New Low-Calorie Foods Sensational; Desserts, Fruits, Dressings Listed Calorie-conscious folk — and there are plenty of them — are halling the new line of low-cal-ore diabetic type foods put out y the Flothill Products Inc., a The summary on this deal is: The summary on this deal is: New Low-Calorie Foods

there are plenty of them — are from one-calorie per tablespoon orie, diabetic type foods put out the food is calorie overload and brings high is to be calorie overload and brings high is more than ordinary dietetic foods. This new line takes the pain from dieting too. The foods are very tasty. Outstanding arc the dietetic fruits — in a sweet heavy syrup that keeps the fruit firm and ful of flavor to the and the regular canned fruits. The line of fruits includes and the regular canned halves peaches; fruit cocktail peer halves; runes; plums and halves many and not only are there fruits.
The line of fruits includes and halves many has arranged for gift or obtain the free gift certificates for a free package to obtain the free gift certifica

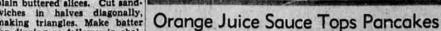
And not only are there truits, For Supper Treat

but gelatin desserts, creamy puddings and salad dressings as offering. The desserts and pudding mixes duplicate their caloric counterparts, but are low cal-French Toasted Sandwiches (Makes 6 servings) 12 slices day-old bread Margarine or butter for

counterparts, but are low cal-oried. As illustration, the va-nilla pudding mix in this new line has only 30 calories when made with skim milk, against the 225 calories in regular pudspreading 1 cup peanut butter % cup jam 3 eggs cups milk tablespoons flour 3

ding. The puddings include choco-late, French custard, vanilla and butterscotch. nd butterscotch. Make sandwiches by spread-The gelatine desserts include ing slices of bread lightly with

strawberry, raspberry, cherry margarine or butter. Spread and lemon. every other slice with 1½ table-The salad dressings are some-thing out of this world — and tablespoon jam. Cover with



REYNOLDS

Foil Wrap 25-FL 29^e

owels 150 to

Everything you'll

Forty days this year eve

versally popular. This special variation of pancakes will de-light everyone - combining oranges and creamy cottage cheese. Right now, the market stalls are filled with oranges, easy to section, and full of juice to use in adding tangy goodness to many foods. Try this for a lucheon main dish or dinner dessart to intrigue your family and friends—the sauce is better than syrup, the section of oran-ges good and chewy, and

2 cups cottage che dessert use 1 cup. Pancake Stacks wi

The west coast crab and its meat is unsurpassed. Cooked or chilled, it makes wonderful eat-

sugar and salt in a saucepan. Blend in orange juice gradu-ally; add orange rind. Cook t until mix-boll, stirring About 1%

rs hath Lent, and ofte erybody's going in ten	in for the good revered Len habit of pancakes, so uni	Sauce 1¼ cups sifted flour 2½ teaspoons bak ¼ teaspoon salt 3 tablespoons su	all - purpose 1 cup 2 teas ring powder rind 1 oran	upcon salt orange juice ipoons grated orange inge, sectioned together, cornstarch,	constantly. Add tions; heat. Yield:
need book	to lighten th	he task of	f houseele	aning	(STITZ
ING	NBS	INS.	$\langle \langle \rangle \rangle$	5/1	HOS
LAP Stores reserve Sp	Pecial Prices Effective Marc				CORE
limit quantities	0		Cascade Dark I	inke	25

ELSINORE SOLID PACK

na white

ARMOUR'S ROAST

Beel 12-oz.



HOUSE OF LORDS

Snowdrift

SMOKED 31/2-02. OYSTERS

3-lb. can

midget markets 1128 Center 351 State St.

IT'S A PLEASURE

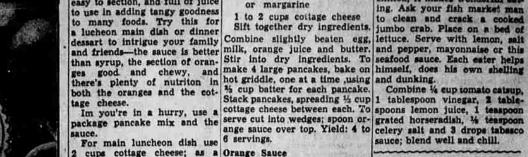
... to shop the Midgets. Our courteous meat cutters are right on the job to serve you with the cuts you select. No semi-frozen, ready wrapped package, with the less desirable cuts hidden underneath. YOU SEE IT WHEN YOU BUY IT AT THE MIDGETS.

PORK ROASTS Pice	37c
PORK STEAK Las	53c
LOIN ROASTS	53c
CHOPS All Centers	65c
VEAL STEAK MIR Tod	59c

CORN FED STEER BEEF

We have just prchased a load of the nicest young steers we have seen for a long time. They are top quality. The meat is tender and flavorful. Try some. It will please you. Midget meats are well trimmed. You do not pay for a lot of waste.

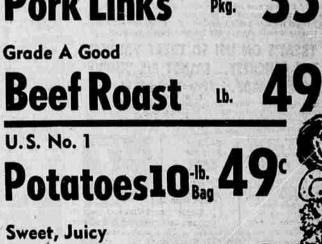
BEEF ROASTS	в. 53с
BEEF ROASTS Blade	в. 49с
PLATE RIB	в. 29с
PORTERHOUSE STEA	К в. 75с
SWISS STEAKS	в. 69с
BEEF CUBES Lean	59с
We Buy the Livestock, Process I When good meat is sold for les gets will sell it.	t Ourselves. s—the Mid-
SLICED BACON "Diste"	
BACON SQUARES	
LEAN JOWLS	
PURE LARD	10c
WIENERS Skinless	45c
POLISH RINGS	termination of the second s
BOLOGNA Rings	45с
CAPITOL FISH C	ion
Our Fish Department is making a hit. A play of OCEAN FRESH, cured and sm It's a Real Fish Market!	A tempting dis- toked varieties.
Particular People Patronize th	e Midgets



ix and the	cottage cheese betwee serve cut into wedges: ange sauce over top. 1 6 servings.		
	Orange Sauce		
th Orange	1 tablespoon cornst 1/2 cup sugar		

	6 servings.				
	Orange Sauce				
	1 tablespoon cornstarch				
ge	1/2 cup sugar				
	¼ teaspoon salt				
se	1 cup orange juice				
	2 teaspoons grated ora				

11	1	tablespoon	cornstarc	
e	1/2	cup sugar		
	34	teaspoon s	alt	
	1	cup orange	juice	
	2	teaspoons	grated	oran



DENNISON'S

DENNISON'S

Meat Balls 🖁 37

Lb. 29'



1/2 Sire 25

53°



20°

nd et	Lemmon's Market	Carter's Market	
	SHAMPOO	57° _	Canor -
	Brooms Brown Beauty Hansco		
ļ	SNOWY BLEACH 20-oz, pkg.	2 tor 21c 49c	CLOINS CLOINS
Conceptor 1	ENERGINE 16-oz. can	10c	CAII
No.2	AIR WICK Small bottle SOILAX 18-oz. pkg. BRILLO SOAP PADS 12's		extr
	GOLD SEAL GLASS WAX Pint		is
	DIAL BATH SOAP WRIGHT'S SILVER CREAM 8 oz.	2 tor 37c	U
	BORAXO s-oz. tin BORAX POWDER BORENE SOAP POWDER Thrift pkg. DIAL COMPLEXION SOAP	2 ^{1b.} 33c 53c 37c	C
	BORAXO	17c	



Market

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GILBERT WOURMS, Owner Stayton