

Paul and Helen **Woodroffe's**
Saving Center

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Prices Go on Thurs. Evening

VANILLA ICE CREAM qt. **25c**
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LUNCH BOX ITEMS
ECONOMY **POTTED MEAT** 1 1/4 TIN **5c**
ECONOMY **Vienna Sausage** **12 1/2c**

Fountain 3-Sieve Fancy **PEAS** No. 2 Tin **15c**

SELECT **Ripe Olives** NO. 1 CANS **17 1/2c**

Seattle **LETTUCE** Large Heads **10c**

Radishes AND Gr. Onions 3 bun. **10c**

NO. 1 QUALITY **TOMATOES** LB. **10c**

Red Bluff, Hale and Elberta **PEACHES** 3-lb. Basket **29c**

Pure—U. S. Inspected **Ground Beef** lb. **25c**

VAL PAK **Boston Butts** LB. **47c**

VAL PAK **WIENERS** LB. **29c**
Wonderful Smoke Flavor!

U. S. Commercial Grade—U. S. Inspected **BEEF STEAK** LB. **49c**
T-BONE, SIRLOIN, ROUND

Beef Loaf Highlight of Menu for Porch Buffet



Slices of moist beef loaf make a grand choice for a buffet supper. With abundant supplies of beef coming to market, you'll find ground beef an especially good buy. Here the loaf is teamed with tomato cups of cottage cheese and with deviled eggs.

Plentiful supplies of beef are coming to market. Now is the time to serve your family all of the cuts of beef they like so well. Your choice is wide for there are more than thirty different cuts in all.

For this season a porch buffet that features a tasty beef loaf will make a hit with your family and friends. And ground beef is one of the best buys in your market today. Team the loaf with big plum tomatoes filled with cottage cheese or with potato salad and dusted with paprika. Deviled eggs can be the garnish for your platter or wooden tray.

Menu

- Beef Loaf
- Tomato Cups with Cottage Cheese
- Deviled Eggs
- Relishes
- Assorted Breads
- Ice Cream Sundaes

It's easy to make every ground beef loaf different. Use various seasonings and accompaniments to accomplish this. Here is the basic seasoning for each pound of ground beef: 1 teaspoon salt and 1/2 teaspoon of pepper.

For a simple change in your beef loaf, mold half the beef mixture in the bottom of the loaf pan. Then place hard-cooked eggs or pickles in an even row down the middle of the pan. Cover with the remainder of the beef mixture. When it's baked, each serving reveals a slice of egg or pickle.

Remember in roasting a beef loaf the same rules apply as when roasting a standing rib of beef. Slow cooking is a must. Set your oven regulator at 300 degrees F. and keep it at this constant temperature.

Here's a tempting loaf to serve for your buffet.

Beef Loaf
2 1/2 pounds ground beef
6 crackers

Oregon Prunes Top In Quality

The Oregon prunes soon will be on the market. Save these recipes.

Prune Apricot Crumble
10 ripe Italian prunes
6 fresh apricots
1/2 cup sugar
1 tablespoon lemon juice
Crumb Topping
1/2 cup sugar
1/4 cup all purpose flour
1/2 cup butter or margarine

Wash, halve and pit prunes and apricots. Place in baking dish and sprinkle with sugar and lemon juice. Sift flour and sugar and cut in butter or margarine until crumbly. Bake in moderate oven 350 degrees for 40 to 45 minutes or until fruit is tender. Cool and serve with cream. Will serve 6 to 8.

Italian Prune Jam
4 diced Italian prunes
1/4 cup lemon juice
Grated rind two lemons
1 box powdered pectin
5 cups sugar

Measure sugar and set aside. Wash, pit and dice prunes in a large saucepan. Add lemon juice and grated lemon rind. Place over medium heat and simmer 8 minutes, stirring frequently. Add pectin and mix well. Bring to a full rolling boil and stir in sugar. Boil for two minutes. Remove from heat and skim. Pour into hot sterilized jars and seal. Yield about 6 half-pints.

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Queen of Summer Chicken Salads

Plentiful, reasonably priced chicken or turkey encourages us to plan and buy enough to include a lunch or supper salad. There are many variations but here is a family favorite we hope your family will like. Recipe makes 4 servings.

- 3 cups cubed, cooked chicken
- 1 1/2 cups diced celery
- 1 teaspoon salt
- 3 hard-cooked eggs
- 3 sweet pickles
- Mayonnaise or salad dressing
- Lettuce, tomatoes, ripe olives
- Avocados, optional

Mix together cubed chicken, diced celery, quartered eggs, finely chopped pickles. Moisten with mayonnaise or salad dressing. Arrange on bed of crisp lettuce. Garnish with fresh tomato wedges and ripe olives. To "fancy up" this salad, add rings or cubes of peeled avocado to it or serve it in fresh tomato cups.

Luncheon Soup

You'll want some hot foods during the summer months. Try this idea with your next soup luncheon dish: Thicken a clear soup with rolled oats, allowing about 1 teaspoon of quick-cooking rolled oats to 1 cup of liquid. If you're using bouillon cubes, use 1 1/4 cups of water for each cube. When the liquid is boiling, stir in the rolled oats and cook for about five minutes.

Corn Meal Handy Food For Good Combinations

In any weather, it is important to eat one hot meal almost every day in order to maintain strength and working efficiency. One-dish meals that provide most of the food elements needed by the body cut down kitchen work while keeping healthy appetites satisfied.

Corn meal and self-rising corn meal combine well with any meat to provide good food for growing children and hard-working adults. Used as a dressing in Meat Rolls, "the combination of meat and corn meal provides a complete main dish that is easy to prepare."

Meat Rolls with Corn Bread Dressing are easy to prepare, and need be baked only 45 minutes, making them a quick dish for meals in any season. Try them soon, and the family will ask for a quick repeat.

Meat Rolls with Corn Bread Dressing

- 1 pound ground pork
- 1 pound ground beef
- 1 pound ground veal
- 2 eggs
- 3 teaspoons salt
- 1/2 teaspoon pepper

Combine all ingredients for meat rolls and mix thoroughly. Place on waxed paper and pat into a rectangular shape about 40 inches long and 11 inches wide. Spread with corn bread stuffing and roll as for a jelly roll. Cut into six pieces, transfer to a baking pan, and bake in a moderate oven, 350 degrees F., about 45 minutes. Serve with tomato sauce or catsup.

- 3 cups bread crumbs
 - 3 tablespoons celery, diced
 - 1 teaspoon poultry seasoning
 - 1/4 cup minced onion
 - 1/4 cup bacon drippings
 - 1 egg, beaten slightly
- Combine all dry ingredients. Pour bacon dripping and beaten egg over the top and mix carefully. Use as directed above. If no leftover corn bread is available, it is easily and quickly made:

Corn Bread

- 1/4 cup sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cups corn meal
- 2 eggs, well beaten
- 1 cup sweet milk (room temperature)
- 2 tablespoons melted butter

(If self-rising corn meal and flour are used, omit baking powder and salt from this recipe.) Sift together the flour, baking powder and salt. Add corn meal and mix well. Combine beaten eggs, milk and butter and add to dry ingredients all at once. Stir only enough to moisten the dry ingredients. Pour into greased 8-inch square pan and bake in moderately hot oven, 400 degrees F., 20 to 25 minutes.

PEANUT RAISIN SPREAD

That ever popular peanut butter sandwich takes on added interest in both flavor and texture by mixing it half and half with chopped seedless raisins.

Here's Pleasing Variation of Slaw

Cool to the eye, cool to the taste. For a complete and easy supper serve hot or chilled soup, cold cuts, this salad and fresh fruit or melon. For this very good salad you can shred the entire cabbage head or you can cut out and shred the inner leaves, leaving outer shell intact for use as a bowl.

Spicy Cabbage Slaw

- 1 medium head cabbage
- 1/2 cup salad dressing
- 1 tablespoon vinegar
- 1 tablespoon chopped onion
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon pepper

Combine salad dressing, vinegar, onion, sugar, salt, caraway seeds and pepper; blend well. Pour over shredded cabbage and mix lightly. Fill shell. Four to 6 servings.

Try Corn Bread

For breakfast or to accompany a summer salad, a square or two of warm homemade corn bread really tastes good. To make it extra good add a few moist chewy raisins to the batter. Use a packaged corn bread mix or your own easy recipe.

Dessert Trick

When the weather's too warm for baking, buy some bakery-made cream puffs. Whip cream until stiff, and fold in canned cling peach slices and fresh strawberries. Fill the puffs and garnish with extra peach slices and berries.

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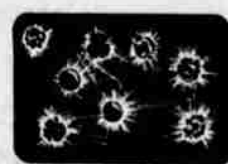
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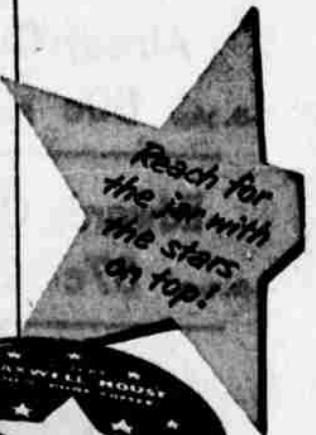
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