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"HAPPINESS BEFORE BREAKFAST"

by Joan and Harry Meir
 Bright and sunny invitation to a fuller, happier life—packed with wit and wisdom. Now in its sixth printing with a NEW section.

\$1.00

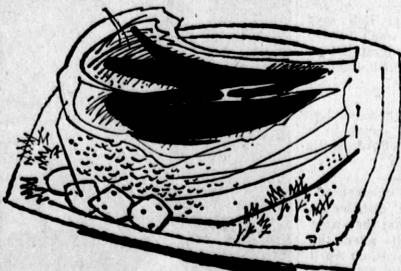
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rump or sled **89¢ lb.**

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blade cut **39¢ lb.**
 even more flavorful with Tenderloin

U.S.D.A. "Choice" Beef. Tender center cuts.
7-BONE ROAST 49¢ lb.
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 Skinned center slices. Serve with crisp bacon.
FRESH BEEF LIVER 59¢ lb.

Patmen's. "The Great One." Cryovac wrapped.
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full 7-rib end cuts **69¢ lb.**

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 Fresh. Breast portion, wing removed. White meat.
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LARGE LOIN PORK ROAST 79¢
 Cut uniformly thick for easier cooking. Rib Loin
CENTER CUT PORK CHOPS 98¢
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 Just the lean beef — all extra fat trimmed away.
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MAGIC CHEF



WIFE SAVERS

Plain Fare Replaces Rich Holiday Foods

By LOUISE WATKINS
 Home Economist, Southern California Edison Co.
 After all the rich foods of the Holiday season, a return to culinary normalcy—with simpler menus of plainer fare—usually finds favor with all members of the family.

For this purpose, casserole cookery fills the bill admirably. A casserole can be a meal in itself with some good bread (preferably hot), a salad, and coffee or tea. Or it may be the main dish of a more elaborate meal—one that begins with a hot hor d'oeuvre or a clear and lovely soup, and ends with a attractive dessert.

In French dictionaries a casserole is a flat-bottomed pan with a handle, used for cooking over a fire. In the American mind, a casserole is a decorative heat-proof dish in which food is baked in the oven and then served at the table. It is possible to have and use just one good all-around casserole, but a group of assorted shapes and sizes is best, because some foods are more bulky than others and some shapes and colors enhance some dishes, some others.

These casserole recipes are assembled fast, often from prepared foods, and are baked in the dependable heat of the electric oven. Although casseroles do not suffer from being kept waiting for short periods, none can be delayed indefinitely without becoming overcooked and dried out—so do your best to synchronize the timing of the various dishes on your menu.

Corned beef varies from modest conglomerations in a can, to a fascinating pudding-like affair such as this: **CORNED-BEEF CASSEROLE**

4 medium-size potatoes boiled peeled and mashed
 1 cup milk
 2 eggs
 1 12 oz. can corned beef (just the meat, not the hash), chopped fine
 1 onion, chopped fine salt and pepper
 Mix together and pour into a greased casserole. This makes a rather sloshy mixture. Bake in a 350° oven for about 1 hour, or until firm and crusty. Serves 4.

Corned Beef with Brussels Sprouts is a dish with positive flavor for rugged palates. It goes well with raw onion rings marinated in anchovy dressing (2 parts olive oil, 1 part vinegar, 1 teaspoon anchovy paste) and corn muffins.

CORNED BEEF WITH BRUSSELS SPROUTS
 1 pint or 1 pkg. frozen, Brussels Sprouts
 4 medium-size potatoes, 4.

boiled and diced, or 1 No. 2 can tiny new potatoes, drained
 salt and pepper
 ¼ teaspoon thyme
 1 12 oz. can corned beef, cut in ¼ inch slices
 1½ cup bouillon

Wash Brussels Sprouts and remove frayed outer leaves. Take a deep casserole, butter it, and place a layer of potatoes on the bottom, then a layer of Brussels Sprouts. Sprinkle with salt, pepper, and thyme, place a few slices of corned beef and repeat in this order. The layers should be thick enough so that there are only two layers of each ingredient. Bake in a 350° oven about 35 minutes, or until the Brussels Sprouts are tender. Serves 4.

BEEF, PORK, VEAL AND MUSHROOM WITH RICE
 ½ lb. lean beef, diced
 ½ lb. lean pork, diced
 ½ lb. lean veal, diced
 2 green onions, tops and bottoms
 ¼ cup butter
 ½ lb. or 18-oz. can, mushroom
 1 cup uncooked rice
 2½ cups beef bouillon salt and pepper

Melt the butter in a skillet on medium heat, add meat and onions and saute on medium HIGH until meat is slightly browned. Remove meat and onion from skillet, add the mushrooms and saute briefly. Place the uncooked rice in the bottom of a deep casserole. Add the other ingredients. Cover tightly and bake in a 350° oven for 45 minutes to 1 hour. Serves 4.

Just like ham and eggs, it's pork and apple. This combination is embellished with onions and crystallized ginger.

PORK-SHOP AND APPLE CASSEROLE
 4 thick pork chops
 2 tablespoons butter
 1 small onion, chopped
 2 medium tart apples, chopped
 2 tablespoons sugar
 1 tablespoon crystallized ginger, firmly chopped
 2 cups soft breadcrumbs salt
 ¼ cup water

Sear the chops on both sides and remove from skillet. Add butter to drippings and saute onion until transparent. Drain and mix the onions with the apples, sugar, ginger, breadcrumbs, salt and water. Spread this mixture in the bottom of a shallow buttered casserole, arranging the pork chops on top. Bake, covered in a 350° oven for 1 hour. Remove the lid the last 10 minutes to brown. Serves 4.

Northrop Gets Contract For Major Moon Project

Northrop Space Laboratories, Hawthorne, which recently received a four-month design study contract on an experiments pallet to fly aboard Project Apollo missions, named George Mulinch as program manager.

Roy P. Jackson, vice president and assistant general manager of the Northrop Space Laboratories, announced Mulinch's appointment. Jackson termed the award to Northrop, announced recently by the National Aeronautics and Space Administration (NASA) as being "of significant importance, with a large development and manufacturing potential."

Dr. M. J. Gould was named project scientist for the newly-formed Northrop Apollo Pallet Program which Mulinch will head.

the experiments pallet. Under separate and concurrent fixed-price contracts valued at approximately \$375,000, the four firms will design, develop detailed specifications for, and produce mock-ups of a pallet to be placed in the Apollo spacecraft service module.

PROJECT APOLLO is NASA's program for landing Americans on the moon by the end of this decade. The pallet will house scientific, technological and engineering experiments to be carried on missions of up to two weeks duration beginning in 1968. After review and evaluation of the design studies NASA plans to select one of the firms to develop the experiments pallet flight hardware under a cost-plus-incentive-fee contract.

MULINCH HAS been director of the Systems Engineering Section of the Northrop Space Laboratories for the past two years. He has played a key managerial role in the OV2 series of earth satellites designed and built by Northrop in development and manufacture of the OVI Flight Experimental-Shielding Satellite payload and in the company's extensive participation in the Jet Propulsion Laboratory's Ranger and Mariner programs.

Area Resident Joins Chapter Of Accountants

William F. Waina Jr., 28748 Cedarbluff Drive, Palos Verdes Peninsula, has been admitted into the Southwest Los Angeles Chapter of the National Association of Accountants.

NASA's announcement named Northrop Space Laboratories as one of four companies which will perform four-month design studies on

Another Palos Verdes resident, Tibor Von Zsoldos, currently holds the lead for the most valuable member of the Southwest NAA Chapter.