

QUESTION AND ANSWER DISCUSSION BY EXPERTS!!

THIS WEEKEND ONLY

# SWIFT'S BEEF PROMOTION

Bisquick	40-oz. pkg.	39¢
Fancy Tuna	Bumble Bee 1/2 Flat	33¢
Chunk Style Tuna	Bumble Bee 1/2 Flat	29¢
Snowdrift	3 lb. cans	93¢
Wesson Oil	For Frying Qt.	69¢
Softasilk	Cake Flour 40-oz. pkgs.	43¢
Liptons Tea	1/2 lb. pkgs. For Ice tea time	68¢
Lipton Tea Bags	Pkgs. of 48	56¢
Jello Dessert	4 pkgs.	35¢
Heinz Baby Foods	4 cans	35¢

For those of you who would like to know more about BEEF . . . as to grading, quality features, right cut for the right purpose, and many other beef problems, we suggest you attend our special "SWIFT'S BEEF PROMOTION" this weekend May 8th and 9th. Swift and Company's Beef representative will be here to help you.



## BAKERY TREATS

FOR MOTHER'S DAY  
ROSES IN SNOW CAKE

SPECIAL DECORATIONS \$1.25

BALTIMORE CAKES	White	75¢
DINNER ROLLS	Dozen	40¢
OATMEAL COOKIES	Dozen	35¢
COFFEE CAKE RINGS		35¢
CAKE DONUTS	Dozen	29¢

SNOWFLAKE SALTINE CRACKERS, 2 lbs.	49c
RITZ CRACKERS, lb.	33c
HONEY GRAHAM CRACKERS, 1-lb. 10-oz.	51c
GRANDMA'S FIG BARS, 1-lb. 4-oz.	26c
DEL MONTE FRUIT COCKTAIL, No. 303	26c
SALAD FRUITS, Elsinore No. 303	29c
SLICED YELLOW CLING PEACHES, No. 303	26c
DEL MONTE PEAR HALVES, No. 303	16c
TASTY PAK APPLESAUCE, No. 303	15c
DEL MONTE SLICED PINEAPPLE, No. 1 flat	29c
DEL MONTE PINEAPPLE TIDBITS, No. 2 can	29c
TASTY PAK WHOLE APRICOTS, No. 2 1/2	21c
ELSINORE PRUNE PLUMS, No. 2 1/2 can	17c
GARDEN GRAPEFRUIT SEGMENTS, No. 303	23c
STANDBY ORANGE & GRAPEFRUIT SEGMENTS, No. 303	24c
SALADETTES SALAD MIX, serves 5	19c
CAPITOL CUT ASPARAGUS, No. 300	18c
HUNT'S SPINACH, No. 2 1/2 can	14c
CAPITOL CUT GREEN BEANS, No. 2 can	19c
CAPITOL SLICED BEETS, No. 303 cans, 2 for	26c
HUNT'S PEELED TOMATOES, No. 2 1/2 cans	19c
NIBLET'S CORN, 12-oz. can	25c
CAPITOL SWEET PEAS, No. 303 cans, 2 for	12c
SUNKIST PURE LEMON JUICE, 5 1/2-oz. can	33c
STANDBY ORANGE JUICE, 46-oz. can	33c
GREEN SPOT ORANGE BEVERAGE, 46-oz. can	25c
DEL MONTE PINEAPPLE JUICE, 46-oz. can	39c
V-8 VEGETABLE JUICES, 46-oz. can	25c
VAN CAMP'S PORK & BEANS, No. 2 1/2 cans	31c
S&W OVEN BAKED BEANS, No. 2 tall	47c
HAWAIIAN PUNCH BASE, 1 pint	25c
KOOL-AID, all flavors, 6 pkgs.	23c
CAMPBELL'S TOMATO SOUP, 2 cans	37c
LIPTON'S NOODLE SOUP MIX, 3 pkgs.	49c
BORDEN'S MAYONNAISE, 1 quart	17c
SUN BLEST TOMATO CATSUP	25c
Dennison's Cocktail Sauce	15c
French's Mustard, 9-oz. jar	24c
Karo Syrup, dark, pint 23c — Light, pint	25c
Bonnie Brae Strawberry Preserves, 10-oz. jar	39c
Hoody's Peanut Butter, creamy style, 12-oz.	\$1.05
Heins Oregon Honey, 2 lbs. 53c — 5 lbs.	

BIB ORANGEADE	9c
CHEERIOS	Family Size 23c
KELLOGG'S VARIETY PAK	34c
CAT FOOD	Blue Mountain 2 for 25c
Nestle's QUICK	37c
ZEE NAPKINS	2 for 25c
SCOTT TOWELS	19c
WHEATIES	Family Size 22c
GREEN BEANS	SANTIAM 303 17c
NALLEY'S CHILI	25c
DINTY MOORE BEEF STEW	49c
B & M BAKED BEANS	12-oz. 30c
LUNCHEON MEAT	Rath's 12-oz. 39c
SNOW'S MINCED CLAMS	29c
GILLNETTER'S OYSTERS	39c
DANNY BOY Broken Shrimp	37c
BLUE PLATE OYSTERS	42c
LIBBY'S PEAS	303 19c
TASTY PAK W. K. Corn	11c
TASTY PAK PEAS	2 No. 303 for 29c
CIRCUS PEANUTS	8-oz. 33c

## Wondrous Ways With New Spring Asparagus

Serve tender asparagus often while it is abundant. Quality is excellent in all sizes, it seems to us. The fancier and fatter you like the stalks, the more you pay. Buy two pounds for four servings. Break off each stalk as far down as it snaps easily. Wash thoroughly; remove loose scales. Leave stalks whole or break into 1-inch lengths. Cook, covered, in 1-inch of boiling salted water until just tender. Whole stalks will cook in 10 to 20 minutes and 1 inch lengths in 10 to 15 minutes.

Serve with seasoned melted butter, lemon butter, mayonnaise or other favored sauce.

**Salmon Asparagus Bake**  
A fine entree at small cost. Four servings.  
Prepare 2 pounds asparagus and cook until just tender. Melt 2 tablespoons butter or margarine; add 3 tablespoons flour, 1 1/2 teaspoons salt, 1/4 teaspoon pepper and blend. Stir in 1 cup top milk and 2 tablespoons grated onion and cook until smooth and thickened.  
Add 1 tall can salmon with 1/4 cup liquid from can. Add 1 tablespoon lemon juice. Place 1/4 of salmon in greased baking dish. Top with asparagus, sprinkle with dash of nutmeg and add rest of salmon. Sprinkle with 1/4 cup grated processed cheese. Bake at 450 degrees until cheese melts.

**Curried Asparagus Soup**  
An epicurean delight. Add dash of paprika to finished product or sprinkle with shredded coconut, sieve hard-cooked egg, crumbled crisp bacon or shredded almonds.  
Cut until tender. Drain. Cut remaining stalks into small pieces; cook in 2 cups chicken broth until very soft; rub through sieve. Add 1/2 teaspoon each of onion, salt celery salt and garlic salt and 1/2 teaspoon pepper.  
In separate pan, melt 1 1/2 tablespoons butter; remove from heat and add 1 1/2 tablespoons flour and 1/2 teaspoon curry powder. Add asparagus

stock gradually; cook until thickened, stirring constantly. Combine 1/2 cup 1/2 cream and 1 beaten egg yolk; add gradually to soup. Add tips and heat over hot water, stirring frequently. Four servings.

**Pretoasting Ads Flavor To Cookies**  
A new flavor—the pretoasting does it! For chocolate lovers, use 6 oz. (1 pkg.) semi-sweet chocolate pieces instead of dates.  
2 cups uncooked rolled oats 1 1/2 cups (4 oz. pkg.) shredded coconut  
3/4 cup broken nuts  
3/4 cup shortening  
1/4 cup butter or margarine  
1 1/4 cups beef or cane sugar  
2 eggs  
3/4 cup sour milk  
2 teaspoons vanilla extract  
2 cups sifted all-purpose flour  
1 1/2 teaspoons salt  
1 teaspoon cinnamon  
1/2 teaspoon baking soda  
1 cup coarsely cut dates  
In shallow pan toast rolled oats, coconut and nuts in a moderate oven (375 F.) 8 minutes, turning once. Cool. Beat together shortening, butter or margarine, sugar and eggs until blended; beat in milk and vanilla. Stir in sifted dry ingredients, toasted mixture and dates. Drop by tablespoonfuls onto lightly greased cookie sheet, about 2 inches apart. Bake in a moderate oven (375 F.) 12 minutes. Makes about 4 dozen cookies.

**SOFT CORNS**  
Between Toes  
To quickly relieve and remove soft corns between toes, use the special Soft Corn Size Dr. Scholl's Zino-pads.  
Dr. Scholl's Zino-pads

More Frequent, Convenient Departures

ON THE HIGHWAY THE BEST WAY IS...



## MIDGET MARKETS

351 State Downtown 1128 Center Across from Owl Drug

### WHAT WE SAY

... about our meats may sell you the First time, but it is your experience with it that counts! No semi-frozen packaged meats with the less desirable cuts hidden. (That's like "buying a pig in a poke") You can select the cuts you prefer at the "Midgets."

### PORK PRICES

... have raised slightly, but we still have a plentiful supply of fresh grain-fed pork cuts. FRESH PORK TASTES BETTER. There's a difference in the flavor.

Pork Roast	Pics	LB.	37c
Loin Roasts		LB.	59c
Spare Ribs	Inch thick	LB.	55c
Pork Steak	Small, lean	LB.	55c
Center Chops	Loin	LB.	75c

Beef Roasts	Arm-Blade	LB.	45c
Veal Steak	Milk fed	LB.	59c

Bacon Squares		LB.	18c
'Dixies' Picnics	Lean streak Sugar cured	LB.	30c 37c

"Midget" Ground Meats  
... may be priced a trifle higher, but are worth it. Useless to pay more . . . risky to pay less!

Ground Beef	LB.	45¢
Sausage	All pork, lb.	45¢

FISH DEPARTMENT IN OUR CENTER ST. MARKET  
Fresh cooked crabs, salmon, halibut, etc. Smoked and kippered delicacies. A tempting variety to choose from.

Center Street Market Is Open Until 7 p.m. Friday Evenings Until 9 p.m., Closed Sundays

Greater VALUES Greater SAVINGS!



SALEM OWNED AND OPERATED BY YOUR NEIGHBORS

# BERGS

WE RESERVE THE RIGHT TO LIMIT QUANTITIES LOCATED IN THE CAPITOL SHOPPING CENTER