

Beef, Vegetables Are Plentiful Now

Fresh vegetables are abundant and reasonable. Lean, grass-fed beef is in oversupply and prices are down. So if the two are combined in delicious flavorful dishes, packed with nutrition, everyone gets more fun out of eating and at budget prices.

Stuffed Cabbage Roll
(Yield: 5 servings)
Five fresh green large cabbage leaves, boiling water to cover leaves, 1/2 teaspoon salt, 1 pound ground lean beef, 1-3 cup diced celery, 1-3 cup chopped onion, 2 tablespoons chopped green pepper, 1/2 teaspoon ground black pepper, 1/2 teaspoon powdered dry mustard, 1/4 cup fine dry bread crumbs, 2 cups diced fresh tomatoes, 1 cup sliced carrots, 2 tablespoons hot water.
Wilt the cabbage leaves in boiling, lightly salted water until limp enough to roll. Combine the next

4a seven ingredients and place 1/4 cupful servings. Remove excess fat. Salt and pepper and roll in flour. In a large heavy utensil, melt 2 tablespoons fat and brown short ribs thoroughly. Add sliced onion, celery leaves, parsley and liquid.
Cover and simmer over low heat for 2 hours or until meat is nearly tender, adding more liquid in small quantities as needed. Add vegetables, sprinkle with salt and pepper and continue cooking, covered, for 30 minutes or until tender.
Remove meat and vegetables to hot platter. Skim most of fat from the liquid, dilute to the desired strength and thicken with a smooth flour and water paste. Season.

Tomorrow's Dinner: Cabbage stuffed with beef and vegetables, parsley boiled potatoes, rye bread or seeded rolls, butter, stewed plum sauce over leftover plain cake, coffee, tea or milk.
FIRE TRUCKS STOP
MUSKEGON, Mich. (AP)—Fire engines in many cities go through red lights when racing to a fire, not in Muskegon. Fire Chief Wallace G. Ganon ordered all fire trucks to stop at red lights and stop signs when going to a fire after fire trucks were involved in a series of accidents while going through red lights.

Leftover Turkey Makes Delicious Molded Mousse
MADISON, Wis. (AP)—The Wisconsin Turkey Federation has started a campaign to convince American housewives that the turkey is not merely a Thanksgiving treat.
The organization says turkey is good at any time of the year and points out that with the nation's largest turkey crop now coming to the market the price is bound to be reasonable.
Besides the traditional roast

turkey, the fowl can be served broiled, barbecued, or sliced for salads or sandwiches. The federation offers this recipe for turkey and ham mousse for the meat left over:
1 tablespoon unflavored gelatin; 1/4 cup cold water; 2 tablespoons fat; 2 tablespoons flour; 1/4 teaspoon salt; 1/4 teaspoon pepper; 1/2 cup ground cooked turkey; 1/2 cup ground cooked ham; 1 hard cooked egg, minced; 1/2 cup finely cut celery; 1/4 cup chopped pimento; 1/2 cup mayonnaise and 2 cups milk or equal parts milk and stock.
Soften gelatin in cold water, melt fat, blend in flour, salt and pepper. Add milk and cook until thickened, stirring constantly. Di-

solve gelatin in hot sauce. Add turkey, ham, eggs, celery, pimento and mayonnaise and mix thoroughly. Pour into ring mold and chill until firm. Unmold and garnish with chicory, tomato wedges and sliced pineapple. Serves 8.
AWARD MADE
LONDON (UP)—Queen Elizabeth today made foreign Secretary Anthony Eden a knight of the Garter, Britain's highest order of chivalry.
A palace announcement said the Queen received Eden shortly before he left for Paris to attend the conference on German rearmament.

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Come Pare Your FOOD BILL!

MARCA—80 Count

Paper Napkins 3 pkgs. 27c

WE WILL PAY 2¢ FOR EACH UNWOUND
FOLGER'S COFFEE BAND

DIAMOND—125-ft. Roll

Wax Paper 2 rolls 43c

BEET

SUGAR 10-lb. 98c

COTTAGE—No. 2 1/2 Tin

Peaches 4 tins 97c

BLUE DELL—No. 2 1/2 Tin

Purple Plums 6 tins 98c

WEST PEAK—No. 2 1/2 Tin

Whole Apricots 4 tins 98c

COTTAGE—15-oz. Tin

Dog Food 6 tins 49c

COTTAGE—3-lb. Tin

Vegetable Shortening Tin 79c

DENNISON'S—15 1/2-oz. Tin

Chili Con Carne W. Beans 4 tins 98c

STANDBY—46-oz. Tin

Grapefruit Juice 4 tins 1.00

GIANT SIZE

Trend Granulated Soap Box 45c

PETER PAN PEANUT BUTTER
12-oz. glass 41c 28-oz. tin 25c

GHIRARDELLI CHOCOLATE
1-lb. tin 67c 1/2-lb. tin 32c

CENTENNIAL BEANS

Small Navy 4-lb. cello 73c
Small White 2-lb. cello 39c
Idaho Red 2-lb. cello 35c
Pink 2-lb. cello 41c
Pinto 4-lb. cello 61c
Pinto 2-lb. cello 32c
Popcorn 2-lb. cello 39c
Clorox gallon 51c

HALLEY'S

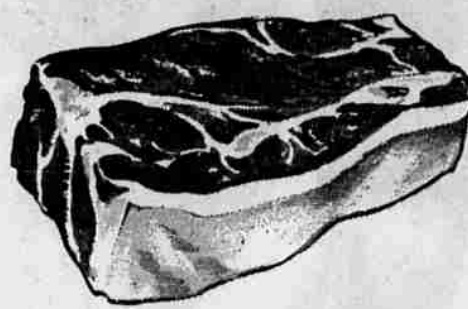
Spaghetti & Meat Balls 15-oz. tin 31c
Beef Stew 1-lb. 6-oz. tin 45c
Sliced Beef & Brown Gravy 15-oz. tin 49c
Meat Balls & Gravy 13 1/2-oz. tin 33c

BEGMORE

Dog Food 1-lb. tins 2 tins 29c
Cat Food 8-oz. tins 3 tins 25c

Guaranteed Tender and Well-Trimmed Beef Pot Roast

lb. 35c



Armour's Sugar-Cured
SLICED BACON .

lb. 59c

CUT UP—PAN READY
FRESH FRICASSEE CHICKENS, lb. 33c

3 to 3 1/2-lb. Average
PORK LOIN ROAST lb. 45c

Tender Steer Beef
BEEF LIVER lb. 39c

U.S. No. 2

POTATOES

50 lbs. 59c



JUICE ORANGES lb. 12c
PINK GRAPEFRUIT 3 for 25c

We have a large
Selection of Pumpkins

Sturdy, Utah
CELERY

lb. 9c

DANISH
SQUASH

lb. 5c

Rancher's Pride—29-oz. tin
1/2 Chicken for Frying . . . tin 1.09
Seaside—Half-Size Tin
Razor Clams tin 41c
Cottage—303 tin
Grapefruit tin 19c
Standby—303 tin
Grapefruit tin 21c
Cottage—303 tin
Pitted Sour Cherries . . . tin 29c
Standby—No. 2 tin
Pitted Sour Cherries . . . tin 35c
Blue Plate—No. 2 1/2 tin
Sweet Potatoes tin 39c
Cottage—303 tin
Whole Beets tin 13c
Cottage—303 tin
Sliced Beets tin 10c
Cottage—303 tin
Green Beans 2 tins 39c
Del Monte—303 tin
Green Beans 2 tins 39c
Cottage—303 tin
Hominy tin 10c
Van Camp—2 1/2 tin
Golden Hominy tin 19c
Fisher's—2-lb. box
Scone Mix box 63c
Dromedary—15-oz. box
Corn Bread Mix box 25c
Snowdrop—5-lb. sack
Self-Rising Flour sack 53c
Sperry—5-lb. sack
Cake & Pastry Flour . . . sack 57c
Carnation—1-lb. box
Instant Wheat Cereal . . . box 23c
Krusteaz—20-oz. box
Buttermilk Pancake Mix . . box 29c
Alber's—9-oz. box
Peacock Oats Cereal . . . box 97c
Cracker Jacks . . . 24-box. pkg. 95c
Wagner's
Flavor Cup Coffee lb. 98c
S&W—28-oz. jar
Mince Meat jar 59c
S&W—1-lb. jar
Glazed Fruit Cake Mix . . . jar 47c
MD
Powder Room Tissue . . . 4 rolls 53c
Columbia—1/2-gallon
Dill Pickles jar 59c
Del Monte—24-oz. jar
Sour Pickles jar 39c
Clover Leaf—1/2-tin
Shredded Tuna 4 tins 1.00
Bumble Bee—1-lb. tin
Pink Salmon tin 49c
Connor's—2 1/4-oz. tin
Kipperd Snacks 2 tins 23c
Potlatch—Oval Tin
Sardines tin 27c
Rancher's Pride—29-oz. tin
Egg Noodles & Chicken . . tin 49c
Snowflake—2-lb. box
Crackers box 49c



LIPTON TEA

Black, 1/2-lb. box 79c
Black, 8 bags 12c
Green, 16 bags 21c
Green, 1/2-lb. box 63c

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