

# GROCETERIA SUPER FOOD MARKETS

BREAD AND CAKES LIKE MOTHER MADE

## REFRESHMENTS at The FOUNTAINS

- Fresh Huckleberry Pie a la mode . . . . . 10c
  - Chocolate Joy Cake, a la mode . . . . . 10c
  - Pumpkin Pie with whipped cream . . . . . 10c
  - Plate Dinners . . . . . 25c to 29c
- Served from 11 A. M. to 7:30 P. M.
- Roast Turkey — Steer Beef Pot Roast — Baked Ham — Cold Meat Plate

## HOME PURITY BAKERY

A New Cake from Betty Crocker

- Chocolate Joy Cake . . . . . 25c-49c
- Here is Miss Crocker's latest creation reproduced as only our skilled cake bakers can reproduce the cakes of America's recognized leading cake maker.
- Burnt Leather Cake . . . . . 25c-49c
- From an original Southern Oregon Pioneer recipe.
- Maple Butterhorns, 6 for . . . . . 25c
- Flavored with Pure Maple Sugar—a new creation of our Danish pastry baker.
- Lunch-box Danish Pastry, 3 for . . . . . 10c
- A delicious pineapple Danish pastry—a fine lunch box dessert.
- Ozark Apple Rolls, pan . . . . . 20c
- A richly spiced pan roll with apple sauce filler—an old Missouri favorite.
- Cookies, doz. . . . . 10c
- For the after-school nibble—keep the cookie jar well filled.
- HOME PURITY BREAD, 1 lb. . . . . 8c
- HOME PURITY BREAD, 1 1/2 lbs. . . . . 12c
- The same good old Home formula for 15 years—its pure—free from chemical substitutes—and as wholesome as the product of your own oven.

## Fruits and Vegetables

- Jonathan Apples, 10 lbs. 25¢, box 75¢
- (Packed by S. O. S.)
- Strawberries, 3 cups . . . . . 25¢
- Fancy Sunkist Lemons, 300s, doz. . . . . 19¢
- Fancy Sunkist Oranges, 2 doz. . . . . 35¢
- (Very Sweet)
- Fresh Limes, doz. . . . . 30¢
- Sweet Potatoes, 3 lbs. . . . . 10¢
- Green Peppers, 5 lbs. . . . . 10¢
- Sweet Spanish Onions, 5 lbs. . . . . 10¢
- Summer Squash, 3 lbs. . . . . 10¢
- Banana Squash, lb. . . . . 2¢
- Danish Squash, 3 lbs. . . . . 10¢
- Green Beans, 4 lbs. . . . . 15¢
- Fresh Local Spinach, 3 lbs. . . . . 23¢
- Fresh Local Cabbage, lb. . . . . 2¢
- Red Cabbage, lb. . . . . 4¢

**FREE THIS REMARKABLE BOOK**

SIX-OF-A-KIND ALL DIFFERENT 36 Recipes

Collection of 36 new recipes giving 6 ways all different of making each kind of dessert. FREE in every sack of

**DRIFTED SNOW FLOUR**

- 24 1/2-lb. sack . . . . . \$1.19
- 49-lb. sack . . . . . \$2.19

## Autumn Sale of Sperry Cereals And Other Seasonal Foods!

**F**RESHNESS, the first essential to the quality of many foods is doubly essential to cereals—Take Wheat Hearts for example—Farina type cereals are recognized as the best source of Vitamin B—the growth germ. If sold fresh the wheat germ may be added thereby increasing the Vitamin content 11 times. Sperry Wheat Hearts—always fresh have the Wheat Germ added and contains 88.4% more Vitamin B than whole wheat and 11 1/2 times more than ordinary Farina type cereals.

Packed in the big Sperry Cereal Mill at Portland Sperry Cereals arrive at the local branch weekly . . . The cereals offered you tomorrow left the Sperry mill Wednesday of this week . . . Clean, pure, wholesome and best of all fresh—yet priced without eastern freight added—It always pays to buy Sperry's.

### SPERRY (FRESH) CEREALS

**Free STORY-BOOK GLASSES**

One glass (your choice of colors) free with purchase of one popular size package of



Here is an added inducement to get you to know the extra goodness of Sperry Wheat Hearts.

Fine drinking glasses on which are illustrated the Fairy Tales so dear to all children—your choice free with a 28 oz. package of Wheat Hearts.

**WHEAT HEARTS** Sperry Wheat Hearts (With Wheat Germ)

28 oz. pkg. . . . . 22c

10 lb. sack . . . . . 55c 5 lb. sack . . . . . 33c

**SPERRY** Sperry Rolled Oats (fresh) Quick or Plain

3 lb. pkg. . . . . 18c

4 1/2 lb. bag . . . . . 20c 9 lb. bag . . . . . 33c

**SPERRY** Sperry Wheat Flakes (fresh)

3 lb. pkg. . . . . 18c

9 lb. bag . . . . . 43c

**SPERRY** Sperry's Pancake and Waffle Flour (fresh)

Medium package . . . . . 15c

4 lb. bag . . . . . 25c No. 10 bag . . . . . 48c

**SOFTASILK** (Gold Medal) Cake Flour (fresh) package . . . . . 27c

We use Soft as Silk exclusively in our cakes.

**SPERRY** Sperry Cereal Flakes (fresh)

No. 10 bag . . . . . 35c

A blend of Rolled Oats and Wheat—The energy of wheat—the nourishment of oats.

**SPERRY** Sperry Cracked Wheat (fresh)

5 lb. sack . . . . . 23c

Prepared from wheat specially selected for its cereal flavor.



Sperry's Farina (fresh) 27c 10 lb. sack . . . . . 47c

**SPERRY** Sperry's Oatmeal (fresh)

5 lb. sack . . . . . 25c

A delicious Scotch type Oatmeal for those who want the full flavor of Scotch Oatmeal.

**SPERRY** Sperry Graham Flour (fresh)

No. 10 bag . . . . . 43c

Your choice of Fine or Course—Milled from wheat selected for flavor.

**SPERRY** Sperry's Corn Meal (fresh)

No. 10 bag . . . . . 29c

Bisquick (fresh), small family pkg. . . . . 17c

large pkg. . . . . 29c

Delicious Biscuits in a jiffy.

### FOUR FOOT-BALLS FREE!

(Two in each store)

To the two boys or girls bringing the most Wheaties Box Tops to our stores before Oct. 10 — a free football to each—Two balls given in each store. Take all your box tops to the same store. Write your name on them.

**WHEATIES** Wheaties (fresh), 3 pkgs. 32c



### Savings in the Groceteria Food Departments — "A Dependable Source of Supply"

- Thompson Seedless Raisins, 2 lb. pkg. . . . . 12c
- Thompson Seedless Raisins, 4 lb. pkg. . . . . 22c
- New crop raisins—received this week.
- Del Monte Seeded Raisins 15 oz. pkg., 3 for . . . . . 20c
- New crop—time for raisin pie.
- Del Monte Seedless Raisins, 15 oz. pkg, 3 for . . . . . 20c
- New crop—take all you want.

**Home Purity Mayonnaise**

20c a pint—39c a quart

To be good, mayonnaise must be fresh because it contains uncooked eggs—we make it twice weekly.

- Standby Golden Bantam Corn, No. 2 can . . . . . 10c
- New pack—just in from Iowa.
- Scotty Allen Dog Food, No. 1 tall . . . . . 10c
- Buy two and take one free (3 for 30c)
- Fancy California Small White Beans, 4 lbs. . . . . 19c
- A lot of good food for a little money.
- Red Mexican Beans, 3 1/2 lbs. . . . . 19c
- The chill season is here.
- Baby Lima Beans, 3 1/2 lbs. . . . . 19c
- Cooked with a Ham Shank—real economy.
- Jewel Shortening, 8 lb. pail . . . . . 99c
- From Swift & Co.—Good quality.
- Pilchards, can . . . . . 10c
- Now the best seller of all canned fish.

- Del Monte Sardines, 3 cans . . . . . 25c
- The large oval cans—15 oz. of excellent food in each can.
- Pink Alaska Salmon, No. 1 tall can . . . . . 10c
- For Salmon Loaf—for Croquettes—for Salmon Patties.
- Grape Nut Flakes, pkg. . . . . 10c
- A popular form of the justly famous Grape Nuts.
- Bakers Breakfast Cocoa, 1 lb. can . . . . . 18c
- A world-wide favorite brand for over 100 years.
- Sanka Coffee, 1 lb. can . . . . . 39c
- A fine full flavored coffee with the caffeine removed.
- Brookfield Cheese, 1/2 lb. pkg. . . . . 13c
- Your choice of all varieties.
- Standard Oil (Oronite) Cleaning Fluid, 1/2 pt. can. . . . . 20c
- Takes the spots out in a jiffy.

## Super Meat Markets The Great American Mystery Mince Meat

It's a mystery, no doubt, for it can be bought for most any old price. Some is offered for even less per pound than the price of any of the ingredients—except the water.

Because of this we buy the best for both our Bakery and Meat Markets—Borden's No. 1 quality.

It's clean and it's good — If it's too heavy for use in your pies—thin it yourself—it goes farther—Will in the end cost you less and you may be sure there is nothing it you wouldn't put in your own mince meat.

- Borden's No. 1 quality Mince Meat, 2 lbs. . . . . 29c
- It may not be lowest in price but there is no mystery about it.
- Steer Beef Pot Roast, lb. . . . . 12 1/2c
- Tender flavorful roasts from the best steers we can buy.

**Prime Rib Steer Beef Roast, lb. . . . . 23c**

The most delicious roast in a steer—No bone waste.

**Shoulder Pork Roast, lb. . . . . 23c**

With the cooler weather a good pork roast is a welcome addition to the menu.

**Selected Steer Beef Short Ribs, lb. . . . . 10c**

Selected for Baking—There is no finer meat than short ribs—if tender.

**Rath's Black Hawk Hams, lb. . . . . 30c**

Part or whole Ham—An attractive price in the present market.

**Swift's Premium Bacon (sliced), lb. . . . . 45c**

Your favorite Bacon ready for the pan—No rind waste.

**Fresh Chinook Salmon . . . . . 12c and 14c**

12c by the piece—14c if we slice it for you.

**Fresh Oysters, pint . . . . . 28c**

Fine quality frying oysters.

**Ham and Veal Loaf, lb. . . . . 15c**

Ground ready for your seasoning—Mixed just right for fine flavor.

**Shortening, 1 lb. . . . . 13c**

**Shortening, 4 lb. carton . . . . . 49c**

Good quality and good value.

**Milk Fed Colored Fryers, lb. . . . . 27c**

From Swift & Co's milk feeding plant.

**Wisconsin Swiss Cheese, lb. . . . . 33c**

Preferred by many to the imported—a fine lunch with our genuine rye bread.

**Tiny Link Pork Sausage, lb. . . . . 27c**

Real country flavor—ground from good cuts of fresh pork—You may watch us make it—then you will know it's good.

**Elbow Cut Macaroni, 3 1/2 lbs. . . . . 19c**

A little goes a long way and it's good food.

**Crisco, 1 1/2 lb. can . . . . . 29c**

A low price on a smaller can of this "finest of all" shortenings.

**Calumet Baking Powder, 1 pound can . . . . . 19c**

**P & G White Laundry Soap, 10 bars . . . . . 29c**

The world's fastest selling Laundry Soap.

**Golden West Coffee, 3 lb. can . . . . . 75c**

You always call for the second cup.

**Z-Mor-U Coffee, lb. . . . . 25c**

**Z-Mor-U Coffee, 3 lbs. . . . . 73c**

Roasted this week—ground the day you buy—Sold under money back guarantee.

Delivery of \$1.00 Orders  
Phone:  
West Side 428  
East Side 752

# GATES & LYDIARD

6th at Central  
6th at Grape  
Saving Without Self-Denial