

**Woodroffe's**  
**SAVING CENTERS**  
 At the Foot of the Bridge | 1/2 Mile North of the Underpass  
**W. Salem | Salem**  
 OPEN EVERY DAY 8 A.M. TO 10 P.M.  
 PRICES GOOD FRIDAY-SATURDAY-SUNDAY

**BABY**  
**Beef Steaks** lb. **39c**  
 T-BONE - ROUND - SIRLOIN

**Rib Steaks** lb. **29c**  
 EASTERN OREGON BABY BEEF

**Swiss Steaks** lb. **35c**  
 EASTERN OREGON BABY BEEF

**CHUCK**  
**Beef Roast** lb. **29c**  
 EASTERN OREGON BABY BEEF

**BEEF TO BOIL**  
**Short Ribs** lb. **15c**  
 EASTERN OREGON BABY BEEF

**HALF OR WHOLE**  
**Locker Beef** lb. **25c**  
 EASTERN OREGON BABY BEEF

**CASCADE** Pound  
**Ring Bologna** **25c**  
 GOVERNMENT INSPECTED

**Lamb Liver** lb. **12 1/2c**  
 GOVERNMENT INSPECTED

**PURE**  
**Ground Beef** lb. **25c**  
 EASTERN OREGON BABY BEEF

**Vanilla** Quarts  
**ICE CREAM** **25c**

**SUNSHINE KRISPY**  
**Crackers** 1-lb. box **19c**  
 .LIMIT

**MA FEAST—LIGHT MEAT**  
**TUNA** Large No. 1/2 tins **15c**  
 LIMIT

**SWIFT'S—CREAMY OR CHUNKY**  
**P-Nut Butter** **37c**  
 Large 20-oz. jar — Limit

**Radishes and Green Onions** 3 bun. **10c**  
 LIMIT

**FLORIDA PINK** Grape-fruit Each **5c**  
 LIMIT

**LARGE SOLID LETTUCE** Head **8c**  
 LIMIT

**If Friday Is Fish Day in Your Home, Try These Two**



Split Pea and Tuna Chowder — Hearty and nutritious. Serve it with a fruit salad and it will make a meal.



Refrigerated Biscuits come shaped and ready. Here they are baked atop a casserole of tuna and lima beans.

**Is Friday fish day at your house?** Then here are two luncheon or supper dishes for you to try.

Tuna comes in three styles—solid-pack, chunk-size and grated. Choose the type you need for the particular recipe you are preparing.

First recipe is a casserole with a trick to it: you top it with a package of the refrigerated biscuits you'll usually find in the dairy case of your food market. There they are, ten little circles of fresh and delicious biscuit dough, all shaped. All you have to do is set the biscuits atop a tuna and vegetable casserole. In less than half an hour you'll have a wonderful luncheon dish to take out of the oven for your family.

Next, a hearty split pea and tuna chowder. Along with a fruit salad, it will make a nutritious and satisfying two-course meal.

**School-day Bake**  
 Ingredients: One 10 1/2-ounce can cream of celery soup, 1/2 cup milk or cooking water from lima beans, 1 package frozen or 2 cups fresh baby lima beans (cooked until tender and drained), one 7-ounce can tuna fish (drained and broken into large pieces), 3 tablespoons butter or margarine (melted), 1/4 pound grated cheddar cheese, 1 package refrigerated biscuits.

Method: Heat oven to 400F. Mix soup and milk or lima bean liquid in a large bowl. Turn into 12 by 8-inch baking pan or 2-quart casserole. Mix butter with cheese. Place biscuits on tuna mixture in pan or casserole. Sprinkle biscuits with cheese. Bake in preheated 400F. oven about 25 minutes. Serve at once. Makes 5 servings.

Note: One No. 300 or No. 1 can of lima beans (well drained) may be used instead of the fresh or frozen lima beans.

**Split Pea and Tuna Chowder**  
 Ingredients: 1 1/2 quarts hot water, 4 slices bacon (diced), 1 1/2 cups split peas, 1 large onion (chopped), 1 medium-size carrot (finely chopped), salt and pepper to taste, one 7-ounce can solid-pack tuna (drained).

Method: Put water, bacon, split peas and onion into a heavy kettle; bring to boil over medium heat. Cover and continue cooking over low heat 1 1/2 hours; add carrot, salt and pepper and continue cooking 1 hour. Break tuna into large pieces with a fork and add to soup mixture; heat to serving temperature. Makes 6 servings.

Many geese and ducks lose their ability to fly at the time of moulting.

**Puts on Blue Bonnet — Joins Fans of F.N.E.!**



**MRS. JOHNNY MIZE**  
 Like the popular Yankee star's wife, you, too, will become a real fan of F. N. E.—BLUE BONNET Margarine's Flavor, Nutrition, Economy!

BLUE BONNET's delicate, sunny-sweet flavor makes bread, hot rolls, vegetables, your favorite recipes all taste truly better!

You get extra nutrition, too! Unlike most other brands, BLUE BONNET contains as much year-round Vitamin A and Vitamin D as the high-priced spread!

Yet BLUE BONNET costs less than half as much! So switch today to F. N. E. I insist on BLUE BONNET Margarine and be sure of "all 3"—Flavor, Nutrition, Economy!



**FOR YOUR Tillie Lewis DIET**

**EAT HEARTY SALADS LIKE THESE AND—LOSE POUNDS A WEEK!**  
 Tasty, rib-tasting dressings contain up to 70% less calories!

**Tilli Lewis**  
**Tasti-Diet SALAD DRESSINGS**  
 ONE CALORIE • WHIPPED • FRENCH • BLEU CHEESE  
 Also FRUITS and SWEET DESSERTS  
 AT YOUR FAVORITE STORE—33 VARIETIES

**Applesauce for Doughnut Offering**

Wonderful, wonderful doughnuts... what could be better to eat or more fun to make! If you think they take too much shortening for frying, try our shallow fat method, it works fine. And after your golden brown doughnuts are still warm, gently shake a few at a time in a paper bag containing about 1 1/2 cups sugar and 1 tablespoon cinnamon. A little grated lemon rind is a good combination with sugar coating too.

**3 eggs**  
 1 cup sugar  
 2 tablespoons butter or margarine, melted  
 1 cup sweetened applesauce  
 4 cups sifted all-purpose flour

**4 teaspoons baking powder**  
 1 1/4 teaspoons salt  
 1/2 teaspoon cinnamon  
 1/4 teaspoon each nutmeg and allspice

1 cup finely cut nuts  
 Beat eggs in a large mixing bowl until thick and lemon-colored; continue beating while gradually adding sugar.

Stir in melted butter or margarine and applesauce thoroughly.

Add sifted dry ingredients and nuts all at once, stirring to make a soft dough.

Turn dough out onto a lightly floured board; roll or pat about 1/2 inch thick and cut with a 2 1/2-inch cutter; let rounds stand for a few minutes before frying.

Slip doughnut rounds, 4 at a time, into shallow fat heated to 375 degrees F. Turn each doughnut as it rises to the top, and turn again several times until golden brown on each side. This will take about 3

**Pear Treat**

Pears are delicious in puddings and here is one for this popular fruit:

**Speedy Pear Pudding**  
 3 Anjou pears  
 1 cup all purpose flour  
 1/2 cup sugar  
 1 teaspoon soda  
 1 cup buttermilk

Peel and slice pears. Place in bottom of 8 x 8 baking dish. Combine sugar with flour. Stir

minutes.

Drain doughnuts on paper toweling; sugar while warm. Makes about 2 dozen doughnuts and holes.

Shallow-fat frying: Use a heavy frying pan or skillet and half fill with melted shortening; heat to 375 degrees F. (at this temperature a 1-inch cube of bread dropped into the fat will brown in 1 minute.)



**Sugarine**  
 A CONCENTRATED SWEETENER For Home Use  
 Doctors Recommend SUGARINE For Diabetics, Overweight and Low Calorie Diets  
 PURE-HARMLESS ECONOMICAL  
 Guaranteed non-fattening  
 4-Oz. Size Bottle Only 75c

soda into buttermilk and add to the dry ingredients. Pour over pears. Bake in moderate oven, 375 degrees for 45 minutes. Serve with sweet cream. Will serve 6.

America's merchant fleets began to decline after 1840 when steam engines and iron ships in which the English held advantages began to be used extensively.

**BAKE BETTER FRUIT CAKES**  
 WITH **LYONS RADIANT MIX**

Ready to Use **FRUIT MIX** for delicious Fruit Cakes

**LYONS**

**THRIFT WEEK Specials**

**SUGAR** 10 lbs. for **98c**

**Cheese Spread** Tastewell 2-lb. box **69c**

**DENNISON'S Chili Con Carne** 2 Tall cans **49c**

**Miracle Whip** Salad Dressing Reg. 59c Ots. **49c**

**Pard Dog Food** 3 cans **35c**

**FLAV-R-PAC FROZEN FOOD SALE**  
 Peas, Corn, Mixed Vegetables, Peas and Carrots, Spinach  
 6 pkgs. for **\$1.00**

**FRESH FROZEN—Whole Marshall**  
**Strawberries** 4 pkgs. **99c**  
**ADAMS FLORIDA Orange Juice** can **15c**  
 Each Can Makes 1 1/2 Pints

**BORDEN'S ENRICHED Biscuits** 10 in each can 2 cans **25c**

**BORDEN'S Cream Cheese** 2 pkgs. **29c**

**Xmas Cards** from **49c** Box to **98c**

**BIG SAVINGS WITH YOUR COUPONS**

SAVE 10¢  
**WESSON OIL** WITH COUPON QUART **59c**  
 69c without coupon

SAVE 10¢  
**SNOWDRIFT** WITH COUPON 3-LB. CAN **69c**  
 79c without coupon

**FAB** **29c**

**CHOICE MEATS**

Picnic Style **Pork Roasts** lb. **35c**

Lean Tender **Pork Steak** lb. **49c**

PURE **Pork Sausage** lb. **39c**

Val Pak Brand **Sliced Bacon** lb. **49c**

**Fresh Fryers** lb. **99c**  
 1 lb. 10 oz. Average Weight

**This Weeks Locker Special**  
**Pork Shoulders** lb. **41c**  
 CUT AND WRAPPED FREE

**Elmer's**  
**PARK 'N' MARKET**  
 MEAT • BAKERY • VEGETABLES • LOCKERS  
 3025 Market St. N. Park Avenue  
 Lots Of Free Parking Space

**PRODUCE**

**SnoBoy Eatmore Cranberries** 1-lb. Cello Pkg. **25c**

**SnoBoy Celery Hearts** Average 2 to pkg. **19c**

Just right for stew on these Cold Nights!  
**RUTABAGAS**  
**PARSNIPS**  
**TURNIPS**  
**3 lbs. 19c**