mark a zig-zag line around the center of the melon with a pencil; then cut with a sharp knife along the line.

When cutting cantaloupe rings, save the end pieces to dice or for melon balls. Crescents, wedges or cubes are other serving treatments for variety and extra eye appeal.

**CANTALOUPE MARLBOROUGH**

- 1 pkg. (3 oz.) lime gelatin
- 1 cup hot water
- 1/2 cup cold water
- 2 tbs. lime juice
- 1 cup dairy sour cream
- 3 cantaloupes
- Strawberries

Dissolve gelatin in hot water. Add cold water and lime juice. Cool until mixture

grounds on a spoon. Beat with rotary beater.

Sift in sour cream and chill until firm. Cut cantaloupes into halves, zig zag fashion as described above. Remove seeds.

Scoop gelatin mixture into melons. Garnish with strawberries or other fresh fruit of choice. Serve at once.

**Pizza Rice Casserole Has 'Flavor of West'**

There's nothing like the rich lively flavor of tomato sauce to set off the goodness of casserole dishes.

Many California cooks depend on Del Monte Tomato Sauce for this flavor. Born here in the West 50 years ago, this richly simmered and uniquely seasoned sauce has become a real tradition.

**PIZZA RICE CASSEROLE**

- 4 cups cooked rice
- 2 tbs. butter
- 1/4 cup diced onion
- 1 small clove garlic
- 1 lb. lean ground beef
- 2 cans (8-oz. each) Del Monte tomato sauce
- 1 tsp. sugar
- 1 tsp. salt
- Dash pepper
- 1/2 tsp. basil
- 1/4 tsp. oregano
- 1 tsp. parsley flakes
- 1 1/2 cups cottage cheese
- 1 cup shredded American cheese

Cook rice according to package directions only until tender (do not overcook).

Melt butter in large skillet, add onion and finely minced garlic; cook until onion is tender but not brown.

Add meat and cook until slightly browned. Add tomato sauce and seasonings and cook for about 15 minutes.

Combine cottage cheese and cooked rice and put 1/2 of the meat-tomato sauce over top. Continue to layer with sauce on top.

"Man learns from experience, they say. For instance, even a devoted Dad doesn't wake up his second baby just to see it smile."

Sprinkle shredded cheese over all. Bake at 325 degrees for 25 minutes to 45 minutes or until hot and bubbly.

This casserole may be prepared in advance and stored in refrigerator for baking at dinner time. If refrigerated, allow the full 45 minutes for baking.

**SUMMER SUGGESTS COOL DESSERTS**

Summer is a good time to serve cool, ice cream desserts. They are popular with the guests and easy on the hostess.

Arrange sliced fresh peaches over vanilla ice cream. Sprinkle lightly with nutmeg. Add instant coffee powder to a favorite chocolate sauce and spoon over chocolate or coffee ice cream.

Cut a loaf-shaped angel cake into three lengthwise layers. Spread pecan, almond, pistachio or walnut ice cream between the layers and over the top. Serve with chocolate sauce or whipped cream.



**'NORBIT IS A** lovely little kick-me toy in the shape of the famous Nesbitt's identification leaf. He's new and novel; loved by the kiddies, tossed by the teenagers and enjoyed by the big kids!

**RULES FOR STORAGE OF HAM**

Refrigerate all hams at 40 degrees or colder. Like all meats, ham is best when used promptly.

The American Meat Institute does not recommend that hams be frozen because this tends to reduce the flavor. Canned hams, three pounds or larger, should be stored in the refrigerator but should not be frozen. For canned hams less than three pounds, follow instruction on the label.

**New Kick-Me Toy Available**

A nutty new creature has appeared on the kick-me toy scene. 'Norbit, being offered by Nesbitt Fruit Products, Inc., is a funny little guy that stands 14 inches high and when inflated is 27 inches around.

'Norbit can be kicked, bounced, thrown; and no matter what, he almost always lands on his feet, grinning and ready for more.

The kiddie-set takes to 'Norbit's grin on sight; the teenagers use him for such things as a beach pillow or beach ball; and quite a number of "big kids" have been known to give 'Norbit a kick or two.

This new kick-me toy creation is available as suggested elsewhere on this page.

GOODNESS!  
Look what's new from

**Nesbitt's**  
NEW 12" TOY  
'Norbit only \$1.00

Get coupon for 'Norbit on Nesbitt 6-pack at your favorite store now

**COOK OUTDOORS**  
*with the flavor of the West*

You can turn a thrifty chuck roast into one of the best-tasting barbecues ever, and DEL MONTE is just the tomato sauce to help you do it!

Born in the West to suit our Western taste for rich and zesty tomato flavor, DEL MONTE is the brand of tomato sauce that good California cooks have counted on for almost 50 years.

So don't expect any other brand to do quite as much, quite as well. Insist on DEL MONTE® Brand Tomato Sauce and keep plenty handy for your own good cooking.

P.S. Want 18 good recipes with the flavor of the West? Write to Mary Wise, DEL MONTE Tomato Sauce, P.O. Box 18, Los Angeles 51, California, for your free recipe cards.



**CHARCOAL CHUCK BEEF**

- 1 piece chuck beef cut 1 1/2 to 2 1/2 in. thick (1/2 lb. per person)
- 2 Tbsp. wine vinegar
- 2 Tbsp. brown sugar
- 2 Tbsp. soy sauce
- 1 tsp. dry mustard
- 1 can (8 oz.) DEL MONTE Tomato Sauce
- 1/4 tsp. each garlic powder and seasoned pepper
- 1/2 cup water

Tenderize meat as label directs. In shallow pan large enough for meat, mix remaining ingredients. Place meat in sauce, turn to coat all sides, marinate 1 hr., turning once. Drain well; barbecue over coals. 1 1/2-in. thick meat: 15 min. (rare) to 20 min. (well done) on each side. 2 1/2-in. thick meat: 20 min. (rare) to 30 min. (well done) on each side. Turn the meat once, and baste once with marinade while second side cooks. To serve, remove rib and blade bones; slice diagonally. Serve with the remaining marinade, heated.

Turn him on tonight!

Bright, fast and fantastically fun by GARY OWENS is brought to you each evening, 9:05 to midnight, Monday through Saturday, by good old KMPC. Simply tune to 710, the warmest, friendliest place on any radio dial!



**PECAN, RAISIN BROWNIES**

- 1 cup sugar
- 1 egg
- 2 tbs. soft butter
- 1 tsp. vanilla
- 2-oz. unsweetened chocolate, melted
- 1 tsp. baking powder
- 1/2 cup evaporated milk
- 1/2 cup chopped pecans
- 1/2 cup raisins
- 1 cup sifted flour

**Old Fashioned Frosting**

Combine sugar, egg, butter and vanilla. Beat until smooth and light. Add melted chocolate and mix well.

Sift flour and baking powder together and add to other mixture. Add nuts and raisins and mix well.

Turn into buttered 9-inch square pan. Bake at 350 degrees for 25 to 30 minutes or until cake tests done. Cool. Frost with frosting as directed below and cut into bars.

**OLD FASHIONED FROSTING**

- 2 tbs. dry instant coffee-creamer
- 1/4 cup hot water
- 1/4 cup soft butter
- 3 3/4 cups sifted confectioners' sugar
- 1/4 tsp. salt
- 1 1/2 tsp. vanilla

Stir dry instant non-dairy coffee-creamer into hot water. Beat butter, 1 cup sugar and salt together until light and fluffy.

Add remaining sugar and hot coffee-creamer, alternately to butter mixture, beating until smooth after each addition. Add vanilla. Mix well.

A 4-inch, 80-gram avocado half-shell contains 137 calories.

**Del Monte Tomato Sauce**