

Be Sure... Shop SAFEWAY

Save Up to 30c on 'Premium Quality'
KITCHEN CRAFT FLOUR



Kitchen Craft is guaranteed to work wonders with ANY recipe. It's sifted through pure silk to give it the fine texture required for easy blending.

Save 15c 10-lb. bag	Save 15c 25-lb. bag	Save 30c 50-lb. bag
90c	\$2¹⁴	\$4¹⁹

Here's a Real Value
Reg. 70c MAYDAY



SALAD OIL

Mayday is the choice salad oil of millions of cooks — because it is completely neutral in flavor. It's guaranteed to give you better results.

Quart Bottle **49c**



FRIED CHICKEN is an American favorite. Here it is shown pan-fried and garnished with parsley, tossed vegetable salad with egg slices and rolls as accompaniment. Fried chicken is a wonderful Sunday forenoon breakfast and September is Better Breakfast Month. The photo and recipe suggestions come from the Poultry and Egg National Board.

GOOD BREAKFASTS

September is a fine time to brush up good breakfast habits. School children, as well as adults, who eat good breakfasts are more efficient during the morning than those who skip the first meal of the day.

Breakfast can be a tasteful and satisfying meal. Just include these important foods in amounts that add up to 1/3 to 1/2 of the day's caloric needs: fruit or fruit juice, an egg at least three or four times a week, whole grain or restored cereal, enriched or whole grain bread, butter or fortified margarine, milk, and, for adults, coffee or tea, if desired.

ICE CREAM SANDWICHES

A tasty warm weather treat for everyone is a home made ice cream sandwich with old-fashioned malt flavor. Bake an oblong cake from chocolate malt cake mix; cut into squares, split and fill with ice cream. Serve with malt sauce made from a chocolate malt frosting mix.

CRUSTY FRIED CHICKEN

Coating chicken before frying is an important preliminary step toward making good fried chicken. A coating helps to give the chicken that crisp, thin crustiness — one of the taste delights of fried chicken. It assures moistness by preventing loss of juices from the chicken itself during frying. It helps to assure more uniform browning. The very nature of the ingredients used in coating furnishes a flavor accent since it carries those all important seasonings — salt and pepper.

For fried chicken with extra good crustiness and flavor use this egg and flour coating.
1. For each pound of broiler-fryer chicken cut-up (or favorite pieces), blend 1/2 egg, 1 teaspoon salt and 1 teaspoon water.
2. Turn pieces in the egg mixture to coat thoroughly. Drain slightly.
3. Coat with flour by shaking pieces, 2 or 3 at a time, in a bag containing flour and seasonings. Use about 1-3 cup flour, 1/2

teaspoon paprika and 1/4 teaspoon pepper for each pound of chicken. From this point fry the chicken by your favorite method.

Illustrated in the photograph is pan-fried chicken garnished with parsley, tossed vegetable salad with egg slices, and favorite rolls.

TUNA SALAD

With beautiful tomatoes on the market, plan a luncheon salad of tuna mixed with chopped celery and hard cooked eggs and whatever else your fancy dictates, and serve on a thick slice of peeled tomato with salad greens.

TINY BISCUIT-WICHES

For that afternoon or evening snack to serve with your favorite beverage, try tiny Biscuit-wiches. Heat oven to 450 degrees and follow the direction on the Bisquick package for rolled biscuits, except roll dough to 1/4 inch thickness and bake 8 to 10 minutes. Split hot biscuits, between halves.

FREE!

A Reg. 39c Full Quart Ctn.

BAND BOX Lo-Fat ICE MILK DESSERT

With the purchase of Half Gallon

Cotillion Ice Cream

Guest Quality
Supurb Flavor
Smooth
Consistency

Req. 1.74 Value

Both For **\$1³⁵**

Stock-up & Save on 'Premium Quality'

Bel-air Brand FROZEN FOODS

- ★ Cut Green Beans 10-oz. pkg.
- ★ French Style Beans 10-oz. pkg.
- ★ Whole Kernel Corn 10-oz. pkg.
- ★ French Fries 9-oz. pkg.
- ★ Leaf Spinach 12-oz. pkg.
- ★ Chopped Spinach 12-oz. pkg.



For vegetables that have that garden fresh flavor—choose Bel-air brand frozen foods. They're the finest.

Your Choice 12 for 1.75 **6 for 89c**

Green Peas Bel-air 5 10-oz. 95c
Strawberries Bel-air 4 10-oz. 1⁰⁰

CHOPPED BEEF

Reg. 3/1.00 Wilson - Finest Quality

Here's the easiest — the fastest — to-prepare menu you can serve. Just open the can and that's all. And look at this special low price, too. Shop Safeway now and save.

12-oz. Can **29c**

SHORTENING

Snowdrift
3-lb. Tin

65c

Royal Satin
3-lb. Tin

65c

Man, oh man! It's Great Savings During SAFEWAY'S

BIG CALF SALE!

Here's Steer Beef at Its Finest!

"U.S.D.A. CHOICE" Aged

POT ROAST



Tender cuts of "Choice" beef, properly trimmed before weighing to give you only perfect eating beef. We guarantee it will please you or your money back.

53c lb.

Round Bone Pot Roast lb. 65c
Ground Beef Ground Fresh - 100% pure lb. 45c
Round Steak "Choice" Beef Full Cut Bone In lb. 79c

Young 'n Tender-Perfect Eating

Safeway sells only top government grades of this tender calf. Every cut Safeway sells is sold on a money-back guarantee.

Sirloin Steaks Tender flavorful eating lb. 65c
T-Bone Steaks Perfect lb. 69c
Breast 'o Beef Wonderful for stew lb. 15c
Shoulder Steak Well trimmed lb. 49c
Shoulder Roast Lean Tender lb. 39c

Somerset or Del Monte - 12-oz. ea.

Ring Bologna

or Polish Sausage
ea. 35c 3 for \$1⁰⁰

Hickory Smoked 1 to 16 Pound Average

Skinned Ham Per lb. 59c

Whole or Full Half Slab of Flavorful
Slab Bacon Per lb. 45c

Young 'n Tender-Fresh Whole Drawn
Cut-Up Fryers lb. 53c

Rath Black Hawk Spiced

Lunch Meats

3-Pound Can **98c**

For your shopping convenience, the stores listed below will be

Open

FRIDAY

Evenings 'til 9

Remember -- Your dollar buys More in your Downtown Store!



Finish up your Back-to-School shopping this Friday night! It's far easier to shop because the stores aren't crowded, and parking is easy to find, right by the stores you want to shop, and there is no meter problem. The stores listed below are all close together, just a few steps apart, and they're all loaded with real values for Fall. Shop downtown 'til 9 this Friday!

Anita Shops

707 Main

Hartfield's

8th and Main

Market Basket

9th and Pine

Montgomery Ward

9th and Pine

J. J. Newberry Co.

825 Main St.

J. C. Penney Co.

8th and Main

Rogers Jewelry Co.

837 Main

Sears, Roebuck & Co.

8th and Klamath

Woolworth's

811 Main



Shop SAFEWAY

GUARANTEED

Every item Safeway sells is unconditionally guaranteed to please you 100% or your money will be refunded.