

Low, low prices on EVERY item, plus BONUS values like these, mean you always save more on your total food bill at SAFEWAY!

TOWN HOUSE brand, fine quality from peak-of-season fruit

Grapefruit Juice

Bisquick

Lemonade

Natural or
sweetened

4 46-oz.
tins \$1⁰⁰

3 40 oz.
Pkgs. \$1⁰⁰

9 6 oz.
Tins \$1⁰⁰

Stock up at this sensational Price

Scotch Treat Frozen

Give extra flavor to your favorite salad recipe with finest quality

Nu Made Salad Dressing

Add zest to soups, salads, snacks and delicious party plates

Tea Timer Crackers

10c off deal qt. jar

Thin Crisp
Party Crackers
1-lb. pkg.

29^c

Everybody loves LUNCH BOX

Peanut Butter

Delicious creamy or crunchy smooth-spread-
ing Lunch Box brand peanut butter. Made of
the finest ingredients.

18-oz.
Jar 59^c

SALAD OIL

NUMADE OIL

Finest pure all-vegetable... for lighter
fried foods and better baking.

Qt.
Bottle 37^c

WESSON OIL

the premium all-purpose, pure salad oil

Qt.
Bottle 39^c

CANDI CANE

Cane Sugar



Get set for the canning
season just around the
corner. Here's your chance
to really stock up and
save even more than before

... on the finest, pure gran-
ulated all-purpose sugar. A
Safeway guaranteed product.

Special low price

10 lb.
bag 89^c

Extra fresh, assorted

Melrose Cookies

Here's everybody's favorite cookie. A wonder-
ful assortment of oven-fresh cookies in each
package. They are
made of the finest in-
gredients.

22-oz.
pkg. 49^c

HAVE YOU TRIED THESE
BEL-AIR Premium Quality
FROZEN FOODS

Brussel Sprouts

Only selected, small firm sprouts are
packed. 8-oz. pkg. 27^c

Fancy Cauliflower

Snowy white cauliflower of premium quality
10-oz. pkg. 27^c

Safeway brand, finest Cheddar cheese

Sharp Cheese

lb. 75^c

Mild Cheddar Cheese

12-oz. pkg. 65^c 20-oz. loaf 63^c
Per lb. per lb.

ZEE TISSUE

Your choice of 4 pastel colors; Soft White,
Capri Aqua, Ballet Pink, and April Yellow
bathroom tissue.

3 4-roll
packs \$1⁰⁰

PORK & BEANS

HIGHWAY brand, plump tender beans with
tomato sauces and spices. Serve 'em hot or
cold. They're already cooked.

5 No. 2 1/2
tins \$1⁰⁰

"AA" Lge. Eggs

FRESH!

2 dozen 83^c

Beautiful Sun-Ripened California Sunkist

NAVEL ORANGES

Sugar sweet, medium-size oranges. Hefty with lots of juice and
meats. Safeway buyers selected these fine oranges from the
top-pick of the crop. Grand for
juice, fresh eating, slicing in sal-
ads and desserts. Pick up a bag
full today.

10^c
lb.

It's Safeway for the finest, sugar-sweet, red-ripe

Strawberries

Bright red beauties perfect
for elegant desserts and for
shortcakes. These berries
are the choice selection
from the growing area.

2 Cups 49^c

New Potatoes

White Rose, U. S.
No. 1. Guaranteed

Fresh Corn

Serve a platter full of
these golden beauties
with your dinner tonight

Watermelons

Thumpin' red-ripe beauties.
Every one is guaranteed to
please you 100%

Fancy Bananas

Golden beauties at a special
price for this weekend

2 lbs. 35^c

CUCUMBERS

So crisp and crunchy —
perfect for tasty toss salads.

3 for 29^c

10 lbs. 49^c

5 ears 49^c

lb. 6^c

Better Meals

Practically everyone likes to eat. From infancy through old age, it's an enjoyable custom, controlled somewhat by appetite, but as we grow older, even more by habit. By the time we are teenagers, eating has become a social custom so that when we think of a party, we think of food at the same time. And when we reach 30, our eating pattern is fairly well set.

Too often during these formative years, we forget that the foods we eat affect our health. If we have developed a sensible eating pattern, it can help us to have the buoyant energy and feeling of well being that we all desire. Poor eating habits may play a part in causing a constant "under-par" feeling.

Healthful foods can be fun to eat... the family meal planner should keep this in mind. And the senior citizen should consider this fact of prime importance in food selection. For while the older adult still requires nourishing foods to keep feeling in tip-top shape, calorie needs are considerably lower than in earlier years when a more active life was pursued. Extra care must be used by the older adult when planning meals and snacks. Meals should include healthful dishes which take full advantage of the many delicious foods which are also high in food values yet low in calories.

Every course of a meal can help supply the daily nutrient needs for the senior citizen. Snacks can play their part too. The frequent inclusion of highly nourishing dairy foods in the menu is an excellent way to add needed protein, minerals and vitamins.

Here are several recipes planned especially for the senior citizen. Generous amounts of milk are used for an easy way to add this protein food to meals.

The flavored milk drinks will make nourishing mid-day snacks. They are easy to prepare for one or many. Cauliflower Cheese Soup will make a delicious luncheon or supper main dish—high in protein and rich in flavor. This one is served cold, for a spring or summer treat. Custard Sauce offers an opportunity to serve milk for dessert. Its use may be varied by serving it over fruit one day and over cake another. Or it may be eaten plain, flavored with coffee, chocolate or other favorite flavorings.

CHICKADEE MILK

1 cup milk
1 chicken bouillon cube
1/2 teaspoon celery salt
Dash of seasoned salt
Combine ingredients in saucepan. Heat to serving temperature over low heat. Makes 1 serving.

HOT MOCHA

1 cup chocolate milk drink
1/2 teaspoon instant coffee
1 teaspoon sugar
1/4 teaspoon vanilla
Heat chocolate milk drink to scalding. Add instant coffee and sugar. Stir to dissolve. Just before serving add vanilla. Serve piping hot. Makes 1 serving.

CAULIFLOWER CHEESE SOUP
3 cups (or 1 medium head) cauliflowerettes
1/4 cup butter
2 tablespoons flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 quart milk
1 cup shredded American cheese
Mince parsley
Cook cauliflowerettes in boiling salted water until tender; drain well and wash slightly. Melt butter in saucepan over low heat. Blend in flour and seasonings. Add milk, stirring constantly; cook until smooth and thickened. Add cheese and stir until melted. Stir in cauliflower. Chill thoroughly. Pour into chilled bowls. Garnish with minced parsley. Makes about 6 cups soup.

CUSTARD SAUCE

2 cups milk, scalded
3 eggs
1/4 cup granulated sugar
1/2 teaspoon salt
1 teaspoon vanilla
Scald milk in top of double boiler. Beat eggs slightly; add sugar and salt and blend. Gradually add milk, a little at a time, stirring constantly. Return to double boiler and cook over hot water (not boiling), until mixture coats a clean metal spoon, about 8 minutes, stirring constantly. Remove at once from hot water; cool and add vanilla. Makes 2 cups sauce. Serve over fresh, frozen or canned fruit or slices of pound or sponge cake or gingerbread.

FOLLOW THROUGH

A delicious meal becomes even more eye-appealing by adding a sprig of parsley or watercress to the meat platter, a generous wedge of lemon to the fish plate, herbed butter for drizzling over mashed potatoes. Serve your beautifully iced cake on a lovely plate. Even the simplest pudding becomes a confection in a sherbet glass.

There's only one
SKIPPY

BEWARE
OF
IMITATIONS

LOOK
FOR THE
HAPPY
LITTLE DOG



TOPS IN QUALITY!

LOW IN PRICE



SAFEWAY