

Market Basket

Oregon State College Extension Service

Seafood: You'll get good menu ideas from the seafood display. There's lots of variety in hard shell clams, crabmeat and fresh halibut. Add to these for meal fare—oysters, rockfish, scallops, shrimp, fish sticks and portions, and you can have fresh salmon at a price.

Nuts: Filberts and walnuts are both produced in Oregon. California supplies a large number of walnuts to Oregon. The 1960 Oregon filbert crop is quite a bit below last year but a shade more than average. The nuts average large in size and are generally well-filled, according to the Oregon Crop Reporting Service.

Their forecast for 1960 walnut production in Oregon and California is for 16 per cent above last year but about four per cent below average. Fall and winter weeks ahead call for use of nuts in many ways—in fruit cakes, pies, salads, nut cups and sugared nut meats for snacks.

Fruit: Let's not forget the many features of dried fruits. You'll like them for snacks, cooked for sauce and salads and used in fruit cakes. Remember the great variety of dried fruits—dates, pines, peaches, apricots, pears, raisins, figs, and candied fruits.

You needn't worry about dried fruits losing quality at ordinary room temperature provided they are properly packaged and stored, according to the U.S. Department of Agriculture. Their research scientists recently studied the keeping quality of dried apricots and raisins in different packages and at different temperatures. Apricots in treated cellophane bags kept well at 70 degrees or below but darkened and lost quality within two or three months at 90 degrees.

This same study showed that both light and dark raisins kept much better in cartons than in treated cellophane bags. The best type of carton proved to be that covered by foil wrapping which provided vapor resistance and prevented the fruit from becoming too dry. Both light and dark raisins in cartons kept well for a year at 70 degrees or below. Dried fruits should be stored in air tight containers away from radiators, stoves, or other sources of heat.

Fresh fruits in peak supply during November are: apples, avocados, cranberries, grapefruit, pomegranates, and tangerines. Season for navel oranges normally begins in November and runs through May. Wholesalers report between the 10th and 15th, Anjou and Bosc pears have replaced Bartlett in many markets. Tokay, Emperor, Ribiers and White Malaga grapes are good fruit choices. And the first of the winter variety avocados are in.

Vegetables: November is a good month for broccoli, brussels sprouts, cabbage, cauliflower, parsnips, spinach, squash, sweet potatoes, turnips and rutabagas. In addition, there should be plenty of artichokes, beets, celery, cucumbers, endive, lettuce, romaine, green peppers, potatoes and radishes. Cabbage, Cauliflower, Brussels Sprouts and Broccoli offer good supplies of vitamin C. The latter two are particularly good in vitamin A. And they all offer very few calories.

Use bite-size raw cauliflowers on the snack tray along with cheese dip and let guests help themselves. Something a little different that might appeal to dessert lovers is cranberry-apple sauce. Combine whole cranberry sauce with applesauce. Season to taste with cinnamon. Chill. Fold some chopped nuts into whipped cream and serve atop cranberry-applesauce.

Turkey: Turkey month is just starting. The Oregon turkey industry is interested in having everyone enjoy their fill of high in protein, low in calories, low in cholesterol and economical turkey. Look for the Grade A labeling that denotes a top quality turkey. Menu of the Week: Baked halibut, parsley potatoes, buttered broccoli, green pepper and onion ring salad, hard rolls and butter, cranberry-applesauce dessert, choice of beverage.

FOOD TIPS

TODAY'S LIVEN RELISH

For a tangy fruit relish to serve with ham or corned beef, combine 1/2 cup each crushed pineapple and chopped fresh apple with 1 cup halved and seeded Tokay grapes. Stir in 2 tablespoons tarragon vinegar, a dash of Worcestershire sauce and 1/2 teaspoon salt. Cover and marinate in the refrigerator for several hours before serving.

EASY PARTY DESSERT
Company for dinner and no dessert? Take a package of vanilla pudding mix and substitute apricot nectar for the milk. Cook stirring constantly, until thickened. Stir in 1/2 teaspoon grated lemon rind and 2 tablespoons lemon juice. Set aside to cool. Serve topped with toasted coconut.

Ever steam white-cake batter for a pudding? If you use custard cups, filled two-thirds full, you'll need to steam these individual desserts for only about 30 minutes.



MOCK RAVIOLI CASSEROLE
(A Fix-Ahead Dish)
1/2 clove garlic
1/2 cup water
1/2 cup onion
1/2 cup marjoram
1/2 cup solid oil
1/2 cup rosemary
1 2-oz. can mushrooms
1/2 cup salt
Combine above ingredients in a skillet and cook slowly for 1 hour. While this is cooking, mix the following in a bowl:
1/2 cup solid oil
2 eggs, well beaten
1 package frozen
1/2 cup soft bread
1/2 cup minced parsley
1 package frozen
1/2 cup soft bread
1/2 cup garlic, minced
1 package frozen
1/2 cup soft bread
Cook 6-oz. of butterfly or bow knot macaroni according to directions on package. Place cooked macaroni, sauce and green mixture in alternate layers in a 2-quart casserole. Bake in 350° F. oven for 1 hour. Serves 5 to 6.
NOTE: May be prepared ahead of time—stored in refrigerator and reheated.



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Boneless Steaks	Top Sirloin "USDA CHOICE" beef	lb.	\$1 39
Beef Pot Roast	Blade Cut "USDA CHOICE" beef	lb.	59c
Boneless Roast	Cross Rib "USDA CHOICE"	lb.	89c
Slab Bacon	Fully smoked whole or half	lb.	49c
Plate Beef	Meaty "USDA CHOICE" boiling beef. Well aged.	lb.	29c

SAFEWAY



39^c lb.

LIMIT! ONE 15 LB. ROLL PER CUSTOMER

Manor House, frozen	Tuna - Chicken - 4 8-oz. \$1 00
Meat Pies	Beef - Turkey
Frankfurters	Dinner size lb. 49c
Fish Sticks	Captain's Choice, breaded - frozen 4-oz. pkg. 59c

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Made of the finest ingredients creamy smooth.

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The finest pure all vegetable. Why pay more?

3-lb. tin 77^c

Kraft Deluxe Margarine

Premium quality. Ready for table use.

3 1-lb. 34^c

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Just heat 'n serve. No fuss; no muss

40-oz. tin 39^c

NEW Richer Recipe. Better Tasting Softer. Now HOURS fresher!

Skylark WHITE or WHOLE WHEAT



BREAD The finest Lge. loaf 33^c

Mrs. Wright's White or wheat. Now hours fresher lge. loaf 31c
100% Whole Wheat Skylark for extra energy 15-oz. loaf 29c

Curtsy Pastry Special of the Week RASPBERRY TWIST

Made with the finest ingredients. Oven-fresh from our spotless new bakery.

35^c

CRISCO

Pure all vegetable Shortening

3-lb. tin 93^c

FLORIENT

Aerosol in the pressurized tin

5 1/2-oz. tin 79^c

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Volume No. 2 on sale now for only 99c

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BANANAS

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13^c lb.

No. 1 POTATOES

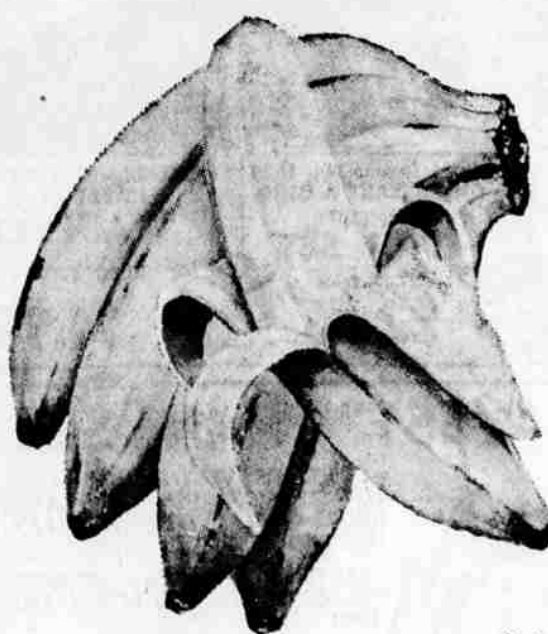
Hand graded Russets 10 lb. Bag 79c

Cabbage Large heads. Serve with corned beef tonite. Head 10c

Winesap Apples Ex. fancy Northwest lb. 15c

Crisp Carrots Local grown U.S. No. 1 grade 2 lbs. 25c

Juice Oranges Florida thin-skinned lb. 15c



Safeway for the Finest Produce

Grapefruit White Arizona desert grown 8-lb. 79c

Yellow Onions U.S. No. 1. Or. grown 3-lb. bag 29c

Lettuce Crisp - fresh solid heads 2 for 35c



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