

GROCETERIA SUPER FOOD MARKETS

ONE SHOPPING STOP FOR EVERYTHING

Home Purity Bakery

Please Help Us Settle This Argument . . .

A rather heated argument broke out in our Bakery department about cakes. We thought Betty Crocker cakes to be about the last word in delicious desserts until our Mrs. Crawford began to boast of the goodness of her Chocolate Holiday cake—The bakers, of course, defended Betty's cakes because they bake them.

Well—they are still at it and we have to call you in as umpire. Tomorrow we offer Kate Crawford's Chocolate Holiday cake—We tasted it and approve of it—but the bakers won't take our word for it.

Spain is having a civil war, and we are on the verge of one unless we can settle this argument—Please.

Kate Crawford's Holiday Chocolate Cake

A rich chocolate layer shortened with Sniders creamery butter—topped with a home type brown sugar icing rich with nuts and raisins.

25c and 49c

Danish Palm Leaves

A tasty Danish pastry made with creamery butter—individual breakfast size.

3 for 10c

Cinnamon Knots

An appetizing sweet roll with Schilings cinnamon.

5 for 13c

Home Purity Cookies

Chock full of that home goodness that makes home-made cookies so pleasing.

Dozen 10c

Oatmeal Fruit Bread

A welcome variety of man's best food. A healthful addition of oatmeal, cherries and raisins to Home Purity bread.

1 lb. loaf 15c

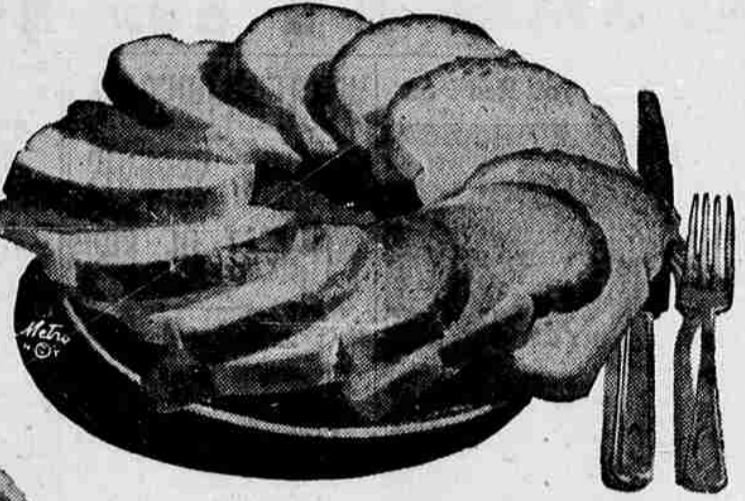
YES! We Are Funny People

WE HEARD a dietician speak in Portland last week—a dietician who had nothing to sell, so he was impartial. . . . He ridiculed all food fads and showed by calorie count how grossly mistaken we are in our search for a healthful diet.

Here is the funniest of all—Folks have the idea that bread is fattening so avoid it for other foods. Well—here are the facts:

A glass of orange juice is equal to 1½ slices of bread and butter (calorie count).

A five cent candy bar equals five slices of bread and butter (calorie count).



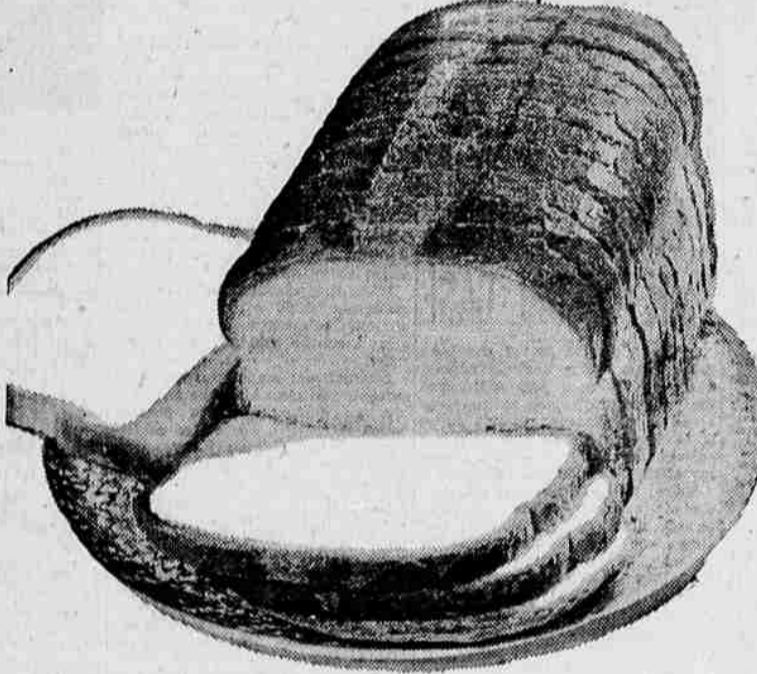
A glass of beer equals five slices of bread and butter (calorie count).

So it goes, all down the line—Bread, an energy food, rich in minerals, has been cast aside because we believed the propaganda of those who had a selfish interest in what they were recommending.

We recently read of a Russian who endured a Siberian winter on bread only—Yesterday we learned that Spanish soldiers are given a large loaf of bread for a two day ration. One was pictured eating his bread—perhaps you saw it. The emergency ration in the lifeboats on ships is sea biscuit (bread) because it is the only food that will long sustain life.

No other ready to serve food is sold so cheaply—yet it is man's best food.

Eat more bread—but be sure it's free from chemical substitutes—be sure of its purity by buying at your Groceteria.



Savings In the Groceteria Food Markets

"A DEPENDABLE SOURCE OF SUPPLY"

- | | | |
|---|---|--|
| Sunshine Fig Bars
2 lbs. 23c
<small>From the Sunshine Bakery where Krispy Crackers are baked.</small> | Merrimac Peas, No. 2
can, 2 for 25c
<small>Oregon grown and Oregon packed.</small> | Crystal White Soap
10 bars 27c
<small>The favorite laundry soap.</small> |
| Bings
package 17c
<small>A new butter wafer from the Loose-Wiles Sunshine bakery.</small> | Del Monte Golden Bantam Corn, No. 2 can, 2 for 23c
<small>For flavor—Del Monte always.</small> | Super Suds
large pkg. 15c
<small>Suds in a jiffy—Works like magic in the dish pan.</small> |
| Smacks
lb. pkg. 15c
<small>The ever popular butter wafer—Salted to perfection.</small> | Del Monte Golden Bantam Corn, on the cob, can 23c
<small>Four ears in a can—a real mid-winter treat.</small> | Mapleleaf Flour
49 lb. \$1.49
<small>A good hard wheat flour.</small> |
| Krispy Crackers
2 lb. box 29c
<small>Everybody knows Krispy Crackers.</small> | Standby Golden Corn
No. 2 can 10c
<small>A good standard pack Iowa corn.</small> | Sun Glow Flour
49 lb. \$1.39
<small>A good all purpose flour.</small> |
| | Bagleys Solid Pack Tomatoes, No. 2½ can 10c
<small>Rogue River tomatoes—excellent food value but not so many whole tomatoes as in Del Rogue brand.</small> | Gold Medal Flour
49 lb. \$2.13
<small>The most popular flour in the world.</small> |

SUPER MEAT MARKETS

Variety After the Feast

We've had the turkey and liked it, of course, but a little variety for tomorrow would be welcome. We suggest tender, juicy steer steaks.

That is just what they are—as tender and juicy as can be found anywhere. More than two weeks in the cooler, these fine steers are in perfect condition. New York cuts—club steaks—T-bone—sirloin—round or Swiss—they just can't help but be good.

For variety—serve beef tomorrow.

Steer Sirloin Steak, lb. 23c
You can cut it with a fork.

Steer Swiss Steak, lb. 20c
Everyone likes swiss steak—but how much better when from tender steers.

Steer Beef Pot Roast, lb. 15c
A rich well browned tender roast with brown gravy—mashed potatoes—what could be more welcome after the turkey.

Swedish Sausage, lb. 25c
For breakfast or dinner—rapidly becoming popular with those who prefer a leaner sausage.

Country Style Pork Sausage, lb. 20c
Ground and seasoned farm style—all pork. It makes us hungry just to write about it.

Little Pig Pork Sausage, lb. 25c
All pork—We sell enough every Saturday for a thousand Sunday breakfasts.

Sliced Morrels Bacon, lb. 35c
Cured in the Corn Belt—Always the same good bacon on our sliced bacon tray.

Morrels Bacon, lb. 29c
By the piece—Real corn fed bacon cured in the corn belt.

Having Your Thanksgiving Dinner Sunday?
If so—we have not forgotten you. Turkeys and other poultry here tomorrow in wide variety.

FRUITS and VEGETABLES

- New Navel Oranges, 200s dozen 29c
- Sunkist Lemons, 360s, dz. 22c
- Sunkist Arizona Desert Sweet Grapefruit, 80s 8 for 25c
- Italian Broccoli, 3 lbs. 25c
- Green Beans, 2 lbs. . . . 23c
- Green Peas, 2 lbs. 25c
- Green Lima Beans, 2 lbs. 23c
- Bunch Vegetables, 3 for 10c
- Banana Squash, lb. 1c
- Green Peppers, 4 lbs. . . . 15c
- Red Peppers, 3 lbs. 23c
- Extra large Cranberries 2 lbs. 35c
- Purple Cabbage, lb. 3c
- Italian Squash, 2 lbs. . . . 15c
- Sweet Potatoes, 4 lbs. . . . 15c
- Ripe Pineapples, each . . . 35c
- Calavos (Avocados) 2 for 19c

Fountain Refreshments

A Restful Shopping Pause



CHOCOLATE NUT SUNDAE

Home Purity Ice Cream with chocolate syrup and nuts.

10c

PLATE DINNERS

- Roast Turkey 29c
- Swiss Steer Steak 25c
- Steer Pot Roast 25c
- Hot Chile 10c
- Hot Chocolate 10c

Crushed Fruit Ice Cream Soda
Pineapple or Strawberry
10c

Del Rogue Tomatoes No. 2½ can, 2 for 25c
Fancy hand packed Rogue River Valley tomatoes.

Del Rogue Tomato Juice No. 1 tin, 4 for 25c
The best tomato juice in the Northwest.

Bonnie Best Syrup pint 19c qt. 33c
A fine cane and maple syrup.

Oregon Prunes 5 lb. box 39c
Choice of Date, Petite or Italian—fancy quality.

Armours Corn Beef Hash 11 oz. can, 2 for 25c
Just brown and serve—a dandy meal.

Camay Soap 4 bars 19c
A delicately scented Toilet Soap from the Ivory factory.

Ivory Soap medium bar 5c
The finest for bath—for fine fabrics.



Golden West Coffee

3 lb. glass jar 75c
3 lb. can 73c

If the seaman's strike is not soon settled—good coffee will cost more—and may be hard to get.

Home Purity Mayonnaise

To add zest to a salad, Mayonnaise must be fresh. Likewise it must be fresh to be good because it is made with fresh eggs. Try Home Purity with your Salad.

Pint 20c - Quart 39c

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