

SAFEWAY proudly features these famous LUCERNE dairy products!

Lucerne 3.8 Milk

Regular or homogenized. It's all bonus quality milk from Safeway. Keep plenty of rich Lucerne on hand for hot summer day. You'll be glad you did.

Qt. **21½¢** Half Gal. **43¢** 2 Half-Gal. **86¢**
(One Gallon)



- | | | |
|------------------------|-------|-------------|
| Lucerne Chocolate Milk | Qt. | 21½¢ |
| Lucerne 5% Milk | Qt. | 23½¢ |
| 12% Half and Half | Pt. | 27¢ |
| 36% Whipping Cream | ½ Pt. | 32¢ |
| Lucerne Skim Milk | Qt. | 17¢ |
| Lucerne Buttermilk | Qt. | 19¢ |
| Lucerne Sour Cream | ½ Pt. | 29¢ |

Add to Your Vacation-Fund with These Safeway Bonus Savings!

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|-------------------------------------|---------------------------------|----------------|---------------|
| Miniature Marshmallows | Fluffiest, for Salads, Desserts | 8-Oz. Pkg. | 23¢ |
| Van Camp Pork & Beans | Picnic Favorite | 5 No. 2½ cans | \$1.00 |
| Taste Tells Pork & Beans | A Top Value! | 6 No. 2½ cans | \$1.00 |
| Thrifty Wax Paper | See How You Save At Safeway | 2 75-ft. Rolls | 25¢ |
| Zee Toilet Tissue | Made Here In The Northwest. | 4-Roll Pack | 29¢ |

NIBLETS

WHOLE KERNEL CORN

Golden tender kernels of golden bantam corn, specially selected now at Safeway—regular price 19¢ each, save 4¢ on each can. Stock up! Buy several, now!

LUNCH BOX

SANDWICH SPREAD

The spread that makes you sandwich hungry. Just try some. It will be for favorite. Regular price 69¢. Save 10¢ on each quart.

Quart **59¢**
Jar

- | | | |
|------------------------------|-------------------------------------|-----------------------------|
| Lakeview Potted Meat | 12 No. ¼ cans | 59¢ |
| Highway Pear Halves | Juicy Bartlett's In Light Syrup | 4 No. 2½ cans \$1.00 |
| Beverly Peanut Butter | "Sparkies" Favorite Creamy or Chunk | 18-Oz. Jars 49¢ |
| Mrs. Wright's Bread | Save 2c. White, Whole Wheat | Large Loaf 28¢ |
| PILLSBURY BISCUITS | | can 10¢ |

Skylark Specialty Breads

- | | | |
|------------------|-----------|------------|
| Slenderway Bread | Reg. Loaf | 27¢ |
| Crushed Wheat | Reg. Loaf | 25¢ |
| Multigrain Bread | Reg. Loaf | 27¢ |
| Raisin Nut Bread | Reg. Loaf | 32¢ |

Don't Forget BEER!

Let Us Put a Case in Your Car

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|-----------------------------------|----------------------------|--|
| Blitz or Olympia Canned Beer | "Best" Eastern Canned Beer | |
| 12-oz. Can \$1.10 | 6 Can Pack 89¢ | |
| the Case of 24 Cans \$4.15 | Quart Can Each 39¢ | |



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|---------------------------|-------------|--------------|
| Frozen Peas | 10-oz. Pkg. | 20¢ |
| Peas & Carrots | 10-oz. Pkg. | 19¢ |
| French Fries | 9-oz. Pkg. | 2/33¢ |
| Chop. Spinach | 12-oz. Pkg. | 17¢ |

Bel-air Pink or Regular **LEMONADE** 3 6-oz. cans **35¢**
1 Can Makes One Full Quart

Home Sewing Does Pay, Say Home Economics Researchers

By ERMINA FISHER County Extension Agent
Home sewing has long been regarded as one way in which a homemaker could save money. Frequently these days homemakers ask us "Does it really pay to sew at home? How much is saved? Could time be better spent on other activities in the home?"

Home economists in the United States Department of Agriculture have been doing some research to find the answer to these questions. Their research with house dresses and cotton daytime dresses show that the savings averaged approximately \$1.00 for the house dress and nearly \$5.00 for the street dresses.

To conduct this study five ready-to-wear house dresses were purchased which ranged in price from \$2.98 to \$3.99. The same design, fabric and quality of work was used in making five house dresses, which would be as similar to the ready-to-wear ones as possible. An experienced seamstress made each dress in less than two hours. The saving per dress ranged from \$64 to \$153.

Five house dresses were then made from commercial dress patterns. The total cost of these dresses was somewhat greater than the duplicate of the ready-to-wear garments. It took ½ to ¾ hour more to make the dresses using the commercial patterns.

The story on the daytime cotton dress is more encouraging. Ten styles of these dresses were purchased which ranged in price from \$8.95 to \$12.95. Five of these 10 could be matched reasonably well in commercial patterns with respect to style, fabric and trimming. The average saving on each of these five dresses, made at home, was \$4.91. The time spent in making the dresses ranged from 2 ½ hours to 3 ½ hours.

This experiment suggests that savings are greater on the higher priced garments. Market research shows that cost of materials is a larger share of the sale of high priced manufactured clothing.

So it seems that if a homemaker's concern is to save money with her sewing, she will save more by making higher priced garments. That, of course, is assuming that she has the necessary skill to do it. Usually the more costly garments will require more skill in making.

There are many other reasons for sewing than the money angle. Some women sew because it's fun and it provides an outlet for creative ability. Others sew because they have difficulty finding garments which fit properly. These are all good reasons.

Because the demands on the homemaker from outside activities are becoming greater, each one has to evaluate the use of her time. Sewing may or may not be the best use of your time. What do you think?

Frozen Salad Is Main Dish

Roquefort cheese gives distinctive flavor to this frozen luncheon salad.

FROZEN ROQUEFORT SALAD

- 1 3-oz. package cream cheese
 - 1 small portion Roquefort-type cheese (¼ oz.)
 - ½ cup mayonnaise
 - 1 small can evaporated milk (¾ cup), chilled
 - 1½ tablespoons lemon juice
 - ¼ cup finely cut watercress
- Mash cheese. Blend with mayonnaise. Whip milk very stiff. Fold in lemon juice, then cheese mixture and watercress. Pour at once into cold freezing tray. Press partition into place to freeze in cubes. Serve on crisp lettuce leaves or watercress with or without salad dressing. Delicious served on halves of fresh or canned pears.
- Yield: 1 pint (12 large cubes).

FOR LUNCHEON

For an extra good luncheon salad add 2 cups chopped cooked turkey and 1 large thickly sliced avocado to an apple flavored gelatin base using ½ cup cider vinegar for part of the liquid. Garnish with cinnamon spiced prunes.

ADDED FILLIP

Lane sherbet dishes with split lady fingers, put a small scoop peppermint stick ice cream in center and cover generously with well drained canned fruit cocktail mixed with a few sliced strawberries.

WITH JELLY

Butter the outside of cheese sandwiches generously, toast in a heavy skillet on both sides. Serve with currant jelly for lunch.



Lima beans, sausage and mushrooms make the beginnings for this casserole dish, designed especially for buffet meals. With a huge bowl of fresh salad the main course is complete.

Breakfast Waffles Have Roquefort

Roquefort cheese with waffles is novel and good.

WAFFLES WITH ROQUEFORT CHEESE

- 1 egg
 - 1 cup flour
 - 2 teaspoons baking powder
 - 2 tablespoons sugar
 - 2 tablespoons shortening without salt
 - ¾ cup milk
 - pinch salt
 - 1½ oz. Roquefort cheese
- Beat egg until light. Add flour, salt, sugar. Roquefort cheese softened into milk, melted shortening and last baking powder. Mix well and bake on greased waffle iron. Serve on hot plate with butter and maple syrup.

Tender Cookies Flattened Balls

Here's a very short, tender cookie to try.

French Butter Cream Cookies

- ½ cup butter
 - ½ cup shortening
 - 1½ cups sifted powdered sugar
 - 1 teaspoon salt
 - 1 teaspoon vanilla
 - 2 cups sifted flour
 - 1 teaspoon soda
 - 1 teaspoon cream of tartar
- Cream butter and shortening. Add powdered sugar gradually, continuing to cream. Add salt, vanilla, and egg. Beat thoroughly. Add flour, soda, and cream of tartar. Form into ½-inch balls. Flatten with a fork on cookie sheet. Bake in a moderate oven (350°F) 13 minutes.

Beany Dish Provides for Hungry Buffet Meal Guests

A beany buffet supper is a fine way to entertain on the porch in the summer time. Invite friends over for a game of bridge or scrabble some Saturday night. Put out piping hot casseroles of Limas, Missouri Style; a whop-ping big bowl of salad, corn bread and ice-cold watermelon for dessert. Your friends will like these jumbo-sized butter beans, cushioned with plenty of delicious, creamy gravy, which is made from the flavorful drippings after the sausages are browned. And that's why they're called Missouri-style limas—you know how Missourians go for gravy!

Limas, Missouri Style

- 1 cup large dry limas
 - 1½ pounds bulk pork sausage (lean)
 - ½ cup chopped onion
 - 2 tablespoons flour
 - 1 (4-ounce) can mushrooms
 - 1 cup milk
 - 2 tablespoons lemon juice
 - 1 bay leaf
 - ¼ teaspoon dry mustard
 - ¼ teaspoon salt
 - Dash of nutmeg
 - Dash of pepper
- Bring 1 quart water to boil and stir in rinsed limas. Simmer until limas are tender, about 1½ hours. Add 1 teaspoon salt last half hour. Drain, saving liquid. Turn limas into 1½-quart casserole. Shape sausage into 6 or 8 patties and brown well on both sides, at least 20 minutes. Place patties on top of limas. Pour off all but ¼ cup fat. Cook onion in this fat until

Cheese on Menus For Main Dishes

Here are two suggestions for making dishes especially liked by cheese lovers. Each serves as the main dish for a family supper.

Cheese fondue

- 1½ cups milk
 - 1½ cups soft breadcrumbs
 - 1 cup chopped or grated cheese
 - 1 tablespoon butter or margarine
 - ½ teaspoon salt
 - 3 eggs, separated
- Scald milk. Add crumbs, cheese, butter or margarine, and salt. Beat egg yolks; add milk mixture. Beat egg whites until stiff but not dry; fold into mixture. Pour into greased baking dish. Bake at 350 degree F. (moderate oven) 30 minutes or until set.
- Serve at once with baked squash, a green vegetable, apple-celery salad with nuts, and cookies.

Cheese puff

- 6 slices bread
 - 1½ cups ground or grated cheese
 - 2 eggs
 - 1½ cups milk
 - ½ teaspoon salt
 - Pepper, paprika, and mustard if desired
- Fit 3 slices of bread into the bottom of a greased baking dish. Sprinkle with half the cheese and cover with the rest of the bread. Beat eggs, add milk and seasonings, pour over bread and cheese, and cover with rest of cheese. Set baking dish in a pan of hot water and bake at 350 degrees F. (moderate oven) about 40 minutes or until custard is set and bread is puffy.

Spanish Rice Is Old Favorite

Sometimes a reminder of an old favorite is welcomed by the menu-maker.

SPANISH RICE

- 3 tablespoons finely chopped onion
 - 3 tablespoons coarsely chopped celery
 - 3 tablespoons chopped green pepper
 - 1 tablespoon cooking fat or oil
 - 1¼ cups cooked rice
 - 2 cups canned tomatoes
 - ¾ teaspoon salt
 - 1 teaspoon sugar
 - ½ teaspoon Worcestershire sauce
- Lightly brown the onion, green pepper, and celery in the fat or oil. Add rice, tomatoes, salt, sugar, and Worcestershire sauce. Simmer until thick. If desired, cooked ground or chopped meat or crisp chopped bacon may be added to the Spanish rice. Six servings.
- A variation of this recipe is stuffed peppers. Cut 3 large green peppers in half, discard the seeds and parboil 5 minutes. Drain peppers and fill halves with the Spanish rice mixture. Bake at 400 degrees (hot oven) until brown. Serve with a cheese sauce, if desired.

A SPECIAL PRICE THIS WEEKEND AT SAFEWAY!

FRESH FRYERS

WHOLE DRAWN

2 to 3-lbs. Average **47¢** lb.



Cut-up Fryers Pan-ready 2-3 lbs. lb. **49¢**

"U.S.D.A. CHOICE" GRADE BEEF

Blade Pot Roast lb. 45¢

- | | | | |
|---|-------------------|--|------------------------------|
| Beef Rib Roast "USDA Choice" Standing | lb. 69¢ | Slab Bacon 8-10 lb. Sides Whole or Half | lb. 45¢ |
| Cross Rib Roast "USDA Choice" Boneless | lb. 69¢ | Boneless Cottage Swift's 1½-2½ lbs. | lb. 69¢ |
| Boiling Beef "USDA Choice" Plate Cut | lb. 15¢ | Sliced Bacon Morrill's Yorkshire | lb. 49¢ |
| Beef Short Ribs "USDA Choice" Flavorful | lb. 25¢ | Canned Picnics Morrill's 1½ lbs. | Each \$1.39 |
| Ground Beef Whole Carcass Ground Fresh | lb. 39¢ | Lunch Meal Somerset 9 Varieties | 8oz. 29¢ |
| Round Bone Roast "USDA Choice" Grade Beef | lb. 55¢ | Ring Bologna Somerset or Del Monte | 3 12 oz. rings \$1.00 |
| Spencer Steak Choice Beef Boneless Rib Eye | lb. \$1.25 | Wieners Manor House Chicken, Beef, Turkey | 1 lb. pkg. 49¢ |
| | | Meal Pies Manor House | 8oz. Pie 29¢ |
| | | Halibut By the Piece | lb. 59¢ |

Shop SAFEWAY

