

Cheap Menus Can Be High In Food Value

By MRS. GAYNOR MADDOX

Low cost menus can be a high adventure. Study your markets for best buys, search cook books and take an inquisitive glance at the menu good cooks in the neighborhood serve.

These special menus are very low in cost although well balanced and interesting: (1) Pan-broiled chopped beef, mashed potatoes, buttered beets, bread and butter, tapioca cream. (2) Veal fricassee with onions, boiled potatoes, cole slaw, bread and butter, chocolate loaf cake. (3) Steamed fish fillets, fried potatoes, chopped spinach, bread and butter, steamed rice pudding.

Broiled short ribs are always successful in the low cost menu.

Menu

BREAKFAST: Sliced bananas, dry whole wheat cereal, cinnamon buns, coffee, milk.
LUNCHEON: Macaroni and cheese, cole slaw, baked apples, tea, milk.
DINNER: Celery, broiled short ribs of beef with vegetables, rolls, sliced tomatoes, fruit jelly, coffee, milk.

Broiled Short Ribs of Beef With Vegetables

Two to 3 pounds short ribs of beef, 2 teaspoons salt, 1-2 teaspoon pepper, 12 small onions, 4 potatoes, 4 carrots, 1-2 cup water. Wipe beef with damp cloth. Brown on all sides in a heavy pot. Cover and cook over a very low flame 1 to 1½ hours. Add salt, pepper, vegetables and water. Continue slow cooking for about 45 minutes or until vegetables are tender. Gravy may be thickened if desired.

Dried Beef Shortcake

(Serves 4 to 6)
Four tablespoons butter, 4 tablespoons flour, 2 cups milk or 1 cup evaporated milk and 1 cup water, 1 pound dried beef, shredded, salt, if needed, and pepper, baking powder biscuit dough. Roll and cut dough into large biscuits, place on a cookie sheet and bake 12 to 15 minutes in a very hot oven (450 degrees F.). Melt butter, add flour, and stir until mixture bubbles. Add milk gradually and cook, stirring constantly, until the sauce thickens. Add the dried beef, mix, and season to taste. Split biscuit, fill and top with creamed mixture.

What's a War Between Friends?

By OLIVE ROBERTS BARTON

The Boy's Club of Centerville is having its first meeting of the season. It is Saturday. The place is the Smith's two-car garage, half of which never is occupied, and now contains boxes on which the members sit.

Jack Smith is president. Jack Smith: Well, kids, here we are. What are we going to do about it?

Tony: About what?
Smith: Why, this doggone old war, of course. Look at us. We're all different. Are we going to bust up or stay friends?

Tony: We're pals, ain't we? The war's all baloney anyway. It's not our war, is it? What are ya talking about?

Smith: Hold on there. You're talking through your hat. I happen to know that Hermy and Bill had a fight on Thursday night about something in the papers. Look at Hermy's nose. And Bill's got his hand bandaged. And look at Buck and Ivan this minute glaring at each other. This can't be a club any longer. My dad says so. He said people hate each other just because it's in the air.

Walter: All right, we do. But what about the dogs we promised to rescue and horses we promised to report when we saw them starved. They gotta suffer, too?

Ferd: I saw a man kick a mother hound when she had six puppies. Broke her ribs, he did.

Smith: Where is she?

And So the Dogs Joined the Club
Ferd: I went over last night and swiped the lot of them. They're in my cellar, but my mother won't let me keep them.

Smith, sternly: Why you darn fool, you know very well this club will take care of them. My mother said we could use this garage for anything we wanted. Let's put it to vote. All in favor of getting those dogs and bringing them here



Friskies! First choice with Western dog owners. Proved by years of testing! Nothing else need be fed with this complete dog food. Experiments prove it costs less per day to feed!

'Fresh-Faced Look' Appeals To Everyone--Cultivate It

By ALICIA HART

NEA Service Staff Writer

The fresh-faced look—cheeks that shine like polished apples, eyes shining through a natural-looking fringe of lashes, a wholesome splash of freckles on the nose, and hair that falls in naturally soft waves—has unfailing appeal.

If you are sacrificing the fresh-faced look for quantities of make-up and a coiffure as forbidding as a marble statue, you ought to ask yourself now and then whether the sacrifice really is all to the

good. It might be a good idea to let your hair fall naturally around your face, put on a minimum of make-up and then see what you think of yourself.

Consider, for example, Mary Martin, the Weatherford, Texas girl, who was the toast of the theatre last winter and now is successful in radio and motion pictures. Miss Martin certainly owes much of her success to the fresh-faced look.

According to the little actress' own confession, it has taken courage to resist the temptation which

besets every rising star, to let experts redesign her face and do a coiffure that represents a masterpiece of the hairdressing art. But Miss Martin has stuck to her guns. She's as fresh-faced as she was when she arrived in New York more than a year ago.

Ease Up on the Makeup.
"I think it's a mistake for any woman to let anyone sell her the idea of makeup that seals the face in mask-like fashion. I believe in foundation preparations of course, but I think they should be thin and porous, not tightening and heavy."

"Don't try to draw on new lips with a lipstick. The work should be done by an expert, if done at all, and even then only for evening. The difference between lip tissue and skin, when you go over

the boundaries of your mouth, is too obvious to deceive any eye. Follow your natural lip line, and keep the color smooth and clear."

Miss Martin continues:
"Use mascara and eyeshadow sparingly. Unless your lashes and brows are just plain mousey, you really don't need eye makeup for daytime. If you want a rosy-cheeked effect, don't powder your cheeks at all. Let them shine."

HONGKONG, Oct. 6 (AP)—The Japanese army's first major offensive in nearly a year appeared to have resulted in a definite Japanese setback with heavy losses. Chinese reports declared, without Japanese denial, that the columns which had been driving on Changsha, capital of Hunan province, had been thrown back.

KLAMATH GIVEN STUDENT HONORS

UNIVERSITY OF OREGON

EUGENE, Oct. 6 — Aida Brun, Robert Chilcote and Eleanor Collier, all of Klamath Falls, were among 93 University of Oregon students who entered their junior college year with honors privileges.

Junior certificates with honors privileges are received by students who have completed two years' course of study with grade averages of at least 2.75 and entitle them to work for graduation hon-

ors in their respective fields. Grade point averages are computed on the basis of 4 points for an A, 3 for a B and 2 points for a C. Miss Brun is the daughter of Mr. and Mrs. Valentine Brun. She is a graduate of Klamath Union high school and is majoring in arts and letters at the university. Miss Collier is the daughter of Mr. and Mrs. Alfred D. Collier. She is a graduate of Klamath Union high school and is majoring in music at the University. She is affiliated with Pi Beta Phi sorority.

Chilcote is the son of Mr. and Mrs. E. M. Chilcote. He is a graduate of Klamath Union high school and is majoring in business administration at the university. He is affiliated with Alpha Tau Omega fraternity.



DEL MONTE FINEST FOODS

Del Monte Catsup	14-oz. bottles	2 for 29c
Del Monte Apricots	Whole unpeeled No. 2 1/2 tins	2 for 35c
Del Monte Fruit Salad	No. 1 Tall Tins	2 for 29c
Del Monte Fruit Cocktail	No. 1 Tins	2 for 25c
Del Monte Grapefruit	No. 300 tins	3 for 29c
Del Monte Grapefruit Jr.	No. 2 Tins	3 for 29c
Del Monte Grapefruit Jr.	46-oz. tins	Ea. 23c
Del Monte Peaches	No. 2 1/2 tins, halves or sliced	2 for 35c
Del Monte Pineapple Juice	No. 2 tins	3 for 35c
Del Monte Pineapple Juice	46-oz. tins	Ea. 29c
Del Monte Pineapple	No. 1 Flat Tins	2 for 19c
Del Monte Pineapple	Whole slices No. 2 1/2 tins	2 for 39c
Del Monte Pineapple Tidbits	8-oz. tins	2 for 15c

DEL MONTE VEGETABLES

Del Monte Asparagus	Early Garden No. 2 tins	Ea. 19c
Del Monte Stringless Beans	Whole No. 2 tins	2 for 25c
Del Monte Corn	Golden Bantam cream style No. 303 Tins	3 for 29c
Del Monte Sauerkraut	No. 2 1/2 tins	2 for 25c
Del Monte Peas	Early Garden No. 303 tins	2 for 27c
Del Monte Spinach	No. 2 1/2 tins	2 for 29c
Del Monte New Potatoes	No. 2 tins	2 for 19c
Del Monte Tomato Sauce	8-oz. tins	4 for 19c
Del Monte Tomato Juice	12-oz. tins	3 for 19c
Del Monte Tomato Juice	46-oz. tins	Ea. 19c
Del Monte Tomatoes	No. 2 1/2 tins	2 for 29c
Del Monte Salmon	Tall Tins	Ea. 23c
Del Monte Tuna Fish	1/4 tins	2 for 19c
Del Monte Raisins	Seeded 15-oz. pkg.	2 for 19c
Del Monte Raisins	Seedless 15-oz. pkg.	2 for 17c



Harvest Blossom	49 Lb. bag	\$1.39
Air Light	49 Lb. bag	\$1.19

Sugar	Brown or powdered, 3-lb. cello bag	Ea. 25c
Snowflake Sodas	2-Lb. Pkg.	29c
Shortening	Swift's Pearl 4 Lb. pkg.	45c
Shred. Wheat	National Biscuit Co. Large Pkg.	Ea. 10c

DOG FOOD	Victory, tall tins	4 for 19c
MATCHES	Highway Sure Strike	Ctn. 15c
SALAD DRESSING	Duchess	Qt. Jar 25c
SANDWICH SPREAD	Lunch Box	Qt. Jar 37c
SALAD OIL	May Day Pure Vegetable	1/2-Gal. Jar 59c
WALNUTS	Oregon Med. Franquettes	Lb. 19c
MARSHMALLOWS	Fresh as the dawn	Lb. Cello 10c
OLEOMARGARINE	Robin Hood	2 lbs. 25c
SUPERB	Granulated Soap	Lge. Pkg. 20c
CHERUB MILK	Tall Tins	6 for 39c
GRAPEFRUIT	Glenn Air fancy No. 2 tins	3 for 33c
PEETS GRAN. SOAP	Large Pkg.	29c

Pork & Beans

Van Camps No. 2 1/2 tins

2 for 29c

Peas

Stokely's Honey Pod No. 2 tins

2 for 25c

Comfort Toilet Tissue
4 rolls 19c

Zee Tissue
Plain or tinted
4 rolls 19c

Rinso
Giant size pkg.
Ea. 55c

Del Monte No. 10 Tins

Peaches, halves or sliced	tin	59c
PINEAPPLE, crushed, tin		69c
PINEAPPLE, sliced, tin		79c
CORN, cream style		
golden bantam	tin	69c
PEAS, Early Garden	tin	69c
SPINACH	tin	53c
TOMATO JUICE	tin	29c

Fresh Fruits & Vegetables

PRODUCE ITEMS for Saturday, October 9 Only

Apples	Box	98c
Jonathan combination fancy and extra fancy		
Squash	100 Lbs. \$1.89	Lb. 2 1/2c
Banana, Hubbard and Marbledhead		
Local Lettuce	2 for	15c
Extra fancy Oregon grown crisp heads		
Local Spinach	2 lbs.	13c
Large, tender green leaves, Oregon grown		
Grapefruit	Doz.	25c
Medium sizes		
Utah Celery	Ea.	10c
Flavorful, crisp stalks		
Oranges	3 Doz.	29c
Extra sweet, medium size Valencia		
Potatoes	25 Lb. Bag	39c
U. S. No. 1 Klamath Gems		
Potatoes	25 Lb. Bag	29c
U. S. No. 2 Klamath Gems		

Safeway Guaranteed MEAT

Prices Effective Saturday, October 9th Only

Roasts	18c
Cut from Junior Livestock baby beef Lb.	
Steaks	29c
Sirloin of Rib, cut from fancy show beef, juicy and tender Lb.	
Bacon	25c
Breakfast bacon for frying or tasty seasoning, by the piece Lb.	
Oysters	25c
Delicious for stews, or for frying Pt.	
Fryers	25c
Broil these plump, tender birds for a tasty Sunday Dinner Lb.	
Veal Roasts	15c
Pork Roasts	15c
Pork Steak	19c
Veal Steak	19c

Prices Effective Dorris, Chiloquin, Merrill, Tulelake and Klamath Falls, Saturday, Sunday, Monday, October 7, 8, 9.

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