

• THE HOME OF GROCETERIA GOODNESS • ONE SHOPPING STOP FOR EVERYTHING •

Yes-There Is a Difference in Breads! Groceteria Guaranteed Meats

GOOD OR YOUR MONEY BACK

How Much Shall I Buy for a Given Number of People?

We are asked this so often that we print the following table. Cut it out and file in your cook book.

One pound of liver, kidneys, heart, brains, sweetbreads or tongue—serves 4 people.

One pound of veal, pork or lamb chops—serves 3 to 4 people.

One pound of veal steak — serves 3 to 5 people.

One pound of ground steer beef—serves 4 to 6 people.

One pound of round steak—serves 4 people. Four pounds of shoulder steer beef pot roast—serves 10 people.

A twelve-pound ham backed at 324 degrees weighs about 10 lbs.—boned out 8½ lbs.



Want to Prove it?
You Can by Making
the Energy
Test

Every hour of the day a housewife expends the energy supplied by 2¼ oz. of dextrose sugar—the natural energy fuel of the body. That is just about half as much as an athlete expends in his most strenuous exertions.

Dextrose sugar—your body energy fuel—is created by the conversion by digestion of the food you eat, cane or beet sugar—starches—proteins—all must be converted to Dextrose sugar before the body can use them.

Pure Dextrose sugar—given to babies in Karo syrup—to convalescents—to athletes for endurance should prove an afternoon fatigue preventative to every housekeeper as it is already in the form all foods must be changed to before entering the blood stream.

Home Purity Vitamin Enriched Bread and Rolls are a good source of reserve energy because they are prepared with Dextrose sugar instead of the ordinary sugars.

Get Home Purity Bread and Rolls at either Groceteria every day. Give your family and yourself the added energy and stamina of the Dextrose sugar used in their preparation. Home Purity Bread and Rolls at either Groceteria.

WHITE BREAD LEAST FATTENING

One-half inch slice of various breads contain calories as follows:

Rye Bread—70 calories
50% Whole Wheat—75 calories
White Bread—50 calories

Home Purity Vitamin Enriched Bread

with Dextrose Sugar

1 lb. loaf 9c - 1½ lb. loaf 2 for 25c

Home Purity Cakes

A Mighty Good New One for This Week

Always watching the magazines for new and better cakes—testing and rejecting—we found one that will be very popular. A rich Chocolate Cake with Peanut Butter-Cocoa Icing.

Chocolate
PEANUT
BUTTER
CAKE

Butterscotch
BROWN
SUGAR
CAKE

MISSION
ORANGE
CAKE

ANGEL
CAKES

Whole Cake . . 59c
Half Cake . . . 30c

Two Halves of Different Cakes Offers Variety!

Apple Streusel Coffee
Cake 23c
A generous wreath—at least 4 to 6 portions.

DOUGHNUTS

Here is a fine variety, indeed. Heavily iced in three popular flavors—Choice of Cherry, Chocolate, Nut Coated



MAJOR BRAND
VITAMIN B COMPLEX
Complies with Govt. Pharmaceutical requirements.
Bottle 100 tablets 89c
One 29c also (24 tablets) FREE!
Three sizes 29c, 49c, 89c
Greater Energy, Steadier Nerves
Better Digestion

SAVINGS at the GROCETERIAS

Drifted Snow Flour 50 lb. sack \$1.98
Flavor Loaf Flour 50 lb. sack \$1.89
Krispy Crackers 2 lb. box 28c
Sunshine Graham Crackers 2 lb. box 28c
Cream Corn Starch 1 lb. pkg. 5c
Z-Mor-U Coffee, freshest and best lb. 25c
Ground to Suit Your Coffee Maker
Gold Bar Coffee 1 lb. glass jar 25c
My-T-Fine Puddings—Vanilla or Butterscotch pkg. 5c
Gold Spun Macaroni Dinner pkg. 5c
Betty Crocker Dehydrated Vegetable Soup 3 pks. 25c
Tendersweet Golden Corn, 303 can 2 for 25c
Gold Bar Creamed Golden Corn, No. 2 can 15c

Summer Time Sliced Beets No. 2 can 12c
Hearts of Artichokes 303 jar 35c
Ready for Salads
Creswell Cut Green Beans No. 2 can 13c
Pure Juice of Mushrooms No. 2 can 33c
Fine for Soup. No. 5 can 59c
Sacramento Spinach No. 2 can 14c
Saniflush can 10c and 23c
Prince Albert Tobacco 1 lb. can 63c
Geo. Washington Tobacco 1 lb. 49c
Sperry Yellow Corn Meal 5 lb. sack 26c
Albers Flapjack Flour large pkg. 24c
Pillsbury Pancake and Waffle Flour large pkg. 23c
Fisher's Pancake Flour 2 lb. sack 16c

LAMBS

JACKSON COUNTY MILK FED

Luscious LEG OF LAMB lb. 39c
4 to 5½ lbs. ave. weight
Square Cut SHOULDER LAMB lb. 35c
2½ to 4 lbs. ave. weight
Ground LAMB PATTIES lb. 32c
Real quick evening meal
Breast of SPRING LAMB lb. 15c
For Braising or Stewing

Lamb Chops — Loin Chops — Shoulder Chops
Cut to order for your desired thickness

CROSSE & BLACKWELL MINT SAUCE 25c

Government Inspected Pork

Fresh Pork Hocks lb. 21c
Pork Loin Roast lb. 33c
Shoulder Pork Roast lb. 35c
Fresh Side Pork lb. 27c
Grade AA Pure Pork Sausage lb. 39c
Brookfield Little Pig Sausage lb. 48c

COLORED FRYERS AND HENS

DELICATESSEN DEPT.

Large Assortment of Cheese and Lunch Meats

Bulk Green Olives—Stuffed Green Olives—Limburger Cheese
Norwegian Goat Cheese—Smoked Cheese—Jar Kaukua
Cheese—Cream Cheese—Tillamook Cheese—Mellowest Age
Cheese.

2 lb. Brick American Cheese
84c each

Ground Steer Beef

Point Free lb. 29c

Ham and Veal Loaf

Point Free Ready for the oven lb. 35c

Old Fashioned

Type 2— Ring Bologna lb. 35c

Extra Lean

Hormel Minnesota Slab Bacon, lb. 33c

Boneless Chuck

Surplus Fat Removed
Cut in Cubes. lb. 39c
Point Free.

Lean Short Ribs

Steer Beef. Point Free.
lb. 21c

Cudahy's Chopped Ham

2½ lb. cans. Point Free.
\$1 35

Sliced Bacon

Hormel or Swift's Premium
lb. 42c

Summer Lean

PORK SAUSAGE
No finer meat for any meal, if not too fat

Fruits and Vegetables

WATERMELONS lb. 4c

ORANGES Size 200's 3 LBS. 39c

GREEN BEANS 3 LBS. 25c

ONIONS No. 1 LB. 5c

COOKING APPLES 3 LBS. 23c

Keep an Emergency Supply of These MEATS

If stuck for meat to pack in the lunch or for a cold beverage lunch for unexpected guests these will come in handy. Do not need refrigeration. Keep indefinitely at room temperature —

EZ Liver Loaf — Mor Lunch Meat
Snack Lunch Meat
Armour's Star Chopped Ham
Spam — Prem
Morrell's Deviled Ham
Swift's Premium Deviled Ham
Cudahy's Veal Loaf
Cudahy's Cooked Lunch Tongue

All unrationed. All priced in the lowest notch.

BUY
WAR
BONDS
at No. 1

GATES & LYDIARD

SAVINGS WITHOUT SELF-DENIAL

6TH AT CENTRAL — 6TH AT GRAPE