

Market Basket

By LANE EXTENSION SERVICE

Meats:
Most PORK cuts are higher this week. Pork loins are particularly higher. If you want to buy pork consider ham and bacon.
BEEF ribs, loins and rounds are rising in price. This is due to the demand for cuts for outdoor barbecuing.
HAMBURGER is up, too. When cooking hamburgers over coals, shape the ground beef into inch thick patties. Hamburgers should be thick to remain juicy during the cooking process. Do not flatten patties with spatula while cooking.

This squeezes juice from the meat.
CHUCK ROASTS are reasonable in price. VEAL is coming down in price.
Dairy Products
Look for MILK and dairy products to be featured in many markets next week.
For a refreshing drink treat, serve Chocolate Milk Shakes. Combine a cup of chocolate milk and two scoops of ice cream. Coffee, vanilla, banana, or peppermint ice cream are good complements.
Eggs:
Remember EGGS when shopping.

Here's an easy way to prepare pickled or spiced eggs:
Just drop peeled eggs into beet or sweet pickle juice and let stand to season for several hours or longer in the refrigerator.
Fruits:
LOCAL STRAWBERRIES are in good supply. June is the big month for Oregon-grown berries.
RHUBARB is about finished as are Florida GRAPEFRUIT and APPLES.
Good quality APRICOTS are coming from California. Good

supplies of CANTALOUPEs and WATERMELONS are available. Fair quality CHERRIES from California are in the markets. Prices are high.
Vegetables:
CUCUMBERS and PEPPERS are in good supply.
ASPARAGUS quality is lowering. This month ends the asparagus season. Good local CABBAGE and CAULIFLOWER is available.
CORN from California is of good quality. Heavy supplies of local RADISHES, GREEN ONIONS, BEETS, and SPINACH line produce counters.

Boston Brown Bread Maintains Its Popularity

Moist, hearty raisin brown bread has long been a traditional New England favorite. Sometimes it's called Boston Brown Bread, after the city that's so famous for its wonderful old time cooking. With a big pot of tender, spicy baked beans it is a delicious, satisfying—and quite authentic—supper.
The ingredients themselves are an interesting combination of staples from early New England homes. Corn meal, whole wheat or graham flour and all purpose flour are blended with sour milk, sweet raisins and molasses. The resulting texture is coarse and chewy—the flavor, raisin rich and mellow. According to old "receipt"

1 cup sour milk or butter-milk
¼ cup molasses
2 tablespoons melted shortening
Combine raisins with corn meal and whole wheat flour. Resift flour with salt, soda and baking powder. Add to first mixture.
Beat egg lightly and stir in sour milk, molasses and shortening. Add to dry mixture and stir until all of flour is moistened.
Turn into greased loaf pan (10x5x3 inches). Bake in moderate oven (350 degrees F.) about 50 minutes. Let cool in pan 10 minutes. Turn out onto cutting board. Slice.
Makes 1 loaf.



OBERTI OLIVES
YOUR BEST BUY!
Famous for Flavor
Register-Guard Want Ads Bring Fast Results

FOR CONSISTENT SAVINGS—DAY AFTER DAY—SHOP SHOPPERS

THUMP'N RIPE WATERMELON 5¢ lb

SLICING CUCUMBERS 3 FOR 25¢

LARGE SLICING PEACHES RED BLUFF 19¢ lb

RED RIPE TOMATOES 19¢ lb

SNO BOY SUNKIST ORANGES 5-LB. BAG 59¢

PRODUCE PRICES GOOD THRU SATURDAY

—IT'S A FACT—
MON.-WED.-FRI. OR SAT.—REGARDLESS OF THE DAY OF THE WEEK, YOU SAVE MORE ON YOUR TOTAL FOOD BILL AT SHOPPERS.
—GUARANTEED PRODUCTS
—EFFICIENT, FRIENDLY SERVICE
—LOWEST, EVERYDAY PRICES

U.S.D.A. GOOD OR CHOICE

POT ROAST Eastern beef grain fed 45¢ lb

BEEF STEW Boneless, no waste 69¢ lb

GROUND BEEF Made fresh daily lb. 39¢

WIENERS Morrells Pride all meat lb. 49¢

HAMS Boneless fully cooked lb. 79¢

CHEDDAR CHEESE Mild—lb. 49¢
Sharp—lb. 59¢

Fish Sticks Fresh Frozen 8-oz. pkg. 29¢

Neck Bones 25¢ lb.

MEAT PRICES GOOD THRU SATURDAY



Shoppers MARKET
Where Specials & EVERYDAY LOW PRICES ORIGINATE
OVER THE OVERPASS HWY. 99 N. OPEN DAILY & SUN. 9 a.m.-9 p.m. AT FOUR CORNERS

HOME OWNED LOCALLY OPERATED

FRESH AA LARGE EGGS DOZEN 39¢ | **SUNSHINE HONEY GRAHAM** 2-LB. PKG. 57¢

JIF Creamy or Crunch PEANUT BUTTER 18-oz. Jar 45¢ | **DOUMAK WHITE Marshmallows** Full Pound Pkg. 4 FOR \$1.00

MARKET SALT 26-oz. pkg. Plain or Iodized 10¢

A.B.C. Pic-A-Mix COOKIES Reg. 59¢ 49¢

LINDSAY—Pitted large RIPE OLIVES No. 1 tall tin 3 FOR \$1.00 | **SEA ISLAND—Chunk PINEAPPLE** CHOICE No. 2 tin 5 FOR \$1.00



Fortical DIET FOOD
4/8-oz. tins 79¢
32-oz. tin 59¢

COTTAGE FRESH FROZEN Pies 8 inch, 22 oz. APPLE PEACH CHERRY BLACKBERRY 29¢

SACRAMENTO PRUNE JUICE 10½-oz. tins 2/29¢

EASY-ON SPRAY STARCH 10½-oz. tins 52¢

PRESTONE CAR SPONGE Wash 'n Wax — \$1.39 Value 93¢

TROPIC ISLE COCONUT Fancy long thread 14-oz. 57¢

Fresh Transistor Radio BATTERIES 9-volt ea. 29¢

Brass Adjustable HOSE NOZZLE ea. 49¢

Plastic 10-qt. capacity Waste Baskets ea. 49¢ Decorator Colors

Metal Plastic Edge DUST PANS ea. 33¢

Stoneware 22 Pieces PICNIC SETS 69¢
PLATES — TUMBLERS — CUTLERY

We Reserve The Right To Limit Quantities
Grocery prices good thru Sunday. We reserve the right to limit. No sales to dealers or their representatives.

SALVO DETERGENT TABLETS Reg. 89c Value 59¢

RED RAVEN CONCENTRATED FRUIT BASE Orange — Lemonade 16-oz. 49¢

MEADOW BROOK CREAMERY BUTTER 1# Prints 59¢

GOLDEN GRAIN SALAD MACARONI 12-oz. 19¢

SCHILLINGS 4 VARIETIES SALAD DRESSING MIX ea. 16¢