



Campbell's SOUPS ALL 14c VARIETIES
Asparagus, Bean Bacon, Black Bean, Cream of Celery, Green Pea, Pepper Pot, Vegetable, Vegetarian

6 cans 69c



LINDSAY SELECT RIPE OLIVES

Full Pint **19c**

PET MILK 2 TALL CANS **29c**

IGA Solid Pack White Meat Tuna Reg. 1/2 Size can **25c**

Make a ripe Olive-Tuna Ring today



Pillsbury CAKE MIXES SPECIAL!
Yellow, Chocolate, White

35c 3 pkgs. \$7.00

LENTEN Baking Needs

Swansdown **CAKE FLOUR** Lg. pkg. **44c**

IGA SNO-KREEM SHORTENING 3-lb. can **79c**
Pure Vegetable

Spreckels Brown and Powdered **SUGAR** 2 lbs. **25c**

IGA MARLENE **Margarine** 2 lb. Finest Quality **45c**

Center Cut Shoulder From Tender Pork PORK ROAST Lb. **45c**

PORK STEAK Lean, Meaty, Tender Lb. **49c**

BEEF ROAST U. S. Good Grade Blade Cut Lb. **49c**

Red Snapper Fillets Fresh Lb. **35c**

Slab Bacon Valley Pack Sugar-Cured Lb. **49c**

+ SPRING SALAD TIME +

RED RADISHES BUNCH **5c**

GREEN ONIONS BUNCH **5c**

SALAD MIX Collo Pkg. **5c**

ARIZONA GRAPEFRUIT Jumbo Size **10c**

CALAVOS Med. size **19c**

FANCY CALIFORNIA CELERY HEARTS Each **10c**

Makes Perfect Meringue and Frosting

PENNANT Marshmal-o Creme 5-oz. jar **19c**

IGA DeLUXE DRIP or REG. **COFFEE** Lb. can **87c**

Vermont Maid **SYRUP** 24-oz. bottle **53c**

Hershey **BAKING CHOCOLATE** 8-oz. pkg. **40c**

Hershey **COCOA** 1/2-lb. pkg. **26c** Lb. pkg. **50c**

IGA ENRICHED **FLOUR** 10-lb. bag **79c**

PREM 12-oz. Tin **39c**

Star Kist **TUNA Chunk** 1/2 size can **33c**

KING OF NORWAY **KIPPERED SNACKS** 1/4 size cans **33c**

DATES Dromedary 7 1/2-oz. pkg. **24c**

SALT IGA Plain or Iodized 2 pkgs. **19c**

PRUNES IGA Santa Clara Dried—2-lb. pk. **43c**

APRICOTS IGA Medium—11-oz. pkg. **43c**

FLOUR Pillsbury 10-lb. bag **97c**

SPRY Shortening 3-lb. can **93c**

CRACKERS NBC Snowflake—Lb. pkg. **25c**

CRACKERJACKS 6 5c pkgs. **25c**

M & M's **CANDY** 7-oz. Pkg. **29c**

HI-NO **Crackers** Lb. **29c**

RED HARD **Syrup** 24-oz. Bottle **24c**

Roman Meal **MUFFIN MIX** 9-oz. pkg. **18c**

Roman Meal **CEREAL** Large Pkg. **36c**

WHITE KING **Soap Powder** Lg. pkg. . . . **30c** Giant pkg. . . . **57c**

WHITE KING **WATER SOFTENER** Pkg. **25c**

Scotch Cleanser 2 cans **25c**

Zee Paper **NAPKINS** 2 pkgs. 80's **27c**

M-D Toilet **TISSUE** 10 rolls **89c**

Parson's Sunday **AMMONIA** Full Quart **27c**

Puss'n Boots CAT FOOD adds the PLUS

A healthier, hand-somer cat is yours when you feed this nutritionally complete diet.

Pound can 14c

Menu and Recipes for St. Patrick's

Swing the festive spirit of St. Patrick's Day into your dinner menu and see the eagerness with which your family eats a simple everyday meal. For easy decorations, make 1/4 pint milk bottles into smiling Irishmen by turning a drinking cup over the bottle top to make a hat.

A paper shamrock cut from dark green paper decorates the hat. You can trace around the paper cup on white paper to know how large to make the hat brim. Cut the eyes, nose, mouth and pipe from white paper and glue them in place. Keep the decorated milk bottles in the refrigerator until time to serve the milk with this festive meal.

- Menu**
- Baked Chicken Shillelaghs
 - Mrs. Murphy's Chowder
 - Shamrock Salad
 - Crackers
 - Mint Ice Cream
 - Chocolate Milk
 - Coffee
 - Baked Chicken Shillelaghs
 - 2 tablespoons finely chopped onion
 - 2 tablespoons finely chopped green pepper
 - 1/4 cup chopped celery
 - 2 tablespoons chopped mushrooms
 - 1 1/2 tablespoons butter
 - 1 5-ounce can boned chicken, diced
 - Juices from chicken plus milk to make 1/2 cup liquid
 - 2 tablespoons all-purpose flour
 - 1 egg yolk, slightly beaten
 - 3/4 cup cream
 - Salt and pepper to taste
 - 1 tablespoon minced parsley
 - 1 package pie crust mix
 - Chop first four ingredients and pan-fry in hot butter until onion is clear. Open can of boned chicken. Drain chicken juices and add milk to make 1/2 cup liquid. Stir flour into pan-fried ingredients. Add the 1/4 cup liquid and stir until thickened. Blend in the beaten egg yolk and cream. Season to taste. Add the diced chicken and minced parsley. Preheat oven to 475 degrees F. (very hot oven). Mix pie crust as directed on package. Roll out to 1/4 thickness. Cut dough into 8 to 8 rectangles (4" x 4 1/2"). Put about 2 tablespoons chicken filling in center of each rectangle. Wrap dough around filling pressing open edges of dough together with fingers to make the shillelaghs leak-proof. Place shillelaghs on an ungreased cookie sheet with seam-side down. Brush each with beaten egg white. Prick with fork to allow steam to escape. Bake 15 to 20 minutes or until delicately browned. Makes 6 to 8.

- Shamrock Salad**
- 1 package lime flavored gelatin
 - 1 cup boiling water
 - 2 tablespoons orange peel
 - 1/2 cup seeded grapes
 - 1/2 cup orange sections
 - 1/2 cup pineapple chunks
 - 1/4 cup nuts
 - 1/2 cup pineapple juice
 - Dissolve gelatin in hot water. Add pineapple juice. Chill until partially set. Stir in peel, fruit, and nuts. Brush inside of shamrock-shaped salad molds. Pour gelatin-fruit mixture into the oiled molds. Chill. When firm, unmold on salad plates or serving platter. Frost with dressing. Garnish with wedges of green maraschino cherries. Fills 6 shamrock molds or 1 8-inch square mold.
 - 1/2 cup whipping cream
 - 2 teaspoons Roquefort cheese
 - 4 tablespoons mayonnaise
 - Whip cream. Add crumbled cheese and fold mayonnaise into whipped cream. Serve on salads.

- Grapefruit Aids Those on Diets; Dressing Good**
- Grapefruit, because of its low calorie and high vitamin C value is an excellent food to include in slimming diets. A low calorie Grapefruit Diet Dressing is delicious. Use the smaller grapefruit for juicing and you can squeeze them on your reamer like oranges.
- Diet Dressing**
- 1/2 cup water
 - 2 teaspoons cornstarch
 - 1/2 cup grapefruit juice
 - 2 tablespoons salad oil
 - 1/4 teaspoon salt
 - 1 1/2 teaspoons sugar
 - 1/2 teaspoon paprika
 - 1/2 teaspoon dry mustard
 - 1/4 teaspoon tabasco
 - 1/4 cup catsup
 - 1 clove garlic, optional
 - Blend water and cornstarch; cook, stirring constantly until thickened. Remove from heat; add grapefruit juice, salad oil, salt, sugar, paprika, dry mustard, tabasco and catsup; beat until smooth. Add garlic. Shake well before using. Remove garlic. Makes 1 1/2 cup dressing.

When you are greasing a pan for a cake, apply the fat with a clean soft bit of paper and use just enough to cover the pan surface smoothly, evenly and lightly. Or use melted fat and a pastry brush to coat the surface of the pan.

When a recipe calls for shredded cabbage you can use either a sharp knife or a grater.

Recipe given on Keizer Community Hour over KSLM on Saturday, February 21, by Tom Pomeroy

2 cups sifted Swans Down Cake Flour, 1 teaspoon baking powder, 1/4 teaspoon salt, 1/4 cup vegetable shortening, 1/2 cup sugar, 2 eggs, substitute 2 to 3 squares Baker's unsweetened chocolate, melted, 1 teaspoon vanilla, 3 or 4 drops red color and 1/2 teaspoon peppermint, 1 1/2 cups milk.

Sift flour once, measure, add soda and salt and sift together 3 times. Cream shortening and sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each; then add chocolate and blend. Add flour alternately with milk beating well after each addition. Add vanilla, peppermint, and coloring, mixing well. Turn into two 9" pans lined with paper and greased.

Bake in a 350 degree oven starting at 325 for 8 or 10 minutes then raise to 350 degrees for 30 minutes.

Chocolate Fudge Frosting

Melt 3 or 4 squares unsweetened chocolate and add 3 tablespoons butter or margarine, melting all. Mix 3 cups confectioner's sugar and 1/4 teaspoon salt, 7 tablespoons milk and 1 teaspoon vanilla, add chocolate and butter, mix well and let stand, stirring occasionally, until of the right consistency to spread on cake. Shredded nuts may be added, a few drops of peppermint will pick up the chocolate flavor.

IGA VISTA MARKET

YOUR FRIENDLY IGA STORE AT
3045 S. COMMERCIAL

State Street MARKET

Your Friendly IGA Store at
1230 STATE STREET

ORCUTT'S MARKET

Your Friendly IGA Store at
4200 N. RIVER ROAD