

8 Simple Hot Weather Tips For Your Family Car

July and August can be unhappy months for many cars. All you have to do is drive near a big city when the sun is bright and the traffic slow. You'll see a lot of cars with their hoods up and engines steaming! The owners steam, too, because it can mean expensive repairs.

If your engine has overheated that severely, there's a good chance that the cylinders or cam shafts have been scored, bearings badly worn ... expensive stuff with today's engines! (Most times, this is not the case. There are a few simple things you can do to prevent your car from overheating.)

Here are some hot weather tips

that can help:

1) Be sure your radiator is checked and contains the proper coolant. Don't just add water—pure water boils at a lower temperature than water mixed with anti-freeze (ethylene Glycol). If you top off the radiator, be sure to use a 50/50 mix of water and anti-freeze to keep that boiling point as high as possible and carry a gallon or two in the trunk (just in case).

2) Blast bugs off the radiator with a garden hose (a stiff stream of water). Clean them out with a stiff bristled brush. Proper air flow for your radiator not only keeps your engine cool but also cools the trans-

mission oil.

3) Be sure the transmission oil is at the proper level. If it's a brown color and smells burnt, change it. Have the bands in your automatic transmission adjusted before you go on any long trips. The weight of a trailer could be just enough to cause the bands to slip and leave you stranded on your vacation.

4) Inspect fan belts to check if they are glazed or cracked. If a belt breaks or slips badly on a hot day, your coolant won't circulate properly and you are sure to overheat. Your battery and air conditioner will suffer, too. While you're at it, inspect the hoses. Are they cracked

or mushy? If you have any doubt, replace the belts and hose before you start. They always fail at the worst possible times, so replace them before the trouble starts!

5) Turn off air conditioning if the engine is overheating. Air conditioning puts a big load on your cooling system.

6) Be careful! Wait until the engine cools to take the radiator cap off. The radiator is full of super heated water under pressure which will explode in your face and give you a nasty burn if you try to take the cap off too soon.

7) Change your oil regularly. You should start thinking about oil

changes every 3,000 miles no matter what your car manual says. As engine oil gets dirty, it loses lubricating power; high friction means a hot engine. Change your oil before you go on a long trip—it's cheap insurance for your engine. Always use a high quality oil (in the summertime, the higher viscosity grades are better). Change the filter, too. It contains a quart of filthy oil (no sense in mixing that in with new clean oil).

8) Add Tufoil to your engine at all oil changes. Tufoil is a friction modifier that makes all engines run cooler. It helps your engine start easier when it's hot and has been

shut off after a long drive. Engine parts expand and pinch together when they are overheated. Tufoil's super low friction helps get things moving with less strain on the battery and less wear and tear on the starting motor. Six U.S. patents have been issued on it so far—more are pending.

If Tufoil is not in your area yet, call the toll free number (1-800-922-0075) to order. We promise to ship the next day (or speed it to you, UPS Blue Label, for a slight extra charge in time for that trip you were planning).

Have a happy summer and enjoy your vacation!

Not For Seafood Lovers Only

With fish becoming an even more important part of our diets, many fish lovers (and those newly discovering its many benefits) may be looking for some fresh new preparation ideas.

Well, search no more! Here are three delicious family-pleasing entrees. Whether you start with fresh fish or prefer frozen fillets, these recipes are guaranteed to make even the non-fish lover in the family look forward to your wonderful fish dishes.

Because very quick is the secret to cooking fish in general, all of these tasty dishes are ready in 20 minutes, start to finish. Fish Oriental gets its distinctive flavor from delicately seasoned frozen San Francisco style recipe vegetables with sauce.



STUFFED FISH FILLETS

1 1/4 cups water*
1 package (6 oz.) Stove Top chicken flavor stuffing mix
1 teaspoon dillweed
6 fresh sole or flounder fillets (about 1 1/2 pounds)**
Chopped parsley (optional)

*Or substitute 1/4 cup white wine for 1/4 cup of the water.
**Or use frozen fish fillets, thawed.

Prepare stuffing mix as directed on package, adding dillweed with the vegetable/seasoning packet. Place 1/4 cup stuffing on widest end of each fish fillet. Roll as for jelly roll and place in greased shallow baking pan, seam side down; sprinkle with parsley. Cover and bake at 350° for 20 minutes or until fish flakes easily with fork. Makes 6 servings.

Note: Place any remaining stuffing in small baking dish and bake with fish for 15 minutes.

FISH ORIENTAL

1/2 pound frozen fish fillets, thawed*
2 tablespoons lime juice
1/4 cup water
1/4 teaspoon lime rind
1 package (10 oz.) Birds Eye San Francisco style recipe vegetables with a seasoned sauce

*Or use fresh fish fillets.

Place thawed fillets in bowl and sprinkle with lime juice. Combine water, rind and vegetables in a skillet. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Drain fillets and place them on top of vegetables. Reduce heat; cover and simmer 8 to 10 minutes until fish flakes easily with a fork. Serve fish on vegetables. Makes 3 servings.

BAKED FISH FAMILY STYLE

1 pound fresh fish fillets*
1 envelope Shake 'n Bake seasoning and coating mixture for fish
2 tablespoons grated Parmesan cheese

*Or use frozen fillets, thawed. Remove excess moisture by patting with paper towel.

Rinse fresh fish and drain well. Coat fish with coating mixture as directed on package. Arrange in single layer on greased baking sheet. Sprinkle with Parmesan cheese. Bake at 400° about 12 to 15 minutes, or until fish flakes easily with a fork. Serve with lemon wedges, if desired. Makes 4 servings.



Country Fresh!

Nobody Does It Fresher Than Safeway!

When it comes to produce - you can depend on your nearby Safeway for the freshest produce around...much of it from our own Northwest. So come in today and enjoy the widest variety of "country fresh" produce!

Sweet Seedless Grapes

Thompson or Red Flame Grapes

Select your favorite for a delightful summer treat!

59¢ Lb.

Save Up To 40¢ Per Lb.



Northwest Sweet Corn

Golden, plump and tender!

7 \$1 For



Fryer Hindquarters

Approx. 10-Lb. Bag

Planning a special picnic or barbecue? Then plan on America's favorite meat ... delicious chicken! Bake, broil, fry or barbecue. Plump, juicy and tender!

(Smaller Pkgs., Lb. 49¢)

39¢ Lb.

Top Sirloin Steak ^{Boneless "Select" Beef} **\$2.98** Lb.



Lucerne Gallon 2%-Low-Fat Milk

Premium quality...produced right in Clackamas, Oregon, by Safeway for over 50 years. Freshness you can taste!

\$1.49

Chicken of the Sea Chunk Light Tuna

Pack in Oil or Water. Delicious in sandwiches, salads & more! 6.5-Ounce Can

58¢



Colgate Toothpaste

Helps to clean your teeth and freshens your breath! Regular or Gel, Reg. 5-Oz./Gel, 4.6-Oz.

99¢

Prices effective 7/23 Thru 7/29/86 at Safeways in Lloyd Center, St. Johns, 6400 N. Interstate or 5820 N.E. Union. Sales limited to retail quantities. No sales to dealers.

