

### Grapefruit Good as Winter Time Fruit; Is Versatile

(AP News Features)  
A teenage girl in your family? Then keep an eye on what she's eating. According to the U. S. Bureau of Human Nutrition and Home Economics, teenage girls have poorer diets than boys of the same age.

Vitamin C (ascorbic acid) is one of the food elements your teenage daughter needs every day if she is to have sparkling health, because Vitamin C is important in the formation of bones and tissues. Citrus fruit is a great source of this vitamin and so, right now, while our generous crop of grapefruit is on the market, take advantage of this good fruit and feature it in your menu.

### Turnovers Of Cheese, Pears Good

The sweet Anjou or the spicy Bosc are both excellent pears for baking. Their delicate flavor is fine whether used "as is" or accented with one or more seasonings.

Fresh pears and cheese have always been a grand combination so why not combine them in a cooked dish for a delicious dessert. In this recipe for Pear Cheese Turnovers the seasoning is fresh cheese, which is grated and added to the pastry before it is rolled. Each pear half is dipped in spicy sugar which turns to a sweet syrup when baked. The flaky pastry encases the fruit and holds in all the flavorful juices.

These turnovers are simple to prepare and serve for they are directly cut in individual servings when taken from the oven. Allow cooling time before serving and accompany with fresh cream.

**Pear Cheese Turnovers**  
2 medium Anjou or Bosc pears  
1/2 cup sugar  
1/2 teaspoon cinnamon  
1 1/2 cups pastry flour  
1/2 cup shortening  
1/2 teaspoon salt  
3 tablespoons water  
1/2 cup grated cheese  
Mix together flour and salt. Add shortening and cheese, combine with pastry blender. Add water and form into dough. Roll out pastry to thickness of pie dough and cut into 2 or 4-inch squares depending on size of pears. Peel, halve and core pears. Combine sugar and cinnamon. Roll each pear in the sugar mixture, coating generously. Place pear half in pastry square and fold corner to corner forming a triangle. Bake at 425 degrees for 18 minutes or until done. To test, insert a toothpick into center of one of the pears. Cool and serve with cream. Will serve four.

**Economy Croquettes Better Than Name**  
Imagination goes a long way in planning and preparing attractive meals. For instance, these crisp-coated beef croquettes served with a different sauce each time can add variety to your menu in a thrifty manner. Combine serving them with a tomato, barbecue, mushroom or cheese sauce, or with creamed peas or other creamed vegetable.

**Economy Croquettes**  
1 pound ground beef  
1 cup grated carrots  
1 cup fine moist bread crumbs  
1/4 cup grated onion  
1 egg  
1 teaspoon salt  
1/2 teaspoon pepper  
Dry bread crumbs  
Milk  
Lard for deep-fat frying.  
Combine all ingredients, except dry crumbs and milk. Divide into 12 parts and shape into croquettes. Roll in crumbs then in milk and again in crumbs. Cook until brown in deep hot lard at 365° F. Drain on absorbent paper. If desired, serve with hot tomato sauce. 6 servings.

**Pork-Orange Salad**  
Sunday evening calls for a light supper in many homes. Here's a Pork-Orange salad that makes excellent use of roast pork left from dinner. Combine 2 cups cooked pork with 1/2 cup diced celery. Blend 1/2 cup of mayonnaise with 2 tablespoons of orange juice and 1 tablespoon of grated orange rind. Mix lightly and combine with pork and celery. Arrange on lettuce and dust with additional orange rind.

**1st SUGAR**  
produced in Columbia Empire

**SUGAR**  
PURE FINE GRANULATED

**1st SUGAR**  
produced in Columbia Empire

**Eat Better... AND LESS**

**Libby's Fancy Frozen Foods**

Volume Prices — Big Savings

**Fresh Frozen Peas 7 pkgs. 1.00**

Reg. 10 oz. pkg.

**Frozen Fresh Chopped Broccoli — Cut Corn — Cream Style Corn — Garden Vegetables — Peas & Carrots — Hash Brown Potatoes — Spinach, chopped or leaf. Reg. size pkg. 6 pkgs. 1.00**

**Frozen Asparagus Cut Spears 3 pkgs. 1.00**

**Frozen Melon Balls — Fresh Pineapple Chunks — Sliced Peaches — Sliced Strawberries — Fruit Cocktail. Reg. 10 oz. size. 4 for 1.00**

**ORANGE JUICE Frozen Fresh Libby's — 6 oz. can 6 cans 1.00**

**LIPTON TEA**

**THE BRISK TEA**

16 Bag Pkg. 19c  
48 Bag Pkg. 55c  
100 Bag Pkg. 99c

**ORANGE PEKOE TEA**

1/2 lb. pkg. 63c | 1 lb. pkg. 1.23

**LIPTON SOUP MIXES**

"Home-made soups the modern way"

**Chicken Noodle or Vegetable-Tomato 3 pack 35c**

**Onion Soup Mix 2 pkgs. 29c**

10c coupon on Kraft Cheese in each pkg.

**SUNSHINE Krispy Crackers 1 lb. pkg. 23c**

Crisp, Salted Wafers

**Quality Hall, Saladettes, Vegetable Salad**

8-oz. can 2 cans 25c  
No. 302 2 cans 49c

**New Potatoes Whole 3 cans 29c**

Tip Top No. 2 can

**Potatoes Shredding 2 large cans 33c**

Blue Bell—lg. No. 2 1/2 cans

**Beans Stringless 2 cans 37c**

Play-R-Pac cut Stringless—No. 303 cans

**MOTHERS' MARCH ON POLIO**

**Del Maiz Mexicorn 2 cans 35c**

12-oz. can

**HEINZ TOMATO KETCHUP**

Large 14 oz. Bottle 19c

**MIXED NUTS S&W Palmdale 1 lb. 29c**

**MT. ANGEL CHEESE 2 lb. \$1.19**

Famous for Flavor

**SPECIAL Chase & Sanborn Large Double Size Jar**

OUR REGULAR PRICE LESS 20c

LARGE JAR 89c

**Ericksen SUPER MARKETS**

U. S. Inspected and Guaranteed

**BEEF IS GOING UP Save Now!**

**FRESH GROUND BEEF 3 lbs. \$1.00**

**T. BONE STEAKS U. S. Commercial Top Grade lb. 89c U. S. Commercial lb. 69c**

**BEEF SHORT RIBS lb. 29c**

**Rib Steaks U. S. Commercial Top Grade lb. 79c U. S. Commercial lb. 59c**

**Chuck Roast U. S. Commercial Top Grade lb. 55c U. S. Commercial lb. 45c**

**Boneless Pot Roast U. S. Commercial Top Grade lb. 69c U. S. Commercial lb. 59c**

**Beef Stew U. S. Commercial Top Grade lb. 69c U. S. Commercial lb. 59c**

**2 Admiral T-V Sets FREE—21 in. Screen—FREE**

One set to be given away to customers of So. Commercial and Four Corners stores—one to customers of Portland Road and Woodburn stores.

Drawing Saturday, Feb. 21st. Get your tickets in box. No obligation to buy.

T-V Sets on display in our stores or at Heider's, 428 Court St., 189 N. Liberty or 1120 Center Sts.

**MORE DOLLAR DAY SPECIALS**

Here Are Big Values in Dollar Buys

**DOG FOOD Playful 12 cans \$1.00**

**CAT FOOD Jack and Jill 13 cans \$1.00**

**ALASKA SALMON Collage 3 cans \$1.00**

**COVE OYSTERS Southern Beauty 4 cans \$1.00**

**Chocolate Syrup 1-lb. can 6 cans \$1.00**

**SWEET PEAS Traylor No. 303 10 cans \$1.00**

**TOMATOES Collage No. 303 9 cans \$1.00**

**TOMATO JUICE Large 46-oz. can 4 cans \$1.00**

**APPLE JUICE Quail Site West Peak 7 bottles \$1.00**

**fresh FRUITS and VEGETABLES**

**Naval Oranges Snoboy Sunkist Seedless 2 1/2 Doz. 59c**

**Lemons doz. 29c**

**RED RIPE Tomatoes Celo Tube 19c**

**DESCHUTES No. 1 Potatoes 10 lbs. 29c**

**OREGON No. 2 Onions 10 Lb. Bag 19c**

**Buy 3 Bath Bars DIAL SOAP Get 1 Bath Bar FREE!**

Special Pack only 4 bars 55c

**Niagara Starch Cold water 12-oz. pkg. 2 for 35c**

**Lint Strach 12-oz. 2 pkgs. 27c**

**Spic & Span Large pkg., 25c**

**Joy Dish Washing Detergent Giant jar 69c**

**Ivory Soap 2 large 25c 3 med. bars 19c**

**Duz Soap Powder Giant pkg., 67c**

**Oxydol Soap Powder Giant pkg., 67c**

**ERICKSON'S**

2825 S. Commercial 3280 East State St. 3080 Portland Road

**BIG BEEF SALE**

**FRESH GROUND BEEF 3 lbs. \$1.00**

**T. BONE STEAKS U. S. Commercial Top Grade lb. 89c U. S. Commercial lb. 69c**

**BEEF SHORT RIBS lb. 29c**

**Rib Steaks U. S. Commercial Top Grade lb. 79c U. S. Commercial lb. 59c**

**Chuck Roast U. S. Commercial Top Grade lb. 55c U. S. Commercial lb. 45c**

**Boneless Pot Roast U. S. Commercial Top Grade lb. 69c U. S. Commercial lb. 59c**

**Beef Stew U. S. Commercial Top Grade lb. 69c U. S. Commercial lb. 59c**

**THIS WEEK WE ARE FEATURING CORNISH GAME FRYERS**

**\$1.39 \$1.49 \$1.59**

More Meat for Your Money Large Breast and More White Meat.

**Pork Loin Roast lb. 59c**

3 Pound Average—While They Last

**ARM CUT PORK SHOULDER ROAST 49c**

**VEAL SHOULDER 49c**

**ROAST OR STEAKS lb. 49c**

**Red Snapper Filet lb. 29c**

**OYSTERS Fresh Willapa Pint 59c**

**Buy 3 Bath Bars DIAL SOAP Get 1 Bath Bar FREE!**

Special Pack only 4 bars 55c

**Niagara Starch Cold water 12-oz. pkg. 2 for 35c**

**Lint Strach 12-oz. 2 pkgs. 27c**

**Spic & Span Large pkg., 25c**

**Joy Dish Washing Detergent Giant jar 69c**

**Ivory Soap 2 large 25c 3 med. bars 19c**

**Duz Soap Powder Giant pkg., 67c**

**Oxydol Soap Powder Giant pkg., 67c**

**ERICKSON'S**

2825 S. Commercial 3280 East State St. 3080 Portland Road

**Seedless Raisins 2-lb. Pkg. 27c**

Cottage New Crop

**Peanut Butter Large 20-oz. jar 49c**

Your children love it! Creamy or chunky.

**Kleenex Facial Tissues 19c**

Box of 300 Sheets

**Kraft Cheez Whiz 8-oz. jar 29c**

Delightful, soft, spreading cheese food, 1 lb. jar 55c

**Lumber Jack Syrup Large 24-oz. bottle 29c**

Nalley's Cone & Maple Flavored 5 lb. Longjohn 79c

**Pillsbury Cake Mixes 3 Pkgs. 89c**

Chocolate - White - Golden - Spice

**SHELLED WALNUTS**

New Crop Fancy Halves 8 oz. Cellio 49c

**Sunshine Candies Chocolate Cherries**

Very Finest Quality

1 lb. box 59c

**Amazo Instant Dessert**

Made in an instant—Just add milk and whip.

Chocolate - Vanilla - Butterscotch

2 8-oz. Bg. Size 15c

**Delrich Margarine Fancy Colored 3 lbs. 69c**

**Tide Soap Powder Giant pkg., 67c**

**Cheer Soap Powder Giant pkg., 67c**

**Dreft Soap Powder Giant pkg., 67c**

**Duz Soap Powder Giant pkg., 67c**

**Ivory Snow Giant pkg., 65c**

**Ivory Flakes Large pkg., 25c**

**Hunt's TOMATO SAUCE 3 8-oz. cans 19c**

**SHELLED WALNUTS 8-oz. Cellio New Crop Light Halves 49c**

**Sunsweet Cooked PRUNES**

Luscious stewed dried prunes in heavy syrup

No. 303 Jars 2 for 45c

**Ho-Maid Bread Mix Whole Wheat or White 33-oz. pkg. Now you can have delicious hot breads home-baked. 43c**

**S & W Coffee Better coffee every time with S & W COFFEE Mellowed 1 lb. can 98c**

**Derby Chili Con Carne 16-oz. can 2 cans 39c**

**Carnation Milk 3 Tall cans 39c**

**Porter FRILLETS FRESH-EGG NOODLES**

COOKING TIME 6 1/2 MINUTES

### Necessary Food Listed in Week's Breakfast Menus

These wintry mornings are time to check up on early morning eating habits. When planning your breakfasts follow this simple pattern: Serve fruit or juice, including plentiful supplies of citrus fruits and juices and tomato juice; cereal of some type; milk; bread; and an egg or breakfast meat as often as possible.

Here are suggestions for a week's menus:

**SUNDAY**  
Browned Grapefruit French Omelet with Ham Coffee Cake Butter or Margarine Beverage

**MONDAY**  
Orange-Grapefruit Juice Baked Cornbeef Hash and Eggs Enriched Toast Butter or Margarine Beverage

**TUESDAY**  
Apple Juice Baked Bananas or Cakes Pork Sausage Patties

**WEDNESDAY**  
Cornflakes with Bananas and Cream Bacon Waffles Honey Butter or Margarine Beverage

**THURSDAY**  
Stewed Apples and Prunes Scrambled Eggs Bacon Hot Sweet Rolls Butter or Margarine Beverage

**FRIDAY**  
Tomato Juice with Lemon Wedges Omelet with Cream Poached Eggs on Toast Beverage

**SATURDAY**  
Baked Cinnamon Apples Creamed Chipped Beef in Toast Cups Extra Toast Butter or Margarine Beverage Grape Jam

### Baked Bananas Prove to Be Year-Around Dessert

Smart cooks plan desserts according to the weather. That the delicious tropical dessert, Baked Bananas, can match any weather. Just vary the flavors of the fixings baked with the bananas, and you'll capture the spirit of winter or spring. Bananas are available all year round, which may be Nature's reminder that they're good all year 'round in all kinds of dishes.

For a dessert, serve Baked Bananas with a tangy Lemon Sauce. For a more wintry version, try baking bananas with such heavenly fixings as molasses, brown sugar, honey or syrup. Bananas for cooking should have all yellow or slightly green-tipped peel. These are less ripe bananas that will stay firm during cooling, and develop a different delicious flavor you'll enjoy.

**Baked Bananas for Dessert**  
1 1/2 tablespoons butter or margarine, melted  
Salt  
Brown Sugar, or Molasses, or Honey, or Syrup, or Lemon Juice  
Use yellow or slightly green-tipped bananas.  
Peel bananas. Place into a well-greased baking dish. Brush well with butter or margarine and sprinkle lightly with salt. Sprinkle lightly with brown sugar, or pour over 1/4 cup molasses, honey, syrup, or Lemon Sauce. Just before baking, and bake at 375 degrees F. 15 to 18 minutes, or until bananas are tender, slightly pierced with a fork. Serve hot. Four servings.  
Important: When serving in a dish, place the baked bananas under broiler heat for 1 to 2 minutes.

**Lemon Sauce**  
1/4 cup sugar  
1 tablespoon cornstarch  
1/4 teaspoon salt  
1/2 teaspoon ground nutmeg  
1/2 cup boiling water  
2 tablespoons butter or margarine

**Hawaiian Turkey Has Exotic Touch**

Treat your family or "company coming in" to this tasty turkey dish. It's the turkey cook's dream because it is so trouble at all to make, and cooking for company is fun and a pleasure when this turkey dish is served.

The pineapple and the pecans make the turkey a Hawaiian dish. The mushrooms exotic eating at little expense or trouble — and served over fluffy, hot, creamy cooked rice, a stupendously successful main dish is the result.

**Ingredients:**  
2 10-ounce cans condensed milk  
1/4 cup milk  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon paprika  
1/2 cup cream of mushroom soup  
1 cup well-drained canned shredded pineapple  
1/2 cup toasted pecans  
4 cups hot cooked rice  
1/2 cup cream of mushroom soup, milk, salt, pepper, paprika  
1/2 cup cream of mushroom soup, milk, salt, pepper, paprika  
1/2 cup cream of mushroom soup, milk, salt, pepper, paprika  
1/2 cup cream of mushroom soup, milk, salt, pepper, paprika

**Avocados Add to 'Heavenly Dessert'**

Serve this spectacular Heavenly Dessert in pretty stemmed glasses and you will be the belle of the ball. Cubes of avocado are combined with pineapple, peaches and marshmallows, then folded into whipped cream and cubes of lemon gelatin.

**Ingredients:**  
1 package lemon-flavored gelatin  
1 1/2 cups hot water  
1/2 cup pineapple syrup  
1 medium-sized avocado  
1 cup canned peach slices  
1 cup finely cut marshmallows  
1 cup whipped cream  
Dissolve gelatin in hot water. Boil in remaining syrup. Chill until firm. Unmold and cut into small cubes. Cut avocado into halves and remove seed and skin. Dice avocado and combine with pineapple, peaches and marshmallows. Whip cream. Fold in fruit mixture and gelatin cubes. Chill. Serves 8.

**STRETCH**

YOUR FOOD BUDGET WITH PORTER'S FRILLETS!

MOM SAYS: A LITTLE MEAT GOES A LONG WAY WHEN USED WITH PORTER'S FRESH-EGG NOODLES—AND IT'S SO GOOD, TOO!

**Porter FRILLETS FRESH-EGG NOODLES**

COOKING TIME 6 1/2 MINUTES