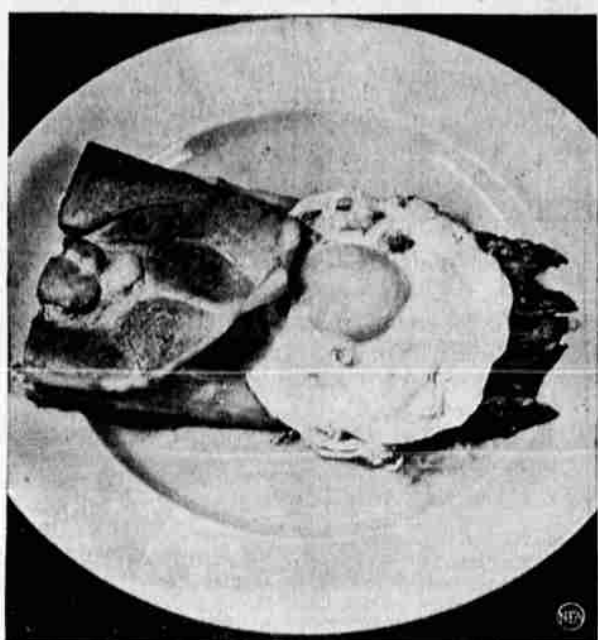


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A well-balanced meal for a hot day—asparagus, melted cheese, fried ham and eggs

Summer Small Meals Carry Big Load of Nourishment

By MRS. GAYNOR MADDOX

The sight of too much food in hot weather can frighten the appetite. Pack vitamins and calories into a meal small in size but with all the food requirements and you will be able to call yourself an expert in summer catering. Try these balanced "small meals."

Asparagus, Ham and Eggs Milanese

Six stalks fresh or canned asparagus hot, grated Parmesan cheese, 1 small piece fried ham, 1 fried egg, lemon juice, salt and pepper, small piece butter.

Place serving of asparagus on dish. Sprinkle with grated cheese. Dot with butter, add a few drops of lemon juice and season to taste and place butter on top. Place in hot oven while egg and ham are frying. Remove from oven and place ham and egg on top and serve at once with buttered toast.

Curried Beans

Three slices bacon, 1 small onion, 1 tart apple, 1 tablespoon curry powder, 1/2 teaspoon salt, 1 can beans.

Chop onion and fry lightly. Chop onion and apple, and fry in the bacon grease. Blend in curry powder and stir well. Then add beans, simmer about 5 minutes. Serve with bowl of green salad.

Salads made of canned fish, celery and tomatoes and hard boiled eggs are always acceptable as "small meals" on torrid days.

MENU

BREAKFAST: Pineapple juice with fresh mint, blueberry muffins, crisp bacon, coffee, milk.

LUNCHEON: Curried beans, lettuce and tomato salad, coconut cup cakes, tea, milk.

DINNER: Asparagus, ham and egg Milanese, buttered toast, cucumber and watercress salad, apple pie with ice cream, coffee, milk.

Whet Outing Taste on Trout Swimming in Melted Butter

By MRS. GAYNOR MADDOX

Catch a trout, then eat it. But in the meantime, do as they do in a camp in the Yosemite, California. Here's their special and very simple way to perfection.

Trout Recipe

Have melted butter hot in frying pan. Squeeze lemon juice into the melted butter. Dip trout lightly in flour, remembering that too much flour on a wet trout makes a paste. Season with salt and pepper. Turn in pan until golden brown. Serve with quartered lemons.

Barbecue Supper for 20 Persons

How about a barbecue supper in the woods, the way they do at Yosemite National park? You don't have to travel to California to have this outdoor eating fun. Just follow these directions.

Twenty 1-inch steaks. Paint steaks with oil and vinegar sauce. Broil on grill over an open oak-wood or charcoal fire. Broil only over coals, not flames.

Salad Bowl

Four heads lettuce, 4 heads romaine, 8 tomatoes peeled and cut into sections, 2 cans artichoke bottoms, French dressing.

Cut lettuce and romaine into small sections. Mix all ingredients and marinate in the French dressing.

Chili Beans

One No. 10 can red kidney beans, 3 pounds ground round steak, 3 bell peppers, 3 onions, two No. 2 1/2 cans tomato puree, chili pepper, salt, butter.

Heat butter in frying pan. Add meat and brown. Add sliced peppers and onions. Brown, then add red kidney beans and puree of tomato. Mix well and season to

Menu

BREAKFAST: Honeydew melon, codfish cakes, coffee, ring warmed, coffee, milk.

DINNER: Fruit cup, roast chicken, giblet gravy, potato souffle, new peas, watercress salad, lettuce, rhubarb pie, coffee, milk.

Yosemite Barbecue Supper: Broiled steaks, salad bowl, chili beans, olives, warm potato chips, crisp bacon, French bread, ice cream, cake, coffee, milk.

Shakespeare never made a continuous journey as long as a round trip from Boston to New York.

OLD SPEAS BRAND
Apple BRANDY
90 Proof
\$1.40
75¢

Lady Beware-- Or You Talk Marriage Off

By RUTH MILLETT

A pair of knitting needles or a crochet hook can mess up a marriage as badly as an unscrupulous blonde.

A year or two of marriage and

the pretty girl "sets" into the clever little woman who is always knitting herself a suit, or crocheting a tablecloth. And as the needles click, the little woman chatters.

It's unbelievable how she chatters. The husband picks up a book and the wife picks up her knitting. The faster she knits the faster she talks the faster she knits.

It's no use. He gives up reading. And tries to talk. To discuss the business of the day. But having his wife divide her attention

between her handiwork and him is so unflattering he gets disgusted.

If he is one kind of man, he soon starts working longer hours than he needs to.

If he's another kind, he finds a girl who can keep her hands and mouth both still and listen when he talks.

If he's another type, he finds himself a hobby, and spends every spare moment at it.

If he is less energetic than any of those, he sits and pretends to listen and says, "Umm—" and "Is

that so?" at regular intervals.

SILENT WIFE IS A JOY

And the little woman goes on knitting, and telling herself what a good manager she is for making such lovely things for her home—things she never could buy.

Well, she would stand a lot better chance of making something real of her marriage if she confined her knitting or crocheting to times when she is alone, or sitting around with several other women—all of whom have

some kind of fancy work in their hands.

The wife who reads, or does something else that won't permit talking, must be a joy for a man to have around. Because all women talk too much. But none so much as the woman who would rather use her hands than her mind.

CHIFFON SUITABLE FOR AFTERNOON

While silk chiffon is primarily

an evening fabric, latest showings

at famous French houses indicate that it is importantly considered by Paris couturiers a formal afternoon fabric as well. Paquin, for instance, combines black chiffon with vertical rows of black Valenciennes in a formal afternoon frock worn over a white slip edged with black silk lace. Printed chiffons, especially the smart new wallpaper prints, are also extensively seen at formal daytime affairs.

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EDWARDS DEPENDABLE COFFEE
TOP QUALITY COFFEE is Guaranteed to Please or Money Back 22¢
1 LB. CAN 22¢
2 LB. CAN 43¢

FOR ICED TEA!
Make it with **Canterbury**
—SAY THOUSANDS WHO LIKE ITS REFRESHING FLAVOR—
Orange Pekoe 1/2-lb. Pkg. 29¢
1-lb. Pkg. 55¢

AIRWAY COFFEE 1-lb. 35¢
MILD, MELLOW, 1-lb. by 15¢
NOB HILL COFFEE 1-lb. 39¢
Rich, Vigorous Blend, 1-lb. by 15¢

Mayonnaise Piedmont..... Full Qt. Jar 29¢
Salad Dressing Duchess..... Full Qt. Jar 25¢
Peanut Butter Real Roast in 2-lb. usable jar..... Jar 25¢

Corn Flakes Albers giant size pkgs. 2 for 15¢
Bran Flakes Kelloggs Reg. size pkgs. 3 for 25¢
Fig Bars Plain or whole wheat..... Lb. 10¢
Marshmallows Fluffiest cello..... Lb. pkg. 10¢
Kerrs Jam Pure strawberry..... 2-lb. Jar 35¢
Cherub Milk Tall tins 5 for 29¢

SALT—Maximum, plain or iodized, 26-oz. pkg. 7¢
CRACKERS—Flaky brand sodas, 2-lb. pkg. 15¢
ROLLED OATS—Albers quick or regular, 9-lb. bag 33¢
CARNATION OATS—Lge., no prem. pkg. Pkg. 19¢
PANCAKE FLOUR—Harvest Blossom 9-lb. bag 49¢
HEINZ CATSUP—14-oz. bottle..... ea. 17¢
ORANGE MARMALADE—Kerr's 22-oz. jars..... ea. 25¢
CASCADE SALAD DRESSING, full qt. jar..... 19¢
SALAD OIL—May Day, for salads and mayonnaise, 1/2-gal. jar..... 19¢

Flour
Kitchen Craft..... 49-lb. bag \$1.39
Harvest Blossom..... 49-lb. bag \$1.09

Brown Derby Beer
12-oz. tins or 11-oz. stubbies 3 for 29¢
Case of 24 \$2.29
Quarts 25¢
1/2 Gallons 49¢

CANNED FOODS

Grapefruit Stokely fancy pack No. 300 tins 3 for 29¢
Peaches Del Monte No. 2 1/2 tins..... 2 for 29¢
Corn Tender sweet golden bantam No. 303 tins 4 for 30¢
Case of 24 tins \$1.00

Peaches Highway halves or sliced No. 2 1/2 tins..... 2 for 25¢
Grapefruit Juice Stokely's No. 800 tins 3 for 25¢
Grapefruit Juice Tex-sun unsweetened 46-oz. tin, Ea. 19¢
Asparagus Raymal cut picnic tins..... 2 for 25¢
Stringless Beans Standard pack No. 2 tins 2 for 25¢
Pork & Beans Van Camp's No. 2 1/2 tins..... 2 for 25¢
B & M Brown Bread Large tins..... 2 for 29¢
Del Monte Peas Early Garden No. 2..... 2 for 29¢
Peas Market brand No. 808 tins..... 3 for 25¢
Spaghetti Sunny Boy in rich tomato sauce, No. 800 tins..... 4 for 25¢
Prune Juice 12-oz. tins 3 for 19¢

SPINACH—Del Monte, No. 2 1/2 tins 2 for 25¢
TOMATO SAUCE—Taste Tell, 8-oz. tins..... 3 for 10¢
TOMATO JUICE—Sunny Dawn, fancy pack, No. 1 tins..... 3 for 25¢
Del Monte, 46-oz. tins..... ea. 19¢
TOMATOES—Standard pack, No. 2 1/2 tins, 3 for 38¢
BABY FOODS—All varieties in stock, 3 cans 25¢
TOMATO SOUP—Van Camp's picnic tins..... 5¢
OYSTERS—Pellaco cove, fancy pack, 5-oz. tins..... 10¢
SHRIMP—Pellaco fancy dry pack, 5-oz. tins 2 for 25¢
TUNA FISH—Del Monte, 1/4 tins..... 2 for 19¢
GRAPEFRUIT—Glenn Aire, fancy pack, No. 2 tins..... 3 for 33¢

White King
Granulated Soap 1-lb. Pkg. 33¢
Bar Soap, Small size..... 8 bars 25¢

Spry Shortening
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Plain or Tinted 4 rolls 19¢

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BLEACHES • DEODORIZES
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"FOR CREAMING USE CARNATION MILK"

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Cantaloupes 2 for 19¢
Extra Large, Jumbo Sizes

Grapes 2 lbs. 15¢
Seedless, Girdled to Give Extra Size

Grapes 2 lbs. 19¢
Red Malaga, Large and Sweet

Tomatoes basket 23¢
Delicious, Rippe Red

Apricots lug 39¢, 49¢, 59¢
Probably the Last Chance to Secure Your Canning Fruit at These Low Prices

Oranges 2 doz. 35¢
Medium Sized Sunkist, Fine for Slicing

Bunch Vegetables 2 for 5¢
Carrots, Beets, Radishes, Green Onions

CHOICE MEATS

"FOR SAUCES AND GRAVIES USE CARNATION MILK"

Prices Effective Saturday Only, July 22nd

Sirloin Steak Lb. 25¢
Short Ribs Lb. 12 1/2¢
Ground Beef
Sausage Country Style 2 lbs. 25¢
Sliced Bacon Lb. 29¢
Pure Lard 3 lbs. 25¢
Bring Your Container 10 lbs. 70¢
Bacon Morrell's Lb. 22 1/2¢
Hams Lb. 25¢
Fryers, Hens Lb. 22 1/2¢

Veal Steak,
Pork Steak Lb. 19¢
Beef Roasts Lb. 15¢

Summer days call for these delicious luncheon meats..... 25¢

- Veal Loaf
- Pickle and Pimento
- Macaroni and Cheese
- Head Cheese
- Olive Loaf
- Cooked Salami
- Spiced Lunch Meat