



Muffins: A treat anytime

Apricot chip muffins are always welcome. Try them with butter or apricot preserves.

Hot muffins—mmh—always just right to brighten up any meal, from breakfast to late night snacks. Well a delightful combination is in our *Apricot Chip Muffins*, made with peanut butter chips and chopped dried apricots. The peanut butter chips are easier to work with... pour from the bag into the batter, as here... or melt down quickly and smoothly for ultra-creamy fudges, frostings, fondues and the like. A bargain at the check-out counter, too. And for the kids, stir up a batch of peanut butter chips and jelly bars. Enjoy!

APRICOT CHIP MUFFINS
4 cup unsifted all-purpose flour
1/2 cup sugar
2 tablespoons baking powder

1/4 teaspoon salt
2 eggs
1 1/2 cup milk
1/2 cup apricot nectar
1/2 cup salad oil
1 cup Peanut Butter Chips
1/2 cup finely chopped dried apricots

In a large bowl, mix flour, sugar, baking powder and salt with a fork. In bowl, beat eggs, milk and nectar with fork to blend. Add oil. Add egg mixture to dry ingredients all at once. Add peanut butter chips and apricots. Blend with fork just until flour is moistened. (Batter will be lumpy). Spoon batter evenly into 24 greased 2 1/2-inch muffin pans. Bake at 400°F. for 20 minutes or until golden and toothpick inserted in center comes out clean. Remove

from pans to wire rack immediately. Makes 24 muffins.

PEANUT BUTTER CHIPS and JELLY BARS

Combine 3 cups unsifted all-purpose flour, 1 cup sugar and 1 1/2 teaspoons baking powder. Cut in 1 cup softened butter or margarine until mixture resembles coarse crumbs. Stir in 2 beaten eggs until mixture is smooth. Press half of mixture into bottom of greased 13 x 9-inch pan; spread with 1 cup grape jelly. Sprinkle with 1 cup Peanut Butter Chips. Crumble remaining dough over chips; bake at 375° for 30 to 35 minutes or until lightly browned. Immediately sprinkle with remaining 1 cup Peanut Butter Chips. Cool; cut into squares.

Fresh fruits packed with Vitamin C

There's more to compare in food buying than price. Bargain hunting and shopping for lower prices is a real challenge. You feel you've accomplished something when you feed your family for less.

Comparing nutritional value is an even greater challenge and may be even more important.

For instance, each family member needs vitamin C daily. Needs vary from 35 milligrams for babies to 60 mgs. for adults. You can meet this need by having orange juice every day, giving the baby 3 or 4 ozs. and the adults 1/2 cup.

You can spend your efforts hunting for the best bargain on orange juice, stocking up when the price is low. Frozen or canned orange juice is often the least expensive source of vitamin C.

On the other hand, you can become more knowledgeable about other foods containing vitamin C and the amounts of those you can serve to meet that daily need.

You can plan ahead. If you know you're going to have broccoli for dinner, you can skip the orange juice for breakfast.

Fruits and vegetables providing vitamin C are seasonal. A fresh medium-sized orange provides the vitamin C needed by an adult. This orange may cost 5 cents in the plentiful season and 30 cents or more when it is scarce. Cabbage may vary from 9 to 59 cents a pound, making it a very cheap source sometimes and fairly expensive at others.

Fresh strawberries are a welcome sight when they first come to market, but the 1/4 cup you need to meet your vitamin C requirement may cost 30 to 40 cents. Well worth the extra money if you're a strawberry lover.

The Oregon State Extension Service office near you has a variety of brochures with specific food buying information. They are a good source of bright ideas for getting more for your food dollar.

These recipes are high in vitamin C. They are delicious, attractive and easy to prepare.

FANTASTIC ORANGE GUZZLE

6 oz. can frozen orange juice
1/2 cup instant dry milk
1 1/4 cup water
1 teaspoon vanilla
10 ice cubes
1/4 cup sugar (optional)

In a blender, combine all ingredients; blend until smooth, about 1 minute. 4 servings.

STIR FRY BROCCOLI PLUS

Cut fresh broccoli into thin spears. Select one or two other vegetables to go with the broccoli. Colorful vegetables would be carrots, cut in thin slices and a small onion cut in quarters. Other vegetables in season so they are inexpensive combine well too.

Heat wok or frying pan to medium high heat, about 375°. Add 2 tablespoons oil. Add vegetables all at once and stir rapidly for about 2 to 3 minutes.

Stir in 2 tablespoons soy sauce. Cover and cook for 2 to 3 minutes. Check with a fork. Vegetables should be tender-crisp.

Very tender vegetables such as tomatoes can be added after the covered cooking and then cooked one or two minutes more. Serve immediately.

Summer Super Savers

SAFEWAY



Oregon Grown

Cut-Up Fryers

78¢
Lb.

Economy Pak
Each Pkg. Contains
2 Leg Quarters,
2 Breast Quarters
2 Necks And 1-Back

Super Saver

| | | |
|---|---|--|
| <p>Chuck Roast Boneless, Safeway Quality Beef</p> <p>Super Saver</p> <p>\$1.68 Lb.</p> | <p>Sliced Bacon Pierce Old Faithful, 12-Oz.</p> <p>Super Saver</p> <p>\$1.28</p> | <p>Weiners 1-Lb. Package</p> <p>Super Saver</p> <p>\$1.78</p> |
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Cake Mixes

Betty Crocker Asst.
Super Moist Mixes

77¢



Cheerios Cereal

General Mills
15-Oz. Box

\$1.39



Soft Drinks

Cragmont, 1 liter
Ass't Flavors

3 For \$1



10-Lb Sugar

Town House
Granulated

\$2.88



Cottage Cheese

Blossom Time
Pint

58¢ Limit 1

Cantaloupe Or Honeydew

Sweet, Ripe
Whole Melons

Super Saver

17¢
Lb.

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| <p>Bell Peppers Large Green Peppers</p> <p>6 For 99¢</p> | <p>New Red Potatoes No. 1, Northwest Grown, All Purpose</p> <p>5 Lb. Bag 99¢</p> | <p>Fresh Peaches Red Haven, Sweet Freestone</p> <p>Lb. 59¢</p> |
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|---------------------|--------------------------------------|--------|
| Imperial Margarine | 1-Lb. Package | 59¢ |
| Hamburger Helper | Ass't Varieties 6.5 Oz. - 9 Oz. Size | 79¢ |
| Sandwich Bread | Mrs. Wrights, 32 Oz. White or Wheat | 79¢ |
| Krusteaz Baking Mix | 40 Oz. Box | 99¢ |
| Pac-Man/Blinky Bars | 6-4 Oz. Package | \$1.39 |
| Jeno's Pizza | Extra Topping 20 Oz. Size | \$2.99 |
| All Detergent | 60-Off Label 9.813 Lb. | \$5.49 |

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| Pampers X Absorbent, 60 Ct. Newborn, 90 Ct., Toddler, 48 Ct. | Shampoo Head & Shoulders 15 Oz. Size | Bufferin Analgesic Tablets 100 Count |
| \$7.99 | \$2.99 | \$2.69 |

Prices Effective Wed., July 28 Thru Tues., Aug. 3 At Safeway In The Portland Area.

