

Try Delicious Macaroni with Cheese for a Meal In a Dish!



Fred Meyer
Small Cut — Large Cut — Midget Seashell

MACARONI
Cut SPAGHETTI

2 lb. Cello Bag 19¢

An economical meal which will bring smiles of satisfaction from the family. Serve macaroni and cheese, or spaghetti with meat balls. It's delicious, and a meal in itself! Have it for dinner tonight!

All Good Tomato Sauce, Buffet 5c, 6 for 29c

Attend the Fred Meyer Cooking School

FREE

Attend this FREE cooking school and receive your share of the special prizes offered every day . . . and too, there are special coupons distributed for your attendance . . . coupons that entitle you to great savings on items you want.

20 Bags of Groceries Daily!

Special "Kitchen Clinic" Grand Prizel
Contest Prizes! Coupons!

Devoted to

"Nutrition for Victory and Preparing for Peace"

U. S. Needs Us



Eat Nutritional Food!

Yes, plan to attend this school. Many Salemites who attended last year were thrilled . . . asked to have the school repeated . . . and now Fred Meyer is able to do just that . . . bringing Salem a better cooking school than ever before . . . with a noted home economist to conduct the daily sessions, Grace Lawson.

FRED MEYER FREE COOKING SCHOOL HELD AT

ARMORY

CONTINUES THRU OCTOBER 16
DAILY SESSIONS 1 TO 3:30



Grace Lawson, B. S. M. S. Ph.D.
These Manufacturers Helped Make This Nutrition Class . . .

- Lamont-Corliss
- Nestle's Semi-Sweet Chocolate Bars and Morsels
- American Molasses Co. Grandma's Molasses
- Amalgamated Sugar Refinery White Satin Sugar
- West Coast Soap Co. Pow-Wow
- Honeywood Distilleries Honeywood Wines
- Roman Meal Co. Roman Meal
- Borden's Irradiated Evaporated Milk
- Crown Flour Mills Crown Best Patent Flour Crown Cake Flour
- Planter's Edible Oils Planter's High Hat Peanut Oil
- Bell Glass Jar Co. Fruit Jars
- Bluebell Potato Chip Co. Potato Chips
- Swift & Co. Formay

Quaker Puffed Wheat Sparkles Large Pkg. 9¢	My-Te-Fine Candied Sweet Cube Pickles 15 oz. Bottle 20¢	My-Te-Fine Pitted Rope Olives No. 1 20¢ 5 for Can 99¢	White Rover Dog Food 3 No. 1 Cans 23¢ 89¢ Doz.
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Avoset . . . 29¢
Dromedary Ginger Bread Mix
Try it for making chocolate drop cookies. 17¢

Durkee's Shredded Coconut Fine for cakes, cookies 5 oz. 15¢, 2 for 29¢
President Seedless Grapes, for salads, Buffet, 9¢
Pioneer Minced Clams Delicious in crowder No. 1/2 cans, 19¢
Copper Scouring Pads, large size, 8¢, 2 for 15¢
Parson's Ammonia, excellent cleaner, 16 oz., 14¢
Jello Gelatin Dessert, all flavors, 6¢
President Tomato Juice Rich in Vitamin C 47 oz. can, 21¢
Glass Butter Boxes with covers, 17¢
Van Camp's Tenderoni Good with tomato sauce 10¢, 2 for 19¢

My-Te-Fine Granulated Soap or Jane Martin Soap Flakes Lge. Pkg. 19¢ 2 for 37¢
Fast, efficient, washing with My-Te-Fine Granulated Soap in the washing machine. Use gentle Jane Martin Soap for fine laundering and dishes.
At All Fred Meyer Grocery Sections

Safe, Efficient
Clorox Bleach
Qt. Bot. 13¢
1/2 Gal. 21¢
The perfect bleach. Bleaches, de-colorizes, disinfects, removes all greasy stains . . . even scorch, mildew.
Grocery Section

Excellent, All-Purpose Flour
Fishers Blend Flour
49 lb. Sack \$1.89
For finest bread, biscuits, cakes, pastry.

Zee Toilet Tissue
4 Rolls 17¢
Soft and smooth, yet economical! Stock up at this low price.
Grocery Section

Known for Purity
Staley's Corn or Gloss Starch
1-lb. 8¢ 2 for 15¢
Get both kinds.
Grocery Section

Sweet and Delicious
King Kelly Marmalade
1 lb. Jar 16¢
Makes wonderful sandwiches, perfect on toast for breakfast.

Quick, Easy to Use
Windex Cleaner
6 oz. Bot. 12¢
Cleans and polishes windows in a jiffy, with a minimum of effort.
Grocery Section

PEET'S SOAP
Crystal White Soap

Concentrated Super Suds
Give up to twice as many suds. Reg. 21¢
Crystal White Soap Medium 4¢
Palmolive Toilet Soap Bath size Large 6¢
Peets Granulated Large 25¢
Stock up now with the soaps you need. Peets Granulated is top for dishes, Crystal White if you prefer the bar soap, and Palmolive's oils guard your complexion.
Grocery Section

Wipe Dirt Away!
Soil-Off Cleaner
60¢ Qt.
Dirt vanishes from walls and woodwork when you wipe on easy-to-use Soil-Off. No hard rubbing required.

Tempting Flavors, Served Piping Hot, for Energy!

Rancho Soups

No. 1 Can 6¢ 6 for 35¢

- Asparagus
- Pea
- Tomato
- Vegetable

There's nothing like a bowl of hot soup to give you an energizing lift! For lunch or dinner at home, or send it in a thermos for school or worker's lunch. Four appetizing flavors to choose from!

Grocery Section

Start the Day Right with Health-O-Meal or Nut-O-Meal
28 oz. Pkg. 25¢ ea.

Hot cereals full of vitamins. You'll love them!

3000

3000 Items Low Prices
BUY BONDS AND STAMPS TODAY DON'T FORGET

SHOP FRED MEYER MEAT SECTION

Energy-Building, Vitamin-Filled Standing and Short Cut

PRIME RIB ROAST

Here's a delicious roast for Sunday's dinner. Tender and juicy—fairly bursting with health and energy for all the family—chock full of savory, appetizing goodness. Serve it often.

35¢ lb.

Beef Pot Roast Blade Cut 28¢ lb.	Bacon Jowls 23¢ lb. For Seasoning
Boneless Stew Beef Extra Lean 33¢ lb.	Smoked Ham Ends 21¢ lb.
Special Ground Beef 25¢ lb. 2 lbs. 49¢	Whole Sweet Pickles 17¢ pt.
Meat Loaf Veal, Beef and Pork 29¢ lb. 2 lbs. 57¢	Large Ripe Olives 21¢ pt.
Sausage Country Style 29¢ lb.	Creamed Cottage Cheese Pt. 15¢ Qt. 29¢
Corned Beef Tongue 23¢ lb.	Polish Ring Sausage 29¢ lb.
Spare Ribs Lots of Meat on Them 27¢ lb.	

Pork Neck Bones Serve with Turnips or Cabbage 3 lbs. 23¢

Age for Mellowness
My-Te-Fine MINCE MEAT
2 lbs. 45¢
23¢ lb.
Serve spicy, tempting pies, cookies and cake made with this mellow, aromatic mince meat.

My-Te-Fine Sliced White or W. W. Bread
1 lb. Loaf 13¢

It's Wonderful for Sandwiches!

BUY WAR STAMPS BONDS

PRICES GOOD FRIDAY THRU MONDAY

Fred Meyer

FOR HAPPY BUYERS
LOCALLY OWNED—OPERATED

FOOD BUILDING

So Gentle to Your Skin, This Beauty Soap
Vanity Fair Toilet Soap
5¢ Cake 6 for 29¢
Rich, gentle lather cares for beautiful skin. Your skin deserves it.

FRED MEYER FRUIT & VEGETABLE SECTION

POTATOES U. S. No. 2 Washington 50-lb. Bag	\$1.19
HUBBARD SQUASH Lb.	3 1/2 c
JUMBO LETTUCE 2 for	13c
TOKAY GRAPES 2 lbs.	19c
SWEET RIPE CASABAS Lb.	4c