

**Food SECTION**

**Chinese Like Many Fruits, Vegetables**

Probably nowhere in the world did the art of cooking achieve such status as in China. Not even France, with its reputation for wonderful food, conferred such honor on its cooks. The top flight Chinese chef acquired the title of "Grand Master of the Culinary Arts" proving that these people valued the work of a good chef as highly as that of a famous name in music, the theatre or any of the allied arts. So, with this in mind, we look to Chinese recipes once in a while for inspiration, for out-of-the-ordinary menu suggestions. Anyone who studies this type of cooking soon learns two basic facts. The Chinese, because meat and other protein foods were relatively scarce, made the most of what was available, and in addition, they have wonderful ways with vegetables.

So, here is a recipe for Chinese Omelet. Which calls for ingredients readily available here in every grocery store. It's a delicious dish to serve for lunch or supper—a good way to use up that small amount of leftover meat we are all faced with occasionally, and it's easy to prepare.

**CHINESE OMELET**  
1 10-oz. package quick-frozen green peas  
6 large eggs  
1/4 teaspoon ground ginger or crushed fresh ginger root  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup vegetable oil  
6 scallions or green onions, finely sliced  
2 mushrooms, finely sliced (or 3 or 4 canned mushrooms)  
1 small stalk celery, finely sliced  
1 cup shredded cooked meat  
Additional vegetable oil

Cook peas following package directions. Drain and cool. Beat eggs with wire whisk or fork. Beat in ginger, salt and pepper. Blend in cooked peas. Put 1/2 cup vegetable oil in skillet. Add finely sliced scallions or green onions (with leaf), mushrooms and celery. Cook over moderate heat about five minutes, until vegetables are just cooked. Add to egg mixture with shredded cooked meat. Heat 1 tablespoon oil in skillet and spoon in enough egg mixture for one serving. Brown over moderate heat, then turn and brown on other side. Turn out on serving dish, folding omelet in half. Repeat until all mixture is used, with one tablespoon more oil in skillet before each addition. Serve with any sauce as desired. Serves 4 to 6.

And here we find something with meat and fruit, two ingredients with which the Chinese excel.

**SWIFT'S ROAST BEEF**  
3 pounds spare ribs (cut in 3-inch strips)  
1 large onion, sliced  
2 strips bacon, sliced  
1/2 cup orange juice  
2 green peppers, sliced  
1/2 cup orange sections, sliced  
1 cup brown sugar (firmly packed)  
1/2 cup lemon juice  
3 tablespoons soy sauce  
3 tablespoons cornstarch  
3 tablespoons water

Roast spare ribs, onion and bacon together in large pot. Add orange juice, cover tightly; simmer 45 minutes. Add peppers, sliced orange sections, brown sugar, lemon juice, soy sauce, cornstarch, and water. Cook covered over medium heat until sauce is thick and well browned (about 30 minutes). May be served with rice. Serves 4-6.

**SWIFT'S CORNED BEEF HASH**  
16-oz. tin  
29¢

**SWIFT'S VIENNA SAUSAGE**  
4-oz. tin  
2 35¢

**GINGERBREAD HAS Marshmallow Filling**  
Gingerbread with a marshmallow filling becomes a glorified recipe.

**GINGERBREAD WITH MARSHMALLOW FILLING**  
1/2 cup flour  
1/2 cup sugar  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 teaspoon ginger  
1/2 teaspoon cinnamon  
1/2 teaspoon cloves  
3 cup sugar  
1 egg  
30 marshmallows  
Sift flour, measure and sift again with baking powder, soda, salt and spices. Combine the sugar, oil, molasses and water; beat in flour mixture. Beat in well-beaten eggs. Bake in two well-greased 8-inch layer pans in moderate oven (350 degrees) 18 to 20 minutes, or until done. Remove cake from pan at once, placing one layer on serving plate; cover with whole marshmallows; place top layer on immediately to start marshmallows melting and to hold them in place. Serves 12 to 14.

**FRESHEST BY FAY'S**  
Enjoy the Best Butter in the Northwest's Very Own Brand.

**MARGARINE**  
Produced in Salem



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Here's the First of the 11-Piece Set  
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**2 CASSEROLE DISHES**  
WITH MATCHING COVERS  
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ERICKSON'S  
**BUTTER**  
FINEST QUALITY **67¢ LB.**

ERICKSON'S  
**COTTAGE CHEESE**  
FULL PINT **25¢**

**APPLES 3 lbs. 29¢**  
Red Delicious - Golden Delicious - Johnnies

**YAMS** California No. 1 2 lbs. 19¢  
**BROCCOLI** LOCAL-WELL FLOWERED 2 bu. 23¢  
**POMEGRANATES** WINTER FRUIT Each 10¢

**LEMONS** SUNKIST Dozen 29¢  
**AVOCADOS** CALIFORNIA - FIRM Each 10¢  
**CRANBERRIES** RANDON 1-lb. Pkg. 23¢

**M-M-M-M** Ready to Heat 'n' Serve 24-oz. Tin **35¢**

**SWIFT'S ROAST BEEF** 12-oz. tin **39¢**

**SWIFT'S CORNED BEEF HASH** 16-oz. tin **29¢**

**SWIFT'S VIENNA SAUSAGE** 4-oz. tin **2 35¢**

**HEAT AND EAT**  
**DERBY TAMALES** 5 15-oz. tins **1.00**

**KING'S CIRCLE K**  
**CHOPPED BEEF** 12-oz. tins **29¢**

**SPAR HOOD**  
**CUT OYSTERS** 3 Big 10-oz. tins **1.00**

**WHITE STAR - CHUMK**  
**TUNA FISH** 4 No. 1/2 tins **99¢**

**BEACH CLIFF - IN OIL**  
**SARDINES** 3 tins **29¢**

**HUNT'S**  
**TOMATO CATSUP** 5 14-oz. bottles **1.00**

**CHEF BOY-AR-DEE**  
**SPAGHETTI and Meat Balls** Big 40-oz. tin **49¢**

**NESTLES**  
**CHOCOLATE BITS** 2 6-oz. Pkgs. **35¢**

**CAMPFIRE**  
**MARSHMALLOWS** FULL POUND **29¢**

**LINDSAY**  
**Ripe Olives** No. 1 Tin Medium Size **29¢**

**HOODY**  
**PEANUT BUTTER** 18 oz. **53¢**  
SAVE 6c

**COOKIE JAR** 60-oz. Jar **1.59**  
SAVE 20c

**HALLOWEEN TRICK or TREAT CANDIES**

**LIXIE POPS SUCKERS** Pkg. of 40 **45¢**

**SOCIETY HALLOWEEN MIX** 12-oz. **39¢**

**CURTIS MINIATURE BARS** 30 bars **35¢**

**CURTIS - Small Size CANDY BARS** Box of 40 **75¢**

**ASSORTED GUM** Carton of 20 **59¢**

**SOHETE - Assorted Candies**  
**TRICK or TREAT CANDY** 45¢

**Bakery favorites**  
**HALLOWEEN CAKES** Specially Decorated for the Occasion **98¢**

**DECORATED CUP CAKES** 3 for **29¢**

**HALLOWEEN COOKIES** Dozen **39¢**

ALL ITEMS DECORATED FOR HALLOWEEN

**PANCAKE PARTY**  
We're Celebrating Today with a BIG...  
FREE LIGHTER HILLSBURY BUTTERMILK PANCAKES SERVED IN OUR STORE - COME AND GET THEM WHILE THEY'RE HOT!

**PORTLAND ROAD STORE ONLY**  
FRIDAY, OCTOBER 26TH - 4:30 P.M. TILL 7:00 P.M.

**PILLSBURY PANCAKE MIX** 4-lb. Bag **49¢**

**INSTANT DRY MILK** Economy Size **69¢**

**Folgers - Reg. or Drip**  
**COFFEE** lb. tin **1.09**

**Swift's - Brown and Serve**  
**SAUSAGE** Pkg. **49¢**

**LUMBERJACK SYRUP** 3 24-oz. Bottles **1.00**

**THE FRIENDLIEST STORES IN TOWN...**  
**Erickson's**  
5. Commercial - Portland Rd. Four Corners - South 12th - Woodburn

**WELCH'S**  
**GRAPE JUICE** 3 24-oz. Bottles **1.00**

**HERSHEY'S**  
**COCOA** lb. **59¢**

**FISHER'S**  
**SCONE MIX** 7-lb. box **49¢**

**SEA-O - Medium 1-lb. tin**  
**RED SALMON** 79¢

**MALLEY'S**  
**CUCUMBER CHIPS** 2 Jar **49¢**

**BLUE BELL - 6 1/2-oz. pkg.**  
**POTATO CHIPS** 35¢

**CHUM KING - BEEF - Big 3-lb. Econ. Size Tin**  
**CHOP SUEY** Save 10c **89¢**

**BOOK**  
**MATCHES** CARTON 50 **10¢**

**TREE TOP**  
**APPLE CIDER** Gal. **79¢**

**PILLSBURY FLOUR** FREE TV TRAY  
25 lbs. **1.99**  
2 FREE TV TRAYS 50-lb. bag **3.95**

**U. S. CHOICE STEER BEEF**  
Look for the Premium Quality Tag in Each Package  
Blade Cut  
**CHUCK ROAST** lb. **49¢**

**U. S. CHOICE**  
**T BONE STEAK** lb. **98¢**

**BONELESS TOP** U. S. CHOICE **89¢**  
**ROUND STEAK** lb.

**BONELESS** U. S. CHOICE **79¢**  
**SWISS STEAK** lb.

**U. S. CHOICE** **29¢**  
**SHORT RIBS** lb.

**U. S. CHOICE** **19¢**  
**PLATE BOILING BEEF** lb.

**FRESH** VERY SPECIAL  
**CALVES LIVER** lb. **69¢**

**FRONTIER** **49¢** **FRESH** **89¢**  
**SLICED BACON** lb. **GROUND BEEF** lb.

**BONELESS** **49¢**  
**POKE ROAST** lb.

**SHOULDER** **49¢**  
**POKE STEAKS** lb.

**THE FRIENDLIEST STORES IN TOWN...**  
**Erickson's**  
South Commercial - South 12th Street - Portland Road - Four Corners - Woodburn

**SUNSHINE**  
**CRACKERS** 1-lb. box **29¢**

**CHOCOLATE**  
**HYDROX** 12-oz. Pkg. **39¢**

**BETTY CRACKER**  
**DATE NUT BAR** 14-oz. pkg. **37¢**

**PERNANT - Big 10-oz. jar**  
**Marshmallow Creme** **29¢**

**ERICKSON'S - Won't Bake Out**  
**VANILLA** 4-oz. **29¢**

**7 MINT - 7c Coupon Inside**  
**PIE CRUST** **10¢**

**O'LEO - Kitchen Size** Reg. 35c **29¢**  
**SPONGES**

**OLD DUTCH**  
**CLEANSER** 2 cans **19¢**

**KLEEN KING - Buy One, Get One FREE**  
**Copper Cleaner** 2 12-oz. tins **39¢**

**KLEEN KING - Buy one, get one FREE**  
**Aluminum Cleaner** 2 12-oz. tins **39¢**

**REGULAR**  
**KOTEX** 12's **39¢**

**DELSEY**  
**TISSUE** 4 rolls **49¢**

**COTTAGE BLEACH** 1/2 Gallon **25¢**

**FREE HALLOWEEN TRICK or TREAT BAGS**  
With Purchase of POST CEREAL  
**SPECIAL MORNING MILK**  
3 Tall Tins **43c**

**PICTURE DOLL**  
walks, sits, stands  
For \$1.00  
and 2 Large or 1 Giant or 1 King Size FAB Doll  
\$1.00  
GIANT **83¢**

**AD** With Coupon **35¢**

**PALMOLIVE** REG. SIZE **3/29c**

**PALMOLIVE** BATH SIZE **2/27c**

**Cashmere Bouquet** REG. SIZE **3/29c**

**Cashmere Bouquet** BATH SIZE **2/27c**

**VEL** SAVE 10c **73c**

**AJAX** REG. SIZE **2/25c**

**Florient** 12-oz. tin **89c**

**Wax Paper** 2 rolls **35¢**

**Paper Towels** 2 Reg. rolls **35¢**

**Facial Tissue** 300 Size **23¢**

**TISSUE** Ass. Colors 2 rolls **23¢**

**ALL-SWEETS NEW PACKAGE SALE**  
BUY 2-LB. 10-oz. in ROSETTES FROM PACKAGES. YOU'LL GET COUPON GOOD FOR 1 LB. FREE!  
lb. **31c**

**TODAY'S BEST BUY!**  
**WHITE KING** Quality Products for the laundry, the dishes and household cleaning.  
**WHITE KING SOAP** 73c  
Giant Size

**WHITE KING SOAP** 61c  
Save 10c

**WHITE KING SOAP** 2/21c

**WHITE KING SOAP** 73c

**WHITE KING SOAP** 49c