

GROCETERIA SUPER FOOD MARKETS

ONE SHOPPING STOP FOR EVERYTHING

Home Purity Bakery

Bread and Cakes
Like Mother Made

Do You Sometimes Find
It Difficult To Sleep?

WE pass this on to you for what it is worth. A short time ago we read that sleep is often promoted by just a bite or two of some light food before retiring. Also that wakeful periods may be shortened by arising and eating a cookie or some other small and light refreshment with a glass of milk.

It was also stated that the sleep producing qualities of many highly advertised food drinks were due to the presence of food in the stomach.

We tried it and it worked.—To learn this was of great value to us so we pass the idea on to you with the hope that it may bring to you the same relief it brought to us.—Anyhow—it can't be harmful.

Tomorrow - Your Choice
Of Three Fine Betty
Crocker Cakes

Caramel Nut Cake

1/2 Cake 30c—whole 59c

Harlequin Cake

1/2 Cake 30c—whole 59c

Orange Marmalade Angel Cake

Small Family Bar 33c

13-egg size 55c

For Breakfast —

Butter Scotch Nut Rolls

3 for 10c

Fruit Filled Rolls

6 for 15c

Mince Meat Rolls

6 for 15c

Fruit filled Coffee Cake Rings

each 18c

For the Sleep Promoting
Bedtime Snack

Home Purity Cookies

2 doz. 25c

Lady Bountiful Cookies

2 doz. 35c

For Dinner —

Mince Pies, each 30c

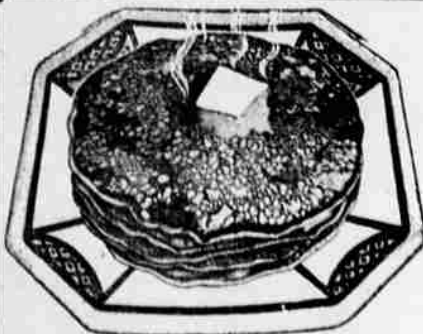
Pumpkin Pies, each 30c

We are mighty proud of these pies.

FRUIT CAKE

Chock full of the finest quality fruits—
We couldn't bake a better fruit cake.

Pound . . . 50c



Sperry Pancake Flour

Large Package . . . 25c

4 lb. Sack 27c

No. 10 Sack 52c

A GOOD BREAKFAST — A GOOD NATURED DAY!

DO you ever see a normally healthy man whose favorite breakfast isn't hot cakes and sausage? There might be an occasional exception but as a rule—give a man real hot cakes like Sperry's—good old farm sausage seasoned his favorite way—top this off with a steaming cup of freshly roasted and ground coffee (Z-Mor-U) and you'll see the smile that won't come off—and that smile will last all day.

To be sure he will get his favorite seasoning—we have four kinds of pure pork sausage:—

All Pork, Farm Style mild, lb. 20c

All Pork, Farm Style-full sage lb. 20c

Little Pig Links medium . lb. 25c

Smoked In Cloth Bags . . lb. 29c

We have a special price on any size package of Sperry pancake flour (see grocery ad)—and freshly grind Z-Mor-U coffee to suit your coffee maker. Four kinds—Pot, Percolator, Drip or Vacuum.—You can't get the best coffee results unless the coffee is ground to suit the kind of coffee maker you use.

Serve this breakfast tomorrow.—A happy start goes a long ways toward a happier day.



Super Meat Markets

Quality Controlled Meats

ELSEWHERE in this ad we talk about how a good breakfast contributes to a happier day. Now we want to tell how quality control insures a good breakfast.

Quality control goes a lot farther than seeing beef to make it more healthful and palatable. It extends to every operation of our markets.

Now take sausage for example. We could make one kind of sausage that might answer every purpose yet there are many who could not get full enjoyment of the greatest of all breakfasts because there is such a wide variety of preferences for seasoning.

While it is impossible for one to please all—we can at least make an honest effort. That is why we have four types of sausage—all made from fine cuts of good pork and pork only.

Quality control, while essential to healthful and tender beef is just as essential to sausage and other ground meats.—Any time you hear us grinding meats—go right into the cutting room and see the kind of meats we are grinding. If you will do this—you will really enjoy economizing with the many pleasing dishes possible with ground meats.

Quality Controlled Tender Steer Beef

Sirloin Steaks, lb. 25c

Ground Steer Beef, lb. . . 17c

Swiss Steaks, lb. 25c

Pot Roast, lb. 18c

Short Ribs (selected

bakers) lb. 15c

Boneless Beef Cubes

(lean) lb. 22c

Standing Rib Roast, lb. 25c

Young Grain Fed Pork

All counter cuts are from hogs averaging 180 pounds.—Hogs are best at that weight so we buy that average for all counter cuts.

Shoulder of Pork Roast

lb. 17c

Leg of Pork Roast, lb. . . 23c

Pork Steak, lb. 20c

Pork Chops, lb. 25c

Milk Fed Veal

Shoulder Veal Roast, lb. 15c

Veal Breast for baking

lb. 12 1/2c

Ham and Veal Loaf, lb. 20c

Smoked Meats

Hormel's sliced Minnesota

Bacon, lb. 39c

Swift's Circle S Picnics

lb. 23c

Ham Patties, lb. 25c

Great with Waffles

—SAVINGS IN THE GROCETERIAS— "FOODS ARE FRESHEST WHERE SOLD FASTEST"

Del monte Sardines 25c
3 cans
Large oval cans—choice of seasoning.

Hershey's Cocoa 10c
1 lb. can
America's most popular cocoa.

Celilo Salmon 25c
No. 1 flat can 2 for
Columbia River Chinook Salmon.

Merrimac Peas 25c
No. 2 can 2 for
Oregon peas—fine flavor and tender.

Old Monk Olives 17c
pint can
Extra fancy Jumbo and Mammoth.

Wheaties 29c
3 pkgs.
The breakfast of champion athletes.

Puritan Baked Beans 20c
28 oz. jar
Just heat and serve from the jar—Real oven baked beans.

Hershey's Baking Chocolate 10c
1/2 lb. bar
Not too early to lay in the Christmas supply.

Del Monte Apricots 19c
No. 2 1/2 can
Tree ripened fruit in rich syrup.

Del Monte Alaska Salmon 23c
No. 1 tall can
The finest Alaska Sockeye.

Del Monte De Luxe Plum 15c
No. 2 1/2 can
No finer breakfast fruit.

Ivory Soap 22c
medium bar 4 for
The most popular of all bath soaps.

Del Monte Pineapple Juice 15c
12 oz. can 2 for
Pressed from fully ripe fruit.

Camay Toilet Soap 5c
bar
The soap of beautiful women.

Del Monte Spinach 15c
No. 2 1/2 can
Packed garden fresh.

Oxydol 19c
pkg.
You will enjoy the Ma Perkins program on KMED at 10 a. m.

Campbell's Tomato Soup 20c
3 cans
A stock in the pantry is a great convenience.

P & G White Laundry Soap 29c
10 bars
Up to the Procter and Gamble standard.

Del Monte Pumpkin 9c
No. 2 1/2 can
Oregon grown and Oregon packed.

Crisco 47c
3 lb. can
Finest for any purpose.

Solar Brand Sliced Pineapple No. 2 can 13c
Matched slices of fully ripe fruit.

Vermont Maid Cane and Maple Syrup, 12 oz. 19c; 24 oz. 37c
Come in and taste that good old Vermont flavor—we're sampling tomorrow.

FREE

HAL ROACH'S "OUR GANG" FUN KIT

WITH 2 PKGS. MORTON'S SALT all for 17c



With the Granges
Special Grange Program
Lower Applegate Grange
Friday Evening, Dec. 3—8 p. m.
Admission 25c—Kids 10c
Hot Supper after the program

Proving the Extra Goodness that Comes from Freshness.
Home Purity Mayonnaise
Pint 22c; Quart 39c
Z-Mor-U Coffee, lb. 25c; 2 lbs. 49c
Freshly made Mayonnaise puts real goodness in your salads.
Freshly ground coffee brings you the full goodness of coffee.

FRUITS and VEGETABLES

Freshest Where Sold Fastest

New Crop Sun Kist Navel Oranges—

288s 2 doz. 35c

126s Dozen 39c

Fresh Pineapples each 39c

Persimmons, large 3 for 10c

Cocoanuts 2 for 15c

Fancy Hot House Tomatoes 1 lb. 15c

Avocados, large 2 for 19c

Artichokes, large each 5c

Emperor Grapes 3 lbs. 19c

Zucchini Squash 3 lbs. 25c

Green Peas 2 lbs. 23c

Green Beans 2 lbs. 23c

Fresh Lima Beans 2 lbs. 19c

Bunch Vegetables 3 for 10c

Store Hours 8 A. M. to 8 P. M. Saturday Until 9 P. M.

6th at Central
8th at Grape
Savings Without Self-Denial

GATES & LYDIARD