

# Lunch Bags Need Some Surprises

By JOYCE TOTTEN

People who carry a bag or lunch box to school or work like pleasant surprises.

The food in the bag will be gobbled quickly if it is just a little bit different. Making the lunch different doesn't mean a lot of work on your part -- just a little ingenuity.

The meal that travels to work or school usually contains something hearty, usually a sandwich, a fruit or vegetable that provides crispness or is spicy, something sweet, and something drinkable. It can also contain something to surprise.

IF YOU pack lunch boxes every day, you might like to pack a week's worth at one time and freeze the sandwiches. Some sandwich fillings freeze well and some don't. Here are some tips to aid you when freezing sandwiches.

Prepare fillings from the freshest ingredients. Use fresh breads. Spread a protective coating of butter, margarine or peanut butter to the edges of the bread slices; this prevents the filling from soaking into the bread. Avoid using moist spreads, like mayonnaise or salad dressing or jelly.

Use a little milk, sour cream, orange or pineapple juice, as binders for salad-type fillings. Mayonnaise or salad dressings are not successful binders; they separate when frozen.

Don't put tomato slices, lettuce or onion rings into the sandwiches; wrap them separately and tuck them in the lunch box at the last minute. These and many other vegetables lose their crisp texture when frozen.

Wrap sandwiches securely in plastic wrap, foil or plastic sandwich bags before freezing. Use frozen sandwiches within the maximum storage period, two weeks at 0 degrees F, or below, in a home freezer.

Don't unwrap sandwiches until ready to eat -- thawed sandwiches dry out quickly. They thaw in about an hour at room temperature, but will stay fresh in a bag for three to four hours.

PACK-IT SURPRISE  
APPLE CAKE

Beat 3 minutes...  
2 c. sugar  
3 eggs

Add...  
3 c. sifted flour  
1 t. salt  
1 t. baking soda  
2 t. vanilla

Beat until smooth. Batter will be very stiff.

Add...  
3 medium apples (unpared) chopped  
1 c. nuts, chopped

Bake 1 hour and 15 minutes in a well-greased tube pan at 350 degrees. Let cool in pan.

ICING  
1 stick oleo  
1/2 c. brown sugar  
2 T. milk

Bring to a boil and cook 20 minutes; pour over cake or dab a bit on each piece as served.



## From the Vine

It would be good politics if you added another party to election night. In fact, you might want to call your party ENDP (Election Night Dinner Party). It is important for your plank to have widespread appeal. Therefore, your running mates should represent that great American tradition of cooking with American wines and champagnes such as those from Mogen David.

The keynote for the party is sliced beef in wine sauce. Melt three tablespoons vegetable margarine; sauté 1/2 lb. fresh mushrooms, halved. Add one package thawed sliced beef and gravy and 1/2 cup Dry Red wine. Heat thoroughly.

Ballots au Broccoli adds unity to your party. Combine one 2-oz. package of white sauce mix and 1/2 cup of milk. Add American Dry Sauterne wine, 1/2 teaspoon salt and a pinch of nutmeg. Add four cups of drained broccoli, heat thoroughly.

The party cannot compromise and exclude dessert. It must go All the Way with Champagne Parfait! Soften two envelopes of unflavored gelatin in 1/2 cup Blackberry Wine. Add 1/2 cup sugar, dash of salt and two cups of hot water; stir until gelatin and sugar dissolve. Chill until mixture begins to thicken. Whip 1 1/2 cups of American Dry Champagne into slightly thickened gelatin; pour into parfait glasses. Chill until firm. Top with whipped cream and maraschino cherry to serve.

The Politics of Joy in Mogen David's Party Punch Wine -- Concord wine and natural juices of orange, lemon and raspberry. Just mix an equal amount with ginger ale or your favorite mixer for an unbeatable combination. It's the people's choice!

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PRICES EFFECTIVE THROUGH SUNDAY, OCT. 27th

You Can't Beat A&P for  
**TOP QUALITY and SAVINGS**  
On Your **TOTAL Food Bill**

"SUPER-RIGHT" MATURE BEEF  
**CHUCK ROAST**  
 Blade Cut **49<sup>c</sup>** lb  
ARM CUT lb **59<sup>c</sup>** ENGLISH CUT lb **69<sup>c</sup>**

Boneless Chuck Roast... lb **79<sup>c</sup>** Chuck Steak... lb **59<sup>c</sup>**  
**PORK LOINS** 7-Rib End Portion **47<sup>c</sup>** lb | Loim End Portion **57<sup>c</sup>** lb  
CENTER RIB CUT Pork Chops... lb **87<sup>c</sup>** CENTER LOIN CUT Pork Chops... lb **97<sup>c</sup>**

FULLY COOKED Salad Shrimp... 10-OZ. PKG. **89<sup>c</sup>** GROUND OR CUT IN STRIPS Stewing Beef... lb **79<sup>c</sup>**  
"SUPER-RIGHT" SKINLESS All-Meat Franks 2-LB. PKG. **1<sup>17</sup>** 1-LB. PKG. **59<sup>c</sup>**  
"SUPER-RIGHT" REG. OR HOT Pork Sausage... 1-LB. ROLL **49<sup>c</sup>**  
"SUPER-RIGHT" SMALL Link Pork Sausage... lb **79<sup>c</sup>**  
GRADE "A" Young Turkeys 6 to 8-LB. AVE. **39<sup>c</sup>** lb

**Whole Fryer Legs or Fryer Breasts**  
Backs Removed Ribs Attached **59<sup>c</sup>** lb  
Backs and Ribs Attached **49<sup>c</sup>** lb

"SUPER-RIGHT" BONELESS **CORNEE BEEF**  
POINT CUT **69<sup>c</sup>** lb  
FLAT CUT **79<sup>c</sup>** lb

**Pork Chops**  
Cut from 1/2 Pork Loin—9 to 11 Chops in Pkg.—Ends and Centers Mixed  
lb **69<sup>c</sup>**

"SUPER-RIGHT" **Smoked Picnic**  
lb **39<sup>c</sup>**

*Jane Parker*  
Pie of the Week! Save 10c  
Traditional Favorite  
**Pumpkin Pie** 1-LB. 8-OZ. SIZE **49<sup>c</sup>**

**BANANAS**  
2 LBS. FOR **29<sup>c</sup>**

JANE PARKER Pullman Bread 2 LB. LOAF **39<sup>c</sup>**  
JANE PARKER Banana Nut Loaf 2 12-OZ. LOAFS IN PKG. **89<sup>c</sup>**  
HALLOWEEN DECORATED LAYER CAKE 8 1/2-IN. SIZE **99<sup>c</sup>**  
HALLOWEEN WRAP SNACK POTATO CHIPS 10 BAGS IN PKG. **49<sup>c</sup>**

**SALAD TOMATOES ...** 1 lb. 8-oz. Tray **59<sup>c</sup>**

AVAILABLE THURSDAY JANE PARKER GOLDEN OR **SUGARED DONUTS** 2-DOZ. IN PKG. **45<sup>c</sup>**  
INDIAN SUMMER **APPLE CIDER** GAL. JUG **89<sup>c</sup>**

HUNGRY JACK BUTTERMILK Pancake Mix... 3-LB. PKG. **69<sup>c</sup>**  
FOR SALADS OR COOKING Wesson Oil... 1-PT. 4-OZ. BTL. **47<sup>c</sup>**  
A&P Iodized Salt... 1-LB. 10-OZ. CAN **10<sup>c</sup>**  
NESTLE'S Chocolate Quik... 2-LB. TIN **69<sup>c</sup>**  
GOLD HILL Pears... 1-LB. 13-OZ. CAN **39<sup>c</sup>**  
SOFT-PLY Facial Tissue... 3 200-CT. BOXES **59<sup>c</sup>**  
A&P GRADE "A" Tomato Juice... 4 1-QT. 14-OZ. CAN **99<sup>c</sup>**  
A&P GRADE "A" Apple Sauce... 1-LB. CAN **19<sup>c</sup>**  
PAGE Napkins... 200 IN PKG. **24<sup>c</sup>**

**A&P Hair Spray**  
14-OZ. CAN Save 20c **59<sup>c</sup>**

REYNOLDS 14-INCH WIDE Broiling Foil... 25-PT. ROLL **48<sup>c</sup>**  
16-OZ OFF LABEL Thrill... 1-PT. 8-OZ. BTL. **46<sup>c</sup>**  
LIQUID DETERGENT Joy... 1-PT. 8-OZ. BTL. **56<sup>c</sup>**  
12-OZ OFF LABEL Oxydol... 3-LB. 8-OZ. BOX **67<sup>c</sup>**  
GIANT SIZE Tide... 3-LB. 14-OZ. BOX **78<sup>c</sup>**  
GIANT SIZE Salvo Tablets... 2-LB. 14-OZ. BOX **73<sup>c</sup>**  
GIANT SIZE Dash... 2-LB. 14-OZ. BOX **71<sup>c</sup>**  
BLUE Silver Dust... 2-LB. 8-OZ. BOX **83<sup>c</sup>**  
16-OZ OFF LABEL Fluffy "all"... 3-LB. BOX **69<sup>c</sup>**  
DISHWASHER "all"... 3-LB. BOX **69<sup>c</sup>**  
PRE-SOAK Axion... 1-LB. 8-OZ. BOX **69<sup>c</sup>**  
16-OZ OFF LABEL Surf... 2-LB. 8-OZ. BOX **63<sup>c</sup>**  
INSTANT CREAMER Coffee Mate... 11-OZ. JAR **63<sup>c</sup>**  
CHARMIN Toilet Tissue... 3 ROLLS **1<sup>00</sup>**

IONA **Peaches**  
3 1-LB. 13-OZ. CANS **79<sup>c</sup>**  
Yellow Cling Sliced or Halves

**Marvel Anti-Freeze** 1 GAL. CAN **149**  
**Prestone Anti-Freeze ...** GAL. CAN **169**

30c Off Label **Cheer Detergent**  
 5-lb. 12-oz. Pkg. **99<sup>c</sup>**

**SECRET SPRAY DEODORANT CAN** 12c Off Label 4-OZ. CAN **71<sup>c</sup>**  
REGULAR OR MINT Crest Toothpaste... 5 1/2-OZ. TUBE **75<sup>c</sup>**  
CONCENTRATE Prol Shampoo... 3-OZ. TUBE **79<sup>c</sup>**  
LIQUID Prol Shampoo... 1-OZ. BTL. **89<sup>c</sup>**