



NEXT TIME YOU are presiding over a hungry brood, serve hearty spaghetti and meat balls with the zest of tomato sauce. With a green salad, French bread and a simple fruit dessert, you are in business.

Tomato Sauce Featured in California Favorites

For a long time, tomato sauce and good hearty dishes have been just about synonymous in California and it's not hard to see why. For over 50 years, Western homemakers have had a ready-prepared sauce available that offers the good flavor combination of tomatoes and spices to suit special appetites for a good zesty food. No wonder our own Western concoctions as well as our adaptations of other cuisines so often feature tomato sauce to make them easier and more flavorful.

Next time you're presiding over a really hungry brood, try fixing a hearty favorite like spaghetti and meat balls with the zest of tomato sauce. With a green salad, French bread and a simple fruit dessert, you're in business.

did you know

- that the average adult weight in the United States is about 15 pounds above the weight that corresponds with the best health records?
- that since 1958 domestic production of blue mold cheese increased about five million pounds, roughly the same as the U. S. consumption which is growing at a rate of about one million pounds per year?
- that in 1915 in the United States one baby out of every 10 born alive died before its first birthday? Fewer than three out of 100 babies born alive today die in infancy.

SPAGHETTI PRONTO
1 lb. lean ground beef
1 egg plus 1 tbs. water
1 cup soft bread crumbs
2 tbs. Parmesan cheese
1 tsp. seasoned salt
1/4 tsp. pepper

Blend these ingredients well. Using rounded tablespoonfuls, shape into 16 balls. Make sauce.

2 tbs. olive oil
1/2 cup finely diced celery
1/2 cup chopped onion
1 medium carrot, grated
1 clove garlic, minced
2 tbs. chopped parsley
1/2 tsp. EACH rosemary and oregano
1/2 bay leaf
2 cans (8-oz. size) DEL MONTE Tomato Sauce
1/2 cup water
1/2 lb. uncooked spaghetti

In oil, saute celery, onion, carrot, garlic and parsley until tender. Stir in remaining ingredients EXCEPT spaghetti. Heat to boiling. Drop meat balls into sauce

PORK CUTS OFFER ECONOMY MEALS

Treat your family to a meal of excellent flavor and bountiful nutrition at economical prices. Serve pork shoulder steaks, suggests the American Meat Institute.

Fork shoulder steaks are closely related to pork chops. Similar in flavor, texture and cookery methods to chops, shoulder steaks are almost always lower in price.

The economy of the shoulder steaks is part of the law of supply and demand. Fewer homemakers know about pork steaks and therefore choose the steaks less frequently than chops.

There are three kinds of shoulder steaks: blade bone, round bone and boneless.

The blade bone and boneless shoulder steaks are cut from the Boston butt, which is a square or triangular piece of meat from the upper half of the shoulder.

The round bone shoulder steaks, known as arm pork steaks, are cut from the center of the picnic shoulder.

A DELICACY

Favored Almond Is Choice of Millions

Among several definitions, the word delicacy is this pithy one: A choice food.

You would find very few food connoisseurs failing to rank almonds as a delicacy under this definition. Almonds are a choice nut — the choice of millions of Americans and, incidentally, offer quite a choice from which to make a selection.

Almonds from California in eye-catching tins are now available in many stores. They are packed unblanched whole, roasted diced and toasted slivered for your eating and cooking convenience.

A relatively new and increasingly popular processing style to look for in tins on grocery shelves is known as smokehouse cocktail almonds—like no other almonds you ever tasted.

Cellophane bags are also used for packaging almonds—softshell plus sliced natural and unblanched and blanching whole. In addition, there is the tray pack of softshell almonds.

However you prefer them, there would seem to be a pack of almonds for your every need. And if you are the do-it-yourself type, you can blanch or roast or sliver your own.

For blanching, cover the kernels with water, heat to boiling, drain and slip off skins by pressing the almond between thumb and forefinger. To sliver, split almonds into halves with tip of sharp knife.

Lay flat sides down and cut into thin slivers. For roasting, use a teaspoon of butter or margarine per cup of meats; roast 15 to 20 minutes in a slow oven, stirring frequently.

Salt some for out-of-hand eating and save the rest for cooking.

Equal parts of mayonnaise and craberry sauce create a party pink topping for your favorite fruit salad.

Vegetables Use Own Sign Language

Vegetables don't cry "ouch" as they slowly wither in the vegetable bin or refrigerator.

They use their own sign language — shrivelling — to inform us they are going through a natural process of life.

Vegetables use oxygen from the air and release carbon dioxide, water and heat. This cycle of nature changes the food value of fresh produce constantly.

An effective way to slow down the deterioration is to control the temperature. A rise of 18 degrees F. can double or triple the rate of food value breakdown.

Fresh vegetables will retain their food value for a limited storage time when the temperature is around 32 degrees. There are exceptions: green beans, cucumbers, eggplant, winter squash, sweet potatoes and tomatoes prefer a temperature of 45 to 50 degrees.

It is a wise consumer who purchases fresh vegetables frequently and retains the food values by maintaining good storage temperature.

HARVEST OF SEA

Spring Seafoods Offer Interesting Variety

A wide variety of seafoods will be available fresh, frozen and smoked for our city this month, according to Southern California Fisheries Association whose seafoods of the month include barracuda, fillet of sole, halibut, lobster and rex sole.

Over the years, April has been the peak California barracuda catch month, so there should be an ample supply now.

When cooked properly, barracuda fresh from the sea has a trout-like flavor that is without parallel.

However, it is advisable to remove the skin and wipe the flesh thoroughly before cooking since there is a layer of strong-flavored oil between skin and flesh.

Because barracuda is an oily fish, it is better broiled, baked, poached or grilled rather than fried. Use of lemon juice or dry white wine while cooking brings out the best flavor.

Many Southern Californians are discovering that salmon is not only fine when cooked fresh but is equally delicious smoked. Smoked salmon is

available in the delicatessen departments of most markets; thin sliced in packages, ideal for sandwiches, canapes or scrambled with eggs.

Another variety, barbecued smoked salmon, is ready to eat from the package, or may be served steamed or boiled in the bag.

The frozen California spiny lobster available is already cooked. A delicious way of serving is stuffed and broiled. Split the lobster in half. Clean it or have it done at the market for you.

Fill this cavity with prepared poultry dressing, mixed according to directions on package to which you have added lemon juice and a little grated Parmesan cheese.

Brush lobster meat and dressing with butter and sprinkle with salt, pepper and paprika. Broil 4 to 6 inches from source of heat for 5 minutes or until lightly browned.

Combine melted butter and lemon juice and serve with lobster.

COOK HEARTY

with the flavor of the West



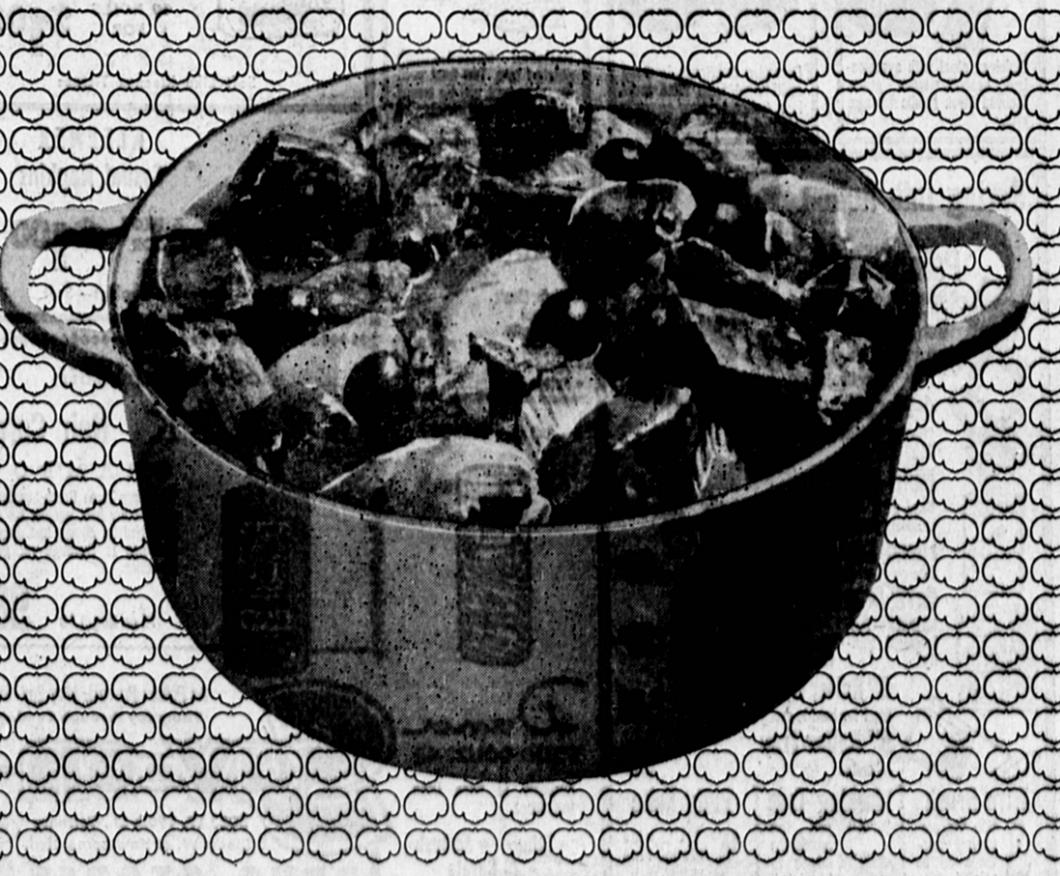
STEW ROMANO

2 slices bacon, diced
2 lbs. very lean beef, cut in 1 1/4-in. cubes
1 tsp. salt
1/4 tsp. each, pepper and marjoram
1 clove garlic, minced
1 small onion, diced
1 1/2 cups broth or water

1 can (8 oz.) DEL MONTE Tomato Sauce
1 Tbsp. red wine vinegar
4 or 5 pared medium potatoes, cut in half
4 pared carrots, quartered
1/2 cup coarsely sliced celery
1/2 cup ripe olives

In heavy skillet or Dutch oven, gently fry bacon till it begins to curl. Add beef, sprinkle with salt, pepper, marjoram; brown on all sides. When nearly brown, add garlic and onion; cook until richly browned. Stir in broth, tomato sauce, vinegar. Cover; simmer 1 1/2 hours. Add potatoes, carrots, celery (and a bit of water, if needed). Cover; cook until tender, 20-30 min. Just before serving, add olives; salt if needed. Serves 4-5.

Del Monte Tomato Sauce



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