

Stumped for a Different Dinner Menu? Take Heart

By MRS. GAYNOR MADDOX
For dinner tonight — what? That is an ever returning problem to most women. Making menus is a daily stint. Here's one part of the answer:
Chicken noodle soup, sauteed beef heart, mashed potatoes, buttered spinach, hearts of lettuce, Russian dressing, apricot rice fluff, coffee and milk.
That suggestion comes from "The Day By Day Cook Book," the

flour, 1 teaspoon salt, few grains pepper, 3 tablespoons fat or salad oil.
Soak heart in cold water (1 teaspoon salt to 1 quart cold water) for 1 hour. Drain. Simmer 30 minutes, or until tender. Slice. Mix flour, salt and pepper. Dredge slices in flour mixture. Sauté in fat or salad oil until brown on both sides, about 15 minutes. Serve immediately. (Lamb or pork hearts may be used.)

Menu
BREAKFAST: Grapefruit halves, half bran muffins, crisp bacon, jam, coffee, milk.
LUNCHEON: Clear beef broth, fruit salad, cream cheese sandwiches, tea, milk.
DINNER: Pineapple juice, liver, bacon, creamed potatoes, grilled tomatoes, mixed green salad, orange layer cake, coffee, milk.

Apricot Rice Fluff
One and one-half cups dried apricots, 1 cup sugar, 1 cup heavy cream, 2 tablespoons powdered sugar, 1 1/2 cups cooked rice, 1/4 teaspoon cinnamon, 1/4 teaspoon lemon extract.
Wash apricots. Boil in just enough water to cover for 35 minutes. Water should be evaporated (if it is not, drain). Add 1/2 cup sugar and continue cooking for 5 minutes, stirring constantly. Remove from heat. Beat to pulp. Cool. Whip cream; add powdered sugar, rice, cinnamon and lemon extract; mix thoroughly. Fold in apricot pulp. Chill 2 to 3 hours. Serve in sherbet glasses.

newest guide to menus and recipes. Each recipe here makes 6. Now let's start cooking.
Sauteed Beef Heart
Two pounds beef heart, 4 cup



Lamb chops garnished with sliced pineapple and ripe olives, served with canned peas and canned corn fit into the current food picture. We have large surpluses of canned fruits and vegetables and the price increases should remain comparatively small.

Family Tease Can Be Cured If Hidden Cause Discovered

By OLIVE ROBERTS BARTON
If we have a tease in the family, should we:
A. Laugh when he makes fun of other children?
B. Make fun of him to pay him back?
C. Try to find out what makes him such a nuisance?
D. Tell the others that they are babies for paying any attention?
Answer "C" is right. There is always a cause for the chronic tease. Teasing is a form of polite bullying, and bullying is a defense. The child who feels neglected or inferior may take up teasing to hide his own feeling of worthlessness and to attract attention.
We are well aware now that children trying to attract attention do so in the most barbarous manner at times. They are not too particular about the kind of attention paid them, as long as they are in the limelight and the center of things. It makes up to them for the feeling that they are not important.
However, there are teases who have an innate cruelty that enjoys

the suffering of others. But such cases of actual viciousness are not too common.
Jealousy causes teasing; and thus we have the older child pestering the baby. The baby cries, mother gets impatient and speaks her mind. This is exactly what the teaser wants. If he is scolded or punished, he wants that, too. Rather than have her spend another envious moment on the baby, he will do much to be the center of her attention, even though it means the business end of a hairbrush.
Don't Encourage the Tease
Never encourage any child in mean pranks by laughing at him, admiring his rascality or repeating it. The child who makes his playmate wretched and then comes home and brags, is a dreadful creature. I should just spoil his little line by cold silence. All teasers, young and old, dearly love an audience.
The whole truth is that there is usually a hidden reason. Find out this reason. Watch Junior, watch the children he selects for pestering; when and where he acts up.

Of the 75,000,000 horses in the world, America has 11,500,000. Four tons is the average weight of an elephant.

RAINIER FOR GOOD CHEER!

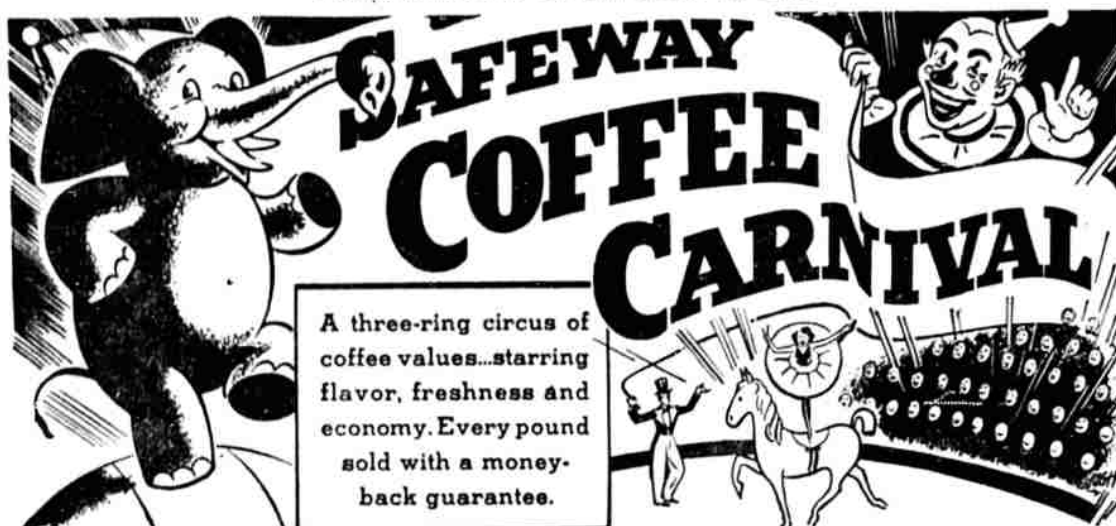
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FLAVOR AND TOPS
IN GOOD CHEER...
NO WONDER
MORE PEOPLE
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A three-ring circus of coffee values...starring flavor, freshness and economy. Every pound sold with a money-back guarantee.

Airway	
Pound	13c
3 pounds	37c
10 pounds	\$1.23
50 pounds	\$5.98

Nob Hill	
Pound	20c
2 pounds	39c
10 pounds	\$1.85
50 pounds	\$9.10

Edwards	
Pound	23c
2-lb. tin	43c
4-lb. tin	85c
20 lb. tin	\$3.98

Swansdown	CAKE FLOUR	Reg. Size Pkg.	Ea. 23c
Rolled Oats	Alber's Quick or Regular	9 Lb. Bag	39c
Corn Meal	Alber's White or Yellow	9 Lb. Bag	25c
Flapjack Flour	Alber's Large Size Pkg.	Ea.	19c
Salmon	Celilo Fall Run Columbia River Chinook No. 1 Tins	2 for	25c

Lipton's Tea
Orange Pekoe

1/4 Lb. Package **39c**

Kellogg's

America's Favorite
CORN FLAKES 8-oz. Pkg. **6c**
Contains Vitamins 'B' & 'D' **11c**
PEP Snap! Crack! Pop! **11c**
RICE KRISPIES **11c**

Homemade bread you've proud of every time...with this Home-Type Flour




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For All Your Baking

49-lb. bag **\$1.59**

Harvest	49 Lb. Bag	\$1.39
Blossom	49 Lb. Bag	\$1.19
Airlight	49 Lb. Bag	\$1.19

RAISINS	Thompson Seedless	4 Lb. Bag	25c
CATSUP	Ruby 12-oz. Bottles	3 For	25c

Fresh Cider	Bring Your Own Container	Gal.	19c
Del Monte Raisins	Seeded or Seedless, 15-oz. packages	2 for	17c
Walnuts	Oregon Medium Franquettes	Lb.	19c
Rolled Oats	Carnation Large, No Premium Package	Pkg.	19c
Stringless Beans	No. 2 Tins, Standard Pack	3 for	25c
Corn	Cream Style Golden Bantam, No. 303 Tins	3 for	25c
Lindy Peas	Selected Quality, No. 303 Tins	3 for	25c
Sweet Potatoes	Libby's No. 2 1/4 Tins	2 for	29c
Tomato Sauce	Taste Tells, 8-oz. Tins	3 for	10c
Tomatoes	Josephine Choice Pack, No. 2 1/4 Tins	3 for	29c
Stokely's Baby Food	All Varieties	3 Cans	23c
Fig Bars	White or Wholewheat	2 Lbs.	19c
Soda Crackers	Flaky Brand	2 Lb. Pkg.	19c
Graham Crackers	Flaky Brand	2 Lb. Pkg.	23c
Dog Food	Victory, Tall Tins	4 for	19c
Canterbury Tea	Orange Pekoe	1/4 Lb. Pkg.	29c
Sleepy Hollow Syrup	Pure Cane and Maple	5 Lb. Tin	69c
Duchess Salad Dressing		Qt. Jar	25c
Brown Derby Beer	12-oz. Tins or 11-oz. Steins	3 for	29c
Tomato Juice	Sunny Dawn, No. 1 Tins	3 for	25c
Grapefruit Juice	Town House Fancy Pack, No. 2 Tins	3 for	25c
Jell Well	Pure Fruit Flavors	3 Pkgs.	14c
Hershey Bars	Plain or Nut	3 for	10c
Crisco	The Pure Vegetable Shortening	6 Lb. Tin	97c

Fresh
FROM ORCHARD
AND
GARDEN

Avacados Medium sizes	Each	5c
Cocoanuts Large Sizes		9c
Small Sizes		5c
Bananas Golden Ripe Fruit	Lb.	5c
Apples	Box 98c Box	\$1.19
Priced according to sizes and quality.		
Jonathans—new, crisp		\$1.39
Grapefruit California Med. Sizes	Doz.	29c
Squash Marblehead, Banana, Hubbard	Lb.	2 1/2c
Oranges Medium size fruit. Extra sweet and juicy.	2 Doz.	25c
Grapes Seedless, extra sweet and delicious	3 lbs.	10c

ONIONS Sweet Spanish Variety	50-lb. bag	69c
	10-lb. bag	25c
	5-lb. bag	15c

Potatoes	U.S. No. 1, 50-lb. bag	69c
	U.S. No. 1, 25-lb. bag	39c
	U.S. No. 2, 50-lb. bag	39c
	U.S. No. 2, 25-lb. bag	29c

Bunch Vegetables	Carrots, Turnips, Beets, Radishes, Green Onions	4 Bunches	10c
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I'LL MEET YOU
AT THE SAFEWAY
MEAT MARKET



YOUR SAFEWAY MARKET

Bacon Medium Weight By the piece	Lb.	22 1/2c
Bacon For Seasoning	Lb.	11 1/2c
Oysters Medium size Pacific Coast. For frying or stewing.	Pint	25c
Hens Medium sized birds for stewing or fricasseeing.	Lb.	17 1/2c
Lard Fresh rendered.	2 lbs.	25c

Hams sugar cured. Medium sized hams. Half or whole.	Pound	25c
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Pork or Veal	Roasts	Pound	15 1/2c
	Steaks	Pound	19c

<p>White King Granulated Soap, giant sizepkg. 49c White King Toilet Soap 3 bars 19c White King Bar Soap10 bars 29c</p>	<p>Scotch Granulated Soap Large Pkg. 29c</p>	<p>P&G Soap The Famous White Naptha 10 bars 29c</p>
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