

Ham Is Versatile and Thrifty Meat for Any Meal

By MRS. GAYNOR MADDOX

A whole or half ham offers many delicious economy uses. For one major cooking you get materials for several other meals. Its flavor is decided enough to give character to dishes made of left-overs. It can be served cold, sliced, with hot vegetables.

If you use regular cured ham, it must be boiled first. Scrub ham and cover with boiling water. Add 1 cup brown sugar, a few whole cloves, a raw apple. Simmer gently for about 20 minutes per pound for small hams and 25 minutes for large hams. Cool in the stock it was cooked in. Remove outer skin. It can be served cold sliced this way, or else baked.

Ham Mousse

(Serves 4 to 6)
Two cups cold cooked ham, 1 tablespoon gelatin, 2 tablespoons cold water, 1 cup bouillon or stock from cooked vegetables, 1 teaspoon prepared mustard, 1 teaspoon paprika, few grains cayenne pepper, 1 cup cream or evaporated milk.

Put ham through food chopper using fine knife. Soften gelatin in cold water, then dissolve in boiling water. Add to ham. Season with mustard, paprika and cayenne. Stand until cold, then fold in cream which has been whipped until stiff. Turn into mold and chill.

Sandwiches are not just something extra. They must be regarded as an integral part of your budgeted menus. Every sandwich must earn its keep in nutrients supplied to the family. For our left-over cooked ham economy, try this sandwich recipe.

Fried Ham Sandwiches

One and one-half cups ground cooked ham, 1 tablespoon tarragon vinegar, 3 1/2 tablespoons prepared mustard, 2 tablespoons horseradish, 1 teaspoon salt, pinch black pepper, 1 cup prepared salad dressing.

Season ham with vinegar, mustard, horseradish and salt and pepper to taste. Moisten with salad dressing. Slice bread 1/2 inch thick. Spread lightly with butter. Spread the ham mixture on slices. Put slices together to make sandwiches. Fry in butter until delicately brown. Serve with green salad.

MENU

BREAKFAST: Sliced peaches, cornflakes, whole milk buttered toast, coffee, milk.

LUNCHEON: Fried ham sandwiches, green salad bowl, chocolate gingerbread, tea, milk.
DINNER: Salmon soufflé with cream sauce, steamed brown rice, green peas, lettuce and tomato salad, lattice apple pie, coffee, milk.

der in boiling salted water. Do not drain, but let the rice absorb the water to form a sticky mass which will act as a binder for the loaf. Grind or chop left-over cooked liver very fine. Slice onion, chop parsley and celery and saute a few minutes in bacon drippings. Mix the rice, liver, vegetables and seasoning. If desired, add canned tomatoes, catsup or chili sauce. Bake the mixture in a greased shallow pan in a moderately hot oven (375 deg. F. to 400 deg. F.) for 45 minutes or an hour.

Left-over cooked oatmeal or mashed potatoes may be used instead of the rice.

MENU

BREAKFAST: Baked apple, dry cereal, blueberry muffins, coffee, milk.

LUNCHEON: Liver and rice loaf, sliced tomatoes, date cookies, tea, milk.
DINNER: Tamale pie, grapefruit and lettuce salad, stewed fresh plums, chocolate layer cake, coffee, milk.

RAILROAD NEWS

C. J. Van Duker, secretary at the Klamath Falls Southern Pacific offices, has been transferred to the district office at Fresno, Calif. It was announced Thursday. He expects to leave for his new position within the next two days.

Van Duker, who is also secretary of the S. P. club, and Mrs. Van Duker were presented a farewell bouquet of flowers Wednesday night at a dance sponsored by the club.

He will take over the position of rate clerk at the Fresno offices.

The dance, held at the Legion hall, was attended by a large number of club members and their guests. Music was furnished by the Oregon Hillbillies. Frank Peyton, club president, was in charge.

Tamale Pie Will Provide New and Tasty Food Treat

By MRS. GAYNOR MADDOX

Low cost meals make only half the national economy story. Left-overs from cooked low cost meats make double economy dishes—good ones, with welcome taste and abundant nutrition. "Meat Dishes at Low Cost" is another helpful booklet which you can get for five cents by writing to the Superintendent of Documents, Washington D. C., asking for Miscellaneous Publication No. 216. It contains valuable domestic defense information for the modern woman who knows that food thrift is a form of food abundance.

Meat Turnovers

Season chopped cooked (left-over) meat with onion and celery or parsley, moisten slightly with gravy, or broth or tomatoes, or chili sauce, and add salt and pepper to taste. Make a rich dough, using a biscuit recipe, with extra shortening. Roll the dough out in rounds, on each round place some of the seasoned meat filling, and fold the edges of the dough together to make turnovers. Bake in hot oven (about 425 deg. F.) until brown.

Tamale Pie

(Serves 4 to 6)
Two cups cornmeal, 4 cups water, salt to taste, 1 onion, 1 green or chili pepper, 3 tablespoons fat, 1 No. 2 can tomatoes, 1 pint chopped cooked (left-over) meat, salt, pepper and chili powder.

Make mush by cooking cornmeal and water together with salt in double boiler for 45 minutes. Chop onion and pepper and saute in butter. Add tomatoes and chopped cooked meat.

Season with salt, pepper and chili powder. Place a layer of mush in a greased baking dish, add the meat mixture and cover with the remaining mush. Bake in a moderately hot oven (375 deg. F.) until brown.

Liver and Rice Loaf

(Serves 4 to 6)
One cup rice, 1 quart water, 1 pound left-over cooked liver, 1 onion, 5 sprigs parsley, 3 or 4 stalks celery.

Wash rice and cook until tender.

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BUSIE SAYS:
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Coconut Macaroons
1/2 cup Borden's Eagle Brand Sweetened Condensed Milk
3 cups (1 1/2 lb.) shredded coconut
1 teaspoon vanilla (optional)

So simple a ten-year-old child can make them! Just mix Eagle Brand Sweetened Condensed Milk and coconut. Add vanilla, if desired. Drop by spoonfuls on greased baking sheet, about 1 inch apart. Bake in moderate oven (350° F.) 10 minutes, or until a delicate brown. Remove from pan at once. Makes about 30 delicious macaroons.

NEW!
Half-price can equals 1/2 cup. Magic Recipe Leaflet on both large and small cans.
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Safeway Meat Items for Saturday Only, Nov. 30



BEEF

SWISS STEAK	25c
Lb.	25c
SIRLOIN STEAK	25c
Lb.	25c
GROUND ROUND STEAK	25c
Lb.	25c

Picnics

4 to 8-lb. average. Delicious baked or boiled.

Lb. 15c

BRING US YOUR PROCTER & GAMBLE COUPONS

IVORY SOAP

2 Medium and 1 Large Bar—your Coupon and 10c.

OXYDOL

Large Pkg. and 2 Giant P. & G. Soap—Your Coupon and 15c.
Giant Pkg. and 2 Giant P. & G. Soap—Your Coupon and 35c.

CAMAY

3 Bars—your Coupon and 12c.

CRISCO

3-lb. Can—your Coupon and 35c.
1-lb. Can—your Coupon and 9c.

Prices Are Effective Friday Thru Monday

Del Monte Foods

Grapefruit, No. 2 tins	11c
Grapefruit Juice, No. 2 tins	3 for 25c
Pumpkin, No. 2 1/2 tins	2 for 19c
Sardines, Tomato, Oval tins	3 for 25c
Pineapple Juice, No. 2 tins	9c
Peas, No. 2 cans, Early Garden	2 for 27c
Corn, Cream style, No. 303 cans	3 for 25c
Sauerkraut, No. 2 1/2 cans	10c
Apricots, Whole unpeeled, No. 2 1/2's	2 for 25c

Salt, Morton's regular packages	2 for 17c
Pears, Our Choice, No. 2 1/2 cans	2 for 29c
Peaches, Stokely's Halves, No. 2 1/2 cans	2 - 29c
Fruit Mix, Radiant fruit cake mix, lb. pkg.	33c
Syrup, Sleepy Hollow	26-oz. can 29c
Honey, Stewart's	5-lb. can 35c
Paper Napkins, Zee, 80 to pkg.	2 pkgs. 15c
Baking Powder, Calumet	1-lb. can 17c

Jell-Well, Assorted flavors	3 pkgs. 10c
Oats, H-O Quick	Lg. Pkg. 29c
Wheaties	Pkg. 11c
Chocolates, Dorothy Duncan	1 1/4-lb. can 75c
	3-lb. can \$1.15
Holiday	5-lb. box 98c
Ritz Crackers	Pkg. 21c
Dog Food, Pard, tall cans	3 for 25c

Ivory Soap

Large Bars Each 9c
Medium Bars Each 5c

Guest Ivory

4 bars 15c



Palmolive Soap

3 bars 15c

Tea

Lipton's Orange Pekoe 1/4-lb. pkg. 39c

Zee Tissue

Family pack of 4 rolls Each 15c

Comfort Tissue

Family pack of 4 rolls Each 23c

Su-Purb

Granulated Soap 24-oz. pkg. 15c
50-oz. pkg. 29c

Royal Satin Shortening

3-Lb. Can 39c

Coffee

Airway 1-lb. 12c
3-lbs. 35c

Nob Hill

2 lbs. 33c Lb. 17c

EDWARDS COFFEE

2-lb. can 39c 1-lb. Can 20c

PALACE MARKET

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MEAT SPECIALS SATURDAY ONLY Fresh Fruits and Veg.

Steer Rump Roast . . lb. 20c	Firm golden ripe, green tip Bananas . . . 4 lbs. 19c
Steer Pot Roast . . lb. 17-19c	Large 200 Size Oranges . . . 2 doz. 29c
Shoulder Veal Roast . . . lb. 18c	U. S. No. 1 Potatoes . . . 10 lbs. 19c
Shoulder Pork Roast . . . lb. 15c	Parsnips . . . 4 lbs. 19c
Half or Whole Bacon lb. 12 1/2c	Grapefruit . . . 3 for 10c
Shortening . . . 4 lbs. 33c	Turnips-Beets, 4 bu. 10c

SPECIALS FOR SATURDAY AND MONDAY

Trupak Whole Clams 2 Cans 35c	Superb Quality Refined In America 10 Lbs. 59c	MCP Orange Juice 12-oz. Cans 23c
Clapp's Strained Baby Food 3 Cans 25c	Trupak Fancy Wet Pack Shrimp 2 Cans 33c	Pard Dog Food 3 Cans 25c
Kingan's Canned Chopped 2 cans 25c	Snowflake or Sunshine Soda Crackers 2 Lb. Box 29c	
Lunch Meats 12-oz. Can 27c		
Camay Soap 3 Bars 20c		

Safeway Produce for Saturday November 30th

BANANAS

Golden fruit ripened to perfection. For the winter salad, desserts, or delicious served sliced with thick, sweet cream. Buy plenty of this nutritious fruit at only

3 Lbs. 10c