

FOOD SPECIALS FOR THE WEEK-END IN EUGENE MARKETS

Ralph's
CUT PRICE GROCERY
125 East Broadway
Opp. Miner Building

Stanley's
PRICE CUTTERS
88-96 West Broadway
Graham Building

The Cut-Price Stores Offer Saturday

Golden Bell Hardwheat Flour—49 lbs. \$1.89
Fisher's Blend Flour—49 pound sack \$1.98
C. & H. Berry Sugar—10 lbs. 65c; 25 lbs. \$1.60;
100 pounds \$8.23
Mrs. Stanley's Mayonnaise—pint jar .35c
Bull's Eye Peaches—No. 2 1/2 can .15c
Cof-Fig—"Coffee's Successor," pound pkg. .29c
Coffee—Lipton's, Del Monte, Maxwell
House, Schilling's, Folger's, pound .49c
Geo. Washington Tobacco—1 pound pail .62c
Brown's Mule Tobacco—plug .15c
Apple Tobacco—plug .17c
Wrigley's P. K. Gum—6 packages .5c
Candy Bars—all 5c kinds, 2 for .50

Free Pickles
Buy a quart of Sweet Pickles
for **35c**
Get Half Pint of Pickles Free

Crisco
With Coupon you can buy:
3 pound can .60c
6 pound can \$1.30
9 pound can \$1.90
Without Coupon add 15c.

\$3.00 Dolls 99c
Buy goods to the
amount of \$5.00 at
Ralph's or Stanley's
and you can get a
\$3.00 Doll **99c**
for

"Havana Sweets"
"The best 5 cent cigar
money will buy" is the
usual statement.
Box of 50 cigars \$1.75
Six cigars for .25c
Just a special introductory
price.

Casseroles Free
Ask Us How to
Get Them.
Fancy Chinook Salmon
Spring catch—steak cut.
Less than wholesale price.
No. 1 can **25c**

Pipes—Italian Briar, choice .25c
Pineapple—Sliced or crushed, No. 1 flat can .10c
Toilet Soaps—One lot, values to 10c, bar .50

Meat Department—at Stanley's
Sirloin Steaks—lb. 28c Cottage Rolls—lb. 28c
Bone Steaks—lb. 30c Bacon Squares—lb. 20c
Shoulder Pot Roast—
pound 17c Hams—whole or half,
pound 27c
Lard or Shortening—3 pounds 50c

Hub's Market Fresh Tomatoes—3 lbs. 20c
At Stanley's Fancy Lemons—dozen 33c
New Spuds—10 pounds 25c

Ice Cream—32c Quart—at Ralph's

OPENING HOURS ARE READING HOURS

SUGGESTIONS FOR PICNIC INCLUDED IN WEEK'S IDEAS

By MARIAN LOWRY
Several good suggestions for the
picnic basket were included in this
week's contributions to The Guard's
recipe column.
Chicken prepared in any way is
always an appreciated dish when on
a picnic. Mrs. I. S. McHatten has
sent the following recipe:
Spring Chickens
Make a beautiful brown gravy as
follows: Take a quantity of fat
(I use half butter and half salad oil),
put it in a spider, heat, and then stir
in two or more tablespoons of flour,
stirring all the time until a golden
brown. Then add cold water until
thick as cream. It will thicken as it
cooks. Have the chicken all ready
cut up. Put in the gravy, add two
onions, and a bunch of celery, cut
up, and as many potatoes as one
needs. Season with pepper and salt
to taste. If I have a green pepper
and sage I put them in too. Put in
a covered pan in the oven and let
cook until well done. Add water as
it cooks away.—Mrs. I. S. McHat-
ten, Crow stage route, Eugene.

Recipes

Mail Them to the
RECIPE EDITOR
THE GUARD
50 cents
Given for Each
Published

Nut Bar Cookies
Cookies are always an acceptable

Bakery...
The finest in the
land... full, com-
plete line...

Bakery Lunch
Stop in any time
and try our Foun-
tain and Bakery
Lunch.

**Home Made Ice
Cream...delici-
ously different**

**Home Made
Candies...**
Purest and Best,
made by experi-
enced candy makers.

**IDEAL
Bake Shop**
And Confectionery
72 E. Broadway
Visit this model
Bakery

item on the picnic menu. Here is
one recipe for them:
One cup of brown sugar.
One cup of white sugar.
One cup of butter or other short-
ening.

Two eggs.
One cup of nuts, chopped.
Three and one-half cups of flour.
One level teaspoon of soda.
One level teaspoon of salt.
Cream sugar and butter, add eggs,
sift flour, soda, and salt and mix
smooth. Next morning
sift flour with nuts. Mix all to-
gether and put on a cake board and
knead like bread. Form into a long
candy bar three inches square and
let stand all night. Next morning
slice thin and bake. This makes
three dozen cookies.—Mrs. H. S.
Brownfield, Springfield, Oregon.

Economical Cake
One and one-half cups of flour.
One cup of sugar.
One cup of ground chocolate.
Three teaspoons of baking powder.
One cup of milk.

One-third cup of melted butter
(cooled).
Sift together three times, the
flour, sugar, chocolate, and baking
powder. Add milk, well beaten eggs
and melted butter. Beat well. Bake
in layers in moderate oven about 15
to 20 minutes.

Sour milk can be used instead of
sweet milk. One teaspoon of soda is
substituted for baking powder.
The icing that I use for the cake
above is as follows:
Two cups of powdered sugar.
Two tablespoons of ground choco-
late.

Three tablespoons of hot coffee.
Two tablespoons of melted butter.
Mix ingredients in order given and
beat until smooth and then spread
on cake.—Mrs. R. F. Chilson, Cot-
tage Grove, Oregon, B.B.R.

Another interesting cake recipe has
been sent in. It follows:
Date Nut Cake
Over one cup of dates chopped
fine, sprinkle with one teaspoon of
soda and pour over one cup of boil-
ing water. Let stand for few min-
utes. Work mixture until smooth.
(Use egg beater.)

Add one cup of butter.
One cup of sugar.
One and one-half cups of flour.
Two eggs well beaten.

One cup of nuts.
This makes three good layers.—
Mrs. H. J. Bringle, Stanley Apart-
ments, Eugene.

**ANCHORAGE—A COOL place to
eat.**
McKINLEY INSURES ANYTHING

"When do we eat?"— and WHAT?



by Mary Blake

That's what you can
count on hearing from
the men of the party
when you go on a camp-
ing trip. There's nothing like life out
in the open to put a keen edge on ap-
petite, and give an almost unbelievable
appreciation of even the simplest fare.

Surely in the face of such interest and
such expectations you won't fall short
in your role of camp cook. A little
planning in advance, and a little inge-
nuity in using the perhaps limited camp
facilities, and you will find yourself able
to concoct the most delectable meals,
no matter how deep in the wilds you are.

And when the men come back hun-
gry after a day of fishing to the big
camp fire, when the trout and bacon
are sizzling in the pan, the Johnny-cake
turning a golden brown and the
coffee sending its delectable aroma into
the air—then you'll know how big a
part you are playing in making the
vacation a glorious success.

Carnation solves the milk problem

Don't forget, if you want to do a real
job, to take with you a generous supply
of Carnation Milk, so that—no matter
how far away you get from civilization—
you can have plenty of pure, sweet,
rich milk. Not only is it wonderful for
"creaming" coffee, but it actually gives
better results in cooking than even the
best of bottled milk.

Carnation is not as some people
think, a sweetened, condensed milk. It

is simply pure, high-grade milk from
selected herds, of a controlled and uni-
formly high quality, evaporated to
double richness and sterilized for safe-
keeping.
Because it has a double portion of
cream in it, it is fine for creaming coffee.
That is the way many people first come
to know about it.
But it is in cooking that you find it
most wonderful. Here it gives uni-
formly successful results, because it is
always pure and sweet, always the same
in quality. You need less butter and
cream in cooking when you use Carna-
tion, because of its double creaminess.
You can buy Carnation anywhere on
your trip. It is hermetically sealed;
sterilized; safe. Nothing can contaminate
it; and no refrigeration is required for
it. Once you have known its con-
venience on a camping trip, you will
never be without it at home.
Why not send for the Carnation
Cook Book before you go on your trip?
It is free. Address: Carnation Milk
Products Co., 474-A Glisan St., Port-
land.

Carnation Coffee

1/4 cup coffee, ground medium, 1/4
egg, 1/4 cup cold water, 3 cups boiling
water, 1/4 cup cold water. Mix egg and
1/4 cup cold water and add to coffee in
the pot. Add boiling water, boil up
once, stir with a spoon and boil up
again. Add the 1/4 cup cold water to
settle coffee. Serve immediately; cream
with undiluted Carnation. Serves 5.

WHEN DO WE EAT?



"A hundred miles from
nowhere" you'll always
have pure, rich, delicious
milk—if you have Carna-
tion. Great for creaming
coffee. Fine for cooking.
And just as fine for every-
day use when you get
back home.
(See recipe above)
Produced in Oregon since 1902

Carnation Milk
"From Contented Cows"

Deerhorn

DEERHORN, July 13.—(Special)
Mr. and Mrs. E. F. Ream and son
Harley of Deerhorn, Mr. and Mrs.
Leeman Ream of Cottage Grove, Mr.
and Mrs. Jergen Helm of Wauna took
a motor trip to San Francisco to see
Norman Ream who is on board the U.
S. S. New York. He is at present
rumor's mate aboard the battleship
was unable to get a shore leave during
their visit. All went on aboard the
ship and had a brief visit including Mr.
and Mrs. Robert Campbell of Rich-
mond, Cal., and Miss Edith Conley
who is making a visit in California.
They returned home Saturday evening
each one going to their respective
homes.

Mr. and Mrs. Alfred Pherson of
Halsey were guests of Mr. and Mrs.
N. N. Kador Saturday and Sunday.

Mr. and Mrs. William Park called
to see Mr. Thiens Wednesday who
has been sick since the first part of
June. Mr. Thiens has been home
a week from the hospital where he
was taken for treatment. His wife
who had been visiting in Indiana was
called home on account of the serious
illness of her husband.

Mrs. E. F. Ream is taking another
outing visiting with her daughter and
family near Cottage Grove.

Miss Ethel Thiens made a trip to
Blue River Wednesday afternoon and
called to see Mrs. Dayton Thompson
and baby.

Hugh Godard and Vernon Neet

Fresh Fish and Sea Foods

NEWMAN'S FISH MARKET
57 N. Park St. Tel. 2309

A quart each day of Clo-
verleaf Dairy Milk is the
cheapest and best medi-
cine one can buy.

were among those of the Boy Scouts
who went to Blue River camp Sunday
for the first period.

Mr. and Mrs. Barney Oldfield and
family spent all day in Eugene Wed-
nesday. Their little son Thirde went
to have his last treatment for his ear
having had them over a month. He is
gaining and looking much better since
the operation.

Take The Guard with you on your
vacation. Phone 1200.

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wealth adds to your
health.**

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Sale**
—at—
**BUSTER BROWN
SHOE STORE**

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—Builder, Miner Bldg. Phone 2676.

EUGENE COLLECTION AGENCY
—Collections anywhere; no charge
unless we collect. Miner Bldg. Phone
500.

Phone S. E. Stevens for piano tuning.

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WILLIAMS ELECTRIC
CO. INC.
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there's just one Lowell Market where
that quality is handled. We are fea-
turing:

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Meats of Quality and Flavor
4 Free Deliveries Daily Phone 54
McDonald Theatre Bldg.

**SKAGGS
SAFEWAY
STORES**
Distribution Without Waste

Waste is a Thief!



It has been said that waste in dis-
tribution annually costs the people
of the United States more than it
costs to run the government. Those
responsible for this statement un-
doubtedly had in mind "ordinary"
methods of distribution. With Safe-
way it is different. This organi-
zation is dedicated to its motto
"Distribution Without Waste" and
most of our profits are made from
what is wasted by old methods of
distribution. This accounts for the
greater values you always find at
Safeway.

Saturday and Monday Features

Margarine	Pineapple	SUGAR
Crux brand, the bet- ter Oleomargarine.	No. 2 1/2 tins Highway brand, broken slice fancy pineapple.	O. & H. Berry, pure cane.
1 pound 15c	3 tins 55c	10 Pounds . . 63c 100 Pounds \$6.19
MILK	SARDINES	SOAP
Pet, Carnation, Bord- en's and Maximum.	Booth's one pound tins. Mustard or tomato sauce.	Crystal White Laundry Soap.
Case \$4.32	1 tin 10c	10 bars 39c
FLOUR	MATCHES	Pork & Beans
Big "K" all hard wheat. Every sack guaranteed.	Safeway Matches, strike anywhere.	Van Camp's medium size tins.
49-lb. Sack \$1.93 Barrel \$7.59	6 boxes 17c	3 tins 25c
POTATOES	CATSUP	CHEESE
Fancy new potatoes.	Del Monte brand. Full pint.	Full Cream, best quality.
10 pounds 23c	2 bottles 39c	1 pound 25c

Some of Our Safeway Market Savings for Saturday

Bacon Back Fancy Eastern sugar cured. Skinned and lean. 29c Lb.	Choice Beef Pot Roast Best shoulder cuts from our young Safeway quality beef. 17c Lb.
Pure Lard Snow white and fine quality. 2 Lbs. 29c	Meat Loaf Safeway quality veal, pork and beef. 2 Lbs. 39c
Prime Rib Roast, boned and rolled, from our choice young beef 27c lb.	

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Gray's "Mapkist" Label Puts Stamp of "Quality" on
Lane County Pork Products!



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Made and Smoked in Our Own Kitchen

Pure Pork Sausage Per Lb. **20c** Pork Steaks Per Lb. **28c** Loin Pork Chops Per Lb. **32c**

Inspected
Steer Beef

Plate Boil, lb. 13c
Pot Roasts, lb. 20c

Fancy Franquette Oregon
Walnuts
Lb. **35c** 3 Lbs. **\$1.00**

Coffee
Maxwell House or Schilling's
Lb. **53c**

Feed Department

Dairy Fly Foil—Bring
container. Per gal. **\$1.25** Oil—Eastern or Western **Save 1/2**
—Bring container.

Prices Good on
Motor Stores

**GRAY'S
CASH & CARRY**

It Always Pays to
Trade at Gray's!