

KEDGEREE

The fishing and rice industries are both highlighting their products this month. There is National Fish and Seafood Week and again October brings the National Rice Harvest Festival.

The following recipe came from the combined promotion.

A delectable dish, nutritious and economical, too, that honors both these important industries is old-fashioned Kedgerree. This dish with the strange name comes to us from the Far East, via the English, who love to serve this fish-and-rice dish for a hearty Sunday breakfast or for high tea. The "Encyclopedia of Cookery" says that it is also spelled "kidgee" or "kedgery" and "The original recipe consisted of fish sautéed in butter over a very low fire and served on a base of highly spiced rice. The fish was covered with a rich cream sauce seasoned with curry powder." Since the high seasonings might not be to many Americans' taste, here is the National Fisheries Institute's version of it.

KEDGEREE
1 cup uncooked rice
2 packages frozen fish fillets (4 cups flaked fish)
1 teaspoon onion flakes
1 teaspoon pickling spices
2 hard-boiled eggs, (1) chopped, (1) sliced
2 tablespoons chopped parsley
4 teaspoons curry powder
1 teaspoon Worcestershire sauce

Put rice in two cups of cold water, with one teaspoon salt. Bring to a vigorous boil and turn heat as low as possible. Cover with lid and cook over low heat for 14 minutes. While rice is cooking, place fish, pickling spices, and onion flakes in a saucepan; cover fish with water. Fish need not be thawed. If frozen blocks are too large to fit into pan, cut into pieces. Bring water to boil, turn heat down so that water just simmers. Cover and let cook until fish flakes easily when tested with a fork. Flake fish, removing any bones. Mix with rice and remainder of ingredients. Turn into 2-quart buttered casserole. Dot with butter. Cover and bake at 400 degrees (hot oven) 10 minutes. Garnish with hard-boiled egg slices and parsley. Serve at once. Makes 6-10 servings.

Batter-Way Coffee Cake

This recipe, suggested by Pillsbury Best All Purpose Flour and Red Star Yeast, makes about 24 rolls or two coffee cakes.

Dissolve two packages Red Star Special-Active Dry Yeast in one cup warm water (110 to 115 degrees). Let stand a few minutes, then stir.

Blend together in mixing bowl until resembles coarse meal, 3 cups sifted Pillsbury Best All Purpose Flour, 1 cup sugar, 1 teaspoon salt, 1/2 cup soft margarine or butter.

Add yeast mixture, one teaspoon vanilla, almond or lemon extract, two eggs (room temperature) and beat until smooth (200 hand strokes or two minutes with electric mixer at medium speed). Cover.

Let rise in warm place (about 85 degrees) for 30 to 45 minutes, or until double in bulk.

Prepare Cinnamon Crunch Topping. While dough is rising, mix together with a fork 1/2 cup crushed (1 1/2 cups uncrushed) wheat, corn or rice cereal flakes or use Kellogg's Corn Flake Crumbs which are new on the market, 1/4 cup sugar, 1/2 teaspoon cinnamon, three tablespoons melted margarine or butter.

Stir down batter, then turn batter into greased muffin cups (1/2 full or two eight or nine-inch pans, making sure batter is level). Sprinkle topping evenly on batter. Use spatula or knife to make eight to 10 indentations in batter, pressing crumb mixture to bottom of pan.

Let rise in warm place 20 to 30 minutes, or until doubled.

Bake in moderate oven (375 degrees) 15 to 20 minutes for rolls; 20 to 25 minutes for cakes or until deep golden brown. Remove from pans and let cool on racks.

Fish Cocktail

Unexpected guests? Dress up your menu with this appetizer treat. "Orinda Tuna Cocktail" combines pale green balls of Calavo avocado with pink chunks of tuna. Pretty and delicious! Look for winter variety Calavo avocados at your grocery now. They're the Fuertes with the thin, emerald-green skin.

ORINDA TUNA COCKTAIL
2 small Calavo avocados
1 1/2 lbs. or 2 "cans" can tuna
Fresh lime or lemon juice
Salt

1/2 cup finely chopped celery
1/2 cup finely cut green pepper
2 1/2 cups tomato cocktail sauce
4 tablespoons mayonnaise

Cut each avocado into halves lengthwise and remove seed and skin. Cut avocado into balls with a small measuring spoon or French ball cutter. Sprinkle avocado and tuna with lime juice and salt, and arrange in cocktail glasses. Sprinkle celery and green pepper over top. Combine tomato cocktail sauce and mayonnaise, and pour over cocktails just before serving. Serve very cold.

Makes six to eight servings.

PILSOSK

It's worthwhile to presoak your dirt and scrub cloths in a pail of hot soap or detergent suds. This loosens embedded dirt and, after rinsing, makes it practical to include these dirty "rag" with a machine load of laundry washing.

STORAGE

Now that cool weather is here, electric fans move into storage. Before putting them away, wipe accumulated dust and dirt from the blades with damp rags. Then wash carefully with a sponge.

PLAY "CROSS-OUT" WITH SAFEWAY
WIN 6,000 PRIZES ... WORTH \$60,000
Here it is folks ... GAME NO. 5

0	2	10	12	14	18
20	22	30	32	34	36
38	42	44	50	58	60
62	68	70	72	74	78
80	82	84	90	94	98

It's fun ... it's just like bingo. Here are a few of the valuable prizes:
Mink Stoles, R.C.A. Color T.V. Sets, Westinghouse Dryers, 2-Skin Mink Scarves & Orchids, Gruen Watches, Hammond Illuminated Globes, 4-Pc. Hallite Cookware, Seth Thomas Clocks and many, many other prizes.

JUST FOLLOW THESE SIMPLE RULES

Check the numbers in the box, at left, with those appearing on your cards. If you have 5 of these numbers, on any one card, in a straight line ... down, across or diagonally ... you are a winner! Now, simply follow the rules you'll find printed on your card.

Anyone over 18 years of age, except Safeway employees and members of their immediate family, can play "CROSS-OUT." Ask for your free card each time you visit your Safeway store. No purchase or other obligation is required.

If you do not have a winner this week. KEEP YOUR CARD! You can play it again and again against new sets of numbers that will appear in our ads for the next 11 weeks. All cards can be played for 12 weeks against ANY set of numbers we advertise.

We reserve the right to correct any typographical or other error or errors which might appear in any published matter in connection with this game and to reject winning cards not obtained through legitimate channels.

Featured Now ... Vine-Ripened, Firm Slicing

RIPE TOMATOES

These beautiful tomatoes are rushed from the sunny fields of California. They are perky and flavorful for tasty salads. Safeway buys tomatoes as close to vine-ripe perfection as we can. We buy in the most wanted sizes. Every tomato slices smoothly and easily — and zesty with flavor. Take home a bag full today.

2 lbs. for 29¢

NO. 2 POTATOES

Hand Picked Oregon Russets

50-lb. bag 99¢

APPLES

Extra Fancy Rome Beauties 23-lb. Box 2.19 lb.

Extra Fancy Red Delicious 7-lb. Poly Bag 99¢

Danish Squash
Head Cabbage
Halloween Pumpkins

For the finest ... freshest fruits and vegetables, all you need to remember is SAFEWAY.

BEEF IS THE BIG BUY this weekend at ...

There's More Good Eating Meat on SAFEWAY Steaks Proper Trimming and "Aging" Makes the Big Difference

T-Bone Steaks
Beef Pot Roast
7 Bone Pot Roast
Fresh Ground Beef
Boiling Beef

Skinless Franks 59¢
Del Monte Smokies 39¢
Shrimp Meat 98¢

Nothing less than "USDA CHOICE" well-aged

And Club Steaks if you prefer ... treat yourself to the finest steaks money can buy when you buy it at Safeway. First, it's scientifically aged ... next, it's well trimmed of excess waste ... and it's guaranteed 100%.

Tender "USDA CHOICE" Well "aged" beef. Arm Cuts lb. 69¢

Plenty of good eating meat on this bone cut "USDA CHOICE" Pot Roast

Ground Fresh Daily—100% Pure Guaranteed

Here's a great item for a thrifty meat with your dinner tonight!

Thick Sliced Bacon 1.25
Canned Hams 2.99
Fresh Oysters Med. size 59¢ Full Pint 69¢



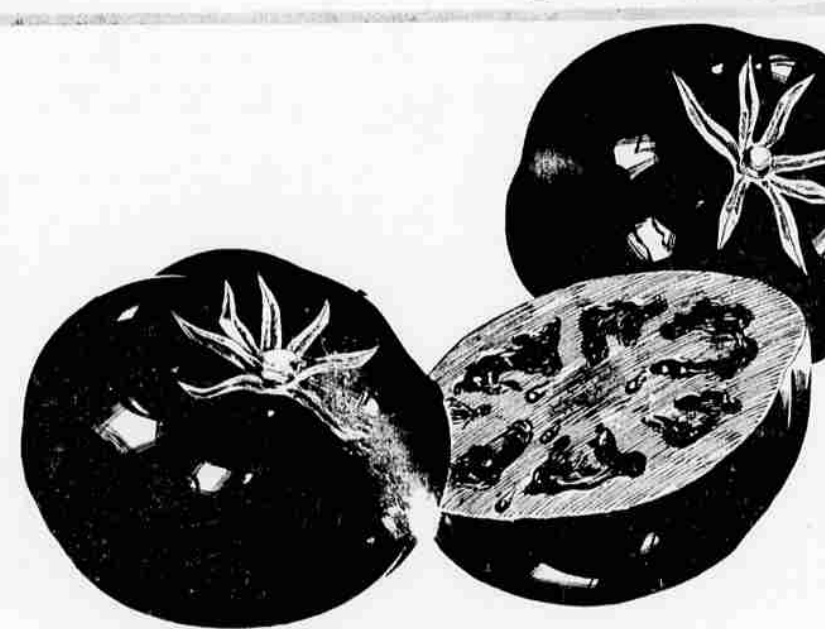
Check these Coffee Prices!

Safeway is your Best Place to Buy the Finest Coffee! Vacuum packed Edwards Coffee has the combined vigor and richness of the world's finest coffee. It's roasted only to order ... fresh and fragrant, in either the regular or drip grind.

Edwards Coffee
NOB HILL Coffee

Here's coffee that tastes as good as it smells.

2-lb. Bag \$1.25 1-lb. bag 63¢

GARDENSIDE
PEAS - CORN
GREEN BEANS

Stock up now at Safeway on tender cut green beans ... delicious cream style corn ... or plump, meaty std. sweet peas. Mix 'em or match 'em — you save both ways.

8 303 Tins \$1.00

Win 54 major Westinghouse Appliances to be awarded winners. \$25,000 worth of major appliances to be awarded. Details on Entry Blanks at Safeway Bread Section—Safeway.

Have you started your collection of the WORLD'S GREATEST MUSIC? Imagine High Fidelity — long playing, 31 composers ... all for only \$1.37 Vol. No. 5 now on sale. Volume No. 1 still available for 37¢.

BUY this weekend at ...

Boneless Steaks
Beef Round Steaks
Beef Rump Roast

These are selected birds, plump with plenty of the tenderest sweetest meat you ever tasted. Every one of Safeway Fryers will turn to a rich-golden brown. Unless they give you top eating enjoyment you get all of your money back.

They're the Lowest in Years!

Safeway is your Best Place to Buy the Finest Coffee! Vacuum packed Edwards Coffee has the combined vigor and richness of the world's finest coffee. It's roasted only to order ... fresh and fragrant, in either the regular or drip grind.

Edwards Coffee
NOB HILL Coffee

Here's coffee that tastes as good as it smells.

2-lb. Bag \$1.25 1-lb. bag 63¢

A mild and mellow blend of fine coffees

Shortening
Salad Oil
Margarine
Cherub Milk
Table Syrup
Frozen Orange Juice

10¢ off on Royal Satin the finest pure all vegetable. Grand for all frying & baking.

20¢ off on each bottle of NuMade ... add flavor to your favorite salads.

Sunnybank is pure golden naturally better margarine. A Safeway guaranteed product.

The finest evaporated milk. Grand for table use, cooking and babies' diet. Case of 48 for \$5.95.

Top your waffles or pancakes with Pack Train. Finest maple flavored syrup.

Scotch Treat brand Concentrated

Whether guests are coming over or little Trick or Treaters that will be coming to your door ... be sure you have on hand plenty of these delicious "Kitchen Fresh" Caramel cubes ... on sale now at Safeway.

Everybody loves delicious yellow popcorn ... especially when it's TOWN HOUSE brand. Grand when made into caramelized balls or just covered with melted butter and sprinkled with syrup.

In sturdy cello bags 14-oz. pkg. 35¢

"Cheer" Detergent Auto. Washers 87¢
Ivory Liquid For dishes and washes 22-oz. size 79¢
Redeem your Proctor and Gamble Coupons Here.

SAFEWAY

Hey Kids! Get your FREE HALLOWEEN MASKS

now, with the purchase of refreshing

NEW LUCERNE ORANGE DRINK

Here's a special offer on attractive Halloween masks to be given with each full quart of delicious Lucerne Orange drink. Enjoy the rich flavor of fresh squeezed oranges with a just-picked-off the tree flavor. We're mighty proud of Lucerne orange drink. It's sold exclusively by Safeway. Pick up several cartons now.

2 Full 33¢
17¢ 3 for 49¢

It's time to stock up on refreshing

APPLE CIDER

TOWN HOUSE or HOOD RIVER

Halloween just isn't Halloween unless you have plenty of apple cider on hand. And the finest brands are Town House or Hood River brands. You'll love the rich satisfying flavor of cider that is made from the choice selection of the finest fully ripened apples. Stock up now at Safeway.

69¢

Enjoy light and fluffy biscuits ... no fuss or bother

JIFFY BISKIT MIX

Here's a Halloween treat. Melrose Chocolate, lemon, vanilla

GINGER SNAPS

Here's a great cold weather favorite! Delicious Willaport brand

OYSTER STEW

Grand for delicious macaroni casseroles ... look at this savings on

PORTER FRIL-LETS

Enjoy the refreshing flavor of tree-ripened oranges in

KRAFT ORANGE

Delicious fancy quality TOWN HOUSE Yellowstone

FANCY PEACHES

Fluffy-tast brand extra fresh light and fluffy. Grand for Halloween Festivities

FRESH "AA" LARGE EGGS

Use Oregon walnuts in any recipe in which you use nuts. Add them to custards, cookies and cake.

Use Oregon walnut halves, stuck together with a dab of anchovy paste, on your d'oeuvres tray. Or make cookies like these: 1 cup sifted cake flour 2 tablespoons sugar 1/2 cup butter 1 teaspoon vanilla 1 cup walnuts, ground

Cream butter and sugar and add vanilla. Measure the walnuts, then chop fine or grind. Add nuts and flour to butter-sugar mixture. Roll dough into small balls and place on greased cookie sheet. Bake at 300 degrees for 40 to 50 minutes. While still hot, roll the balls in confectioner's sugar.

Easy Treats

Have you thought of caramels as "tricky" and expensive? No, when they're made by this recipe. Jean Porter, of the C and H Sugar Kitchen, worked it out to get around both of those difficulties. You'll be impressed to find how easy these caramels are to make. There's no tiring hand beating. They're versatile, too. Can be served as is, or rolled in nuts, coconut, or chocolate shavings.

BROWN SUGAR CARAMELS
2 cups C and H Pure Cane Light Brown Sugar
1 cup light corn syrup
1 large can (1 1/2 cups) evaporated milk
1/2 cup butter or margarine
1/2 teaspoon salt
1 teaspoon vanilla
1 cup finely chopped walnuts, if desired

In a heavy saucepan combine sugar, corn syrup, milk, butter or margarine, and salt. Heat gradually to boiling, stirring occasionally. Continue boiling, stirring constantly, until mixture reaches 240 degrees on candy thermometer, or the soft-ball stage. When candy sets above 220 degrees, watch and stir carefully because it will scorch easily! Remove from heat and stir in vanilla and nuts. Pour into well-buttered eight inch or nine inch square pan. Let cool for several hours or overnight. Turn out of pan onto a cutting board and with a long, sharp knife, cut in strips, then into small lengths. Roll pieces in chopped nuts, chocolate shot or coconut. If left plain, wrap individual pieces in waxed paper. Makes 1 1/2 pounds tender, chewy caramels.

And here are two easy-going cookies you'll want to make for holiday nibbling.

HOLIDAY MACAROONS
1 1/2 cup butter or margarine
1 cup C and H Pure Cane Dark Brown Sugar
2 eggs, unbeaten
3 cups corn flakes
1 cup shredded or flaked coconut
1 cup coarsely chopped walnuts

Cream butter and sugar. Add eggs one at a time; mix well. Stir in corn flakes, coconut and nuts. Drop by teaspoons onto greased cookie sheet. Bake at 350 degrees (moderate) for 12 to 15 minutes. Let cool a few seconds on cookie sheet before removing to cake rack. Makes three to four dozen chewy cookies.

SHORTBREAD COOKIES
1 cup butter or margarine
1 cup C and H Pure Cane Light Brown Sugar
1/2 teaspoon salt
2 1/2 cups sifted flour

Cream butter and sugar. Gradually work in flour and salt. Shape into long rolls; wrap in foil and chill several hours. Cut into 1/4 inch slices; bake on an ungreased cookie sheet at 375 degrees (moderate) for eight to 10 minutes. Makes four to five dozen.

Incidentally, this is an excellent dough to put through a cookie press. In that case, don't chill it.

BROWN BETTY
A welcome change from the chilled desserts of summer is good old-fashioned Brown Betty ... a baked apple pudding that always meets with favor among both old and young.

Perfect as the star of lunches, afternoon snacks or Sunday suppers, Brown Betty is particularly appetizing when prepared with both apples and apples.

Here's a recipe suggested by Sugar Information Inc., for Apple Appled Brown Betty which you might want to try.

BROWN BETTY
2 1/2 cups bread crumbs
1 egg, beaten
1 cup milk
1/2 cup brown sugar
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
4 cups apples, pared, cored and chopped

Combine bread crumbs, butter, egg and milk in bowl. Mix dry ingredients. Arrange 1 1/2 crumbs in greased 1 1/2 quart casserole. Cover with 1/2 apples. Spoon on a few apricots. Sprinkle with 1/2 sugar mixture. Cover with another third of crumbs, rest of apples, apricots and remaining sugar mixture. Spoon on lemon juice and water. Top with rest of crumbs. Cover casserole and bake at 350 degrees for about 1 1/2 hour. Uncover and bake another 30 minutes until apples are tender. Serve warm or cold with Hard Sauce.

Yield: 8 servings

HARD SAUCE
1/2 cup butter
1 cup confectioner's sugar
1 teaspoon lemon juice
Dash of salt

Cream butter until light and fluffy. Gradually add sugar until well blended. Stir in lemon juice and salt and thoroughly.

Walnut Cookies
The Salem Nut Growers, Inc., are promoting increased use of Oregon walnuts.

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SAFEWAY

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