

MARKET BASKET

OSC and US Dept. Agriculture
Are you considering buying half or a quarter of beef to your freezer? If you are, this information should be of interest to you.

A 1,000 pound U.S. choice live steer yields about 850 pounds of carcass. A side will weigh approximately 250 pounds, a hind quarter will weigh about 150 pounds and a forequarter about 150 pounds. Figure about a 25 per cent loss in trimming and cutting on U.S. Choice Beef. The approximate weights of the various cuts from a beef carcass weighing 850 pounds are:

Hindquarter Cut: Short loin (porterhouse, T-bone and club steaks, 10.5 pounds); sirloin steaks and roasts, 17.5; round steak or roasts, 31; rump roasts, 6.5; flank, 2; ground or stewing beef, 27.5 pounds, a total of 194 pounds of meat with 35 of fat, bone and cutting loss.

Forequarter Cut: Rib roasts, 16 pounds; short ribs, 4; chuck roasts or steaks, 42.5; brisket, 14.5; plate, 15; ground or stewing beef, 21 pounds, a total of 119 pounds of meat, plus fat, bone and cutting loss of 38 pounds.

An important thing to consider in buying meat in halves or quarters is whether you will use all cuts to advantage.

A 100-pound hindquarter at approximate November prices will cost you probably 50 cents per pound or \$50.00 cut, wrapped and frozen; a 150-pound forequarter, an average of 45 cents per pound.

MEAT
Beef is popular any time of the year, but thrifty shoppers planning menus will appreciate its current abundance. You can expect plenty of the high quality beef. Steaks are a good value right now — better than they have been all summer. During November the American Meat Institute expects the supply to be about 10 per cent higher than a year ago. Look for a plentiful supply of the less tender cuts. Try beef steaks, or braised flank steak (all meat, no waste and full of flavor). Supplies of veal are heavier than they have been for sometime. About 15 per cent more veal will be on the markets during November than a year earlier, according to the American Meat Institute. Treat yourself to veal chops or roast. Pork supplies are expected to be about the same as in October. Good supplies of bacon, ham, and sausage will be available.

CHEESE
With many cheeses in the markets trying to make a name for themselves, season beef with oregano and other spices as well as chopped onion. Broil until browned on both sides, then top each pat with a slice of Mozzarella cheese and broil until cheese softens. Mozzarella is that pungent and creamy colored Italian style cheese you usually enjoy in pizza.

VEGETABLES
Many vegetables will be in good supply during November. These include broccoli, Brussels sprouts, cabbage, cauliflower, parsnip, spinach, squash, sweet potatoes, turnips and rutabagas. Local supplies of lettuce are less plentiful. The quality of California lettuce now available is not so good. Tomatoes are of good quality. Look for plenty of onions. Prices are reasonable, too. Many pumpkins are available and they're a good buy. Look for higher cucumber prices as these from California come to market. Here are suggestions for cabbage — in good supply; shred cabbage, steam for just seven minutes or until crisp tender, a good addition to any meal any day. Cooked in milk, it is ready to serve with only a butter, salt, pepper garnish. For variety serve cabbage with a dollop of sour cream sprinkled with paprika; grated cheddar cheese; white sauce with chopped green pepper for garnish; or perhaps a deviled sauce. To make the deviled sauce heat together three parts butter with one part lemon juice, adding salt, sugar and prepared mustard to taste (one fourth each of sugar and mustard for each one cup of lemon juice makes the deviled flavor). Stir until ingredients are well blended and pour over drained cooked cabbage. Toss cabbage lightly until sauce is nicely mixed.

FRUITS
Several fruits will be in particularly good supply during November. These include apples, avocados, cranberries, grapefruit, pomegranates and tangerines.

SUNDAY SUPREME
A delightful sauce to serve over ice cream or wedges of angel food cake goes together like this: Combine 1/2 cup dark or golden seedless raisins with one cup firmly packed brown sugar and three tablespoons butter. Heat until sugar dissolves. Slowly add 1/2 cup light cream and one teaspoon vanilla. Heat one minute longer. Serve warm or cold.

FLAVORFUL TEA
Add an extra flavor to your tea by adding a small amount of dried, ground orange peels to tea leaves when brewing.

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LIBBY'S - DOLE or LALANI
PINEAPPLE JUICES

Save on Fancy juices from Hawaii!

Mix 'em or Match 'em
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Applesauce
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Large "AA" Eggs

Cocktail Sauce Snider's Sea Food 11-oz. bottle 29c

Town House Sweetened or natural 3 46-oz. \$1.00

Blended Juice Del Monte Pine-apple-Grapefruit 4 29-oz. \$1.00

Whole Apricots Sundown Unpeeled 5 2 1/2 \$1.00

Fruit Cocktail Town House Fancy quality 5 303 \$1.00

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Small Chops Center cut lamb loins 1 lb. 89c

Rib Chops Mighty good eatin' 1 lb. 69c

Lamb Roast Boneless Rolled Shoulder 1 lb. 69c

Lamb Choppettes Ready for the pan 1 lb. 49c

Breast O' Lamb For stews 1 lb. 19c

BACON
59c

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Fine quality
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7 303 \$1

Town House
Fancy quality
Special price

5 46-oz. \$1

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★ Cut Green Beans
★ Cream Style Corn
★ Sweet Green Peas
Your choice at this special price.

7 303 \$1.00

HIGHWAY

★ Pork and Beans
★ Kidney Beans
★ Pinto Beans
★ Mexican Style Beans
Your choice... for only

8 303 \$1.00

This Weekend Safeway is Featuring

Smoked Picnics

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Sliced Picnics For your convenience 1 lb. 39c

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Boneless Top Sirloins "USDA CHOICE" beef steaks 1 lb. \$1.39

Buttered Beef Steak each 69c

Manor House, quick frozen 12 1/2-oz. pkg.

Ground Beef 100% pure. Fresh Daily 1 lb. 49c

Sirloin Steak "USDA CHOICE" full cut 1 lb. 98c

Ground Round Tops for stuffing 1 lb. 79c

Slab Bacon Whole or half slabs 1 lb. 49c

Slab Bacon Tender center cuts 1 lb. 55c

Pork Sausage Safeway, it's tops 1 lb. 49c

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Spaghetti Franco-American America's favorite 5 20-oz. can \$1.00

Instant Coffee Safeway, New larger size 10-oz. Jar \$1.49

Liquid Joy For Cleaner brighter dishes 12-oz. tin 41c

Spic 'n Span Household cleaner 16-oz. pkg. 27c

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Diced Beets Marion, delicious pieces for salads 303 tin 10c

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TOWN HOUSE FANCY DRY BEANS

Great Northern or Pinto Beans 4-lb. pkg. 49c

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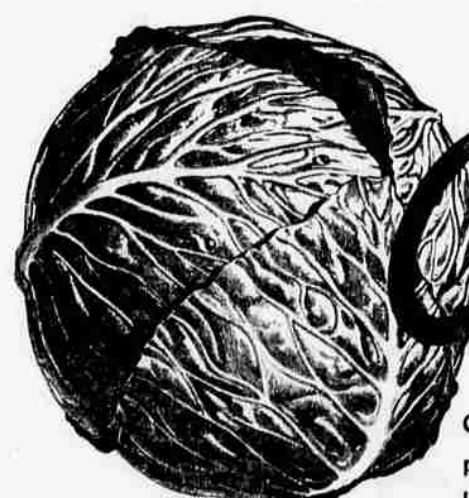
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CARROTS

U.S. No. 1 med. size beauties 2 lbs. 15c

POTATOES

Klamath Gems Purchased Locally 10-lb. bag 79c

GRAPEFRUIT

Ruby Red Vitamin Rich 5 for 49c

Apples

Red Delicious, from Hood River, Ex. fancy. 1 lb. 19c

Squash

Danish Squash - local grown. Excellent quality. 3 for 25c

Onions

Yellow medium size. U.S. No. 1's local grown. 3 lbs. 25c

Brussels Sprouts

Local Grown 1 lb. 19c



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Lunch-Highlight
Hot Soup-Milk

Time for the modern mother, seems to be a shrinking thing. Gone are the days when she could spend her whole day at home in lengthy meal preparation.

Today she finds herself involved in civic responsibilities, chauffeuring small fry to various extracurricular activities, often holding down a job in addition to her all-important role of homemaker. Fortunately, for the conscientious mother anxious that her family not suffer from this increased schedule, there is an ideal lunch-time solution in the vast selection of canned and packaged soups now on the market. These, prepared with fresh milk, can be on the table in minutes, with a nutrition, and simple enough even a child can prepare if necessary.

The variety is endless for these sterilized meals. Cream soups, bisques, made by combining a can each of tomato soup, pea soup and chicken broth, for example, with a cup of rich cream, some crab meat or shrimp with a touch of sherry at the last minute if desired, makes an unusual, outstanding and speedy luncheon for the girls.

That old standby, cream of tomato soup, served up with anything from a peanut butter to roasted cheese sandwich, is still a stand-out favorite with the youngsters. And for a hearty, spur-of-the-moment meal from lunch to a Sunday night surprise influx of your teenager's crowd or your own cronies, there's nothing like a few cans of chowder heated up with plenty of rich milk and butter and served up with french-onion bread. This latter, incidentally, is made by blending a cube of butter with half a package of dried onion soup mix, and spread on slices of french bread. Wrapped in foil with a little opening at the top, the bread will heat in the oven in the time it takes to open the cans, pour the milk and bring out the bowls.

Buying Whole
Fryers Saves
Family Money

A family of four, eating chicken once a week, can save as much as \$15.60 a year by buying whole fryers and cutting them up at home.

Shoppers who combine winter's low poultry prices and savings from whole birds can set aside a sizable "nest egg" in the weeks ahead, suggests Oregon State College extension specialists, Charles Fischer, poultry marketing specialist, says that winter months — November through January — bring lowest fryer prices of the year.

Buying whole birds also allows the cook to cater to individual family preferences, points out Mrs. Ruth Klippstein, extension nutritionist. Youngsters are assured a wishbone in every chicken, while dark meat can be "stretched" to serve more family members, and individual parts packaged for use in a variety of recipes.

On a three-pound chicken, Mrs. Klippstein estimates a savings of 10 to 15 cents.



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