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Wonderful Ice Cold BEL-AIR Frozen Pink or Regular Lemonade

"Premium Quality"

4 6-oz. Tins 55¢



Delicious Kitchen Fresh "Cooler Offer" Summer Candies

- ★ Mint Lozenges—11-oz. pkg.
- ★ Creme De Menthe—11-oz. pkg.
- ★ Swedish Mints—10-oz. pkg.
- ★ All Mint Mix—9-oz. pkg.
- ★ Puffed Mints—8-oz. pkg.

ea. **29¢** pkg.

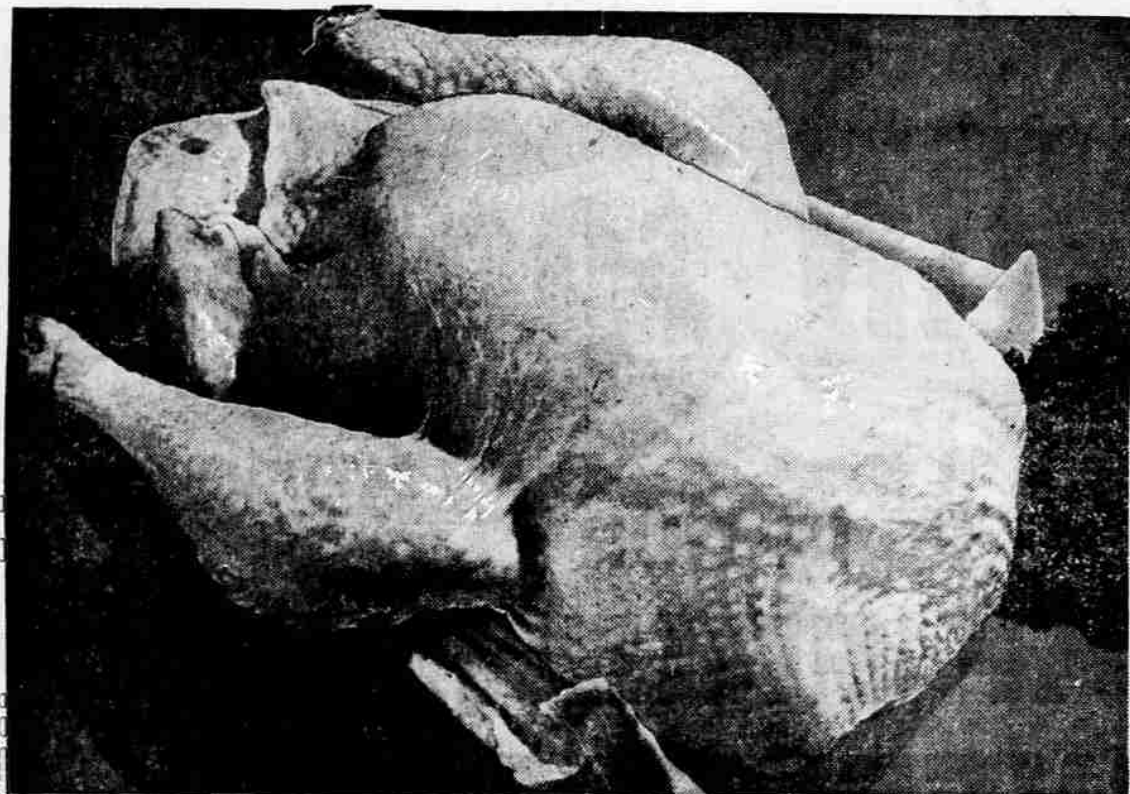
Roxbury Brand

Sutter Gold A delightful molasses candy filled with peanut butter 7-OZ. BAG **29¢**

Campbell's Tomato Soup 10-oz. Can **10 for \$1.00**

Chopped Beef Kingan Brand 3 12-oz. Cans **\$1.00**

Cherub Canned Milk 10 TALL CANS **99¢**



For The Finest Meats . . . All You Need to Remember is Safeway

OVEN READY TURKEYS

Fresh Frozen — Plump Hen Turkeys **12 to 16-lbs. 35¢ Lb.** Special Low Price Now at SAFEWAY!

Cranberry Sauce Traditional Partners for Turkeys No. 300 Tin **22¢**

Wonderful "Ocean Fresh" Flavor

Crab Meat

89¢

Fresh Frozen Ideal For Summer Salads

FRYERS

49¢ Fresh Whole Drawn lb.

Ground Beef 100% Pure Fresh Daily	lb. 45¢	Canned Ham Wilson Brand 3 Lbs.	ea. \$3.19
Round Steak "U.S.D.A. Choice" Aged Beef	lb. 89¢	Top Sirloin "U.S.D.A. Choice" Beef-Trimmed	lb. \$1.39
Beef Pot Roast "U.S.D.A. Choice" Blade Cuts	lb. 53¢	Boiling Beef "U.S.D.A. Choice" For Stewing	lb. 19¢
Beef Pot Roasts "U.S.D.A. Choice" Round Bone Cuts	lb. 63¢	Boneless Cottages 1 1/2 to 2 1/2	ea. 79¢
T-Bone Steak "U.S.D.A. Choice" Beef or Club Steak	lb. \$1.19	Sliced Bacon Standard Packed	lb. 69¢



TEMPTING TIDBIT—Take a piece of pastry, wrap up a mustard sardine, give it a quick bake and you've a very tempting tidbit; a trick learned from friends who maintain that Maine sardines are fine fare in many ways like these suggested today.

Feeding the Family

By ZOLA VINCENT Food Editor

Sauced Sardines Join Summertime Seafood

We have a friend who is a Maine-iac. The other day she said to us "You are unfair to Maine sardines. You talk about northwest salmon, Pacific oysters and tuna all the time and you never talk about marvelous Maine sardines". Tell us more, we said magnanimously. And here in a general way is what we learned:

About 80 per cent of all sardines canned in this country come from the icy waters off the Maine coast. They're packing them in at the rate of 2 1/2 million cases a year and sardines are packed 100 cans to a case. Furthermore, they're on the shelves of every chain store in the country and on 93 per cent of all other food stores. And Oh! yes, Boy Scouts love them and are eating vast quantities as they "jamboree" at Valley Forge.

Prudent shoppers scouting for the biggest value in seafood will do well to stock up on these flavorful, nutrition-packed fish; eat them more often. They're genuine bargains.

Sardine Suggestions
Maine sardines come packed mostly in soybean oil, but they can also be had in olive oil, peanut oil, tomato and mustard sauces. We'd bet an empty sardine can that most of them are eaten right out of the can; on crackers, rye, white or whole wheat bread with generous squishes from California lemon wedges. That's our favorite way, anyway.

Patty Canapes. Cut thin slices of bread in triangles, rounds, squares or fringers and toast or saute in butter or olive oil. Mash up and spread mustard sauced or tomato sauced sardines; sprinkle generously with finely chopped parsley. Or take oil packed sardines, mash, season highly and moisten with salad dressing, chili sauce, lemon juice or onion juice.

Sardine Turnovers
We thought so highly of this tempting tidbit that we had its picture taken. These sardine turnovers are so easy to do and have genuine distinction as beverage accompaniment ahead of dinner time. Very good at luncheon, too.

Preheat oven to 475 degrees (that's hot). Prepare a 10-ounce package of any favored pastry mix or roll out your own pie crust into two rectangles about 7x14 inches. Cut each into eight 3 1/2 inch squares. Lay a mustard sardine on each square, spoon remaining sauce in can evenly over sardines. Fold dough over, keeping fish shape, and press edges together with tines of fork. Sprinkle with paprika. Bake on cookie sheet for 10 minutes or until turnovers are well-browned. Compliments coming up.

Roasting Reminders
Again we remind all who will listen that roasting meat and poultry at low temperatures has many advantages. And by low, we mean 325 degrees.

There's less shrinkage, therefore more servings per pound. Tests made by those who know meat best show shrinkage reduced more than 20 per cent.

Meat is more tender. High temperature reduces tenderness by causing muscle fibers to shrink.

Meat is juicier and has more flavor. Juices remain in the meat. Fat melting slowly through the meat enhances its flavor.

Meat is easier to carve. Roasts cooked at high temperatures are dry and will crumble when carved. Roasts cooked at low temperatures carve easily into full slices.

Meat is uniformly done throughout; completely rare, medium or well done. It doesn't burn on the outside before cooking in the center.

Drippings are clearer and of higher quality. At higher temperatures they're likely to burn bottom of pan.

There is less spattering of fat in pan and oven. This makes less work in cleaning. Convinced?

Put Up Peaches in These Wonderful Ways
Capture the full flavor of fresh golden peaches right from

the trees. We're so fortunate that our peaches do not have to linger long in transit, ripening en route. Tell your fruit man in advance how many peaches you'll want and on what day; then put them up soon after you get them home. Start eating at once. Why save such good things?

Peach Peeling. Peel peaches by putting a few at a time in a wire basket or cheesecloth bag and immersing in boiling water for less than a minute, then dipping quickly into cold water. Skins come off easily.

Spiced Peaches. You'll need firm ripe, medium size fruit. Peel as suggested above. Do not remove pits. Pack raw peach, two or three sticks of cinnamon, one-fourth teaspoon each whole cloves and whole allspice into hot fruit jars. Cover with boiling hot sirup and process pints 20 minutes, quarts 25 minutes, in boiling water bath. To make sirup for five or six quarts, mix 4 1/2 cups sugar with 3 1/2 cups water and one half to three fourths cups vinegar. Boil until sugar dissolves.

Peach Relish. Peel and pit about three pounds of soft ripe peaches; chop very fine or grind. Measure four cups into a very large saucepan. Add one half teaspoon each cinnamon, cloves and allspice or any other desired combination of spices. Add 7 1/2 cups (3 1/4 pounds) sugar and one cup vinegar to fruit in saucepan and mix well. Place over high heat, bring to full rolling boil and boil hard one minute, stirring constantly. Remove from heat and at once stir in one bottle liquid fruit pectin. Skim off foam with metal spoon. Then stir and skin by turns for 5 minutes. Ladle quickly into hot sterilized glasses. Paraffin at once, rolling glass gently to seal sides. About 12 medium glasses or six pounds relish. Why not have some of it the very next night as soon as it has "set"?

Quick Creamy Slaw
Treat the family to this plentiful, nutrition-packed cabbage salad, crisp and raw in a quick cream sauce. Mix three cups shredded raw cabbage, one-half cup diced celery and one-half cup shredded raw carrot. Toss with dressing made by beating together one cup thick sour cream, two tablespoons vinegar, one tablespoon fresh lemon juice, one tablespoon finely chopped green onion, one-half teaspoon salt and three tablespoons sugar. Add pepper to taste. Six servings. Equally good dressing for lettuce salads.

Cottage Cheese Salad Combinations
Tender curds of milk, seasoned with cream, high in protein, low in calories; that's creamed cottage cheese. So easy to serve, delicious in countless combinations.

Heap cottage cheese on crisp greens. Surround with any of these or a combination of same:

State Senator Shows Cost of Legislating

Madison, Wis. — A state senator urged his colleagues to "get down to business" and adjourn the session on time.

Sen. Robert Travis showed a record of what it costs to come to Madison to legislate. He operates a cleaning business in Platteville, Wis., and while he's away, he has to hire someone to "keep shop."

Travis said that his part-time helper earns more to tend shop than he does to make the laws of the state.

spiced beefs, tiny carrot sticks, apple slices (those new season Astrachans), pitted prunes, pitted apricots, orange sections or grapefruit sections. Serve with French dressing.

Or combine cottage cheese with any of these, using 1 1/2 cups (12 ounces) cheese to one-half cup of diced cucumber, celery or green pepper. Combine with drained, crushed pineapple, with slivered toasted almonds or pecans, or with grated carrot plus one-fourth cup chopped peanuts.

Or heap center of lazy Susan or a big glass plate with cottage cheese. Circle with rings of chilled fruit in pleasing color and flavor combinations. For instance: sliced peaches, melon fingers or half moons from small cantaloupes, strawberries, pineapple chunks, grapes, cherries, pear halves. Pass a dressing made by thinning three-fourths cup sour cream with orange or other fruit juice.

Stuff tomatoes with cottage cheese combined with any leftover baby green limas or other appropriate items. Combine cottage cheese with finely chopped tomato scooped from tomato shell and seasoned with minced onion, marjoram, salt and pepper. Top with French dressing.

Superb Lamb Sauce
If the family likes lamb, here is a superlative barbecue sauce that can be made up any time, stored in refrigerator and used for spooning over leg of lamb or lamb ribs while barbecuing in oven or outdoor grill . . . or for serving with lamburgers.

Combine in a saucepan, two tablespoons dark brown sugar, one-eighth teaspoon course-ground black pepper, one large clove garlic mashed with one teaspoon salt, two tablespoons grated onion, three tablespoons bottled meat sauce, one-half cup tomato catsup, one-half cup water, one tablespoon cider or wine vinegar or lemon juice, three dashes Tabasco sauce, four tablespoons butter. Heat to boiling and simmer 10 minutes. Add teaspoon of chili powder if you like. We make this up several batches at a time; keep ready in refrigerator.

Shapely Sheath



9116 SIZES 10-18 by *Marian Martin*

ONE versatile dress, you'll wear the whole year 'round! It's our new PRINTED Pattern, with collar or cool square neckline above that flattering step-in sheath silhouette. Three sleeve versions are smart any season!

Printed Pattern 9116: Misses' Sizes 10, 12, 14, 16, 18. Size 16 requires 3 1/2 yards 35-inch fabric. Printed directions on each pattern part. Easier, faster, accurate.

Send FIFTY CENTS in coins for this pattern — add 3 cents for each pattern for 1st class mailing. Send to Marian Martin, care Medford Mail Tribune, Pattern Dept., 232 West 18th st., New York 11, N. Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

'Dirty Front Man' Operates in Chicago

Chicago — Your business directory isn't complete without this one: Dirty Front Man, 2835 North Lincoln, Chicago.

The Dirty Front Man is a firm engaged in cleaning store fronts.

"When you do business with someone you should give them the idea of what you are trying to do for them," explained William Jennings, co-manager.

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