

**MARY WISE Menu Planners AND SHOPPING SUGGESTIONS**

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**TURKEY BARBECUED ON THE SPIT** makes mighty good eating, evidenced long before the bird is ready to eat. The smoke signals carry with them the tantalizing fragrance of delectable food and you'll be mighty glad you came to the party.

**BARBECUED TURKEY**

**Around and Around, It Comes Out 'Good'**

"Make mine turkey" will be your order when you sample barbecued turkey: it's flavorful and moist. Almost any size turkey may be spit-barbecued providing it isn't too large to fit your particular set. Allow about 1 pound per person ready-to-cook weight and be sure turkey is completely thawed before placing on spit.

In general, it takes a little more than half as long to barbecue turkey over charcoal as it does to roast it in an oven at 325 degrees. However, there are variables so it is well to allow more time than might be necessary.

Those who believe that the secret is in the sauce, might find merit for their thinking when it comes to the basting sauce suggested today. Composed of any variety of dressing mix, red wine and salad oil, this sauce is a good blend of spices and herbs.

You may prefer your turkey plain. If so, salt inside of bird and baste as it turns with juices collected in foil pan placed for that purpose. Start barbecue fire early to have coals burning well for low steady heat. If your bird is large and coals need to be added while cooking process is in progress, do so singly or in pairs. Brush inside of turkey with sauce as listed or with salt-

about 1 tablespoon for each pound of turkey. Insert spit rod in front of tail and run parallel to backbone, coming out at neck. Fasten tightly with spit forks at both ends. Tie twine around turkey to hold wings close to body and tie tail and legs together in back of spit so thighs are not pressed against body and dark meat will cook faster.

**Free Booklet Available**

A booklet of 14 pages of turkey recipes for every occasion has just been published. It contains material on buying and preparation of turkeys; roasted and barbecued as well as recipes for use of the meat in sandwiches, salads and specialties. This booklet is free. Write California Turkey Advisory Board, 2636 Olive Avenue, Fresno 1, California for your copy. Remember to include your name and address.

Check turkey for balance by rotating spit between palms. Insert thermometer into thickest portion of thigh. Attach spit; brush outside of bird with sauce if desired.

Start motor and barbecue until thermometer registers 180 to 185 degrees, basting frequently with sauce. Without a thermometer, the turkey is done when thickest part of drumstick feels soft.

To make the basting sauce, follow these directions. Using a mixing jar or crock, pour in 6 tablespoons of capella or other red wine. Add contents of one envelope salad dressing (such as Italian, onion, garlic or your favorite variety).

Shake well. Add 2/3 cup salad oil and shake again.

**EASY DOES IT**

**Chilled Appetizers Make a Cool Start**

Get off to cool start! Begin family and party summer meals with a refreshing beverage appetizer. It's so easy with pre-chilled canned soups, a supply of lemons and a brief mixing. Here are three cool starter suggestions: Tomato juice with a healthy squeeze of fresh lemon juice, Green Cream Cocktail—a smooth blend of condensed soups, and Frisky Sour—chilled beef broth spiked with lemon. For last minute freshness, flavor and important vitamin C, a generous wedge of lemon is a serving must.

**GREEN CREAM COCKTAIL**  
1 can (10½-oz.) condensed split pea with ham soup, chilled  
1 can (10½-oz.) condensed cream of mushroom soup, chilled  
1 1/3 cups milk  
2 tbs. fresh lemon juice  
Frozen chopped chives  
Lemon wedges  
Place soup in electric blender; cover, blend until smooth. Add milk and lemon juice; cover and blend until smooth. Pour into chilled glasses. Sprinkle each with chopped chives and serve with lemon wedge. Serve at once.

**FRISKY SOUR**  
2 cans (10½-oz. each) condensed beef broth  
1 soup can ice water  
1/3 cup lemon juice  
Lemon wedges  
Mix chilled beef broth, water and lemon juice; chill. Shake and serve in chilled glasses. Garnish with lemon wedges.

**Nectarine Omelet**

Dress up a summer's dinner with a fruit-omelet dessert. Combine diced fresh nectarines and sour cream; spread mixture on half the omelet, fold over and serve immediately with sprinkling of powdered sugar and garnish of mint sprigs.



**COOLING APPETIZERS ARE** so easily made with chilled canned soups, a whisk of the blender and a healthy squeeze of lemon juice for brightness and vitamin C. Begin your summer dinners this cool way.

**CELEBRATE AUGUST SANDWICH MONTH**

For quick open face sandwiches, spread toasted English muffins with canned crab of mayonnaise and sour cream and cover generously with a mixture of equal parts of cream and a little minced onion. Broil about 5 inches from heat until browned.

**AMONG MY SOUVENIRS**

With fresh fruit season at its height, this is the time for Heavenly 24-Hour Salad.

- 24-HOUR SALAD**  
1 cup seedless green grapes  
1 cup diced banana  
1 cup diced fresh pineapple  
1 cup pitted Bing cherries  
1 cup diced oranges  
1 cup cantaloupe balls  
2 plums, diced  
2 cups miniature marshmallows

Combine fruits and marshmallows. Fold into Creamy Dressing\* which has been made in advance to be chilled. Spoon carefully into serving bowl.

Chill 24 hours to allow fruit and dressing flavors to blend fully. Garnish with fruits and sprigs of mint, if desired.

**\*CREAMY DRESSING**  
2 eggs  
2 tbs. sugar  
2 tbs. orange juice  
2 tbs. vinegar  
1 tbs. butter  
Dash salt  
2 cups dairy sour cream

In small saucepan, mix eggs with sugar, orange juice and vinegar. Cook, stirring constantly until mixture thickens.

Remove from heat; stir in butter and salt. Cool. Fold in sour cream. Chill while preparing fruit.

**For a Sunny Satisfying Breakfast... Add an EGG to Ore-Ida "TATER-TOTS"**  
SHREDDED IDAHO POTATOES LIGHTLY SPICED, COOKED IN PURE VEGETABLE OIL.  
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