

Friday Again

Fish Day Is Welcomed by Diners and Family Cook; Crab Is Featured

By Maxine Buren
Statesman Woman's Editor

There are lots of ways to look at the food you eat, and one is to observe it as a collector's piece—the recipe that is. Here are some fish which have been noted down in my own favorite, worn out and bulging notebook. The one which is often threatened with a good spring housecleaning but never quite makes it.

Titled as "Crab meat from Humboldt Inn," here's this note: Crab meat, placed on toast, covered with beaten egg and fresh breadcrumbs and baked. Garnish with lemon, egg slices and olives. Another, "Crab meat casserole," says make newburg sauce, with beaten egg yolk in it, add mushrooms and pimiento and place in individual baking dishes to serve, or cover with grated cheese and breadcrumbs and brown.

"Crab meat Bordelaise" is yet another. Small bits of bacon, ham and smoked tongue are added to crab meat. Simmer a moment then put in open casserole with a little Bordelaise sauce (butter, onion, carrot, parsley, seasonings and brown stock) and decorate with crab claws and parsley.

BACKACHE, LEG PAINS MAY BE DANGER SIGN Of Tired Kidneys

If backache and leg pains are making you miserable, don't just complain and do nothing about them. Nature may be warning you that your kidneys need attention. The kidneys are Nature's chief way of taking excess acids and poisonous waste out of the blood. They help most people pass about 3 pints a day. If the 15 miles of kidney tubes and filters don't work well, poisonous waste matter stays in the blood. These poisons may start nagging backaches, rheumatic pains, leg pains, loss of pep and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness. Frequent or scanty passages with smarting and burning sometimes shows there's something wrong with your kidneys or bladder. Don't wait! Ask your druggist for Doan's Pills, a stimulant diuretic, used successfully by millions for over 40 years. Doan's give happy relief and will help the 15 miles of kidney tubes flush out poisonous waste from the blood. Get Doan's Pills.



DOG NEED WALKING?
"LET GEORGE DO IT"
George does plenty of odd jobs in radio's newest, fast-moving comedy drama on the air TONIGHT

8 PM - KSLM - 1390

over some more fish recipes trying to pick out some of the less usual for "these trying times."

Cheryl Rains Will Be Two Today

Cheryl Rains will celebrate her second birthday at a party this afternoon at the home of her parents, Mr. and Mrs. Lyle Rains, on Jefferson street.

Honoring Cheryl will be Loree and Leon King, Marilyn Aleshire, Linda Whitacre, Karen and Dick Thomas, Keith Strain, Barbara Pickhard, Jeannette Warner and Susie Carl.

Additional guests will be Mrs. Verle King, Mrs. Delmer Aleshire, Mrs. Edna Whitacre, Mrs. Lester Thomas, Mrs. Dudley Strain, Mrs.

Shower Fetes Miss Falk

Mrs. Raymond Steinke was hostess for a linen shower Wednesday night at her home on South 15th street in compliment to Miss Ruth Falk, who will be married to James Moore on November 26 in the fireplace room of the First Congregational church.

Guests were Miss Falk, Mesdames Robert McKee, E. S. Oliver, Emma Vesper, Clyde Cardy, J. R. Remfron, James Falk, M. J. Millett, Chester Mulkey, A. E. Anderson, L. K. Lawrence, Ben Misher, and Miss Marge Henery.

Fred Pickhard, Mrs. Raymond Warner and Mrs. Kenneth Carl.

Silver Tea Sunday

The Mothers club of St. Vincent dePaul school is sponsoring a silver tea Sunday afternoon from 2 to 5 o'clock at the school. Fathers and mothers of students are invited to attend the open house to view the improvements in the school rooms. Room mothers will greet the guests. A committee has been appointed for decorations, refreshments and hospitality.

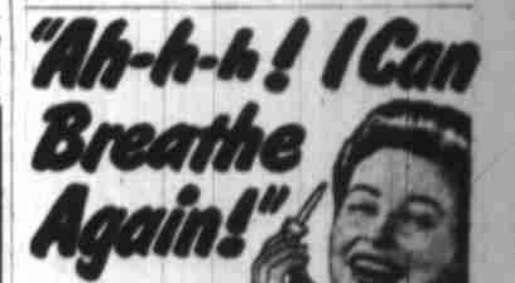
Bride-Elect Is Honor Guest

Mrs. Dora Houle entertained Wednesday night with a shower for Miss Gwendolyn Lyons, whose marriage will be an event of late October. A pink and white color scheme was carried out in the table and floral decorations.

Honoring Miss Lyons were Jackie Howard, Birdie Thomas, Erma Klinger, Dee Lous Waterman, Viva Bacon, Gladys Barry, Frances Ditoma, Reva Norris, Juanita Gunston, Blanche Greene and the hostess.

Mr. and Mrs. Robert B. Sears are leaving Saturday by plane for New York City on a business and pleasure trip. While in the eastern city the travelers will be registered at the Park Central hotel. They will be away ten days and will make the return trip by plane.

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"Ah-h-h! I Can Breathe Again!"
If your nose sometimes fills up with stuffy transient congestion—put a few drops of Vapo-Rol in each nostril. It quickly reduces congestion and makes breathing easier in a hurry. . . gives grand relief from sniffling, sneezing, stuffy distress of head colds. Follow directions in the package.
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Corn Beef Hash 15-oz. Tin **27¢**

This delicious Corn Beef will provide an excellent main dish for the family meal.

MINCED CLAMS 10-oz. Can **31¢**

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MEAT TAMALES No. 1 Can **19¢**

A generous serving for three people - Just heat and serve - Save at I. G. A. Stores.

Noodles & Turkey 16-oz. Jar **29¢**

Fine egg noodles and boned turkey for the noontime meal is ideal - it's reasonable too, when you buy at I. G. A.

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If you like peanuts, you'll like Skippy; it's so good and nourishing - Everyone eats it.

Noodles & Chicken 16-oz. Jar **28¢**

Real Chicken and Noodles are delicious when they are packed by Lynden.

Blended Juice 46-oz. can **51¢**

Citrus Juice 46-oz. can **63¢**

Grapefruit Juice 46-oz. can **40¢**

Lemon Juice 8-oz. can **10¢**

Tomato Hot Sauce 8-oz. can **6¢**

Chop Suey Sauce 5-oz. Bottle **10¢**

Barbecue Sauce 5-oz. Bottle **10¢**

Meat Sauce 5-oz. bottle **10¢**

Cream Mustard 9-oz. jar **14¢**

Chocolate 1 1/2-lb. pkg. **17¢**

Baking Chocolate 1 1/2-lb. cake **15¢**

Breakfast Cocoa 1 1/2-lb. pkg. **10¢**

Chocolate Hemo 1-lb. can **59¢**

Coffee 1-lb. can **45¢**

Corn Flakes 11-oz. pkg. **11¢**

Variety Pak Pkg. of 10 **24¢**

Corn Meal 10-lb. sack **73¢**

Wheathearts 28-oz. pkg. **25¢**

Pancake Flour 4-lb. sack **43¢**

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10-lb. Sack **71¢**

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Blade Beef Roasts 35¢ lb.	Milk-fed Veal Steak 55¢ lb.
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Plate-rib Beef Boil 25¢ lb.	Fricassee or Veal Stew 33¢ lb.
Boneless Sirloin Steak 55¢ lb.	Boneless Rump Roast 50¢ lb.
All meat	No Waste
Tender Blade Steak 37¢ lb.	Pure Pork Sausage 55¢ lb.
Flavorful	A breakfast treat
Boneless Beef Cubes 45¢ lb.	Home-made Wieners 48¢ lb.
To braise	Small Ones
Loin Pork Chops 58¢ lb.	Sliced Pork Liver 25¢ lb.
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Shoulder Pork Roast 52¢ lb.	Assorted Lunch Meats 48¢ lb.

Shop the Midget for the best in meats at the lowest prices. All our cuts are plainly marked. Notice what you pay.

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SUN PURE GRAPEFRUIT Whole Segments No. 2 can **30¢**

CUT SPEARS ASPARAGUS All Green No. 2 can **39¢**

I. G. A. FANCY PUMPKIN 2 No. 2 1/2 can **25¢**

CONAN'S SPAGHETTI With Mushrooms 1-lb. jar **15¢**

ELLIS Chili Con Carne No. 2 can **24¢**

ELSINORE CUT Green Beans No. 2 can **23¢**

TASTY PAK Cut Green Beans No. 2 can **15¢**

ELSINORE Shoestring Beets No. 2 can **10¢**

OREGON'S FINEST Cream Style Corn No. 2 can **18¢**

SILVER BRAND Sugar Peas No. 2 can **17¢**

KOUNTY KIST Large Sweet Peas No. 2 can **16¢**

GOLDEN GRAIN Twistee Noodles 16-oz. jar **19¢**

GOLDEN GRAIN Prepared Spaghetti No. 1 can **15¢**

STIDDS Chicken Tamales No. 1 jar **22¢**

CUDAHY Deviled Ham 3-oz. tin **16¢**

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SAVE IN OUR FRESH FOODS DEPARTMENT
SNOW WHITE CAULIFLOWER 1-lb. **15¢**
Beaver POTATOES 15-lb. Bag **55¢**
Local TURNIPS 2 Bunches **19¢**
360 SIZE Sunkist LEMONS Dozen **33¢**

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