

PROJECT FARM PRODUCTS USED IN MESS HALLS

NEWELL, Calif. — Some of the farm products at Tulare relocation center are now being used in the project mess halls. Some of the crops are already sufficient to supply other relocation projects with vegetables. The first shipment left Newell on August 27.

A mixed carload of beets and turnips was shipped to Parker, Ariz., August 27, and a mixed carload of beets or beets and spinach will be shipped September 1. The Gila project is to receive a mixed carload of beets and turnips October 31, and another mixed carload of beets or turnips with spinach October 7.

Some of the projects have requested peas, but Newell will probably consume the whole crop.

Nine visitors arrived to participate in a conference on advanced education for the college age group. Attending the conference are: Allen C. Blaisdell, in charge of collegiate education for WRA; Joseph Conrad, executive secretary, Student Relocation Council; President Archibald Cloud, San Francisco Junior college; Lucy Adams, director of education and recreation division, WRA regional office; Boyd Rakestraw, associate director, extension, University of California; President Prescott Mendenhall, Whitier college; Genevieve Carter, superintendent of schools, Manzanar project; Harry Tyler, Sacramento Junior college.

Project members attending the conference are: Elmer L. Shirrell, Paul Fleming, Harold S. Jacoby, Kenneth M. Harkness, Theodore Waller, Don Elbertson, Sumio Miyamoto, Frank Miyamoto, Tamotsu Shibutani and Thomas Okabe. The conference concluded Thursday, August 27.

Two babies born at the base hospital, Newell, August 25, bring the total number of births in the project to 34. A boy was born to Tod and Laura Miura, and a girl to Hira and Yoshiko Takeda.

Use Cheese As Protein in Summer Meals

By MRS. GAYNOR MADDOX
NEA Service Staff Writer

Cheddar cheese is now a victory food special. Use it as the main protein in some of your meals.

Tomato Rarebit
(Serves 4 to 6)

Two tablespoons butter or other fat, 1 small onion, chopped fine, 1 cup finely cut celery, 1 cup chopped green pepper, 2 tablespoons flour, 2 cups cooked or canned tomatoes, 1 lb. cheese, shaved thin, 1 teaspoon salt, 3 eggs, well beaten.

Melt butter or other fat in heavy skillet. Add onion, celery and green pepper and cook a few minutes, stirring frequently. Sprinkle the flour over top, stir in well. Then slowly stir in the tomatoes. Add cheese and salt and cook over very low heat, stirring until mixture thickens and cheese has melted.

Tomato Rarebit
(Serves 4 to 6)

Two cups macaroni, broken into small pieces, 2 quarts boiling salted water, 2 tablespoons flour, 4 tablespoons well-flavored fat, such as strained bacon drippings, 2 cups milk, 1 teaspoon salt, pinch nutmeg, 1 lb. cheese shaved thin, bread crumbs.

Cook macaroni in rapidly boiling water until tender. Rinse in cold water. Make a sauce by melting fat in saucepan, then stirring in flour. When well blended, slowly stir in the milk. Add salt and nutmeg. Add shaved cheese and stir until melted. Arrange the macaroni and sauce in alternate layers in greased baking dish. Sprinkle bread crumbs over top and bake about 30 minutes.

MENU

BREAKFAST: Melon, cracked wheat cereal, nut bread toast, coffee, milk.

LUNCHEON: Creamed eggs and green peas, wholewheat muffins, pears, tea, milk.

DINNER: Tomato juice, macaroni and cheese, crisp bacon, broccoli, apple pie, coffee, milk.

HARDENED HONEY

If honey has become solidified in its jar, or crystals have formed around top and edges, to liquefy, place the jar in a bowl of warm water until entirely melted. The water in the bowl should be quite warm, but never hotter than touch can bear.

An Illinois jury valued a girl's lost love at \$1—and probably made her feel like 30 cents.

MY HUSBAND CALLS ME "SERGEANT"

I'm In the Home Front Army to feed my family right!

Government's advice is to eat one whole grain food each day. And that is where Nabisco Shredded Wheat can help. Each delicious biscuit is a good source of Vitamin B₁. Serve it to the whole family with peaches or other fruit; they'll love it! Ask for it by the full name—the Original Niagara Falls product.

A good source of VITAMIN B₁, as Nature provides it

Baked by NABISCO NATIONAL BISCUIT COMPANY

SAFEWAY Homemakers' Guide

NUMBER 58 ★ How to fool the fuss-budget ★ A list of foods that save you money early in the week, too ★ A timely story with a moral



Have you a fuss-budget on food in your house?

Here's how to fool him!

In which the Safeway Homemakers' Bureau presents four sensible tips and two delectable recipes

- 1. Give the fussy eater more foods rich in B vitamins.** Because these vitamins promote healthy appetite, good digestion, and general well-being.
- 2. Disguise foods that are disliked.** For example, serve milk in custards, milk shakes, cream soups, and other milk-rich dishes, or instead serve cheese.
- 3. Combine disliked foods with others that are well-liked.** For example, mash turnips with potatoes, season with milk or cream and butter, and the turnips can hardly be tasted.
- 4. Don't talk too much about nutrition,** or tell the fuss-budget how good a certain food is, or urge him to eat, or you'll surely invite rebellion. Just make the food as attractive and good-tasting as you can, and watch what happens.

This recipe for Southern Spoon Bread makes it easy to include milk, eggs, and cereals in his diet and still make him beam with contentment.

SOUTHERN SPOON BREAD

Heat milk in double boiler. Add corn meal and salt gradually, stirring constantly. Cover and cook 15 to 30 minutes, stirring occasionally. Cool slightly. Beat egg yolks; add with melted butter to corn meal mixture. Beat egg whites until foamy; then add baking powder and beat until stiff. Fold into corn meal mixture. Pour into deep well-greased 8-qt. casserole or baking dish. Bake in moderate oven (350° F.) 45 minutes, or until set. Serve from baking dish with melted butter. Serves 6.

This recipe for Vegetable Custard Ring makes it easy to include more milk, eggs, and vegetables in his diet.

VEGETABLE CUSTARD RING

Beat eggs slightly; add milk, vegetables, seasonings, and butter. Line bottom of well-greased 1½-qt. ring mold with waxed paper. Carefully pour in custard mixture. Bake in pan of hot water in moderate oven (350° F.) about 45 minutes, or until silver knife inserted in center comes out clean. Unmold to serve; fill center with creamed fish, meat, or vegetables. Serves 8. (Note: Vegetables may be grated raw carrots, diced plain or mixed vegetables like peas, asparagus, etc.)

More ways to disguise foods

Read the article "Fooling the Fuss-Budget" in this week's Family Circle for ways to disguise foods, for substitutes and recipes. Family Circle is out every Thursday, free at Safeway.

Safeway Homemakers' Bureau JULIA LEE WRIGHT, Director

Safeway prices are not only low on week-ends, Safeway prices are now low early in the week!

★ PENNY SAVERS ★ These specially low prices are good early in the week

★ HOUSEHOLD NEEDS ★ These specially low prices are good early in the week

Table Salt, Morton	8-lb. sk.	21c
K. C. Baking Powder	25c can	19c
Pancake Flour, Harvest Blossom, No. 10 bag		49c
Shortening, Royal Satin	3 lb. can	63c
Pancake Flour, Alber's	4-lb. pkg.	28c
Flapjack Flour, Alber's	Lge. pkg.	22c
Oats, Alber's Old Fash. or Carnation	Lge. pkg.	25c
Grapenuts Flakes, 12-oz. pkg.	2 for	27c
Shredded Wheat, Nabisco	2 pks.	23c
Graham Crackers	2 lb. pkg.	21c
Dated Bread, Julia Lee Wright's 1½-lb. loaf		13c
Hi-Ho Crackers	1-lb. carton	20c
Potato Chips, Blue Bell	10c - 15c	25c

Cucumber Pickles, Heinz, 24-oz. jar	23c
Ripe Olives, Lindsay Med. No. 1 can	17c
Queen Olives, Los Olivos, 6-oz. bottle	23c
Sliced Beef, Libby's 5-oz. glass	32c
Chili Con Carne, Swift's Can	13c
Pink Salmon, Quality Lb. can	19c
Cod Fish Cakes, Gorton's No. 1 can	35c
Sardines, Shasta Olive Oil, No. ¼ can	15c
Tobasco Sauce, McIlhenny's, bottle	35c
Egg Noodles, Sunrise 14-oz. pkg.	17c
Large Lima Beans, Calif. 2-lb. pkg.	27c
Peanut Butter, Real Roast 2-lb. jar	45c
Kerr Mason Jars, Qts.	Dox. 83c
Jar Rubbers, Regular	Dox. 4c
Kerr Jar Caps, Complete	Dox. 21c

Dog Food, Kendall 27-oz. 24c 5-lb. pkg. 65c	
Bird Seed, French's, 10-oz. pkg., 2 for	25c
Bird Gravel, French's 1½-lb. pkg.	8c
Su-Purb Soap, 24-oz. 20c; 50-oz. 39c	
Crystal White Chips 5-lb. pkg.	42c
Rinso or Oxydol 69-oz. pkg.	63c
White Magic Bleach Qt. bot.	11c
Purex Bleach Qt. bot.	14c
Matches, Searchlight Ctn.	27c
Blind School Brooms Each	23c
Zee Paper Towels 3 rolls	25c
Parowex Paraffin Lb. pkg.	12c
Jels Rite Pectin Bottle	11c
Certo Fruit Pectin 3 bottles	43c

Cheese Week

August 22 to 29th

Mt. Hope Cheese Lb. 37c

Kraft Valvetsa, Limburger, Brick, Swiss, Amer. Pimento, ½ lb. 19c

SPRY SHORTENING

For Flaky Pie Crusts

3 Lb. Can 73c

Crystal White Laundry Soap

Giant Bar 2 for 9c

10 Reg. Bars 39c

Ivory Soap

New Velvet Suds—for Laundry or Bath

Large Bars 10c

Sierra Pine TOILET SOAP

Fragrant, Toilet Soap; Rich Lather

3 Bars 20c

Salad Dressing

Duchess Qt. 38c Pint Jar 24c

Miracle Whip Qt. 41c Pint Jar 27c

Mayonnaise

Nu-Made Qt. 48c Pint Jar 32c

Kraft Qt. 53c Pint Jar 32c

Wesson Oil

Quart Can 53c ½ Gal. Can 95c

May Day Salad Oil

Quart Can 45c

Flour

Kitchen 49 lb. Craft Sack 1.79

Drifted 49 lb. Snow Sack 1.95

SAFEWAY GUARANTEED MEATS

Regardless of cut or price Safeway meats are guaranteed to be tender and juicy—or all your money back.

EVISCERATED POULTRY

Leghorn Fowl	Lb. 47c
Colored Fowl	Lb. 49c
Colored Fryers	Lb. 59c
BEEF ROASTS, Blade cuts	Lb. 30c
BOILING BEEF, Brisket cuts	Lb. 17c
GROUND ROUND STEAK	Lb. 35c
GROUND BEEF	2 Lbs. 35c
LUNCHEON MEATS, assorted for every taste	Lb. 33c
BOLOGNA, LIVERSAUSAGE and FRANKFURTERS Lb.	27c
STEER BEEF LIVER	Lb. 29c
BEEF HEARTS and TONGUES	Lb. 21c
SLICED BACON for convenient, economical meals	Lb. 41c
HAMS, Skinned tenderized—whole or half	Lb. 39c

SAVE YOUR WASTE FATS FOR EXPLOSIVES
Safeway is an Official Fat Collecting Station

CANNED VEGETABLES

These specially low prices are good early in the week

Sugar Belle Peas No. 2 cans 13c

Tomatoes, Gardenside, No. 2½ can 4 for 45c

Spinach, Emerald Bay No. 2½ can 15c

Hot Sauce, Gardenside, 4 8-oz. cans 15c

Baby Foods, Heinz Strained 3 cans 20c

BEVERAGES

These specially low prices are good early in the week

Edwards Coffee, Victory Bag, Lb. bag 28c

Nob Hill Coffee Lb. bag 25c

Airway Coffee Lb. bag 21c

Tea Bags, Canterbury black, ¼-lb. pkg. 18c

Lipton Tea Bags 20 in. ctn. 23c

Cherub Milk, tall cans 3 for 24c

Carnation Milk, and advertised brands 3 for 25c

Fla-Vor-Aid, drink powder 3 pks. 10c

Ovaltine, plain or choc. Lge. can 43c

Tomato Juice, Sunny Dawn, No. 2 can 10c

Lemon Juice, M.C.P. 8-oz. can 9c

Apple Juice, New West 46-oz. can 27c

Brown Derby Beer Quart bot. 25c

DESSERTS

These specially low prices are good early in the week

Apricots, Valley Gold No. 1 can 11c

Preserves, Monopole 2-lb. jar 37c

Apple Sauce Mix, E-Z Pkg. 9c

Jello Ice Cream Powder 3 pks. 25c

Jello Desserts, Asst. 4 pks. 25c

Ginger Bread Mix, Dromedary Pkg. 20c

M-J-B Rice, White 2-lb. box 25c

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.

Watermelons Black Seeded Lb. 2½c	Cantaloupes Extra Sweet Lb. 5c
Cabbage Local, Solid Heads Lb. 3½c	Radishes Local, Good Color, Crisp 3 Bu. 10c
Prunes Large Italian, 16-Lb. Box Net Wt. Box 98c	Peaches Yakima Elbertas, 16-Lb. Lug \$1.39

Buy War Savings Stamps With the Money You Save at Safeway

WANT TO KNOW WHAT NANCY LEARNED?

WELL, I DON'T GET IT. NANCY. THE KIDS DON'T WANT HALF THE SATURDAYS IN CROWDED GROCERY STORES. DON'T THEY EAT ON WEEKENDS? ETC., ETC., ETC.

OH, I KNOW SHOPPING ON WEEKENDS IS MUCH BETTER, BUT I HAVE TO WATCH MY PENNIES. I HAVE TO WATCH FOR SATURDAY SPECIALS.

LOOK, DARLING, I HAVE A SUGGESTION. SHOP SATURDAY PRICES ARE GOOD EARLY IN THE WEEK.

DO YOU MEAN TO SAY THERE AREN'T SPECIAL LOW PRICES?

THEY'RE SPECIALLY LOW PRICES ALL RIGHT, BUT SAFEWAY PRICES ARE LOW LIKE THIS EARLY IN THE WEEK, TOO.

...SO NOW I GET MY BIG ORDER AT SAFEWAY DURING THE EARLY PART OF THE WEEK AND I SAVE MONEY AS WELL AS TIME AND TROUBLE.

AND ONE THING MORE, DEAR. IT SHOULD BE VERY SAVING ON MY DISPOSITION!

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

Not only will you have more time to play on week-ends, but you'll be able to shop more leisurely if you get your big grocery order on a weekday. Safeway's specially low advertised prices, you know, are now good early in the week.

SAFEWAY Prices Subject to Market Changes

A good source of VITAMIN B₁, as Nature provides it

Baked by NABISCO NATIONAL BISCUIT COMPANY