

CHEESE CHEESE FOR LENT

30,000 POUNDS OF IMPORTED AND DOMESTIC CHEESE ON DISPLAY FOR YOU TO SAMPLE FREE!

WE FEATURE THE LARGEST VARIETY IN SOUTHERN OREGON!

MILD
CHEDDAR 39¢ lb.

SWISS CHEESE 59¢ lb.

SHARP CHEDDAR 69¢ lb.

LONGHORN 57¢ lb.

LAGERCASE 69¢ lb.

BLUE CHEESE 79¢ lb.

PROVOLONE 69¢ lb.

CHANTELLE 79¢ lb.

JACK CHEESE 49¢ lb.

ROQUEFORT BLEU 89¢ lb.

CARAWAY JACK 55¢ lb.

AMERICAN PIMIENTO SWISS 49¢ lb.

SLICED 59¢ lb.

TILLAMOOK 69¢ lb.

LONGHORN 69¢ lb.

CHEDDAR 49¢ lb.

BEEF LIVER 39¢ lb.

BEEF HEARTS 29¢ lb.

BEEF TONGUES 39¢ lb.

SIRLOIN STEAK 73¢ lb.

T-BONE STEAK 87¢ lb.

ROUND STEAK 77¢ lb.

RUMP ROAST 77¢ lb.

ROLLED ROAST 87¢ lb.

Pork SAUSAGE 379¢ lb.

PHILADELPHIA
CREAM CHEESE 29¢ 8-oz. Pkg.

KRAFT
GOUDAS 51¢ 8-oz.

KRAFT SLICED AMERICAN SWISS PIMIENTO 31¢ 8-oz. PKG.

KRAFT ASSORTED 5-OZ. ALL VARIETIES 4 JARS 1.00

KRAFT CHEESE WHIZ 57¢ 16-oz. JAR

KRAFT CRACKER BARREL MELLOW 63¢ 13 1/4-oz. Pkg.

— ALSO —

BEEF HIND QUARTER SALE

GOVERNMENT INSPECTED - GRADED AND AGED TO GIVE A BETTER PRODUCT WEIGHING FROM 100 lbs. TO 160 lbs.

WE CUT AND WRAP FREE ONLY 49¢ lb.

HAM 79¢ lb.

ARMOUR'S STAR

Boneless - Fully Cooked

Sirloin Steak 73¢ lb.

T-Bone Steak 87¢ lb.

Round Steak 77¢ lb.

Rump Roast 77¢ lb.

Rolled Roast 87¢ lb.

Pork Sausage 379¢ lb.

Cheese 49¢ lb.

Ham 79¢ lb.

Beef 39¢ lb.

Beef 29¢ lb.

Beef 39¢ lb.

Beef 39¢ lb.

Beef 39¢ lb.

WE PROUDLY ANNOUNCE
YUBAN
THE WORLD'S RICHEST COFFEE
GET ACQUAINTED PRICE
1 lb. can 69¢ 2 lb. can 129¢

PEAS 9 for 99¢

JELL-O 29¢ 6 Pkgs. For

Mayonnaise 49¢ qt.

KRISPY CRACKERS 39¢ 2-lb. Box

Baby Pants 6 pair \$1

FLOUR 69¢ 10 lb. Bag

MILK 6 cans 79¢

ICE CREAM 88¢ 1/2 Gal.

Coffee 159¢ 10-oz. Jar

TUNA FISH 49¢ 4 No. 1/2 CANS

COFFEE 65¢ 1 & 2-lb. Cans

DOG FOOD 59¢ 4-lb. Box

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FREE
PANCAKE MIX
3-lb. Pkg. ASK ANY OF US AT LOW COST

SPUDS 10 for \$1.00

BANNER MARGARINE 789¢

Asparagus 5 for \$1.00

PEANUT SPREAD 49¢

SOAP 2 for 33¢

PINEAPPLE-GRAPEFRUIT TOMATO JUICE 4 46-oz. Tins

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NESTLES 1-TON CHOCOLATE SALE

Instant Chocolate 2-lb. 6-oz. can 79¢

Eveready Morsels 2 12-oz. Bags 75¢

Butterscotch 5 for 99¢

King Bars 3 for 99¢

Chocolate Bars 10 for 69¢

Nibbles 5 for 99¢

Peas 749¢

Rice 259¢

PINEAPPLE JUICE 3 46-oz. Tins \$1

Tissue 49¢

Pineapple 59¢

DOLE FRUIT COCKTAIL 489¢

KELLOGG RICE 27¢

Krispies 27¢

Cake Mix 389¢

GOLDEN RIPE HANDS BANANAS 2 lbs. 25¢

Fancy Coacchella Red Grapefruit 649¢

Crisp, Heads Lettuce 225¢

Crisp, Tender Stalks Celery 19¢ each

Radishes and Green Onions 5¢ bunch

there's only one SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY! LOW IN PRICE

Low Cost market

3710 So. Sixth Right Reserved To Limit Specials Good Thurs. thru Sun.

Low Cost market



SPoon BREAD is a traditional Southern food and reaches other parts of the country in numerous variations. Here H. J. Heintz Company home economists combine oysters with the corn meal concoction.

Oyster Spoon Bread

Every Southern cook has her own version of spoon bread, yet basically they agree. Corn meal, of course, is the main ingredient. Rich milk and well-beaten eggs are added with a generous hand. The result is a steaming, fluffy bread, topped with brown — a bread that is never cut with a knife, but served with a spoon from the casserole or deep dish in which it is baked.

Some spoon breads resemble souffles in their airiness; others are a bit more moist. Either version calls for immediate serving once it is lifted from the oven, for like the high-batted souffle, it does tend to drop as it cools.

This version of spoon bread has an added attraction. Oysters! The idea of adding the sweet-meated oysters is based on a recipe that's been handed down in an old Tidewater family for several generations. Oyster Spoon Bread, as the recipe is called, becomes a satisfying main dish when served with a green vegetable and a peach or pear salad.

Here are a few variations on the original recipe — like changing hardtack to cupfuls and using a can of condensed cream of celery soup for some of the liquid. The soup, with its creamy consistency, guarantees a light texture plus a fresh mushroom flavor to complement the oysters.

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Heat oven to 325 degrees (moderate). Combine corn meal, milk and cream; bring to a boil; boil 2 minutes. Remove from heat; add next 3 ingredients. Mix flour, baking powder and salt together; beat into corn meal mixture. Stir in well beaten egg yolks, oysters and mushrooms. Fold in stiffly beaten egg whites. Pour into well greased 2-quart casserole; sprinkle with paprika. Bake 35-45 minutes. Makes 4-6 servings.

CHILLED FRUIT CUP
Serve a well chilled fruit cup as a dinner starter, especially if you are having a curry dish or casserole. It can be as easy as elaborate as you wish, but ripe bananas and raw apple give a highly desirable fresh touch to any combination.

CABBAGE SALAD
Crisp spring cabbage tossed with chilled fruit and lemon-flavored mayonnaise is a colorful salad combination pleasing to both eye and taste. Chill the canned fruit cocktail and cabbage well before making up the salad. Flavor and texture will be superior in every way. Serve "Spring Fruit Salad" with savory cheese biscuits, cornbread or toasted nut bread for a luncheon treat.

Canned fruit cocktail is a versatile mix of 5 fresh flavored fruits. You'll find almost unlimited ways of using them in salad and salad dressing combinations, hot breads, puddings and other desserts. Enjoy them as they come from the can as a pleasant fruit cocktail.

SPRING FRUIT SALAD
1 (No. 303) can fruit cocktail
2 cups finely shredded crisp cabbage
1/2 cup mayonnaise
1 tablespoon fresh lemon juice
1/2 teaspoon salt

Salad greens
Drain chilled fruit cocktail. Add cabbage, Blend mayonnaise, lemon juice and salt. Add to fruit and cabbage and toss lightly. Serve or chilled salad greens.
Makes 6 servings.

M.J.B. COFFEE
Drip or Regular
1 lb. 69¢
2-Lb. Tin - \$1.37
PETERSON'S MARKET
4839 S. 6th Ph. 4-3577