

Peaches Require Little Preparation for Canning

(Editor's Note: This is another in a series of weekly articles on the preservation of foods, released through the cooperation of the Klamath county nutrition committee and the Klamath county home demonstration agent's office.)

While peaches are at their peak of flavor, thrifty homemakers will store them away in glass jars for next winter's menus.

Peaches are among the easiest of foods to can, requiring very little preparation. Select three-ripened peaches that are firm and good in flavor. If peaches are uniformly ripened, peel may be removed by immersing them in boiling water for one minute, then plunging into cold water.

Peaches discolor rapidly after peeling, and to prevent delay in canning procedure after fruit is peeled, prepare jars and other canned equipment before starting preparation of fruit. Check over jars, discarding those that are nicked, cracked or have sharp peeling edges. Wash jars in warm soapy water and scald thoroughly. A water bath canner is preferable for processing fruits. Place canner on stove with enough water to cover jars at least one inch over top. This water should be near boiling point when jars of fruit are placed in canner.

To prevent discoloration of peaches, drop them as soon as peeled into mild salt solution made by dissolving one teaspoon salt to each quart of water. When ready to pack peaches in jars, drain and pack solidly, filling jar to within one inch of top with peaches and one-half inch of top with syrup. The density of syrup will depend upon sweetness of fruit and personal preference. For a thin syrup, use one cup of sugar to three cups of water; for a medium syrup, use one cup of sugar to two cups of water; for a thick syrup, use one cup of sugar to one cup of water.

Radio Day by Day

(Pacific War Time)
NEW YORK, Aug. 14 (Wide World)—War views of two international figures—Jan Masaryk, minister of foreign affairs for the provisional Czechoslovakian government, and Dr. Lin Yutang, Chinese author and philosopher—will be broadcast in programs announced today by two networks.

Masaryk will discuss post-war reconstruction on the Mutual-BBC "Answering You" program Sunday at 8:30 p. m., the broadcast being from London. Dr. Lin Yutang will speak on the Indian crisis, in a program over CBS Tuesday at 7:30 p. m.

In similar vein, also on Tuesday, will be an address by Postmaster General Frank Walker on "The War Aims Are the Peace Terms." He will speak before the Knights of Columbus banquet at Memphis at 7:15 over BLU.

Openings Announced In Sheet Metal, Welding Classes

A. H. Fitch, director of the War Production Training program, announced today that openings exist in women's aviation sheet metal classes and men's and women's welding classes.

He said women may be between the ages of 18 and 35 for sheet metal work and between 18 and 60 for welding. Men may be 18 to 65. Women must pass a physical examination for both sheet metal and welding work, Fitch said.

Further information may be secured at the United States Employment Service office at 242 Main street.

one cup of water. As soon as the jar is filled, place self-sealing lid on jar with sealing composition next to glass and screw the band tight. Place jars in canner and process for 20 minutes, counting time from minute water in canner reaches rolling boil.

When processing is complete, remove jars from canner. Do not tighten self-sealing cap again. Set jars right side up to cool. When jars are cold, test for seal by tapping lid with spoon. A clear ringing sound denotes a seal.

If not sealed, sound will be dull and low in which case you have an opportunity to recan contents and save your food. Remove screw bands when jars are cold and sealed and use them in next canning procedure.

GARBAGE DISPOSAL RULING IN EFFECT

Mayor John Houston today warned citizens that City Ordinance 3456, passed July 27 and governing placement and disposition of garbage and refuse, is now in effect and that everything necessary must be done to comply with the law.

The ordinance, in part, follows:

"It shall be unlawful and is hereby declared to be a public nuisance for any person, firm or corporation to deposit any garbage, waste or refuse material, manure, carrion, offal, sawdust, brick, lumber, sand or building materials, pasteboard or other boxes or the like, upon the premises of any person or upon any city alley, parking lot, sidewalk or public place, within the limits of said city.

"And provided further that live or wet garbage may be deposited in alleys adjacent to premises within the said city in containers to be securely closed so that they will not and cannot emit odors or attract flies, vermin and the like, in quantities not exceeding 30 gallons in one container and in a manner that they will not interfere with the use of or block or impede the use of such alleys, streets, sidewalks or ways where stored. Such live or wet garbage shall be placed upon a proper platform which shall be at least six inches above the ground."

Houston said that any person found guilty of violating any of the terms or provisions of this ordinance shall be punished by a fine of not less than \$10 or more than \$100 or be imprisoned for not less than five days or more than 50 days or both.

CONSTRUCTION HALTED
WASHINGTON, Aug. 14 (AP)—War production board announced today it had halted all construction of electric power and light projects, including 15 partly completed farm projects of the rural electrification administration, because of the need of the armed services for copper and steel.

"Want-ads" cost little—bring results!

OLD SPEAS BRAND Apple
QUART \$2.20
PINT \$1.15
90 PROOF
SPEAS CO., KANSAS CITY, MO.

SAFEWAY Homemakers' Guide

NUMBER 56 ★ Hints and suggestions for box lunches ★ Safeway week-end prices now good every day ★ A shopping lesson from a girl named Nora



Looking for ways to make box lunches more interesting?

More than ever, it is imperative that the meals you serve your family be appetizing, filling, and up to nutritional standards. And that goes for a box lunch as well as any other meal of the day. In many cases (war workers on night shifts, for instance) the box lunch is the most important meal of the day. And it must not only be appetizing and nutritious, it must be planned and packed to stay attractive for several hours after it's been prepared.

So don't use less of your menu-planning ingenuity on box lunches—use more.

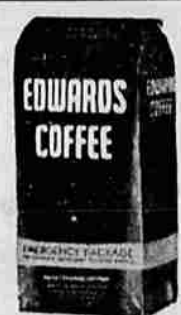
Here are a few hints and a few menus, planned and tested by the Safeway Homemakers' Bureau, that might help you in your planning.

Use the best equipment available. Be sure the tops to all jars and bottles fit perfectly. Use plenty of wax paper.

Vary the bread for sandwiches. Use the more uncommon types of bread once in a while—pumpernickel, raisin, nut bread, sesame seed, etc.

Use lots of butter. This helps keep sandwiches from drying out.

Don't include sandwiches like tomato and lettuce. They're almost certain to wilt. If he likes tomatoes, put in a whole one instead.



Edwards Coffee

Now in the new VICTORY BAG —to help conserve vital metals..... Lb. Bag 28c

Nob Hill Coffee, Lb. bag 25c

Airway Coffee, Lb. bag 21c

"Heavenly Pickles"

That's the name of an article in this week's Family Circle that we recommend you read. It's all about quick-process pickles and spiced fruits. Lots of recipes. Family Circle is out every Thursday—free at Safeway.



Safeway Homemakers' Bureau
JULIA LEE WRIGHT, Director

Sugar

Fine Granulated

1 lb. 7c

2 lbs. 13c

5-lb. bag ... 33c

10-lb. bag .. 65c

100 lb. bag \$6.25

Cheese

Kraft's

American -
Brick - Swiss

2 lb. loaf 67c

1 lb. loaf 39c

1/2 lb. loaf ... 20c

Corn on the Cob

Fancy Rogue River Valley Lb. 9c

String Beans Lb. 5c

Dry Onions Lb. 3c

Peaches California Elbertas and
Hales—Lowest Market Prices

Is your family really well fed?



If you follow the 3 Golden Rules of Nutrition then your family is well fed. These rules are discussed in lesson No. 1 of the 10-lesson "Kitchen Course in Nutrition"—an easy, workable course-by-mail. Send name and address and 25c for the entire course to Julia Lee Wright, Box 660-CC, Oakland, California.

LOW WEEK-END PRICES?

Yes, but they're now good early in the week at Safeway!



FLOUR KITCHEN CRAFT 49-Lb. Sack \$1.79	TOMATOES Gardenside in juice, No. 2 1/2 can 4 for 45c
FLOUR DRIFTED SNOW 49-Lb. Sack \$1.95	SALT Morton's Plain or Iodized 26-Oz. Pkg. 8c
BAKING POWDER Clabber Girl 2-Lb. Can 22c	CATSUP Red Hill—Red. Tasty 14-Oz. Bottle 12c
CAKE FLOUR Swansdown Lge. 23c	CATSUP C.H.B. Brand 14-Oz. Bottle 15c
CORN MEAL Albers 9-Lb. Bag 34c	CHILI SAUCE Moneta 12 1/2-Oz. Bottle 15c
SPLIT PEAS Yellow 2-Lb. Pkg. 23c	TOMATO JUICE Sunny Dawn No. 2 can 10c
SOUP MIX Continental Chicken Noodle 3 Pkgs. 25c	GRPFRT. JUICE Town House, 46-Oz. Can 23c

Baked Beans, B & M, 28-oz. jar 24c	Cherub Milk, baby tins 6 for 24c
Raviolis, Riveira, 16-oz. glass 2 for 29c	Alpine Milk or Carnation, 6 baby tins 27c
Corned Beef and Cabbage, Dinty Moore, 1 1/2-lb. can 27c	Lipton Tea Bags, 20 bags 23c
Deviled Ham, Underwood, 4 oz. 24c	Tea Bags, Canterbury, bx. of 25 18c
Tuna Flakes, No. 1/2 can 27c	Syrup, Lumberjack, 24-oz. 33c
Crabmeat, American, No. 1/2 can 39c	Baby Foods, Gerber's, assorted, 3 cans 20c
Fruit Cocktail, Hostess Delight, No. 1 can 2 for 29c	Krispy Crackers 2-lb. pkg. 33c
Peaches, Castle Crest, 2 1/2 can 22c	Soya Crackers, Nabisco, pkg. 17c
Duchess Salad Dressing, quart 38c	Loaf Cheese, mild, 2-lb. loaf 67c
Miracle Whip, Kraft, quart 41c	Cranberry Sauce, West Peak, 17-oz. 15c
Nu Made Mayonnaise, quart 48c	
Kraft Mayonnaise, quart 53c	

Egg Noodles, Sunrise, 14-oz. pkg. 17c
Pure Lard, 2 lbs. 37c; 4-lb. pkg. 73c
Instant Tapioca, Albers, 16-oz. 19c
Royal Desserts, assorted, pkg. 6c
Gum and Candy Bars 3 for 10c
Shredded Ralston, 12-oz. pkg. 13c
Post Toasties, 11-oz. pkgs. 2 for 17c
Wheat Hearts, Sperry's, 28-oz. pkg. 24c
Pen-Jel Pectin, pkg. 9c
Kerr Mason Jars, quarts, doz. 83c
Kerr Mason Caps, doz. 21c

Zee Tissue
Absorbent Bathroom Tissue
4 rolls 19c

Fels Naptha
Laundry Soap
2 bars 11c

Scot Towels
For Hundreds of Household Uses
Roll 10c

Penny Savers

Bread, Julia Lee Wright's 1 1/2-lb. loaf 13c
Elastic Starch, 12-oz. pkg. 9c
Clorox Bleach, 1/2-gallon 27c
White Magic Bleach, 1/2-gallon 19c
Fly Ribbons, Falcon 3 for 5c
Dog Food, Pard, 8-oz. pkgs. 2 for 25c

Buy War Bonds and Stamps with the money you save at Safeway

Su-Purb Soap Granulated 24-Oz. Box 20c

Ivory Snow 12 1/2-Oz. Package 23c

White King Granulated Soap Lge. Pkg. 30c

SAFEWAY GUARANTEED MEATS



After scientifically experimenting to find the most sanitary and satisfactory way to distribute quality poultry, Safeway is now pleased to present to Klamath Falls this new way of buying chickens. All our chickens are cleanly and thoroughly drawn by experts and are all government graded, guaranteed quality. No waiting—they're ready for the pan, and what's even more important, this extra service costs you not one bit more! Look at the prices—remembering, of course, they're for dressed weight—you don't pay for what you can't use!

CHICKENS!

Now Sold Ready for the Pan!

★ Colored Fowl	Fully developed hens	Lb. 47c
★ Leghorn Fowl	Lighter weight hens	Lb. 45c
★ Colored Fryers	2 1/2 to 3 1/2 lb. average	Lb. 57c

NOTE—Above chicken prices are for dressed weights

LUNCHEON MEATS—A tasty assortment from which to chooselb. 33c
SLICED BACON, no rind or waste, lb. 41c
VEAL STEAKS, Shoulder cutslb. 33c
VEAL CROWN ROASTSlb. 27c
BULK PORK SAUSAGE, freshly ground, 2 lbs. 45c

BEEF ROASTS, Blade cutslb. 30c
BEEF ROASTS, Round bone cuts, lb. 31c
BOILING BEEF, Brisket cutslb. 17c
GROUND ROUND STEAKlb. 35c
GROUND BEEFlb. 20c
2 lbs.35c

GUARANTEED-FRESH PRODUCE

Selected by experts, then it's shipped direct to Safeway. If it fails to satisfy you completely, we'll refund all your money.



TOMATOES

Yakima U. S. No. 1 Crate

89c

Hellogg's RICE KRISPIES
EASY TO MAKE—DELICIOUS—ECONOMICAL!
RICE KRISPIES MARSHMALLOW SQUARES
Tested and proved in thousands of homes. Ideal as a confection... a dessert... a treat for youngsters' lunch boxes.
Quick Easy Recipe on Side of Package

WHY DON'T THEY TELL ME THESE THINGS?



SAFEWAY



Why don't you get your "big" order on a weekday too

Weekends will be much more fun if you get your big grocery order on a weekday. Then, on Saturday, just fill in your weekend needs. Safeway prices, you know, are always low, on everything, early in the week.

SAFEWAY

Prices Subject to Market Changes