

Vegetable Souffles Add to Meals



Fluffy, golden-brown vegetable souffles will add variety to everyday meals which might otherwise become monotonous. They are light, nourishing and add new taste-appeal. The starchier vegetables, such as potatoes, sweet potatoes or corn, are especially suitable for this type of dish. They are substantial enough for a luncheon main dish or may be served at dinner with supplementary foods.

Milk, eggs, and butter, plus a variety of seasonings, add flavor to the souffle. You will enjoy serving potato souffles in individual casseroles as a part of your buffet supper. The casseroles can be arranged on a serving tray along with assorted cold meats.

Potato Souffle
 1/2 cup hot milk
 1/2 cup hot mashed potatoes
 1/2 cup minced onion
 1/2 teaspoon salt
 1 egg white
 Melt butter, combine with milk, mashed potato, onion and seasonings. Whip together until smooth and fluffy. Beat egg yolks and add to potato mixture, whisking until blended. Beat egg whites until stiff. Fold carefully into potato mixture. Bake in a buttered casserole or in individual casseroles, in a moderate oven, 375° F. for 45-50 minutes, until puffy and golden brown. Serves 6.

Blackberries are red when they're green, or unripe.

DAD'S FOUND FAST HELP FOR HIS BACK AT LAST

Do you suffer the torments of tight, cramped back and leg muscles so often called muscular rheumatism or neuralgia? Do you want to know how to help loosen them up fast and get soothing relief from the misery? Then do as other sufferers and let OINT-EASE bring all the powers of its FOUR great pain relieving, heat producing analgesics to help relax the tied up muscles and ease out the tormenting pain. For muscle retaining heat together with relief from pain are what you need. And OINT-EASE should bring them fast. But don't delay. Get OINT-EASE at once from your druggist.

Golden..
 AS THE LEAVES OF FALL

A rich syrup—a favorite syrup. Its flavor blends perfectly with golden hotcakes, tender waffles, and more.

Simply Delicious

LUMBERJACK SYRUP
 NALLEY'S

NALLEY'S
 IT'S GOOD

NALLEY VALLEY WHERE GOOD FLAVORS GROW

Pantry Patter

- Peppers Stuffed with Chicken**
 Anchovy Cheese and Sardine Canapes
 Peppers Stuffed with Chicken
 Scalloped Spinach
 Wilded Lettuce
 with Hot Salad Dressing
 Fresh Fruit Coupe
 (Recipes Serve Four)
- Peppers Stuffed with Chicken**
 4 peppers
 Cold cooked chicken
 Soft bread crumbs
 Stewed tomatoes
 Onion juice
 Salt and pepper
 Chicken gravy

- muffin tins and sprinkle with buttered crumbs. Bake at 400° ten minutes. Serve very hot with chicken gravy poured over.
- Bake the Stew**
 Cauliflower and Tomato Puree
 Beef Stew
 Baked Hammy with Cheese
 Carrot and Turnip Dice
 with Parsley
 Green Salad with Raisins
 French Dressing
 Persimmon Cake
 (Recipes Serve Four)
- Baked Hominy with Cheese**
 1 cup boiling water
 1 teaspoon salt
 1/2 cup fine hominy
 1 cup milk
 1/2 cup butter or margarine
 1/2 cup sugar
 1 egg, slightly beaten
 1 cup milk
 Grated cheese

- Add one cup milk, stirring thoroughly and cook one hour. Remove from heat and add butter or margarine, sugar and egg mixed with one cup of milk. Turn into buttered baking dish, sprinkle with grated cheese and bake one hour at 350°.
- Persimmon Cake**
 2 persimmons
 2 tablespoons sugar

2 tablespoons lemon juice
 1/2 cup cream, beaten stiff
 Sponge cake

Remove skin, stem and seeds from persimmons. Reserve one tablespoon of pulp. To remainder add sugar and lemon juice and fold in cream. Split sponge cake and spread between. To the tablespoon of persimmon pulp add enough sifted confectioner's sugar to make of the lemon juice to taste. Frost top of right consistency to spread. Add cake with persimmon frosting.

Capital Journal, Salem, Oregon, Thursday, Nov. 21, 1946—13

LINCOLN MERCURY

A NEW SERVICE for SALEM

Salem's newest dealership is now prepared to handle all of the repairs your present car might need... from complete lubrication to complete overhaul. No job is too large or too small for our well equipped shop and specially trained staff of mechanics.

Your New Lincoln-Mercury Dealers

WARNER MOTOR CO.
 430 North Commercial St. Phone 7249

REFRIGERATION REPAIRING

Commercial and Domestic
 Completely Equipped Shop

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 2134 Fairgrounds Road
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SAFEWAY Thanksgiving Food Guide

It's easy and economical to plan your Thanksgiving Day dinner from the appetizing foods listed below. Select the ones you'll be needing, then buy them at Safeway. You'll enjoy quality foods... unconditionally guaranteed to please you... and save money too.

Guaranteed Meats Selected Produce

Oregon Prime Quality Turkeys

Hen Turkeys	Grade A, Average	12 to 16 lbs.	Per lb.	59c
Tom Turkeys	Grade A, Average	18 to 25 lbs.	Per lb.	43c
Half Turkeys	Grade A Toms	Ready to Roast	Per lb.	53c

Order your turkey
 Be sure of having a turkey for Thanksgiving that will roast golden brown, tender and delicious. Place your order today at Safeway.

Because only the very finest birds are chosen by Safeway buyers, every one can be and is guaranteed to please. This means that the turkey you get from Safeway will roast exactly right... will deliver full eating pleasure at your table.

Directions for Roasting 1/2 Turkeys
free! Ask for a copy at our Meat Dept.

Colored Fryers Eviscerated and cut up **1b. 75c**
Roasters Eviscerated Whole for roasting **1b. 75c**
Fowl Eviscerated Cut up for stewing **1b. 59c**
LONG ISLAND Ducklings Dressed **1b. 53c**
Fresh Oysters Medium sizes **1pt. 75c**
Pure Pork Sausage **1b. 49c**
Fresh Ground Beef **1b. 35c**
Beef Steak Porter-house Grades AA & A **1b. 53c**
Swiss Steak Grades AA & A **1b. 49c**
Leg of Lamb Grades AA & A **1b. 59c**
Pork Roast Loin, and cut **57c**
Rib Roast Prime beef AA & A **1b. 45c**

Meat features for Fri. & Sat. only

APPLES Extra fancy and fancy **1b. 12c** 1/2 bu. basket **\$2.49**

DELICIOUS **1b. 12c** 1/2 bu. basket **\$2.59**

WINE SAPS **1b. 12c** 1/2 bu. basket **\$2.59**

So tempting—you'll be eating one before you get them home.

Cranberries Grown on the Oregon coast stock up on this timely feature **1b. 45c**
 Your family will shout "Hallelujah," when they see the "mouth watering" sauce these make!

SWEET POTATOES
 Smooth peelers—You'll be craving them candied come Thanksgiving so why not pick them up today? A Turkey hates to be served without them. **1b. 12c**

Cauliflower Snow White Heads 1b. 61c	Potatoes U. S. No. 1 15 Netted Gems 100 lb. 2.98
Onions Oregon Danvers 1b. 3c	50-lb. sk. 1.29
Squash Local Hubbard or Marblehead 1b. 5c	
Fresh Dates 7/4-oz. Cello package 29c	
Crisp Celery Farm Fresh 1b. 61c	
Grapefruit Marsh Seedless from Arizona 1b. 51c	

TABLE GRAPES To make the dinner table "sparkle" before the Turkey is served.

EMPERORS 1b. 20c **ALMERIAS 1b. 24c**

Produce features for Fri. & Sat. only

NESTLE your baby

NESTLE'S... first to bring you evaporated milk with 400 units of genuine vitamin D3 per pint... full daily minimum for infants, children and adults. And it's D3, a form of vitamin D produced naturally in the human body by sunshine. Ask your doctor why you should NESTLE your baby.

and NESTLE'S for coffee, for cooking!

Taste a teaspoonful right from the can. You'll like the rich flavor of NESTLE'S Milk... and what a flavor-boost for coffee, for cooking!

NESTLE'S EVAPORATED MILK

NESTLE'S
 CONDENSED MILK

NESTLE'S
 CONDENSED MILK

NESTLE'S
 CONDENSED MILK

Plan your holiday menu now

Buy all your foods with confidence at Safeway

Miscellaneous	Cheese & Crackers
Mince Meat , Collins 15-oz. jar 29c	Soda Crackers , Snow Flake 2-lb. box 44c
Pitted Dates , Park Row 6-oz. pkg. 25c	Soda Crackers , Krispy 2-lb. box 44c
Fruit Mix , Mar Bud 14-oz. pkg. 49c	Graham Crackers Honey Maid Small 14c
FLOUR , Harvest Blossom 10-lb. sk. 63c	Cheese Spreads , Kraft Assorted 5-oz. glass 25c
Fancy Pumpkin , Libby No. 2 1/2 can 17c	Cheddar Cheese , Superior Lb. 65c

Candy & Nuts

Mixed Nut Meats KEMP'S 7-oz. tin 49c	IXL Shelled Almonds 1/2-lb. pkg. 42c
IXL Almonds , in shells 1-lb. pkg. 42c	Walnut Meats 1/2-lb. pkg. 55c
Brazil Nuts 1-lb. pkg. 42c	Filberts, large size 1-lb. pkg. 39c
Pecans , large, bleached 1-lb. pkg. 49c	Mixed Nuts in shells 1-lb. pkg. 39c
Mixed Nuts Dr. I. Q. Almonds or Milky Way 1-lb. pkg. 39c	Candy Bars 4 for 15c

Seasonings

Cinnamon , Schilling's 1 1/2-oz. tin 11c	Sage , Schilling's 1 1/2-oz. tin 13c
Poultry Seasoning , Schil. 2 1/2-oz. tin 13c	Pie Spice , Schilling—for pumpkin pies 2-oz. tin 13c

Beverages

Airway Coffee 1-lb. bag 33c	Hills Coffee , Reg. or drip 1-lb. can 43c
Canterbury Tea 48-lb. pkg. 36c	Lipton Tea , Black 1/2-lb. pkg. 51c

2nd Big Week!

SAFEWAY'S CANNED FOODS SALE

Stock up on canned foods NOW for the winter months ahead... a well-stocked cupboard is a good investment these days. Listed below are only a few of the typical money-saving values that can be had at your nearest Safeway Store. Many of our Canned Foods Sale Prices are at or below O. P. A. ceiling prices—many are below present day replacement costs.

Apricots , sundown Whole—Unpeeled No. 2 1/2 can 21c	12/\$2.52	Dromedary
Choice Prunes , Red Tag No. 2 1/2 can 22c	12/\$2.59	Cranberry SAUCE
Tomato Juice , Sunny Dawn—fancy 46-oz. can 24c	6/\$1.43	It wouldn't be Thanksgiving without Cranberry Sauce
Tomato Juice , Libby—fancy No. 2 can 11c	12 for \$2.85	16-oz. can 25c
Grapefruit Juice , Town House Natural 46-oz. can 29c	12/\$1.29	Roma Champagne
Grapefruit Juice , Town House No. 2 can 13c	12/\$3.35	Per Fifth \$3.68
Grapefruit Juice , Texas Tip 46-oz. can 25c	12/\$1.49	Fidelis Table Wines
Blended Juice , Blend O' Gold No. 2 can 14c	12/\$2.95	Claret or Burgundy Fifth 73c
Fancy Peas , Gardenside No. 2 can 14c	12/\$1.65	Sauterne, 77c
Fancy Peas , Highway No. 2 can 16c	12/\$1.55	MONTE CRISTO
Fancy Peas , Sugar Belle No. 2 can 18c	12/\$1.89	Sauterne Per fifth 83c
Green Beans , Libby's Garden Sweet No. 2 can 19c	12/\$2.09	Burgundy, 80c
Green Beans , Sunrise French style No. 2 can 19c	12/\$2.25	
Cream Corn , Country Home Golden Bantam No. 2 can 15c	12/\$2.28	
Veg-All , Larsen's Mixed vegetables No. 2 can 17c	12/\$1.80	
Tomato Sauce , Gardenside Buffer 5c tin 5c	12/\$2.04	
Minced Clams , Snow's 8 1/2-oz. can 33c	12 for 60c	
Cherub Milk Tall 13c can 12/\$1.50	6/\$1.75	
Darigold Milk Tall 13c can 12/\$1.50	Case of 48 \$5.98	
Baby Foods , Gerber's, Clapp's or Heinz, strained Tin 7c	Case of 48 \$5.98	

We reserve the right to limit quantities.

You get more for your money at SAFEWAY