



Perk Up Summer 'Dog Days'—What a blessing, these warm summer days, to have a few mealtime tricks up your sleeve—tricks that turn ordinary summer meals into real occasions. Here, for example, is Tomato Cocktail Sherbet. It's new... it's different... and a really tempting start to any meal when you serve it with toasty crackers that "won't wilt in hot weather."

Tomato Cocktail Sherbet

- 1 teaspoon salt
- 2 tablespoons cold water
- 2 cups tomato juice
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Dash of pepper
- 1/2 teaspoon grated onion
- Few drops tabasco sauce
- Watercress
- Crackers

Soften gelatin in cold water. Heat 1/2 cup tomato juice and dissolve gelatin in it. Combine with remaining tomato juice, lemon juice, salt, pepper, onion and tabasco sauce. Freeze in refrigerator tray, stirring twice, until of sherbet consistency (about 2 1/2 hours). For variety, add tiny shrimp just before serving. Top with sprigs of watercress. Yield: 6 portions. Serve in sherbet glasses with plenty of crisp, buttery crackers alongside.



Informal Supper or Luncheon

- (Serving 4 or 5)
- Jellied Bouillon, Chilled
- Lemon Shrimp
- Shrimp Louisiana
- Buttered Broccoli
- Raspberry Jam
- Hot Rolls
- Relish Salad
- Chocolate Bit Cookies
- August Frost

- Shrimps Louisiana
- 1/2 cup fat or salad oil
- 1/2 cup minced onions
- 1/2 cup tomato sauce
- 1/2 cup cooked brown rice
- 1/2 cup flour
- 1/2 cup paprika
- 1/2 cup salt
- 1/2 cup crushed bayleaf
- 1/2 cup tomatoes
- 1/2 cup chopped celery
- 1/2 cup chili powder
- 1/2 cup sugar
- 1/2 pound (about 3/4 cups) cooked or canned shrimps

Heat oil in large frying pan. Add rice and seasonings. Cook slowly 10 minutes. Stir in flour, add tomatoes and celery. Cook slowly 20 minutes. Add rest of ingredients and cook until smoking hot.

Chocolate Bit Cookies

- (Three dozen)
- 1/2 cup fat
- 1/2 cup sugar
- 1/2 cup honey
- 2 eggs, beaten
- 1/2 cup vanilla
- 1/2 cup salt
- 1/2 cup sour cream
- 1/2 cup flour
- 1/2 cup soda
- 1/2 cup baking powder
- 1/2 cup scraped sweet chocolate

Cream fat and add sugar. Lightly mix in rest of ingredients. Chill dough. Drop portions onto greased baking sheet. Flatten each cookie. Bake 10 minutes in moderate oven.

August Frost

- 1 cup diced pears, fresh or canned
- 1 cup diced cantaloupes
- 1/2 cup diced peaches, fresh or canned
- 1/2 cup lemon juice
- 1/2 cup salt

Mix and chill ingredients and serve immediately.

Lemon juice brings out good flavors in fruit and berry pie fillings. So put some into elderberry, blueberry, raspberry, peach, apple, strawberry, rhubarb and apricot fillings.

Delicious Albers Corn Flakes
are BETTER ALL 3 WAYS

- What Flavor!** Golden-brown Albers Corn Flakes are made from finest white corn that's cooked and flavored to perfection, then toasted just long enough.
- What Freshness!** Made right here in the West, they reach your grocer days quicker, your breakfast table days fresher.
- What Crispness!** Not too thick, not too thin—but just the right uniform size to hold their delicate crispness longer in milk or cream.

Extra-value premium coupon in every triple-treated package of this economical cold cereal.

NOW ENRICHED WITH PEP-UP VITAMIN B.



Snack Bars New Fad

Snack bars—where young ones can perch on soda fountain stools for their orange juice and cereal and mother can whip up a salad and eat it in comfort—are appearing in many homes today. Crowded hours, longer working days and the new war tempo all contribute to this trend, and those who have snack bars say they couldn't do without them.

Usually they're right in the kitchen, to save steps. Often they pull out from the wall. Others are elbow height, for extra working surface. You prepare snacks on them, pull up a stool and munch. No table cloth, no fuss.

Many of these clever and easy-to-build snack spots are shown in a huge new decorating guide now on display at R. L. Elstrom Co., 375 Chemeketa street. Known as the Paint and Color Style Guide, this foot-and-a-half square volume contains color-photographs of hundreds of colorfully-painted rooms and scores of smart painting and decorating stunts. Compiled by the Sherwin-Williams Decorative Studios, it may be borrowed at no cost from the local store.

FRESH FISH

- CHINOOK SALMON
- SILVERSIDE SALMON
- FRESH HALIBUT
- FILET OF SOLE
- FILET OF RED SNAPPER
- FILET OF COD
- LING COD
- BLACK COD
- SMELT
- OYSTERS
- CRABS
- CRAB MEAT
- SHRIMP MEAT
- KIPPERED SALMON
- SALTED, SPICED AND SMOKED FISH
- FULLY DRESSED FRYERS AND HENS

FITTS MARKET

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A Complete Line of
Monarch Canned Goods
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- Sauce Bolsters Meat**
- Summer Dinner**
- Ham Roll
- Buttered Turnips
- Piquant Sauce
- Enriched White Bread
- Collared Chicken
- Stuffed Pear Salad
- Honeycoated Apple Slices
- Victory Marguerites
- Coffee

Ham Roll

- 3 cups chopped cooked ham
- 1 cup boiled rice
- 2 eggs, beaten (or 4 yolks)
- 1/2 cup salt
- 1/2 cup pepper
- 2 tablespoons minced onions
- 2 tablespoons minced parsley
- 2/3 cup milk

Mix ingredients and pour into buttered loaf pan. Round the top with a broad knife or spatula. Bake an hour in moderate oven. Let stand 5 minutes in hot place and then unmold. Serve

- warm or cold in thin slices.
- Piquant Sauce**
- 2 tablespoons butter or margarine
- 4 tablespoons flour
- 1/2 cup milk
- 1/2 cup salt
- 1/2 cup paprika
- 1/2 cup celery seed
- 2 tablespoons grated horseradish
- 2 tablespoons chopped sweet pickles
- Melt butter, add flour and when blended pour in milk, salt, paprika and cook until creamy. Stir constantly. Chill, add rest of ingredients. Pass in a bowl.
- Honeycoated Apple Slices**
- 2 cups sliced, peeled green apples
- 4 tablespoons fat
- 4 tablespoons honey
- 1 tablespoon lemon juice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/2 teaspoon salt
- Brown apples in fat. Add rest

of ingredients, cover and cook 5 minutes. Serve warm or cold.

- Victory Marguerites**
- 12 salted water
- 3 tablespoons soft butter
- 12 marshmallows
- 2 tablespoons cream
- 1 tablespoon sugar
- 1 teaspoon vanilla
- Spread crackers with butter. Dip marshmallows in rest of ingredients, set on top of the crackers and bake 5 minutes, or until well browned and puffy, in moderate oven.

Easy On The Purse

- Chilled Stewed Prunes
- Ready-to-Serve Cereal
- Top Milk
- Scrambled Eggs and Sauces
- Buttered Toast
- Milk for Children
- Lunches

- Bancroft Sandwich**
- Crisp Radishes
- Ginger Bread
- Tea
- Browned Veal Shoulder Chops
- Tomato Jumble
- Buttered Carrots
- Graham Bread
- Pineapple, fresh or canned
- Coconut Balls
- Coffee

utes, stirring constantly. Pour over bacon.

- Tomato Jumble Salad**
- 2 large tomatoes
- 1 cup cooked green beans
- 1 cup chopped onions
- 2 tablespoons chopped green peppers
- 1 cup shredded cabbage
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 cup salad dressing
- Peel and quarter tomatoes, add rest of ingredients. Chill.
- Cocoanut Balls**
- 4 egg whites
- 1/2 cup sugar
- 1/2 cup coconut
- 1/2 cup lemon extract
- 1/2 cup almond extract
- 1/2 cup sugar
- 3 tablespoons cake flour
- Beat whites until thick, slowly add 1/2 cup sugar. Beat until

- Bancroft Sandwich**
- 8 slices hot, buttered toast
- 4 slices broiled bacon
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1/2 cup sliced or grated American cheese
- 2 eggs, beaten (or 4 yolks)
- Arrange toast on platter, top with bacon. Mix in double boiler milk, salt, paprika, mustard, celery seed and cheese. Cook until creamy. Add eggs, cook 2 min-

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- MONTHLY PAIN**
- which makes you CRANKY, NERVOUS
- If you suffer monthly cramps, backache, distress of "irregularities," nervousness—due to functional monthly disturbances—try Lydia Pinkham's Compound Tablets (with added iron). Made especially for women. They also help build up red blood. Follow label directions. Try it!

SAFeway Homemakers' Guide

NUMBER 56 ★ Hints and suggestions for box lunches ★ Safeway week-end prices now good every day ★ A shopping lesson from a girl named Nora



Looking for ways to make box lunches more interesting?

More than ever, it is imperative that the meals you serve your family be appetizing, filling, and up to nutritional standards. And that goes for a box lunch as well as any other meal of the day. In many cases (war workers on night shifts, for instance) the box lunch is the most important meal of the day. And it must not only be appetizing and nutritious, it must be planned and packed to stay attractive for several hours after it's been prepared.

So don't lose any of your menu-planning ingenuity on box lunches—use ours.

Here are a few hints and a few menus, planned and tested by the Safeway Homemakers' Bureau, that might help you in your planning.

Use the best equipment available. Be sure the tops to all jars and bottles fit perfectly. Use plenty of wax paper.

Vary the bread for sandwiches. Use the more choicest types of bread once in a while—pumpernickel, raisin, nut bread, seed, etc.

Use lots of butter. This helps keep sandwiches from drying out.

Don't include sandwiches like tomato and lettuce. They're almost certain to wilt. If it looks tomatoey, put in a whole one instead.

LOW WEEK-END PRICES?
Yes, but they're now good early in the week at Safeway!

- | | | |
|--|------------------|---|
| FLOUR KITCHEN CRAFT 24 1/2-lb. sack, 85c | 48-lb. sack 1.59 | TOMATOES ALL GOOD, in juice No. 2 1/2 can 15c |
| FLOUR CROWN PATENT 24 1/2-lb. sack, 95c | 48-lb. sack 1.79 | ASPARAGUS HIGHWAY, All Green Tips 10 1/2-oz. can 18c |
| BAKING POWDER Clabber Girl 2-lb. can 20c | | CATSUP RED HILL, Red, Tasty 14-oz. bottle 11c |
| CAKE FLOUR Swansdown, lge. pkg. 21c | | CATSUP C-H-B BRAND 2 14-oz. bottles 25c |
| CORN MEAL ALBERS' Yellow 9-lb. bag 32c | | CHILI SAUCE MONETA 12 1/2-oz. bot. 15c |
| SPLIT PEAS Yellow or Green 2 lb. pkg. 18c | | TOMATO JUICE ALL GOOD 48-oz. 19c |
| SOUP MIX Continental Chicken-Noodle 3 pkgs. 25c | | GRPFRT. JUICE TOWN HOUSE 48-oz. can 21c |
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|--|--|---------------------------------------|
| BAKED BEANS, B&M 28-oz. jar 23c | CHERUB MILK, baby tins 6 for 24c | EGG NOODLES, Sunrise 14-oz. pkg. 15c |
| NOODLE DINNER Lyden, 16-oz. glass 15c | ALPINE MILK or Carnation 6 baby tins 25c | PURE LARD 1-lb. 18c; 4-lb. pkg. 69c |
| SPAGHETTI & Meat Balls 1 1/2-lb. can 22c | LIPTON TEA BAGS 20 bags 23c | INSTANT TAPIOCA, Alber's 16-oz. 17c |
| DEVILED HAM, Underwood 4-oz. jar 20c | TEA BAGS, Canterbury, box of 25 19c | JELL-WELL Desserts, asst. pkg. 5c |
| TUNA FLAKES No. 1/2 can 29c | SYRUP, Liberty Bell 24-oz. 19c | GUM & CANDY BARS 3 for 10c |
| CRABMEAT, American, No. 1/2 can 37c | MOLASSES, Aunt Dinah 1 1/2-lb. can 10c | MARSHMALLOWS, Fluffiest 1-lb. ct. 14c |
| FRUIT SALAD, Hostess Delight No. 1 13c | BABY FOODS, Gerber's asst. 4 cans 25c | WHEATIES 2 pkgs. 15c |
| PEACHES, Highway 2 1/2 can 17c | KRISPY CRACKERS 2-lb. pkg. 31c | POST TOASTIES 11-oz. pkgs. 2 for 19c |
| DUCHESSE Salad Dressing quart 33c | SOYA CRACKERS, Nabisco pkg. 17c | WHEAT HEARTS, Sperry's 28-oz. pk. 23c |
| MIRACLE WHIP, Kraft quart 41c | LOAF CHEESE, mild 2-lb. loaf 59c | JELS-RITE Pectin 3 bottles 29c |
| NU-MADE MAYONNAISE quart 45c | DILL PICKLES, Paradise qt. jar 16c | KERR MASON JARS quarts, doz. 83c |
| KRAFT MAYONNAISE quart 53c | CRANBERRY SAUCE West Peak 17-oz. 13c | MASON JAR CAPS, Ball zinc, doz. 21c |

- Zee Tissue**
- Absorbent Bathroom Tissue
- 4 rolls 15c

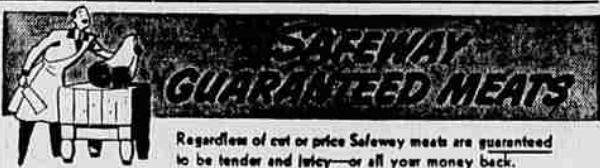
- Fels Naptha**
- Laundry Soap
- Reg. Bars 5c

- Scott Towels**
- For Hundreds of Household Uses
- 3 rolls 25c

- Sup-Purb Soap** Gran. 24-oz. 19c
- Ivory Snow** Suds in Cold Water 12 1/2-oz. pkg. 22c
- White King** Granulated 23-oz. pkg. 22c

- Penny Savers**
- Bread, Julia Wright's 1 1/2-lb. loaf 12c
- Elastic Starch, 12-oz. 2 pkgs. 15c
- Clorox Bleach 1/2 gallon 23c
- White Magic Bleach 1/2-gal. 17c
- Soil Off, Instant Cleaner qt. can 60c
- Fly Ribbons, Falcon 3 for 5c
- Dog Food Strong-Heart 2 8-oz. pkgs. 15c

Buy War Bonds and Stamps with the money you save at Safeway



SAFeway GUARANTEED MEATS
Regardless of cut or price Safeway meats are guaranteed to be tender and juicy—or all your money back.

- SKINNED HAMS, CenPak or Morrell 1-lb. 37c
- BOLOGNA or LIVER SAUSAGE 1-lb. 27c
- LUNCHEON MEATS, assorted 1-lb. 33c
- DRY SALT PORK, flavorsome 1-lb. 21c

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|--------------------------|------------------------|-------------------------------|-----------------------|-----------------------------|
| Sliced Halibut 1-lb. 35c | Pork Sausage 1-lb. 29c | Smoked Pork Sausage 1-lb. 33c | Boling Beef 1-lb. 15c | Veal or Lamb Stew 1-lb. 19c |
|--------------------------|------------------------|-------------------------------|-----------------------|-----------------------------|

CHICKENS!
NOW SOLD READY FOR THE PAN!
★ COLORED FOWL, fully developed hens, 1-lb. 47c
★ COLORED FRYERS, 2 1/2-3 1/2-lb. average 1-lb. 57c
★ LEGHORN FOWL, lightweight hens 1-lb. 45c
Note—Above Chicken Prices are for Dressed Weights

Selected by experts, then it's shipped direct to Safeway. If it fails to satisfy you completely, we'll refund all your money.

GUARANTEED-FRESH PRODUCE
Why don't you get your "big" order on a weekday too
Weekends will be much more fun if you get your big grocery order on a weekday. Then, on Saturday, just fill in your week-end needs. Safeway prices, you know, are always low, on everything, early in the week.
SAFeway
PRICES SUBJECT TO MARKET CHANGES

