

Fish Menus for Lent Will Guarantee Protein Supply



Lemon and watercress with broiled fillet of flounder.

No country in the world has greater supplies of fish and sea food than the United States. That means our national supply of low cost protein is practically inexhaustible. As any nutritionist will tell you, the flesh of fish provides excellent protein values and can be used in place of meat in the family menu.

With the beginning of Lent come six weeks when there will be many meatless meals in American households. Eggs, dried beans and cheese are also good sources of meatless protein and will appear more frequently on American tables from now until Easter.

But the woman who seeks low-cost food with high-grade nutrition should use Lent as an educational period for her family, in which she teaches them to enjoy and welcome a wide variety of fish in the daily menus.

Fish can be bought either fresh, canned, dried, frozen, or quick-frozen, so there is no town or village anywhere in this country denied this excellent, inexpensive protein. However, too often fish has become a habit or a once-a-week necessity. Now is the time to learn how to cook fish into delicate, interesting and welcome specialties for the family. Study cook books, read your newspapers for reports on fish supplies and ways to prepare each day's catch, and send to the Bureau of Fisheries for booklets on fish cookery.

How can you cook fish without smelling up the house? Is quick-frozen fish and sea food a luxury item? What can you do with canned fish that is different? Are there really good recipes for dried fish? These questions are important. You will find practical answers and recipes in this column during the coming weeks.

Here are two recipes to start you out on your new experiences with fish for low-cost proteins and interesting recipes:

40-Fathom Fry
Use fresh cleaned or quick-frozen fillet of flounder (frozen or thawed). Separate fillets and roll in seasoned flour. Fry in small amount of cooking oil in

heavy iron skillet 8 to 10 minutes, turning to brown both sides.

Broiled Fillet of Flounder
Use fresh cleaned or quick-frozen fillet of flounder, frozen

MENU

BREAKFAST: Orange juice, codfish cakes, whole-wheat toast, coffee, milk.
LUNCHEON: Cream of dried lima soup, croutons, mixed vegetable salad, muffins, jam, tea, milk.
DINNER: Cranberry juice cocktail, 40-fathom fish fry, baby lima beans, scalloped potatoes, mixed green salad, stewed fruit shortcake, coffee, tea, or milk.

or thawed). Separate fillets, spread with softened butter, and sprinkle with salt, pepper, and paprika. Place on well-greased broiler and broil 12 to 18 minutes, turning to brown both sides.

PREPAREDNESS

STAMFORD, Conn., (AP)—On trial on charges of intoxication and breach of peace, Walter Meier, a hospital orderly, said the nazis would be in the United States in 30 days and nazi leaders would command here.

Judge Frank Jamrozky sentenced him to 40 days in jail—so he'd miss the reception.

KLAMATH '41 TAX SHOWS REDUCTION

SALEM, Feb. 28 (AP)—Oregon's 1941 property tax bill will total \$41,845,293, a reduction of \$945,811 from the 1940 total, the state tax commission said Thursday.

Part of the reduction is due to elimination of the \$301,204 state tax levy. In 1941, there will be no property tax for state purposes.

The 13 counties having increased total levies are Clatsop, Columbia, Crook, Harney, Jefferson, Lake, Lincoln, Malheur, Marion, Union, Wallowa, Wasco and Wheeler. The other 23 counties have reduced levies.

The 1941 and 1940 levies for counties include:

Baker \$701,996 and \$706,808; Benton \$468,459 and \$507,761; Douglas \$793,796 and \$827,903; Jackson \$1,341,205 and \$1,372,635; Josephine \$535,553 and \$536,133; Klamath \$1,784,366 and \$1,854,798; Lane \$1,675,617 and \$1,734,186; Marion \$1,820,732 and \$1,787,058; Multnomah \$1,738,535 and \$1,745,383; Umatilla \$959,424 and \$966,841.

The money will be spent as follows:

State none; elementary schools \$1,793,574; counties \$5,475,412; county school and library funds \$3,257,399; non-high school districts \$1,198,580; special schools \$12,782,033; general roads \$1,774,067; special roads \$295,509; market roads \$590,083; bond interest and redemption \$1,889,273; cities and towns \$10,403,104; ports \$971,130; rural fire \$44,946; peoples utility districts \$52,664; irrigation and drainage \$892,588; reforestation \$40,170; fire patrol \$184,777.

Missing Jeweler Sought at Seattle

SEATTLE, Feb. 28 (AP)—A missing Ontario, Ore., jeweler, F. Earle Wyckoff, was sought here today by his wife, who said she feared he might be suffering from amnesia.

She said he left home January 2, and friends had reported having seen the 37-year-old man here. "Our adopted boy is sick and calls for his daddy," she said.

S. AMERICAN ELEPHANTS
Elephants reached South America from Africa by land, but it took millions of years to do it. They traveled land bridges from Africa to Europe, across Asia and Alaska, and south across Panama.



New-Natural Appearing Dental Plates

MADE TO YOUR OWN INDIVIDUAL REQUIREMENTS.

These Transparent Dental Plates are praised by dentists everywhere for their BEAUTY and close resemblance to oral tissue. They go beyond the need for utility, because they are a distinct aid to your personal appearance. They're light, odorless, tasteless.

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DR. GORDON LEDINGHAM
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SAFEWAY makes many savings in distribution costs. And it is company policy to give consumers the benefit of these savings by pricing all items at the lowest point that will yield a reasonable profit. That's why Safeway prices are always low, every day, on every item. Add to this the fact that while Safeway does not believe in sell-

ing below cost we will meet such prices if others make them and you will understand why shopping at Safeway saves you money. You can buy here with confidence knowing that the price is right and the quality is assured by a money-back guarantee.



Advertised Prices are for Fri., Feb. 28 thru Mon., March 3

SUGAR

Fine Granulated

10-lb. bag 47c
25-lb. bag 1.17
100-lb. bag 4.67

LIPTON'S TEA

Orange Pekoe 14-lb. ctn. 39c

Daffodils . . doz. 10c

Brighten up your home with these lovely golden flowers

Eggs, Grade A Large . doz. 19c

Saturday Only

HOW BIG IS A HEAD OF LETTUCE?

Good lettuce heads vary: Some grow in tighter, heavier heads than others. Some heads are larger, some smaller. At Safeway, beginning this week, you can select the exact amount you wish and the weight of your purchase determines your price!

LETTUCE, CELERY AND CAULIFLOWER NOW PRICED BY THE POUND AT SAFEWAY

Produce Prices for Saturday Only

BANANAS Lb. 5c

Ripened to perfection for delicious salads or desserts

GREEN PEAS Lb. 5c

Long tender pods of sweet green peas

Rhubarb Serve this tasty, tangy sauce often 4 lbs. 10c

New Potatoes Small, smooth right for creaming 4 lbs. 19c

Celery Utah type, extra crisp Lb. 6 1/2c

Lettuce Extra crisp compact heads Lb. 5 1/2c

Cauliflower Snow white heads Lb. 10c

Oranges Fancy Sunkist 344's and 392's. In shopping bag 10 lbs. 39c

Oranges Fancy Southern California Navels Lb. 5 1/2c

Large sized oranges in handy shopping bag 10 lbs. 49c

Apples Newtowns Box 98c

Grapefruit Fancy Coachella, in shopping bag 10 lbs. 35c

Carrots Extra fancy Santa Maria, large bunches 5c

PORK

All cuts from young, tender porkers

Sliced Bacon (Swift's Everweet) Lb. 29c

Pork Roasts Picnic style, Lb. . . . 15c

Pork Steak lb. 17 1/2c

Pork Chops Lb. 25c

Loin Pork Roasts Lb. 22 1/2c

BEEF

Tender, juicy steaks, cuts, and roasts always at your nearest Safeway Market.

BEEF ROASTS, blade cuts lb. 19c

SIRLOIN STEAK lb. 29c

SWISS STEAK lb. 29c

GROUND ROUND STEAK lb. 25c

GROUND BEEF 2 lbs. 29c

SHORT RIBS lb. 15c

BRISKET BOIL lb. 12 1/2c



Plump young BROILERS

FRYERS, colored, dry picked lb. 27c
HENS, colored, fancy dry picked lb. 25c

Meat Prices for Saturday Only

HAMS Swift's Prem. 29c

Skinned Lb.

FISH

Oysters Grade A Pt. 19c

Salmon Fresh Chinook sliced Lb. 27c

RINSO

Granulated Soap

23 1/2-oz. pkgs.

2 for 35c

Lifebuoy SOAP

Bar

5c

WHITE KING Toilet Soap

3 bars

14c

Palmolive SOAP

Bar

5c

LENT

Enjoy Safeway's Wide Variety of Lenten Foods



TUNA

Biltmore No. 1 Can

15c

Tomato Juice Sunny Dawn 15c

46-oz. can

Royal Satin Shortening 39c

3-lb. can

SuPurb Granulated Soap 15c

24-oz. box

Pork & Beans Newport No. 2 1/2 3 for 25c

DOG FOOD Pard, 1-lb. cans 3 for 25c
RANCHO SOUPS 10 1/2-oz. cans 4 for 23c
SUPER SUDS, Concentr'd, 24-oz. pkg. 2 for 37c
FANCY PEAS, Sugar Belle, No. 2's 2 for 25c
CORN, Country Home, No. 2 can 10c
SPINACH, Emerald Bay, No. 2 1/2 tins 2 for 25c
PINEAPPLE, Broken Sliced, No. 2 1/2 2 for 27c
HONEY, Stewart's 5-lb. can 29c
PEANUT BUTTER, Real Roast 2-lb. jar 23c
MAYONNAISE, Piedmont qt. jar 33c

SALAD DRESSING, Duchess qt. jar 23c
OLEOMARGARINE, Sunny Bank 2-lb. ctn. 21c
DEVILED MEAT, Cudahy's No. 1 1/2 tins 2 for 5c
TANG, Cudahy's lunch meat, 12-oz. 2 for 45c
DILL PICKLES, Paradise, 25-oz. jar 15c
PIGS FEET, Hormel's qt. jar 29c
BAKING POWDER, Clabber Girl 2-lb. can 19c
CHOCOLATE SYRUP, Hershey's 16-oz. can 9c
MUSTARD, Crescent 32-oz. jar 15c
RICE, Marg 2-lb. ctn. 13c

Coffee Airway 1 lb. 12c

Edwards 1 lb. 20c

2-lb. can 39c

4-lb. can 75c

SAFEWAY

Shrimp Small dry, 3-oz. can 10c

Oysters Pellaco 3-oz. can 10c

Salmon Prince Leo 1-lb. can 2 for 25c

Cheese Kraft Velveets, American or Brick 2-lb. loaf 53c

Spaghetti Franco Amer. No. 300 cans 3 for 25c

Milk Cherub Tall Cans 6 for 35c

Flour Kitchen Craft 49-lb. sack 1.35

Baby Foods Gerber's chopped or strained 4 1/4-oz. cans 4 for 25c

TEA, Canterbury Orange Pekoe 1/2-lb. ctn. 25c

MARSHMALLOWS, Fluffiest 1-lb. ctn. 10c

MATCHES, Searchlight, 6-box ctn. . . . ctn. 19c

QUAKER OATS, Quick or Reg. . . . lge. pkg. 21c

KELLOGG'S RICE KRISPIES pkg. 10c

CORN FLAKES, Albers Reg. pkg. . . . ea. 5c

SODA CRACKERS, New Leader 2-lb. ctn. 15c

FIG BARS, White or wheat 2-lb. pkg. 21c

PEACHES, Starr Elberta Freestone, No. 2 1/2 cans 2 for 33c

4 FREE DELIVERIES DAILY 8:30-10 A. M.-2-4 P. M. 10th & MAIN Dial 3129 KLAMATH'S OLDEST INDEPENDENT STORE 1911—OVER 30 YEARS OF SERVICE—1941

SUNSET GROCERY

Home of Monarch Quality Foods and Battle Creek Health Foods SATURDAY AND MONDAY SPECIALS SHOP BY PHONE

MONARCH Quality Foods

Try America's finest canned foods this week! You'll like their EXTRA GOODNESS, and you'll find they cost no more than ordinary brands! Monarch PEACHES No. 2 1/2 tin, halves or sliced 21c
Monarch PINEAPPLE, No. 2 1/2 tin 22c
Monarch PEAS & CARROTS No. 2 tin 22c
Monarch SALAD VEGE-TABLES No. 2 tin 17c
Monarch SLICED BEETS No. 2 tin 15c
Monarch LIMA BEANS, No. 2 tin 18c
Monarch GOOSEBERRIES No. 2 tin 23c
Monarch WHOLE PEELED APRICOTS No. 2 1/2 tin 27c
Monarch HOMINY No. 2 tin 15c
Monarch SEEDLESS GRAPES No. 1 tin 18c
Monarch ASPARAGUS 10-oz. can 21c (White and green tips)

LENTEN SUGGESTIONS

Salmon Fancy Alaska Sockeye No. 1 tall can 31c
Red Sockeye Salmon Steak 1 pound tin 45c
Royal Chinook Salmon Steak, 8-oz. tin 22c
Sardines Norwegian Cross Pack Tin 22c
Oval tin in sauce, mustard or tomato 10c
Tuna Fish Oregon Albacore 7-oz. tin 23c
Yacht Club, 7-oz. tin 18c
Seaside, Ore. Crab Meat, 7-oz. tin 21c
Minced Clams 7-oz. tin 15c
Clam Nectar 10-oz. tin 15c
Shrimp Large Jumbo, wet or dry pack 20c
Oysters Extra Large, 10-oz. tin 20c
Tillamook, small Oysters, 10-oz. tin 2 for 25c

PAR WASHING POWDER

With pottery, lge. size 59c
M-D TISSUE 3 for 25c
SNOWDRIFT or CRISCO 3 pound pail 45c

Eggs

Grade A Large 2 Dozen . . 45c

C & H SUGAR 10-Lb. sack 51c

DOLE PINEAPPLE JUICE 46-oz. tin 25c

TEXAS GRAPEFRUIT JUICE 46-oz. tin 21c

KLEENEX

Facial Tissue Large Box . . . 25c
Small Box . . . 10c

JELLO, All Flavors . . . 5c

MIRACLE WHIP Quart Jar . . . 27c

TABLE SYRUP — Liberty Bell, Tea Garden or Marshmallow 12-oz. jugs . . . 17c

Complete Variety Fresh Garden Vegetables