

GROCETERIA SUPER FOOD MARKETS

BREAD AND CAKES LIKE MOTHER MADE

Every Boy Who Hopes To Play

FOOTBALL

Should Know This—

ASSISTANT Coach Finch stopped the football team in the midst of practice a few days ago and asked them: "How many of you boys have a hot cooked cereal for breakfast?"

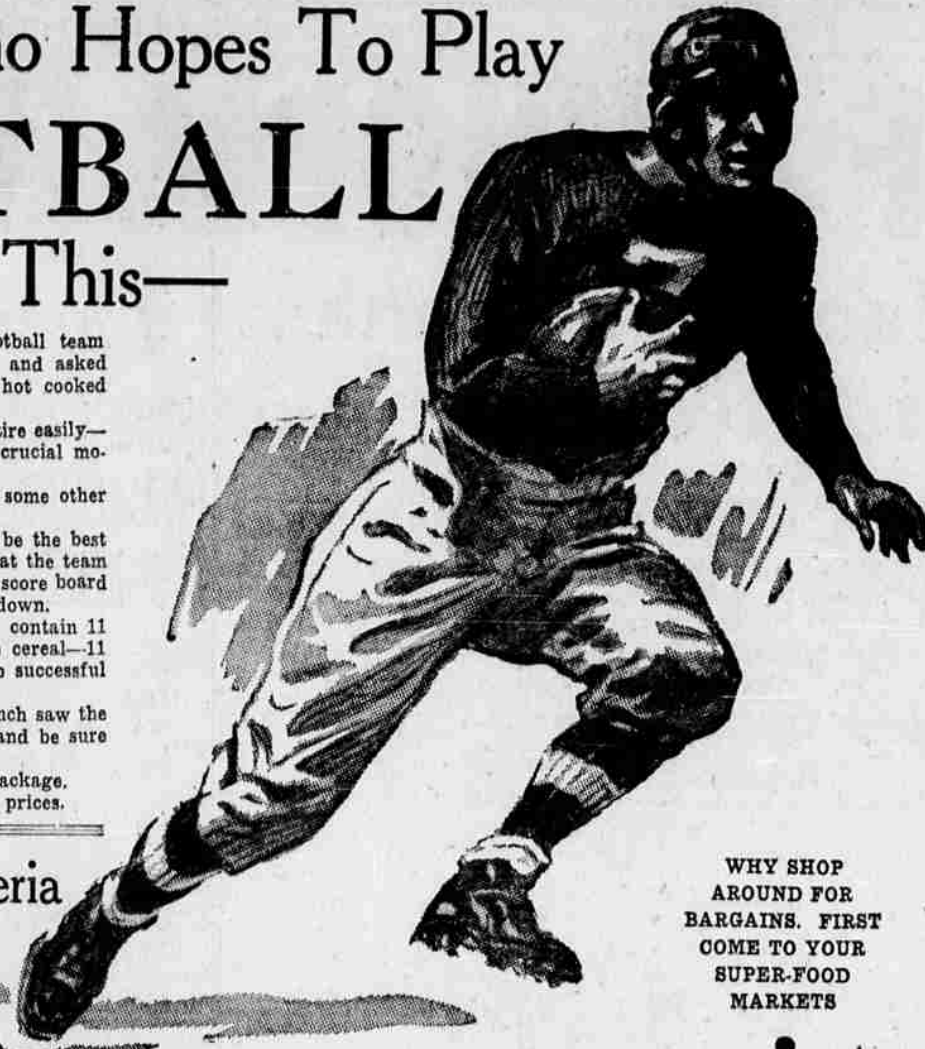
He asked this because some of the boys seemed to tire easily—seemed to lack the necessary endurance for that crucial moment that turns defeat into victory. Why did he ask about a cooked cereal instead of some other food?

Because he knows a cooked Farina type cereal to be the best source of energy. Knows it would supply just what the team needs for those one yard plays that register on the score board—the punch necessary for the last yard to a touchdown.

Sperry Wheat Hearts with the wheat germ added contain 11 times more Vitamin B than ordinary Farina type cereal—11 times more of that dynamic energy so essential to successful athletic supremacy.

To be sure of that strength and stamina, Coach Finch saw the need of eating hot cereal at least twice a week—and be sure it's Wheat Hearts.

Be sure "Wheat Germ added" is printed on the package. Try Sperry Wheat Hearts at our special week-end prices.



WHY SHOP AROUND FOR BARGAINS. FIRST COME TO YOUR SUPER-FOOD MARKETS

Savings In the Groceteria Food Departments

"A Dependable Source of Supply"

Sperry Wheat Hearts (fresh) 28 oz. pkg. 22c

(Fine story book drinking glass Free) Richer in Vitamin B because sold fresh and has the wheat germ added.

Sperry Rolled Oats (fresh) 3 lb. pkg. 18c

Quick or plain. Fresh from the big Sperry mill at Portland. No premiums so you never pay for something you don't want.

Sperry Wheat Flakes (fresh) 3 lb. pkg. 18c

Flaked like Rolled Oats—a nourishing whole wheat hot cereal.

Sperry Pancake and Waffle Flour (fresh) medium package. 15c

Those hot cakes you like so well at our fountains are Sperry's.

Bisquick (fresh) small family pkg. 17c

Large pkg. 29c

You can't fail to have the finest biscuits if you use Bisquick.

Softasilk (Gold Medal) Cake Flour (fresh), pkg. 27c

Our cakes are so superior because we bake with Softasilk.

Wheaties (fresh) 3 pkgs. 32c

Plenty of time to win the football. Bring in the most Wheatie box tops by Oct. 10 and the ball is yours.

Tea Garden Drips No. 10 can. \$1.05

The favorite syrup of the west for many years.

SPECIAL TRIAL COMBINATION OFFER
1 pt. Tea Garden Drips Both 1-18 oz. pkg. Sperry Pancake Flour 25c

Liberty Bell Cane and Maple Syrup, No. 10 can \$1.05

A delicious blend of cane and maple with the maple predominating.

Golden Marshmallow Syrup, 5 lb. can. 49c

10 lb. can 93c

A heavy syrup with a distinctive marshmallow flavor.

Avondale Molasses 5 lb. pail. 29c

A good baking molasses from the Tea Garden Co.

Smacks 8 oz. pkg. 10c

Here is a new size package of this finest of all butter wafers.

Sperry's [fresh] Cereals IN SACKS

Wheat Hearts (fresh) 5 lb. 33c

10 lb. 55c

Sperry Rolled Oats (fresh) 4 1/2 lb. pkg. 20c

9 lb. bag 33c

Sperry Wheat Flakes (fresh) 9 lb. bag. 43c

Sperry Pancake and Waffle Flour (fresh) 4 lb. bag. 25c

No. 10 bag 48c

Sperry Cereal Flakes (fresh) No. 10 bag 35c

Sperry Cracked Wheat (fresh) 5 lb. sk. 23c

Sperry Farina (fresh) 5 lb. sack 27c

10 lb. sack 47c

Sperry's Oatmeal (fresh) 5 lb. sack 25c

Kispy Crackers 2 lb. box. 29c

Out of the bakery this week—this fine cracker at its best.

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

The world's fastest selling laundry soap.

Ivory Soap medium bar. 5c

You may sing in the bath tub with troy as you never have to dive for it.

OK Soap 6 bars. 25c

The big yellow bar that takes out the dirty dirt.

White King Granulated large pkg. 29c

Goes farther because you use so little.

Del Monte Pumpkin No. 2 1/2 can. 9c

New pack Oregon Pumpkin.

Celilo Salmon No. 1 flat can. 2 for 25c

Columbia River Salmon.

Woodbury's Facial Soap 2 bars. 15c

The great American Beauty Soap

A-Plus Health Soap and Bokay Shampoo 23c

4 bars of A-Plus and a 50c bottle of Shampoo. This is the manufacturer's special offer.

Schilling's Baking Powder, 12 oz. can. 27c

2 1/2 lb. can 75c

A pure Cream of Tartar Baking Powder for particular people.

Clicquot Club Ginger Ale Pint bottle. 10c

A very low price on this nationally famous drink.

Solar Brand Sliced Pineapple, No. 2, can 2 for 25c

Good ripe pineapple but slightly imperfect slices.

Purex 1/2 gal. jug. 19c

Makes white clothes whiter.

Instant Postum 8 oz. can. 38c

A quickly prepared beverage for those who don't drink coffee.

Certo 2 bottles. 45c

Makes jam and jelly making a lot easier.

Maxwell House Coffee 2 lb. can. 49c

Good to the last drop.

Milanis Famous Food Products

Milanis Chicken Noodle Dinner, 1 lb. jar. 27c

Milanis Spanish Style Chicken Egg Noodle Dinner, 1 lb. jar. 27c

Milanis Cottage Dinner, chicken, noodles, carrots, peas, 1 lb. jar. 27c

Milanis Spanish Spaghetti, 1 lb. jar. 27c

Milanis Raviolas, 1 lb. jar. 21c

Milanis Chicken Tamales, No. 1 can. 21c

Milanis Petite Chicken Tamales, 8 oz. can. 12c

Milanis Luncheon Chicken Noodle Dinner, 1 lb. jar. 21c

SUPER MEAT MARKETS

Here Is Our Birthday Treat Let's All Have Sausage and Hot Cakes for Sunday Breakfast

There is nothing like it these snappy Autumn mornings. Real country style sausage, country ground and seasoned—the famous Sperry Pancakes and Tea Garden Syrup.

That you may know the goodness of this old fashioned breakfast we have arranged a little birthday treat.

Our meat markets are two years old tomorrow and they are mighty husky two year old youngsters.

More than enough of the old time American breakfast for 29c.

1 lb. Country Style Pork Sausage	All for
1-18-oz. Sperry pancake flour	29c
1-4-oz. jug Tea Garden Syrup	

Steer Beef Pot Roast, lb. 12 1/2c

meat value at present prices.

Prime Rib of Steer Beef, lb. 23c

tender short ribs are the finest flavored

The finest roast in a steer—No bone waste. City folks are paying 40c a pound for this.

Selected Steer Beef Short Ribs, lb. 10c

Tender short ribs are the finest flavored

beef. These are from fine young steers and specially selected for baking.

Shoulder Veal Steak lb. 15c

From milk fed veal—just the right kind for brooding.

Veal Roast lb. 12 1/2c

A fine Sunday dinner for little money.

Boneless Skinned Bacon Backs from Swift's, lb. 39c

of that famous Swift & Co. quality.

Fresh Oysters pint 28c

Fryers and dandies, too.

Ham and Veal Loaf lb. 15c

Ready Ground—makes a fine meat loaf.

Mince Meat 2 lbs. 29c

We could buy much cheaper mince meat, but feel that this is one food that must be good.

Shortening 4 lb. carton. 49c

We buy tons of this to get the low price.

Milk Fed Colored Fryers, lb. 27c

From Swift & Co.'s feeding plant. Always tender and of fine flavor.

Wisconsin Swiss Cheese, lb. 33c

Guaranteed to satisfy any lover of Swiss Cheese.

SPECIAL SUNDAY DINNER TREAT STUFFED PEPPERS

Ground Pork, Veal and Ham, mixed just right for flavor.

Pound. 20c

5 large peppers free with each pound.

FREE

Pancake Flour with Z-MOR-U COFFEE

Every day some one tells us our Fountain Coffee is the best in town. You, too, can serve the same coffee—Z-MOR-U.

Z-MOR-U COFFEE 3 lbs. 73c

28 oz. pkg. Sperry Pancake Flour Free.

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

REFRESHMENTS at The FOUNTAINS
Fresh Huckleberry Pie a la mode. 10c
Prince of Wales Cake a la mode. 10c
Apple Pie a la mode. 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
OZARK APPLE ROLLS
Here is an Autumn treat from old Missouri. With the ripening of Jonathan Apples the southern Missouri housewife bakes Ozark Apple Rolls. We believe you will appreciate them as do the Missouri folks, so offer them tomorrow.
Ozark Apple Pan Rolls, pan 20c
Prince of Wales Spice Cake 25c—49c
A spiced date cake with Bon Bon icing.
Coffee Cake 2 for 15c
Regular week day like seller. Just a little Sunday breakfast treat.
Danish Pastry, medium size 3 for 10c
Large size 6 for 25c
A welcome addition to the factory or school lunch box.
Cookies dozen 10c
Home quality and Home Purity. A welcome addition to any meal.
Home Purity Bread 1 lb. 8c. 1 1/2 lb. 12c
Your own baking its only rival.

Fruits and Vegetables
FANCY BAKING POTATOES ARE HERE
For the fourth consecutive year we have contracted with the Jacobs Farm in Klamath county for our fancy potatoes. Grown in the lighter soil of the Klamath area these are the finest potatoes from the Klamath basin. Fancy Bakers and U. S. No. 1's from this farm are free from dirt and blemishes—peel without waste and are the most economical potatoes you can buy.
Don't buy too many now—it's best to buy only for your immediate needs—a little later when the keeping quality is better, we'll tell you when it's safe to buy.
Fancy Sunkist Lemons, 360s, doz. 19c
Fancy Sunkist Oranges, 2 doz. 35c
Very Sweet
Fresh Limes, doz. 30c
Sweet Potatoes, 3 lbs. 10c
Green Peppers, 5 lbs. 10c
Sweet Spanish Onions, 5 lbs. 10c
Summer Squash, 3 lbs. 10c
Butternut Squash, lb. 2c
Danish Squash, 3 lbs. 10c
Green Beans, 4 lbs. 15c
Fresh Local Spinach, 3 lbs. 23c
Fresh Local Cabbage, lb. 2c
Red Cabbage, lb. 4c
Egg Plant, lb. 4c
Pineapple, fresh, each. 35c
Artichokes, 3 for. 25c
Calavas, 2 for. 35c

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.

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

GATES & LYDIARD