

# cooking



Easy-to-fix Chicken and Okra Soup melds tasty Caribbean flavors with the convenience of a chunky chicken soup base for a dinner that brings the taste of the islands home.

## Caribbean Specialties You Can Recreate For Your Family

Just because the sun is shining a little weakly and temperatures are dropping sharply, there is no reason to forget old favorite dishes from the Islands.

Those unforgettable

flavors of new caught fish, still fresh and fragrant from the sea, the aroma of spices and herbs and the taste of vegetables and snow white rice all combine to create a cuisine that is both satisfy-

ing and delicious. There has always been something special about Caribbean cooking. Even the plainest dish is invitingly aromatic and subtly delicious.

The combination of influences that brought together various foods and cooking methods created a cuisine as unique and interesting as the islands that developed it. Spices and red

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### Tips For Cooking Success

Remember all those simple, yet oh-so-special cooking tips and tricks your grandmother and mother used to share? There were just some things it seemed you could only learn by word of mouth.

However, in these busy times, it's often difficult to get that same personalized training. So, we've collected some of grandma's old tricks, added a few new tips, and offered them here. Cut these out and post in your kitchen or file with your recipes. And the next time you wish you had grandma here to offer some cooking tips, refer to this list. Chances are one of these tips will apply to your situation.

•For a different, but easy way to serve fresh fruit, try kabobing it on skewers. Experiment with different shapes and colors for greater eye appeal.

•Add some zing to your next omelet. Mix an envelope of instant tomato soup mix in with the eggs and milk.

•Want to serve some unique appetizers in a hurry? Wrap a slice of cheese along with a slice of ham or bologna around a pickle spear. Secure with a frilly toothpick.

•Are you using a glass pan for an oven recipe? Be sure to reduce the oven temperature 25 degrees so the dish won't bake too fast.

•Looking for a quick way to use a few meat, cheese or vegetable leftovers? Toss

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Hints For Homemakers/Inez Kaiser

## Now you, too, can handle those greasy, oily stains

**DEAR INEZ:** My teenage son's hobby is working on old model cars. So his jeans and shirts are always getting "decorated" with greasy, oily dirt. How can I possibly keep his clothes clean? —FRANTIC MOTHER

**DEAR FRANTIC MOTHER:** Just relax! There are a lot of mothers with problems just like yours. And lucky for all of us, there's a perfect solution on your supermarket shelves.

I'm talking about CONCENTRATED "all," the laundry detergent that does an even better job than the leading detergent on the very worst stains—greasy, oily dirt.

"all" has a new Advanced Stain Formula which outcleans other leading powders on extra-tough stains, and also leaves your whole wash even cleaner.

Of course, you will find that some stains are tougher than others. Although CONCENTRATED "all" removes greasy, oily stains better, some really stubborn stains may need special treatment.

You'll find some really helpful hints on tough stain removal on the back of the "all" package. These include heavy, greasy stains such as butter, margarine and vegetable oil; milk, ice cream, pudding; blood, meat, gravy, egg and grass, among others.

"all" is truly an all-around laundry detergent. It works well on cottons and polyester fabrics.

So stop fretting about those greasy, oily stains and buy a box of CONCENTRATED "all." Your son can keep on with his model-car hobby and you can be thankful that he stays out of trouble.

### WHITE TEETH, FRESH BREATH AND FLUORIDE, TOO!

AN ACTIVE, HEALTHY social life is an important part of everyone's schedule these days, particularly young people.

That's why it is so important to keep your teeth as white as they can be at all times and your breath nice and fresh. The "trick" is to always be at your best in close-up situations.

New improved CLOSE-UP toothpaste

serves all of your needs in these important areas. CLOSE-UP contains real mouthwash to freshen your breath. But that's not all.

It also has special whiteners to get your teeth their whitest. What's more, the new CLOSE-UP contains fluoride for extra cavity-fighting benefits.

So it's easy to understand why this great toothpaste is such a favorite of men and women all over the country. They like CLOSE-UP's super-whitening ability—in either the regular or mint flavor—and the way it leaves their breath smelling so fresh.

What more could you ask of a toothpaste?

### WHAT'S THICK 'N RICH WITH GREAT TASTE?

BRUNCHES ARE BECOMING a very popular form of entertainment these days. My best advice is to plan to serve something your guests are sure to enjoy—like a variety of waffles, French toast or miniature pancakes.

Your guests will also be sure to enjoy it if you serve MRS. BUTTERWORTH'S syrup. MRS. BUTTERWORTH'S is thick and rich and it tastes so good.

Most people like MRS. BUTTERWORTH'S because it's so thick 'n rich, unlike syrups that run so fast down a stack of pancakes and all over the plate. MRS. BUTTERWORTH'S, on the other hand, takes her own sweet time in settling over the pancakes or waffles.

Such dishes as blueberry or pecan waffles, whole wheat pancakes or specially made waffles are just a few dishes you may choose to serve at this time of the year.

The glass figurine bottles in the shape of "MRS. B" are so attractive that you can set them on the table, or you may prefer to serve the syrup warm. It tastes the same either way and the lady in the amber bottle is sure to leave a good taste in everyone's mouth.



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JOE'S LOW PRICE **\$1.68** L.B.

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JOE'S LOW PRICE **48¢**

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100% PURE  
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12 Pk. CTN.  
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1-Lb. box  
JOE'S LOW PRICE **79¢**

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6-PK. BOTTLES  
JOE'S LOW PRICE **\$2.29**

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LAUNDRY DETERGENT POWDER  
JOE'S LOW PRICE **\$1.09**

**IVORY SOAP**  
4-Bar Pack  
JOE'S LOW PRICE **74¢**

**PABST BLUE RIBBON BEER**  
6-CAN PK.  
JOE'S LOW PRICE **\$1.88**

**ICE MILK**  
ALL FLAVORS SHURFRESH  
1/2 GAL. CTN.  
JOE'S LOW PRICE **88¢**

**MARTHA WHITE CORN MUFFIN MIX**  
7.5-OZ. BOX  
JOE'S LOW PRICE **5 FOR \$1**

**EGGS**  
COUNTRY FRESH MEDIUM GRADE 'A'  
DOZ.  
JOE'S LOW PRICE **58¢**

**COKE**  
8-BOTTLE CARTON  
16-OUNCE  
JOE'S LOW PRICE **\$1.39** PLUS DEP.

**PINTO BEANS**  
OLD TIMEY DRIED  
4 LBS.  
JOE'S LOW PRICE **\$1.00**

**FRESH MILK**  
SHURFRESH REGULAR HOMOGENIZED  
GAL. JUG  
JOE'S LOW PRICE **\$1.83**

**JACKSON'S VANILLA WAFERS**  
9-OZ. BAG  
3 FOR  
JOE'S LOW PRICE **\$1.00**

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