

Celebrate Chinese New Year the Oriental way

Chinese New Year, the traditional Oriental celebration that has become as popular in this country as Chinese food, begins Thursday, February 2, 1984.

On that day, we leave the "Year of the Boar" and enter 4682, the "Year of the Rat" which marks the beginning of another 12-year cycle of the Zodiac.

Rat years are said to be full of surprises. Although the year appears to be bountiful, some financial upsets may occur, according to Oriental lore experts. It's a good year to save for rainy days which may lie ahead.

People born in Rat years are charming, hard-working and thrifty. They tend to be penny-pinchers and like to save money. They are often ambitious. Although they usually maintain self-control, they can get angry easily. For the rest of us, this is a time to plan toward a stable future.

The date of Chinese New Year changes every year but always falls between January 21 and February 19. It arrives with the second new moon after the winter solstice (the shortest day of the year).

In years past, Chinese New Year was marked by a month of festivities. Now the celebration is concentrated into a few days but it is still the occasion for parades, exchanging gifts, visiting friends and enjoying the best eating of the year.

Why not join the festivities and welcome Chinese New Year with your own celebration, centering it around an Oriental dinner.

and sugar; mix well. Stir in water chestnuts. Form chicken mixture into one-inch balls (balls will be rather irregular).

In deep skillet, heat oil for deep frying to 325 degrees. When oil is hot, fry chicken balls a few at a time, cooking until golden brown, about 4 minutes. Remove with slotted spoon; drain on paper towels. Keep warm while remaining chicken nuggets cook. Serve hot with a selection of sauces such as soy sauce, Chinese hot mustard, and sweet & sour sauce.



Seafood Hot Pot

SEAFOOD HOT POT (About 6 servings)

Note: Selection and amount of seafoods may be varied according to taste and availability.

3 quarts hot chicken broth
1 lb. shelled deveined shrimp
1 lb. sea scallops, halved
1 lb. white fish fillets, cubed
1 lb. lump crab meat
Soy sauce
Sweet & sour sauce
Chinese hot mustard

1 pkg. chicken flavor Ramen noodles, cooked according to package directions and allowed to cool in their broth
1 can (8 oz.) Bamboo Shoots, washed and drained
1 lb. fresh spinach, washed, drained and torn into small pieces

Place chicken broth in large electric frying pan, flameproof casserole or fondue pot placed on tabletop heating unit. Bring just to a boil; adjust heat to maintain broth at a steady simmer.

Arrange the assorted seafoods on a large platter. Bring platter to table and let diners spear their choice of seafoods with long bamboo skewers or fondue forks, cooking them to taste in the simmering broth and dipping them in their choice of sauces.

When seafood has been eaten, drain ramen noodles and add them to the simmering broth, along with bamboo shoots and spinach. Let simmer until heated through. Ladle resulting soup mixture into individual soup bowls for serving.

SAFeway



Super Saver Sale!



**Hunt's
Tomato Sauce**
8 Oz. Can,
Half Case
Of 36 \$7.15
5 \$1
For



**Snow's
Clam Chowder**
15 Oz. Can,
Case Of 24,
\$18.89
79¢



**Tree Top
Apple Juice**
Reg., Natural
Or Cider,
64 Oz. Btl.
Full Case
Of 6 \$7.49
\$1.29



**Nalley's Chili
With Beans**
Reg. Or Hot,
15 Oz. Can
Case Of 24,
\$15.89
68¢



Oriental Chicken Nuggets

The featured entree is Chinese Chicken Nuggets, a tasty blend of chicken, water chestnuts, onions and seasonings. The dish can be prepared ahead, refrigerated and reheated at serving time. Serve with Chinese hot mustard and sweet & sour sauce.

Seafood Hot Pot is another entree sure to bring smiles to your Chinese dinner table. Have guests do their own cooking of assorted seafood bits, fondue style, at the table. A variety of sauces such as soy, sweet & sour and Chinese hot mustard are ideal for dipping. Vegetable Fried Rice is an appealing dish made quick and easy with canned fried rice. The addition of carrots, onions, broccoli and omelet shreds gives the rice a festive touch.

ORIENTAL CHICKEN NUGGETS (About 4 dozen)

1 lb. ground chicken
1/2 cup minced fresh parsley
2 green onions, minced
2 large garlic cloves, minced
1 egg white, lightly beaten
2 tablespoons cornstarch
1 tablespoon soy sauce
1 tablespoon dry sherry
1 teaspoon sesame oil (for flavoring; optional)
1/2 teaspoon salt
1/4 teaspoon sugar
1 can (8 oz.) water chestnuts, drained, minced
Oil for deep frying
Soy sauce
Chinese hot mustard
Sweet & sour sauce

Combine chicken, parsley, green onions and garlic, blending thoroughly. Add egg white, cornstarch, soy sauce, sherry, sesame oil, salt



**Boneless
Chuck
Roast**
Safeway
Quality
Beef
\$1.58
Lb.

**Boneless
Hams**
Smok. A Roma,
Half Ham
Lb. \$1.88
\$1.78
Lb.

**Sockeye
Salmon**
Frozen From Alaska
Whole Or Half,
Approx. 3 To 4 Lb.
\$1.98
Lb.



**Fancy
Number 1
Bananas**
25¢
Lb.

**Crisp
Head Lettuce**
California
Iceberg
Variety
39¢
Lb.

**Fresh
Cauliflower**
Try With
Cheese
Sauce
59¢
Lb.

Pillsbury Plus
Kidney Beans
Edward's Coffee
Cottage Cheese
Hash Browns
Nabisco Saltines

Cake Mixes, Asst'd.
18.5 Oz. Box **69¢**
S & W. Dark Red,
15.25 Oz. Can **3 \$1**
Asst'd Grinds,
3 Lb. Can **\$5.99**
Lucerne
16 Ounce Ctn **68¢**
Bel air
12 Oz. Pkg **3 \$1**
Nabisco Premium
16 Ounce Box **79¢**

**Macaroni
& Cheese**
Mission's
7.25 Oz.
Size
3 \$1
for

**50-Pound
Dog Food**
Safeway
Tasty
Nuggets
\$9.99



Beautiful Baroque
Stoneware Dinnerware
3-Patterns To Choose From,
Featured This week... Salad
Bowl With \$5.00 Purchase.
69¢
Ea.

Pepsodent
8.3-Ounce Tube
89¢

Anacin
50-Count Tablets
\$1.79

Tampax Tampons
Jojoba Shampoo

40 Ct. **\$2.19**
St. Ives Henna Or
Aloe Vera, 18 Oz. **\$1.89**

Prices Effective, Wed., Jan. 25 Thru Tues., Jan. 31, At All Safeways
In The Immediate Area Of The Originating Publication.



SAFeway

Sales Limited to Retail Quantities