

Five Area Girls Win 4-H Awards

Five area girls received special awards from the 4-H Clubs during a meeting of the North San Gabriel and the South San Gabriel Clubs.

Lynn Kelly, 603 W. 214th St., received a county medalist award in Entomology and a silver star and three-year achievement pin.

Genevieve Moody, 1035 W. 209th St., received the bronze star and a three-year achievement pin.

Cynthia Kelley, 603 W. 214th St., won her one-year achievement pin, and Patty Anne McNemar, 1530 Van Tress Ave., Wilmington, received a two-year achievement pin.

Sheila McNemar, 1530 Van Tress Ave., received a one-year achievement pin. All five girls are members of the Mustang 4-H Club.

OTHER MUSTANG club members to receive awards at the general meeting were Jeanne Gerien, a county clothing award and an eight-year achievement pin; Greg Spencer, county medalist in home grounds beautification and an eight-year achievement pin, and Lindsay Clark, county medalist award in foods and nutrition and a gold star, and five-year pin.

Still other awards were given to Sue Maurahan, gold star and five-year pin; Ben Gorman, bronze star and two-year pin; Barbara Kelly, bronze star and two-year pin; Arline Maurerhan, bronze star and three-year pin; Paula Shuping, bronze star, and Nancy and Susan Ellis, one-year pins.

Enrollment in 4-H Clubs for the 1964-65 year ends Dec. 1, Cynthia Kelly, Mustang reporter, announced.

Work Force Decreases In October

Total employment in the Los Angeles County labor market declined from 2,744,200 in September to 2,733,100 in October according to Albert B. Tieburg, director of employment.

Despite the over-the-month loss in employment, the number of unemployed workers in the county fell off from 159,000 in September to 153,800 in October, which is usually the low point for the year. The return of young job-seekers to school was in part responsible for the unemployment decline.

TRADE DISPUTES were largely responsible for the contraseasonal loss of 11,100 jobs in October. The largest downturn occurred in manufacturing mainly because of work stoppages in automobile assembly. A labor-management dispute among food distributors also influenced a substantial reduction in trade payrolls during the month.

Employment in agriculture, construction and transportation, communications and utilities declined seasonally, but these were more than offset by a fall pickup in both public and private educational services and in finance, insurance and real estate.

Current employment of 2,733,100, however, was the highest for any October on record and was above October 1963 by 53,600, or 2.0 per cent. In spite of work stoppages, trade showed the largest over-the-year gain, followed by services and government.

MANUFACTURING employment in October, however, trailed the year earlier totals for the 17th consecutive month largely because of substantial cutbacks in the aerospace industries.

Unemployment declined by 5,200 over-the-month to 153,800 in October. In line with the reduced volume of unemployment, the rate of unemployment dropped from 5.5 per cent to 5.3 per cent. Last October 146,300, or 5.2 per cent of the civilian labor force was out of work.

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MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



FRESH from the oven goodness is yours when you bake with frozen ready-to-bake Bridgford dough. There are many things you can make with this dough and two are listed here today. Think of the "I baked it myself" pride you will enjoy.

Sea Foods Flavor Holiday Stuffings

No Thanksgiving dinner is complete without the trimmings; and the stuffing in the traditional fowl heads the list of necessary items.

Designed primarily to retain the shape of the bird during roasting and to give contrasting texture and flavor, stuffing can have an individuality of its own when the flavor ingredient is one of the readily available sea foods such as oysters, scallops or shrimp.

Bringing flavor from the sea to your holiday table, these stuffings are easy to prepare when the base is a packaged dressing mix.

Extra dressing can be baked in a pretty mold or casserole dish that has been lightly buttered.

- OYSTER DRESSING**
- 2 bags Mrs. Cubbison's All Purpose Dressing
 - 2 tbs. minced parsley
 - 2 tbs. lemon juice
 - 1 cup chopped oysters
 - 1 cup chopped celery
 - 1 cup chopped onion
 - 1 cup melted butter
 - 1 cup water or broth

ICEBERG SPECIAL

Something very special in mixed green salads is made by tossing pieces of iceberg lettuce, garlic croutons, marinated mushrooms, artichoke hearts and snipped chives with herb-flavored dressing.



A ROYAL SANDWICH

Here is the answer to your wish for hearty sandwich to serve your family. Combine 1 (7-ounce) can salmon, drained and flaked; 2 hard-cooked eggs, chopped; 4 tablespoons mayonnaise; 1/4 teaspoon tarragon and salt to taste. Put 2 slices Wonder Soft Whirled Bread, buttered, together with lettuce and sliced cucumber between. Spread top slice with salmon mixture. Top with third slice of buttered bread and garnish with tomato wedges and chickery.

BAKE IT IN YOUR OVEN

Bridgford BREAD

3 one-pound loaves 49¢

IT'S SO EASY

It won Gold Medals at the 1908-1909 - 1944 California State Fairs

Make Fresh Bread With Foreign Flair

Smart women are now using frozen ready-to-bake bread dough to create their own fresh baked breads.

French Bread, a world wide favorite, is easy to create and bake by starting with a frozen loaf.

Simply let the frozen dough soften, reshape into a French Loaf and bake. You'll relish the aroma of the bread baking and serve the warm crusty loaf with "I baked it myself" pride.

- FRENCH BREAD**
- 1 loaf (1 lb.) frozen Bridgford ready-to-bake bread
 - Yellow cornmeal
 - Ice water
 - 1 egg white, slightly beaten
 - 1 tbs. water

Remove frozen loaf from bag and let soften at room temperature (about 1 hour). Roll loaf until about 10 or 11 inches long, tapering the ends.

Place on greased baking sheet sprinkled with cornmeal. Make slashes in top diagonally about 1/4-inch deep. Brush top well with ice



FRUITED FLANK STEAK with its savory stuffing and sparkling sauce of canned fruit cocktail and mushrooms gives a lift to any dinner menu.

Beef Roll-Up Has Fruited Stuffing

Beef is plentiful this year, and flank steak is a good buy because no waste is involved in its preparation.

- FRUITED FLANK STEAK**
- 1 can (1 lb. 1 oz.) fruit cocktail
 - 1 flank steak
 - 3 tbs. butter
 - 1/2 cup chopped celery
 - 1 tsp. curry powder
 - 1/2 tsp. salt
 - 1 tbs. chopped parsley
 - 2 cups dry bread cubes
 - 1 can (2 oz.) mushrooms, undrained
 - 1 tbs. brown sugar
 - 2 tsp. cornstarch
 - 2 tsp. water

Drain fruit cocktail, saving syrup. With a sharp knife, score one side of steak. Melt butter in oven-proof skillet, with skewers or tie with string.

Place in skillet. Pour mushrooms over steak. Cover and bake one hour at 350 degrees. Mix remaining fruit cocktail and syrup with brown sugar; pour over steak.

Continue to bake, uncovered, 30 minutes or until tender. Remove to warm platter. Mix cornstarch with water. Stir into skillet mixture; cook and stir until thickened. Pour over steak and serve.

Hot Steak Sandwiches for Pennies!

Steak sandwiches for lunch, afternoon snacks, or a quick supper are within anyone's budget when Kold Kist frozen Beef Steaks are used.

These lean steaks, with 90% of the fat trimmed out, make delicious steak sandwiches, and they are so simple to fix that even a child can do it!

Take a frozen Kold Kist Steak, place it in a hot oiled skillet, cook one minute on each side. Season as desired while it's cooking.

You can dress your sandwiches up or down, as the menu demands when you use Kold Kist Beef Steaks. And you can do so on a tight budget for they cost about the same, or less, than hamburger.

If you want a hot steak sandwich, cook two steaks, and serve as an open face sandwich with instant mashed potatoes and prepared gravy. Quick, good and convenient!

For a triple decker, cook as many steaks as desired and fill in between slices of whole wheat bread with lettuce, relish, and cheese.

And for a quick filler, try this treat. Cook one Kold Kist Beef Steak, place it on a slice of French bread; roll it up and eat as a tortilla.

Scramble eggs with crumbled bacon and wedges of ripe olives for brunch specialty.



CARAMEL BAKED APPLES

To make this delicious autumn dessert, place 20 caramels, one-fourth cup butter and one-half cup evaporated milk in pan over boiling water. Heat until caramels melt. Peel and core six McIntosh apples. Sprinkle with one-half teaspoon cinnamon. Place in shallow baking dish. Pour caramel sauce over apples. Bake at 350 degrees for 30 to 40 minutes or until apples are done. Cool. Serve plain or with dairy sour cream.

Mrs. Cubbison's FOR THE BEST FESTIVE TURKEY EVERY TIME!

IT'S MELBA TOASTED

DRESSING

CAN YOU TOP THIS?

You really can't top a salad made with alternate slices of California canned cling peaches and ripe California avocado - unless it's with a dash of tangy Kraft French Dressing. It's a quick and easy salad idea that has everything - looks, flavor and nutrition. Top that!

Why eat hamburger when you can enjoy

STEAK

FOR THE SAME PRICE ... or less

High Protein ... Low Calorie ... Perfect for Sandwiches

KOLD KIST FROZEN BEEF STEAK

B.C. McINTOSH

Best Crunching Best Cooking

BEST ALL-PURPOSE APPLE!

Take warm days and cool nights—the magic of the northern mountain valleys—to make an apple perfect! Taste the difference in every juicy bite!

Be Choosy • Be Certain

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REALLY GOOD!

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