

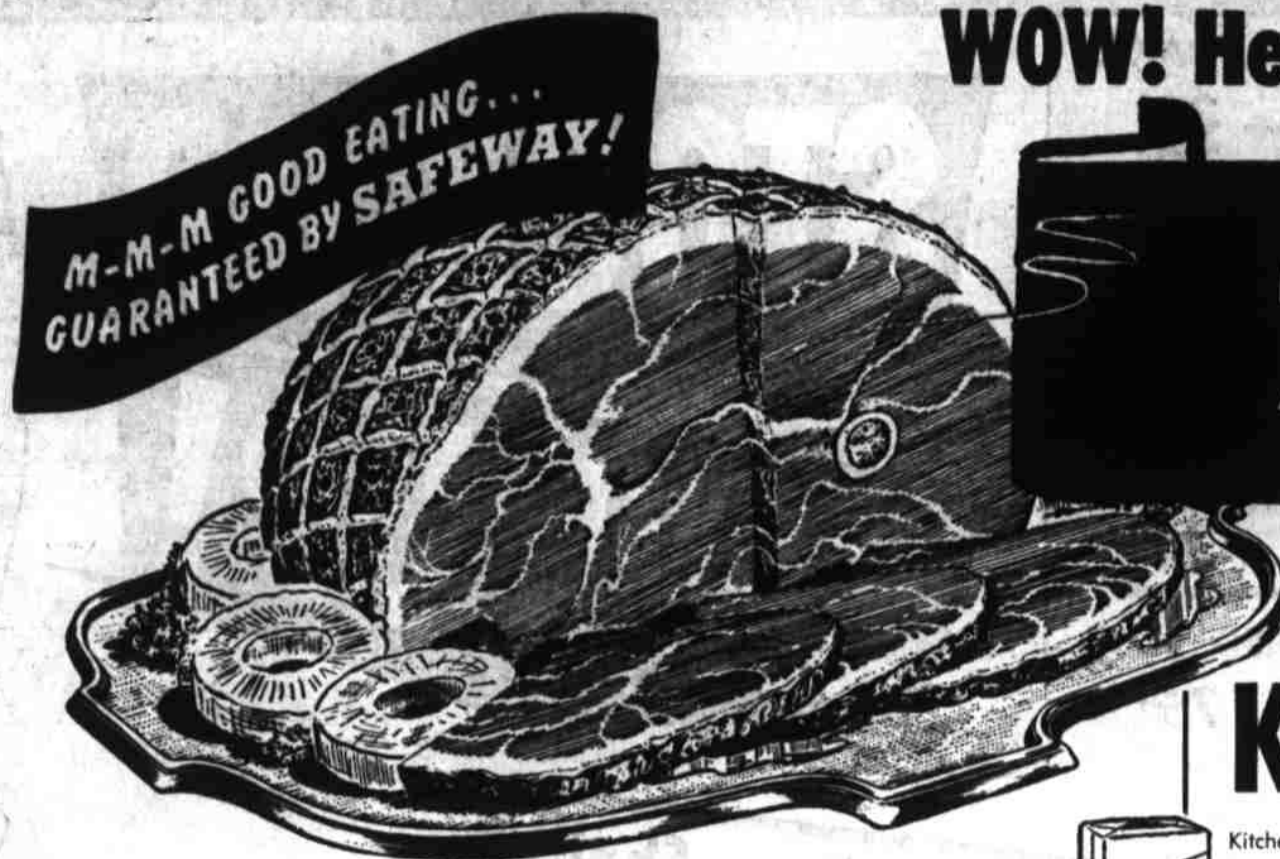
Three Ideas For Autumn's Evening Meals

A meal-in-a-dish is an idea that has special appeal for home-makers these warmish autumn days. Most casserole dishes can be prepared ahead of time and refrigerated until ready to bake.

Milk, butter and cheese add food value and flavor to these hearty one-dish meals. It is important to keep up the nutritional quality of summer meals, even though appetites lag for nourishing foods.

- KETTLE VEAL PAPRIKA
2 tablespoons butter
1 pound veal shoulder cut in 1-inch cubes
1 teaspoon monosodium glutamate
2 teaspoons meat extract

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WOW! Here's a Price that Can't Be Beat!

24,000 HAM



Stock Up and Save on "Premium Quality" Enriched KITCHEN CRAFT FLOUR

Table with 3 columns: 10-lb. Bag (90c), 25-lb. Bag (2.24), 50-lb. Bag (4.39)

Velveeta Cheese A Popular Kraft Product 2-lb. Pkg. 79c
Margarine COLDBROOK Brand Save 18c on 5 Pkgs. Reg. 2 for 45c 1-lb. Pkgs. 95c

Highway Brand Half Sliced—Reg. 33c Pineapple No. 2 1/2 can 29c

INSTANT COFFEE EDWARDS Brand 100% Pure 6-oz. Bottle 1.28

INSTANT COFFEE Chase and Sanborn Reg. 6-oz. \$1.34

DUCHESS Brand SALAD DRESSING With the Old-Fashioned Flavor Reg. 56c Quart Jar 49c

HUNT Brand NEW POTATOES Reg. 10c Each 3 No. 300 25c

- ALKA SELTZER For Headaches Large pkg. 54c
BAND AID STRIP Patch-Spot Pkg. 49c
NYLONS 60-15 Floyd's of Tomorrow Pair 89c

8 Railroad Cars! Fancy Smoked Sugar -- Cured Beauties!

SALE AT SAFEWAY

lb. 49c

Famous Brands-Whole or Full Shank Half 10 to 16-lbs. Average

FULL BUTT HALF Smoked Sugar Cured lb. 53c

Breeze Cheese Spread A Savings of 10c Per Pkg. 2-lb. Pkg. 69c

Shortening Snowdrift or Royal Satin Savings Up to 10c Can 3-lb. Can 79c

FARMINGTON—Milk or Almond Chocolate Candy Bars 3 10-oz. \$1.00

PANCAKE MIX SUZANNA Brand Reg. 47c 3 1/2-lb. Pkg. 39c

PACK TRAIN Brand Table Syrup Reg. 35c ea. 24c. 24c. 29c

FREESTONE PEACHES SUNDOWN Irregulars Reg. 31c Save 24c on 4 Cans 4 No. 2 1/2 cans 1.00

BACON Wonderful Armour's Star Brand, Thick-Sliced 2-lb. Pkg. \$1.19

BIG CALF SALE

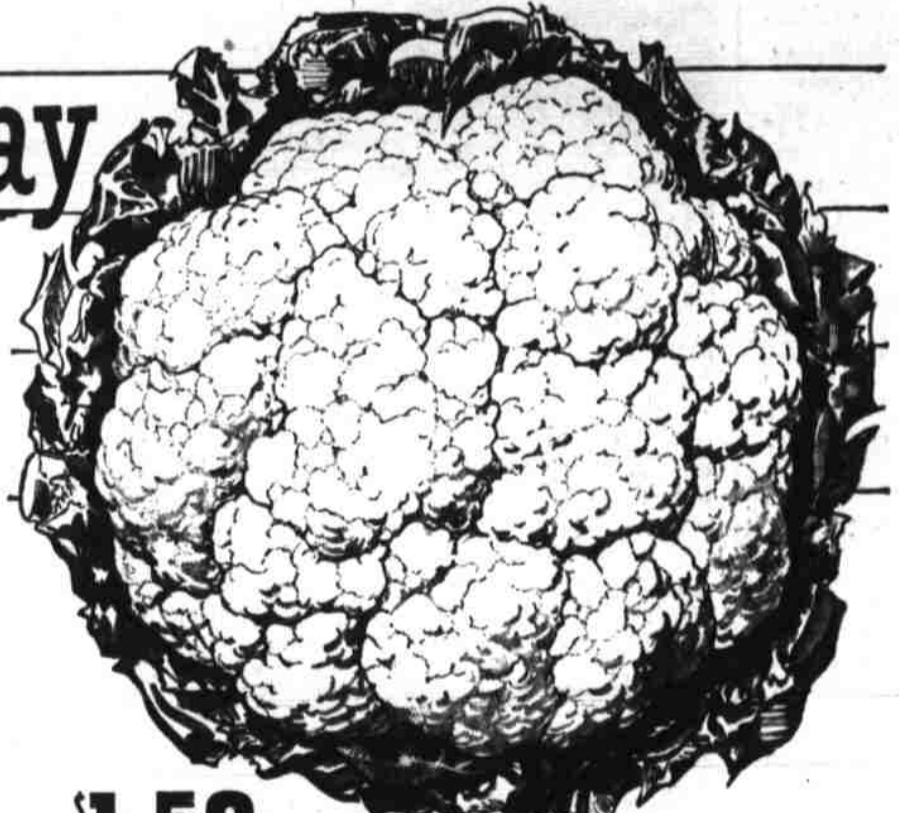
T-Bone Steak lb. 79c Round Steak lb. 89c
Sir'o'n Steak lb. 69c Rump Roast lb. 55c
Pot Roast Blade Cut lb. 45c Ground Beef lb. 45c

MANOR HOUSE Brand TURKEYS Oven-Ready Fresh-Frozen 8-12 lb. Pkg. lb. 55c

Whole Fryers Fresh Young 2 to 3 lbs. 45c
Cut-up Fryers Young 49c
Pacific Oysters Fresh Pacific Medium Size Fall 69c
Halibut Steaks Captain's Choice Fresh Frozen 69c

There's no place like Safeway

for CAULIFLOWER



8c Per Lb. Double Crate Approximately 27 lbs. \$1.59

JONATHAN APPLES 4-lb. Cello Bag New Crop, Crisp and Juicy 49c

DANISH SQUASH These delicate flavor Danish Squash were grown locally and rushed from the fields to our stores. Every one is perfect and guaranteed by Safeway. per lb. 5c

GRAPES Beautiful Thompson Seedless Grapes 2 lbs. 29c

CORN 5c Ear 6 ears for 25c 12 for 39c

POTATOES U.S. No. 2 Grade Netted Gems 50-lb. Bag 99c 10-lb. Paper Bag 49c

UNCONDITIONALLY GUARANTEED Safeway guarantees every purchase 100% or every cent you made on your purchase will be refunded, without fuss or quibble.

Shop SAFEWAY

Chocolate Milk Full 21 1/2c Half and Half 12 1/2c 27c or 49c

Fish Dish Uses Frozen Whiting Perhaps you've noticed in the frozen fish cabinets of your grocery or super-market a silvery fish whiting, only found here in that form.

Whip Cream 1/2 Pint 32c or 59c Skim Milk Large 17c 1/2 Gal. 33c

Mixed Vegetables 10-oz. Pkg. 19c

Potato Patty 12-oz. Pkg. 19c

Grapefruit Juice 6-oz. can 15c

Tangerine Juice 6-oz. can 2 for 33c

Bel-Air Waffles 5-oz. Pkg. 17c

Hair Preparation 9 1/2-oz. \$1.69

Bruce Wax 8-oz. 98c

Wine Vinegar 1/2 Pint Bottle 35c

Lucerne 5% Milk Full 23 1/2c

Buttermilk Quart 19c

Sour Cream 1/2 Pint 29c

Eggs All Large Dozen 65c

Polly Ann ALMOND COFFEE CAKE Wonderful "Kitchen-Fresh" Features. Reg. 33c Each—Save 4c 8 1/2-oz. 29c

FRESH BREAD Mrs. Wright's White or Wheat—Save 2c Large Loaf 28c

SKYLARK BREAD Pullman Loaf Large 30c

DONUTS Deep Fry Brand Dozen in Pkg. 45c

FIG BARS Wonderful Brand 2 Lb. 55c

Wine Vinegar Regina Garlic Flavor 1/2 Pint Bottle 35c

Chicken Fricassee Lyndon 20-oz. Jar 75c

Shop SAFEWAY

Prices effective through Sunday, September 23rd, in Salem. We reserve the right to limit quantities.

Buffet Items Practical for Fall Parties

Here are some practical hints for buffet meals any time of year. Add curry powder and chili sauce to grated cheddar cheese. Use as a sandwich spread in a little mayonnaise if desired.

Green onions give color contrast to a platter of liverwurst. The two foods taste good together, too. Make cornucopia of chili. Slicedologna, securing them with toothpicks. Fill the centers with cottage cheese mixed with minced parsley or chives. Garnish with parsley sprigs.

File hard-cooked eggs, sliced in half lengthwise, with a ground ham mixture for "quick-boiled" eggs. To the ground cooking ham for the topping, add sweet pickle relish and a little mayonnaise. A cherry sauce tastes delicious with cold smoked tongue.

Epitaph first course: cold poached eggs served atop jellied chicken broth seasoned with tarragon. Garnish the eggs with capers. That good old combination, cooked diced carrots and green peas, may be added to an appetizing and served with cold meats. Have a can of sweetened apple-fruit sections, drained and serve with orange sherbet for a refreshing dessert.

Top rounds of cucumber with well-seasoned cottage cheese and serve with tomato slices. Avocado cocktail: have an avocado and remove seed. Scoop out flesh carefully and dice; mix the tiny pieces of avocado with diced orange and French dressing, then pile back into shells. Dice and sugar fresh fruit; put a spoonful of fruit into a shallow glass. Add a scoop of ice cream or sherbet and fill with ginger ale.

Chop mint leaves from your garden and mix with currant jelly and grated orange rind for a delicious sauce for ham.

Paired sliced peeled fresh peaches into fritter batter; drop spoonfuls of the mixture into deep fat and fry until brown. Drain on absorbent paper and serve with a lemon sauce for a wonderful dessert.

QUICK-COOKING... only 15 minutes from start to finish in most recipes. An ideal breakfast cereal, base for cereals or oatmeal dishes or as a filler for meats and casseroles.

BASIC RECIPE 1 cup processed wheat (LAL) 2 cups cold water 1/2 teaspoon salt

WHEAT PILAF 1/2 cup chopped onion 2 tablespoons butter 1 cup processed wheat (LAL) 2 cups hot or chicken broth 1 teaspoon salt

Filling foods are diet foods... they are agreeable but still each add extra calories that will add to your weight. Wheat foods disintegrate in the stomach, over-eating, while furnishing energy and nutrients. Oregon wheat gives you more nutrition, more flavor and more ease of preparation for a fraction of your food dollar.

OREGON WHEAT COMMISSION 12, 15, 18, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100