

MARY WISE Menu Planners



JUST a single utensil — a skillet — is all you'll need to use in preparing Hamburger Stroganoff. It is so easy to prepare for it incorporates the use of sauce mixes, one of this era's bonanzas.

Convenience Sauces Add Meal Inspiration

This is the era of convenience foods and home chefs take to them with alacrity.

Convenience sauce mixes have come into their own and pantry shelves hold them easily and without spoilage for the day when something's got to give!

There are busy days and then there are days when the cook wants a change, too. These are the days for sauce mixes.

- HAMBURGER STROGANOFF**
- 1 lb. ground beef
  - 1/2 cup water
  - 1 pkg. Durkee's Chicken Gravy Mix
  - 1 pkg. Durkee's Sour Cream Sauce Mix
  - 2 tbs. instant chopped onion
  - 1/4 tsp. garlic powder
  - 1/4 tsp. ground black pepper
  - 1 can (4 oz.) sliced mushrooms
  - Parsley flakes

Brown meat, add water, then stir in sauce mixes. Add onion, garlic powder, pepper and mushrooms and simmer for 10 minutes.

- SPINACH HERB BAKE**
- 1 pkg. (10 oz.) frozen chopped spinach
  - 1 cup cooked rice
  - 1 pkg. Durkee's Cheese Sauce Mix
  - 1 cup milk
  - 2 tbs. chopped onion
  - 1/2 tsp. salt
  - 1/4 tsp. black pepper
  - 1/4 tsp. rosemary, crushed
  - 2 eggs, slightly beaten

Try icy cranberry juice cocktail topped with a float of lime sherbet. It's so refreshing on a hot day.

to please any cat...

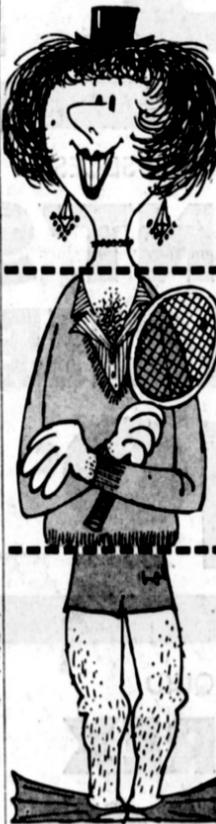


- all tuna
- liver 'n meat
- chicken
- fish
- meaty mix
- kidney 'n meat

**6 Dr. Ross CAT FOODS**

Cook and drain spinach. Add remaining ingredients and mix. Pour into 11x7-inch baking pan.

Bake at 350 degrees for 25 to 30 minutes, or until firm. Serves six.



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'Y' to Feature

Good Neighbor Breakfast Plus Groundbreaking

The 17th annual YMCA Good Neighbor Breakfast will be held in conjunction with groundbreaking ceremonies on the new "Y" property at 2800 W. Sepulveda Oct. 17, according to an announcement of Torrance Family YMCA officials.

The community celebration will feature continuous ground breaking activities with a chance for all to turn a shovel, music, prizes, the famous Win Troup in a daring high wire act throughout the morning, and continuous serving of pancakes, according to Dr. Wing Mar, board chairman.

**HIGHLIGHT** of the annual YMCA breakfast will be the selection of the Good Neighbor for 1964. As in past years, some citizen who has given quiet service for others will be honored that day with presentation of the huge trophy as a complete surprise. Nomination letters for this 17-year-old award are cordially invited at the YMCA office.

The breakfast is being planned for over 4,000 adults and children, and will include pancakes, sausage, juice, milk and coffee. Since the gigantic meal will be outdoors this year, plans call for 12 separate kitchens and lines to serve people more rapidly.

A special roped off area will be the scene of the ceremonial ground-breaking, and all citizens are invited to dig a golden shovel-full of dirt to officially launch the construction of the new YMCA youth facility for Torrance, Lomita, Waveria and Hollywood Riviera. The special digging area for the ceremony just happens to be located immediately over the site of a proposed basement club room, to be known as the "cave."

**ENTERTAINING** the throng will be the famous Winn Troup, headed by John Winn. The group, now living in Lomita, comes from many generations of famed circus performers. Intricate and breathtaking acrobatic stunts will be taking place 137 feet in the air on the site of the new YMCA.

The group actually drives a motorcycle across the high wire with several members balanced on the vehicle! The high wire act also includes many stunts with a 45 degree wire on which different death-defying stunts are carried out. According to Winn (John), the group often attached their wires to the tops of cathedrals for shows in Europe. Special towers will be used on the YMCA property, anchored by the trusty YMCA bus.

Chairman Mar stated that this will surely be the largest Good Neighbor Breakfast of all time, and extended an invitation to all people to come that day from 6:30 a.m. until noon.



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1-LB. CAN **69¢** SAVE 14¢  
2-LB. CAN **\$1.37**  
3-LB. CAN **\$2.05**

**SUPER BINGO PLAYERS:**  
We have exhausted the supply of Super Bingo numbers in the stores and are temporarily unable to replace them. We apologize for this inconvenience and assure you we will resume the game as soon as our store delivery situation returns to normal. MEANWHILE, PLEASE SAVE YOUR SUPER BINGO CARDS AND DISCS — YOUR NEXT NUMBER MAY MAKE YOU A WINNER!

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KLEENEX (SAVE 13¢) TWO 2-ROLL PKGS.  
**Towels** 4 ROLLS **69¢**  
NOTEBOOK (3-HOLE, 8 1/2"x11") PKG. OF 300 SHEETS.  
**Filler Paper** **49¢**  
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**RINSO** **49¢**  
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**10¢ OFF** REGULAR PRICE

**POTATOES** **49¢**  
U.S. NO. 1 ALL PURPOSE RUSSET 8 -LB. BAG  
Best baker grown... good all purpose potato, too! Bakes golden - brown on the outside... fluffy-white on the inside.  
SWEET Spanish Onions 3 LBS. **19¢**  
**Dougherty's Whiskey** FIFTH **\$4.29**  
EXTRA DRY, 80 PROOF  
**Silver Ball Gin** QUART FIFTH **\$2.98**  
STRAIGHT BOURBON, 10 YEARS OLD, 86 PROOF  
**Old Hickory Whiskey** QUART **\$4.99**

MADE FOR EACH OTHER

That's broiled chicken served with cling peaches — Hot! Just broil chicken pieces on foil (Reynolds Wrap). 10 minutes before done, place drained cling peach halves around chicken; broil until each peach is tinged with brown. For a gourmet touch, fill peach hollows with marmalade or jelly and heat till glazed. What a combination!