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# BIBLE STORIES

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Magic Chef coupon good Oct. 10 through Dec. 4, 1963

COUNTY FAIR

## FROZEN PIES

**25¢**

apple  
apricot  
boysenberry  
cherry  
peach  
pineapple

U.S.D.A. "CHOICE" BEEF

## ROUND STEAK

**69¢ lb.**



U.S.D.A. "CHOICE" BEEF

## RUMP ROAST

**69¢ lb. in**

CREAMY, HOMO OR PURE

## BUDDER'S BUTTER

**49¢**

Tender, meaty, small ribs from Eastern grain-fed porkers for tasty, homespun, family meals!

### FRESH SPARE RIBS

**49¢ lb.**

Farmer John, Luer or Hoffman. Sugar-cured, flavorful ham is a favorite served hot or cold!

### FULL SHANK HALF HAMS

**37¢ lb.**

Farmer John, Luer or Hoffman. Tender, juicy, sugar-cured ham makes second-day meals easy!

### BUTT PORTION HAMS

**49¢ lb.**

Farmer John, Luer or Hoffman. Tempting, tasty ham—easy, economical way to feed a crowd!

### WHOLE HAMS

**45¢ lb.**

fruit for desserts to please all ages! 11 oz. can

### On Oranges

**4 for \$1**

best to sandwiches, snacks and meals! 22 oz. jar

### Per Pickles

**39¢**

add the elegant look to plain foods! tall can

### Pipe Olives

**29¢**

cheese food, processed/pasteurized, 2 lb. package

### Delight Cheese

**69¢**

U.S.D.A. "CHOICE" BEEF

## SWISS STEAK

**69¢ lb.**



U.S.D.A. "CHOICE" BEEF

## BONELESS ROUND STEAK

**79¢ lb.**

Farmer John, Luer or Hoffman. Tender, juicy slices from the center of the ham! Broil them!

### CENTER CUT HAM SLICES

**98¢ lb.**

Sizzling crisp bacon's better than an alarm clock at breakfast time! 1 pound package sliced.

### FARMER JOHN BACON

**59¢**

Serve skinless link sausage with waffles or hot cakes! Delicious and economical! 8 oz. pkg.

### FARMER JOHN SAUSAGE

**4 for \$1**

U.S.D.A. "CHOICE" BEEF

## BONELESS RUMP ROAST

**79¢ lb.**



FRESH, LEAN

## GROUND ROUND

**69¢ lb.**

Quick Cookin. Fine for sandwiches! 1 1/4 lb. frozen

Floured Beef Steaks **79c**

Quick Cookin. Fine for quick meals! 1 1/2 lb. frozen

Floured Veal Steaks **79c**

Tasty fare for hot snacks or meals! 1 lb. package

Booth Frozen Fish Sticks **59c**



FRUIT, RIPE

## CING PINEAPPLES

**25¢**

New Crop Nuts

Peerless Almonds or

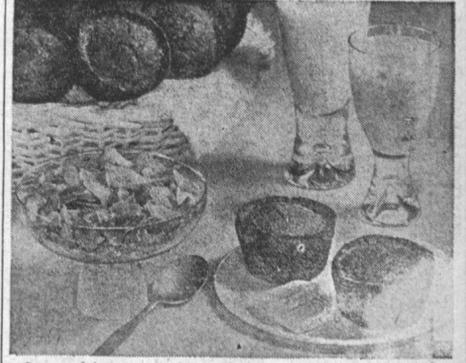
Fancy Large Brazils

**3 lbs. \$1**

DEL AMO SHOPPING CENTER  
CORNER OF HAWTHORNE & SEPULVEDA

# MAGIC CHEF

### Can A Light, Modern Breakfast Be Adequate?



Orange juice, corn flakes, milk, bran muffins and butter—a "Better Breakfast Month" breakfast.

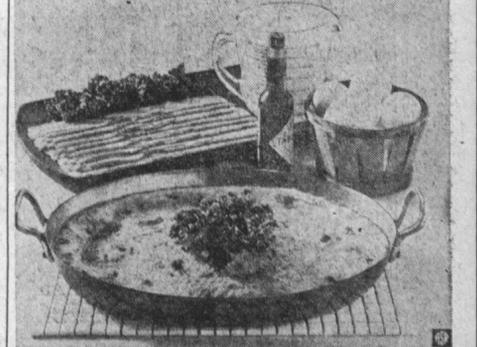
A basic breakfast pattern has been developed as a specific tool to encourage better breakfast habits. A basic cereal and milk breakfast pattern contains just five commonly eaten foods—fruit, cereal, milk, bread and butter. For most people, average servings of these foods supply one-fourth of the day's food needs. During the Iowa Breakfast Studies, it was demonstrated that a basic cereal and milk breakfast supplying one-fourth of the day's calories and protein is superior in maintaining mental and physical efficiency in the late morning hours, when compared to larger or smaller morning meals. So, a light, modern breakfast can be adequate—as well as economical, convenient, and easy to prepare—when built on a basic cereal and milk breakfast pattern.

**Better Breakfast Bran Muffins**

2 cups whole bran cereal	1 cup sifted all-purpose flour
1 1/2 cups milk	1 teaspoon soda
1/2 cup molasses	1 egg, beaten
1/2 teaspoon salt	

Soften cereal in milk and molasses about 5 minutes. Add egg; stir well. Sift together flour, soda, and salt. Stir dry ingredients into bran mixture just until dry ingredients are moistened. Fill greased medium size muffin pans, 2 1/2 x 1 1/4 inches, about 3/4 full. Bake in hot oven (400° F) until done, about 15 minutes. Yield: 1 1/2 dozen muffins.

### Bake A Better Breakfast Omelet



September is Better Breakfast Month, and there's no better time to set a good breakfast pattern than with the advent of school days. Mother knows best that breakfast is an important meal for school children (and adults!), and it's a wise discipline to follow after the lazy, hazy days of summer. Studies prove that when breakfast is skipped, work output is less, mental reactions are slower, and muscular fatigue increases.

Eggs are good breakfast fare as they're high in protein, and a delicious never-fail omelet made in the oven will feed four to six in a family. Bacon and milk are used along with the eggs so the omelet is extra nutritious, and Tabasco, the spicy liquid red pepper, seasons the dish "just so." Every good cook knows the bland flavor of eggs needs Tabasco, and the liquid seasoning is ideal in egg cookery as it blends smoothly and invisibly into the beaten egg mixture.

The omelet takes about a half hour to bake and requires no attention, giving you ample time to set the breakfast table and prepare toast and juice. If you're serving tomato juice, stir in a few drops of Tabasco for extra zip.

**Oven Omelet**

8 slices bacon	1 teaspoon salt
5 eggs	1/2 teaspoon Tabasco
3 tablespoons flour	2 cups milk
	Parsley (optional)

Cook bacon; drain and crumble into bits. While bacon is cooking, prepare eggs. Beat eggs until light and foamy. Beat in flour, salt and Tabasco. Add milk and beat again. Grease bottom of 1-quart casserole with bacon drippings. Sprinkle crumbled bacon over bottom of pan. Add egg mixture. Bake in moderate oven (375° F.) 30 to 35 minutes until egg mixture is set. Garnish with parsley if desired and serve immediately. YIELD: 4 to 6 servings.

### Fish and Fruit—Hawaiian Style



Pineapple Sole, a Hawaiian style entree, is an easy to prepare and very special tasting dish. The bright sweet flavor of pineapple combines deliciously with fillet of sole. Complete the dinner menu with boiled and buttered potatoes and a tossed green salad.

**Hawaiian Pineapple Spears** (No. 2 or 1 lb., 4 1/2 oz. can)

1 cup pineapple syrup

1 pound frozen sole fillets, defrosted

1/2 cup cracker crumbs

**Vegetable oil**

1/4 cup Macadamia Nut Chips or sliced toasted almonds

2 tablespoons butter, melted

1 tablespoon chopped parsley

Drain pineapple spears and reserve syrup. Marinate fish fillets in syrup drained from pineapple for about 5 minutes. Turn fillets in cracker crumbs and heat 1/4 inch vegetable oil in skillet. Cook fish until lightly browned on both sides. Meanwhile, saute and turn drained pineapple spears in a small amount of oil in skillet over medium heat. Arrange cooked fish on platter with the sauteed pineapple spears; add nuts and spoon melted butter over all. Sprinkle with chopped parsley. Makes 4 servings.