

### Your Food Budget Can Be 'Frozen' at Fair Level

Most national defense leaders believe we can keep food costs at as low a level as is consistent with services rendered. That means that our family food budgets, provided they are adequate, can be kept in a reasonable balance with nutritional needs and the extra demands made on our purses by defense costs. However, wise buying, no food waste and careful preparation of all ingredients must be the rule in every American home.

A recent issue of Consumers Guide, published by the department of agriculture, sums up household economy hints. Here are a few:

"The most important single rule in meat cookery is to keep the temperature fairly well down (moderate), at least most of the time. This is true for stews, pot roast, and all the less expensive meat cuts, as well as oven roasts. It's cheaper to cook foods over the burners on the top of your stove than in the oven."

**MENU**  
**BREAKFAST:** Stewed dried fruit, raisin-grits muffins, scrambled eggs, coffee, milk.  
**LUNCHEON:** Omelet with left-over vegetables, French bread, baked apples, cookies, tea, milk.  
**DINNER:** Chilled vegetable stock, pot roast of round steak with vegetables, steamed rice, apple brown betty, coffee, milk.

Tender cuts suitable for oven roasting cost more money to buy, and they cost more money to cook, too.

Get your neighbor to go in with you and buy your apples and oranges, and peaches and tomatoes by the crate or the box or basket. Then divide up. You'll be surprised at how much you'll save.

Don't let the green grocer throw away the turnip and beet tops, or the cauliflower leaves. They contain valuable nutrients. Prepared like other leafy green foods, they make tasty and valuable foods.

When you prepare vegetables, save the cooking liquid and use it in soups. There are health-giving vitamins and minerals dissolved in that liquid. The liquid in which canned peas and asparagus and lima beans and other canned foods are packed also has food value.

**Cooking Rules**  
 There are also a few simple

cooking rules to follow in cooking fruits and vegetables which help you get more nourishment and flavor out of fruits and vegetables:

Don't stir air into fruits and vegetables while they are cooking. Never use soda in cooking green vegetables. When you boil vegetables bring the water to a boil as fast as possible. Use as little water as you can. Don't stew or slow-bake fruits and vegetables if a quick cooking method will do. For chopped salads, cut up the food just before serving.

### Olene

Leonard Kinner returned this week from Portland, bringing word that his father, Oliver Kinney, is recovering from a major operation to which he submitted a week ago at St. Vincent's hospital. Leonard will drive north to bring him home as soon as he is permitted to leave the hospital.

A. L. Marshall transacted business in Klamath Falls on Tuesday.

Harriett Bruner spent Tuesday in Klamath Falls visiting and shopping.

Mr. and Mrs. Guy Foster of Summer Lake, Ore., spent Monday night with Mr. and Mrs. Marion Barnes. Mr. Foster and Mr. Barnes are cousins.

Alden Bruner has returned to his home from Corvallis where he attends school at OSC. He will remain here through the summer months.

Mr. and Mrs. Fred Relling entertained at dinner Saturday evening. Guests were Mr. and Mrs. Boyd Bruner, Mr. and Mrs. Swain, Mr. and Mrs. Rowe Kinney, Mr. and Mrs. Vic Brown, Mrs. Ross Kinsey, and the host and hostess, Mr. and Mrs. Relling.

Walter Jones of Roseville, Calif., visited the home of Mr. and Mrs. Ralph Benoit on Bisbee street March 18.

Mr. and Mrs. James Hower of Dorris, Calif., visited at the home of her sister, Mrs. Christal Conner on Delaware avenue Thursday.

Mr. and Mrs. F. W. LaSalle and her mother, Mrs. E. Math-

son, motored to Bonanza Wednesday to visit with friends.

The Sewing club met at Mrs. Erickson's home, 3157 Cannon avenue, Thursday.

Charles Thurman of 3307 Hillyard avenue who recently suffered an infected finger has returned to work after a 10-day layoff.

Mrs. Son Hunt and Mrs. L. E. Reeves of Bisbee street are on the sick list this week.

R. L. Sutton of Hillyard avenue is in Chiloquin this week on business.

Louise Sexton is at home with tonsillitis. She is the young daughter of Mr. and Mrs. Porter Sexton.

Mrs. H. A. Gilkison is visiting friends in Medford this week.

### Altamont

ALTAMONT — Percy Webb returned to work Wednesday, March 19, after an attack of mumps.

Mr. and Mrs. I. W. White of Bisbee street had as their guest Monday, Mike Murphy of Carmel, Calif. He is White's uncle.

Edward Roark of Delaware avenue made a business trip to Lakeview this weekend.

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## PALACE MARKET

**GROCERIES AND MEATS**

Phone 4108 A Home Owned Store 524 Main St. Free Delivery Phone 4109  
 FREE PARKING... Customer Parking Lot at 5th and Pine

<b>MEAT SPECIALS</b>		<b>SATURDAY ONLY</b>		<b>Fresh Fruits and Veg.</b>	
Steer Beef Rump Roast ... lb.	19c	Fancy Large Asparagus ... 3 lbs.	25c		
Steer Beef, Rolled Rib Roast ... lb.	29c	Rhubarb ... 3 lbs.	10c		
Shoulder Pork Roast ... lb.	18c	Sunbeam Vegetable Salad Pkg.	10c		
Boneless Stew Beef ... 2 lbs.	49c	Juice Oranges, 2 doz.	19c		
Shoulder of Lamb ... lb.	25c	Klamath Nettle Gem U.S. No. 1 Potatoes ... 10 lbs.	15c		

**SPECIALS FOR SATURDAY AND MONDAY**

Sunshine Crispy Crackers 2-lb. box	27c	Doctors Recommend M-D Tissue 3 rolls	25c	Wadham's Whole Kernel Corn No. 2's 2 cans	31c
Alber's Flapjack Flour 2 1/2-lb. pkg.	23c	Royal Gelatin Dessert All Flavors 4 for	19c	Klamath Comb Honey Each	21c
Liberty Bell Syrup 12-oz. bottle	15c	Wadham's Sauerkraut No. 2 1/2 cans	25c	King's Dried Beef 5-oz. glass	27c
Porter's Fril-lets Pkg.	22c			Swift's Tom'to J'ee 47-oz. can	23c

**6 1/2 MINUTE "MENU MAGIC" for LENTEN DISHES**



Here's a tip for vigorous Spring appetites! Keep food budgets down! "FRIL-LETS" are a special Lenten treat prepared in many tasty ways. Ask your grocer today for genuine "FRIL-LETS"—wrapped in cellophane!

Send 15 Porter's labels and receive a 3-quart, genuine hard-aluminum macaroni strainer and vegetable colander—post-paid.

**ASK FOR Porter's FRIL-LETS**

PORTER-SCARPELLI MACARONI CO., PORTLAND ORE.

Now that's what I call good coffee!



GUEST: "Certainly I'll have another cup of coffee... and I wish I knew your secret for making it."  
 HOSTESS: "I have no secret except to use Hills Bros. Coffee according to directions."

LOOK! RIGHT THERE ON THE SIDE OF THE CAN ARE COFFEE-MAKING DIRECTIONS FOR ANY METHOD



The compliments you hear for Hills Bros. Coffee are not only a tribute to its matchless, uniform quality, but to *The Correct Grind*. For this grind—used "as is" according to the directions on the side of the Hills Bros. Coffee can—produces the utmost of flavor and aroma in any kind of coffee-maker.

*The Correct Grind* is guaranteed to produce best results in DRIP GLASS MAKER PERCOLATOR OR POT

If directions on the side of the Hills Bros Coffee can are followed

# SOAPS

## SAVE-ON-SOAP Sale

<h3 style="text-align: center;">WHITE KING</h3> <p style="text-align: center;">GRANULATED SOAP</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>GIANT</b> Size Pkg. <b>41c</b></p> </div> <div style="text-align: center;">  <p><b>FAMILY</b> Size Pkg. <b>25c</b></p> </div> <div style="text-align: center;">  <p><b>REGULAR</b> Size Pkg. <b>20c</b></p> </div> </div>	<h3 style="text-align: center;">SIERRA PINE</h3> <p style="text-align: center;">TOILET SOAP</p> <div style="text-align: center;">  <p><b>3 for 17c</b></p> </div> <hr/> <div style="text-align: center;">  <p><b>White King TOILET SOAP</b> <b>3 for 13c</b></p> </div>	<h3 style="text-align: center;">CALLA LILY</h3> <p style="text-align: center;">GRANULATED SOAP</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>GIANT</b> Size Pkg. <b>35c</b></p> </div> <div style="text-align: center;">  <p><b>LARGE</b> Size Pkg. <b>19c</b></p> </div> </div>
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THE ABOVE ITEMS ON SALE NOW AT ALL OF THE FOLLOWING STORES —

<p><b>KLAMATH FALLS</b></p> <p>Bundeson's Grocery ..... 1201 Division          Bertha's Grocery ..... 5805 So. 6th St.</p> <p style="text-align: center;"><b>BOITO'S</b></p> <p>Boito's No. 2 ..... 147 E. Main          Boito's No. 1 ..... So. 6th</p> <p>Buena Vista Grocery ..... 890 California Ave.          Carter's Fine Foods ..... 126 N. 7th          Crescent Grocery ..... 1601 Portland Ave.          Community Grocery ..... 1040 E. Main          California Grocery ..... 1050 California          Dryden's Grocery ..... 1842 Portland          11th Street Grocery ..... 1039 Washington          Esplanade Grocery ..... Spring and Esplanade          Garden Street Grocery ..... 2263 Garden          Homedale Grocery ..... 3348 Homedale Rd.          Home Grocery ..... 431 Commercial          Idella's Grocery ..... S. 6th St.          Jurgensen Groceteria ..... 1710 Oregon Ave.          Kilgore Grocery ..... 321 S. 6th St.</p>	<p>Link River Grocery .... W. Main and Riverside          Lincoln St. Grocery ..... 901 Lincoln          Modern Grocery ..... 802 E. Main          Main St. Grocery ..... 1405 E. Main          Morrison's Grocery ..... 24 Main St.          Olympia Grocery ..... 1126 Main St.          Pine Street Market ..... 126 N. 7th St.          Palace Market and Grocery ..... 524 Main          Palmer's Grocery ..... 331 N. 3rd          Park's Grocery ..... 2222 S. 6th St.          Piggly Wiggly ..... 2246 S. 6th St.          Quality Food Store ..... 830 Main          Sarah Nelson ..... 1201 Division          Sunset Grocery ..... 1001 Main          Second Street Grocery ..... 615 N. 2nd St.          Shasta Food Market ..... 4333 Shasta Way          Twin Girls Grocery ..... 620 E. Main          Wilson's Grocery ..... 2205 Wantland          Whitey's Grocery ..... 324 Broad St.</p>	<p style="text-align: center;"><b>EMIL'S</b></p> <p>Emil's No. 1 ..... 122 N. 9th St.          Emil's No. 2 ..... 1338 Oregon Ave.          Emil's No. 3 ..... 2200 S. 6th St.</p> <p style="text-align: center;"><b>OREGON FOOD STORES</b></p> <p>Oregon Food No. 1 ..... 2405 S. 6th          Oregon Food No. 2 ..... 1749 Oregon Ave.</p> <p style="text-align: center;"><b>SAFeway</b></p> <p>Safeway No. 150 .... Oregon Ave and Upham          Safeway No. 142 ..... S. 6th St.          Safeway No. 364 ..... 1204 Main          Safeway No. 75 ..... 357 E. Main</p> <p style="text-align: center;"><b>KENO ROAD</b></p> <p>Carl Frei's ..... Keno Rd.          Lien's Cash Store ..... Keno Rd.          West Klamath Grocery .... Weyerher's, Keno Rd.</p> <p style="text-align: center;"><b>KENO</b></p> <p>Keno Cafe and Grocery ..... Keno</p> <p style="text-align: center;"><b>CHILOQUIN</b></p> <p>Gienger's Grocery ..... Chiloquin          Safeway Store ..... Chiloquin</p>	<p style="text-align: center;"><b>PELICAN CITY</b></p> <p>Pastega's Food Store ..... Pelican City          Pelican Bay Lumber Co. .... Pelican City</p> <p style="text-align: center;"><b>MODOC POINT</b></p> <p>Lamm Lumber Co. .... Modoc Point</p> <p style="text-align: center;"><b>FORT KLAMATH</b></p> <p>Ballou General Store ..... Fort Klamath          Castel's Grocery ..... Fort Klamath</p> <p style="text-align: center;"><b>KLAMATH AGENCY</b></p> <p>Elliott's General Store ..... Klamath Agency</p> <p style="text-align: center;"><b>MERRILL</b></p> <p>Hodges' Store ..... Merrill          Merrill Meat Co. .... Merrill          Stewart's ..... Merrill          Sanford and Co. Gen. Store ..... Merrill          Safeway Store ..... Merrill</p> <p style="text-align: center;"><b>MERRILL ROAD</b></p> <p>Klien's Grocery ..... Merrill Road</p>	<p style="text-align: center;"><b>MALIN</b></p> <p>Everett Jones General Merchandise ..... Malin          Malin Mercantile Co. .... Malin</p> <p style="text-align: center;"><b>TULELAKE, CALIF.</b></p> <p>Marty's Food Store ..... Tulelake          Earl Ager ..... Tulelake          Safeway Store ..... Tulelake</p> <p style="text-align: center;"><b>BONANZA</b></p> <p>L. C. Beade ..... Bonanza          F. W. Bald and Son ..... Bonanza</p> <p style="text-align: center;"><b>BLY</b></p> <p>Pioneer Grocery ..... Bly</p> <p style="text-align: center;"><b>SPRAGUE RIVER</b></p> <p>Sprague River Grocery ..... Sprague River          Ideal Department Store ..... Sprague River</p> <p style="text-align: center;"><b>DAIRY</b></p> <p>Bliss Grocery ..... Dairy</p>
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