



FOOD

Sadie Hawkins Day

Sadie Hawkins Day, an American folk event, made its debut in Al Capp's 'Li'l Abner' strip November 15, 1937.

Sadie Hawkins was "the homeliest gal in the hills" who grew tired of waiting for the fellows to come courtin'. Her father the mayor of Dogpatch U.S.A., decreed the first annual Sadie Hawkins Day, a foot race in which the unmarried gals pursued the town's bachelors, with a shotgun wedding as the consequence.

It's a Leap year, with 29 days in February. February 2008 has five Fridays - it starts and ends on a Friday; this only happens every 28 years. Leap years are needed so that the calendar is in alignment with the earth's motion around the sun.

Leap Year has been the traditional time that women can propose marriage. When the rules of courtship were stricter, women were only allowed to pop the question on one day every four years. That day was February 29th. In the United States, we refer to this date as Sadie Hawkins Day.

The first documentation of this practice dates back to 1288, when Scotland passed a law that allowed women to propose marriage to the man of their choice in that year. They also made it law that any man who declined a proposal in a leap year must pay a fine. The fine could range from a kiss to payment for a silk dress or a pair of gloves.



Ingredients for life. SAFEWAY

4.99 lb
CLUB PRICE
Rancher's Reserve Beef T-Bone Steak
Bone-in. SAVE up to \$5.30 lb.

1.99 lb
CLUB PRICE
Rancher's Reserve Boneless Beef Chuck Crossrib Roast

10 FOR \$10
CLUB PRICE
Green Seedless Grapes
Imported. Club Price: \$1.00 lb. SAVE up to \$1.99 lb.

50% OFF
CLUB PRICE
Lean Ground Beef
80% Lean 20% Fat. SAVE up to \$1.65 lb.

5.99 lb
CLUB PRICE
Medium Cooked Shrimp
\$1 to 60-ct. Tail-on. Frozen/thawed. SAVE up to \$2.00 lb.

10 FOR \$10
CLUB PRICE
Fresh Express Spinach
9 to 12-oz. package. Selected varieties. Club Price: \$1.00 ea. SAVE up to \$1.79 ea.

10 FOR \$10
CLUB PRICE
Large Hass Avocados
Imported. Club Price: \$1.00 ea. SAVE up to 99¢ ea.

Ultimate Fantasy Spree! Buy 2 packages of Rancher's Reserve Beef and you are automatically entered!

Tender Beef Reward Yourself.

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6.99 lb
CLUB PRICE
Large Raw Peeled and Deveined Shrimp
31 to 40-ct. Frozen/thawed. SAVE up to \$2.00 lb.

2.53 for
EVERYDAY LOW PRICE
Lucerne Milk
Gallon Whole 2%, 1% Skim Supreme or Fat Free. At checkout, first item will scan at regular price, second item will reflect savings.

2.5 for
CLUB PRICE
Kellogg's Special K Cereal and Pop-Tarts
12 to 14-oz. cereal or 21 to 22-oz. Pop-Tarts. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$4.58 on 2

88¢
CLUB PRICE
Gatorade Tiger
22-oz. Selected varieties. SAVE up to 81¢ ea.

6.99 lb
CLUB PRICE
Orange Roughy Fillets
Frozen/thawed. SAVE up to \$3.00 lb.

3.99
CLUB PRICE
Arrowhead Water
24-pack, 16.9-oz. SAVE up to \$3.80

1.19
CLUB PRICE
Safeway Variety Breads
24-oz. Selected varieties. SAVE up to 80¢

8.87
CLUB PRICE
Clos Du Bois, Korbel or Nobilo
750-ml. Selected varieties. SAVE up to \$5.12

6.99 lb
CLUB PRICE
Super Colossal Sea Scallops
Under 10-ct. Frozen/thawed. SAVE up to \$5.00 lb.

2.12 for
CLUB PRICE
Northern Bath Tissue or Brawny Paper Towel
Selected varieties. Club Price: \$6.00 ea. SAVE up to \$6.78 on 2

1.89
CLUB PRICE
Safeway Sugar
5-lb. Granulated Sugar. SAVE up to \$1.46

2.4 for
CLUB PRICE
Nabisco Snack Crackers or Toasted Chips
6 to 10-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$2.78 on 2

FEBRUARY-MARCH

WED	THUR	FRI	SAT	SUN	MON	TUES
27	28	29	1	2	3	4

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Man-Pleasin' Hillbilly Chicken

"This is a sure to please your man recipe; creamy and flavorful chicken breast topped with stuffing and baked to perfection."

- Ingredients**
- 4 tablespoons butter
 - 4 tablespoons flour
 - 2 cup milk
 - 2 boneless, skinless chicken breasts, cubed
 - 4 celery ribs, chopped
 - 1 small onion, chopped
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 12 ounce package of stuffing mix

- Instructions**
1. Sauté onion, and prepare stuffing mix according to package directions and set aside.
 2. In a medium sauce pan, melt butter and then add flour. Stir until bubbly, then cook one minute. Slowly add in milk, stirring continually to avoid lumps.
 3. Add chicken, celery, onion, salt and pepper. Cook and stir for 5-10 minutes, until chicken is done and celery is starting to get tender.
 4. Pour mixture into an 8x8-inch casserole dish. Top with stuffing. Bake, uncovered, at 350 degrees for 30-35 minutes.

Sadie's Red Garlic Mashed Potatoes



"These red-skinned mashed potatoes are just the creamiest. They are always a hit with company. Just a warning they are addictive."

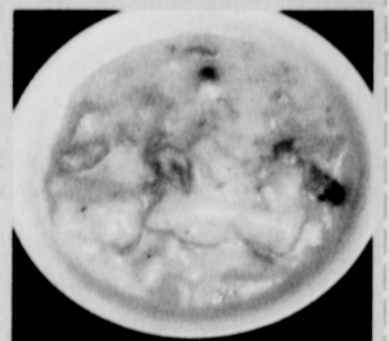
- Ingredients**
- 8 medium red potatoes, cubed
 - 2 teaspoons crushed garlic
 - 1/2 cup butter or margarine
 - 1/4 cup half-and-half cream
 - 2 tablespoons white sugar
 - 1/4 teaspoon steak seasoning
 - 1/4 teaspoon garlic powder

- Directions**
1. Place the potatoes into a large pot, and fill with enough water to cover.
 2. Add 1 teaspoon of the crushed garlic to the water for flavor.
 3. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork.
 4. Drain the potatoes, and add the butter. Mash until the butter is melted.
 5. Mix in the half-and-half, sugar, steak seasoning, garlic powder and remaining garlic.
 6. Mix potatoes with an electric mixer until smooth.

SUNDAY SLOW COOKER COLLECTION

Chicken and Dumplings

"This is an easy slow cooker recipe that cooks while you are at work or play."



- Ingredients**
- 4 skinless, boneless chicken breast halves
 - 2 tablespoons butter
 - 2 (10.75 ounce) cans condensed cream of chicken soup
 - 1 onion, finely diced
 - 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces

- Directions**
1. Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover.
 2. Cover, and cook for 5 to 6 hours on High. About 30 minutes before serving, place the torn biscuit dough in the slow cooker.
 3. Cook until the dough is no longer raw in the center.

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