

MARKET BASKET

ORIGON STATE COLLEGE EXTENSION SERVICE FROZEN FOODS

Frozen foods are becoming increasingly important. Since the end of World War II, per capita use of frozen foods has risen from six to nearly 30 pounds annually. You need to take good care of frozen foods after getting home. Frozen foods need to be kept at zero degrees or below. Quality of frozen foods is lost more frequently because they are stored at too high temperatures. Everytime temperatures rise above zero degrees, damage to quality is done and is not "cured" by dropping the temperature. Fluctuating temperatures—zero degrees to five degrees, 10 degrees to zero degrees, etc.—causes great damage to quality—ice crystals break cells, juices are lost, etc. Frozen foods above zero degrees still feel hard and are "frozen," so this is no criteria for estimating freezer temperatures. If there is no thermometer in your home freezer, buy one and keep it there.

MEATS
Beef supplies continue to be plentiful. During December about 10 per cent more beef than a year ago will be on the markets during December, estimates the American Meat Institute. Whether you are planning a juicy roast for a festive occasion, or an easy-to-reheat stew for a shopping day meal, you'll find a wide selection of beef from which to choose. You can expect a little more pork than last month. Veal supplies will be about the same. Plenty of the traditional ham will be available and in sizes and styles to fit every need. Most hams are either fully cooked or cook-before-eating. Ask your meat manager if you aren't sure what type hams are being displayed.

VEGETABLES
Potatoes come to Oregon retail markets in a fairly even supply throughout the year. Americans eat more potatoes on the average than all other fresh vegetables combined. It's interesting to note that potatoes are not high in calories. Actually, one medium-size potato has only 80 calories. One cup of mashed potatoes with milk added contains 148 calories while the same amount of mashed potatoes with milk and butter added has 220 calories. It's the addition of butter or gravy that increases the total calories considerably.

An imaginative new way to serve potatoes is always welcome because in most households they appear on the menu once a day. Here's a suggestion that is simple to make and is particularly delicious with roast pork—Potato Apple Bake. The two major ingredients are a jar of applesauce and an envelope of instant whipped potato flakes. You can make the potatoes in seconds with instant shipped potato flakes because the chore of peeling, boiling and mashing has been eliminated. Just pour them into salted boiling water to which milk and butter have been added, and then whip. Arrange them in the center of a baking dish, add the spiced applesauce and pop the dish into the oven. Here's the recipe:

POTATO APPLE BAKE

(Makes 4 servings)

- 1 1/2 cups water
- 1/4 teaspoon salt
- 1 tablespoon butter
- 1 cup cold milk
- 1 envelope Instant Whipped Potato Flakes
- 1/4 teaspoon nutmeg
- 1/4 teaspoon mace
- 1 (16-oz.) jar apple sauce
- 2 tablespoons butter
- 2 tablespoons bread crumbs

Combine water and salt in medium-size saucepan; cover; bring to boil. Remove from heat; add butter and milk immediately; then Instant Whipped Potato Flakes. Stir gently with fork or wire whip until liquid is absorbed; whip briskly. Combine cinnamon, nutmeg and mace; blend well with applesauce. Place potatoes in center of well-buttered casserole; arrange applesauce around potatoes. Melt butter; add bread crumbs; mix well. Place buttered crumbs on potatoes. Bake in moderate oven (350 degrees) for about 20 minutes. Serve with roast of pork.

Baked potatoes are easy. Bake in a pre-heated oven (400 degrees) for approximately one hour or until soft when pressed. Try some of these toppings for your baked potatoes: sour cream blended with cream cheese and Roquefort or blue cheese; sour cream sprinkled with crisp bacon bits or butter and sharp cheddar cheese or a heating spoonful of cheese spread. Baked cheese-butter topping is soft and bubbly.

Here's another idea: Potato Strips With Cheese—3 cups raw potato strips, cut as for French fries, 1/2 cup milk, 1 tablespoon butter or margarine, 1 teaspoon salt, dash of pepper, 1/2 cup thinly-sliced process cheese and 1 tablespoon finely cut parsley. Put the potatoes into a greased baking dish and pour milk over them. Dot with the fat and sprinkle with salt and pepper. Cover and bake at 425 degrees (hot

GOLD BOND BIRTHDAY SALE

FREE 750* EXTRA GOLD BOND STAMPS

It's Sandy Saver's Birthday But YOU will take home the Birthday presents!

PLUS Stamps for your purchases! *750 stamps are equal to 1/2 Gold Bond Saver's Book

THIS WEEKEND AT SAFEWAY
CLIP THESE VALUABLE COUPONS ... They will be redeemed at the stores listed at the bottom of this advertisement. Cut out each coupon, separately, before presenting for redemption at checkout.

BIRTHDAY BONUS COUPON
100 EXTRA Gold Bond Stamps
when you buy a 25-lb. bag of KITCHEN CRAFT FLOUR
Enriched, all-purpose. Premium quality.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
25 EXTRA Gold Bond Stamps
with purchase of a 42-oz. pkg. of ALBER'S OATS
Choose from regular or quick-cooking.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
with a 3-lb. tin of ROYAL SATIN SHORTENING
Pure white, all vegetable. Finest quality.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
with a 4-lb. bag of Great Northern DRIED BEANS
Town House, fancy quality, cello pack.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
When you buy A 4 Pak Unit of LIGHT GLOBES
A perfect time to replace those burned out bulbs.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

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Your golden opportunity to complete filling your Gold Bond Stamp Savers Books in time to get wonderful Christmas gifts absolutely FREE with Gold Bond Stamps! Clip these valuable Safeway coupons NOW!

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
When you buy a 10-lb. bag of Klamath Potatoes
U.S. No. 1, Premium sizes. Hand-graded.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
75 EXTRA Gold Bond Stamps
when you buy FOURTEEN 3-oz. pkgs. of JELL-WELL GELATINS
Seven exciting flavors. No finer quality ingredients.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
when you buy TWELVE 6 1/2-oz. cans of CAT FOOD
Captain Kitt... Fine quality, balanced ingredients.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
25 EXTRA Gold Bond Stamps
when you buy FIVE 12-oz. cans of NIBLETS CORN
Vacuum-packed whole kernel corn. The finest!
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
25 EXTRA Gold Bond Stamps
when you buy one 46-oz. can of TOMATO JUICE
TOWN HOUSE... finest quality. Why pay more?
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
150 EXTRA Gold Bond Stamps
When you buy one of each:
* Bel Air Frozen Mince
* Bel Air Frozen Pumpkin Pie
* Your Choice of any 1 1/2 Gall. Pkg. Ice Cream
30 Free Gold Bond Stamps each item.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
75 EXTRA Gold Bond Stamps
when you buy a 3-lb. jar of PEANUT BUTTER
REAL ROAST... creamy or chunky style.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
when you buy FOUR 16-oz. jars of CUCUMBER CHIPS
ZIPPER brand, finest quality you can buy.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

BIRTHDAY BONUS COUPON
50 EXTRA Gold Bond Stamps
when you buy SIX 32-oz. bottles of SODA POP, MIXERS
CRAGMONT... for holiday entertaining.
Cash value of this coupon 1/10 of one cent. Good at Safeway thru Dec. 14, 1960.

OUTSTANDING VALUES FROM OUR SPARKLING GARDEN ROOM

Safeway's Got 'em...Sun Ripened Arizona White

GRAPEFRUIT

Plump, smooth-skinned...near bursting with juice. Just the thing to add a bright touch to any meal - breakfast, lunch, or dinner. Packed by Sunkist...so you know they're good.

8-lb. bag 49c

No. 1 Potatoes Clean Klamath Gems. Uniform in size. 25-lb. bag **1.59**

Emperor Grapes U.S. No. 1 plump. Red 'n Juicy. lb. **17c**

Navel Oranges Large Size Sunkist lb. **17c**

Cabbage Crisp green heads. In quartered sizes. head **10c**

Lettuce Large solid compact heads. 2 heads **29c**

Cucumbers Smooth skinned medium size each **10c**

Avocados Large size - Buttery smooth each **19c**

ROME BEAUTY APPLES Medium size Fancy grade ripe to sweet. Holds shape in baking. **2 lbs. 25c**

NOW AVAILABLE! Complete Sets of LITTLE GOLDEN BOOKS ILLUSTRATED ENCYCLOPEDIA
All Volumes... 1 through 16... in sturdy shipping carton. All volumes... 1 through 16... packed in sturdy attractive Christmas gift carton. Here is a perfect gift for any child 6 to 12. Authoritative, written especially for grade school age level. Beautifully illustrated.

Complete Set of 16 \$15.34

Largest, Freshest Selection in Town!
Roxbury Christmas Candies
Old-fashioned ribbon candy, cut rock, satin mix, fruit balls, assorted jellies, filled mix, mellow cremes, sherberts, imported toffees, stocking mix, and fancy gift chocolates. Special discounts to churches, schools and charities.

More Outstanding Values Featured this Weekend in our Meat Dept.

FRESH FRYERS

Completely dressed and drawn

Sweet, juicy meat that's lip smackin' good. These are the plump tender fryers that Safeway is famous for. They average from 2 to 3 pounds.

lb. 35c

Cut Up Fryers Pan Ready, Avg. 2 to 3 lbs. **39c**

Slab Bacon Whole or half. Avg. 8 to 10 lbs. **49c**

Round Steak USDA CHOICE. Whole or half; bone in. **98c**

Boneless Roast "USDA CHOICE" beef roast. **1.09**

Whiting Captain's Choice - quick frozen. 1 1/2-lb. pkg. **49c**

Save on Safeway "USDA CHOICE" FREEZER BEEF SALE
It pays to stock your freezer with the finest Safeway Guaranteed meats. Especially at this weekend's extra-value prices.

Boneless Roast Cross Rib Roast - US Choice **79c**

Boneless Beef USDA CHOICE Stew beef **79c**

Ground Beef Ground fresh daily. Won't fry away. **49c**

Pork Spare Ribs Tender porkers. 3 to 5 lbs. **39c**

Beef Pot Roasts

Tender "USDA CHOICE" beef, scientifically aged for extra flavor and tenderness. Close trimmed before weighing to save you money. And of course, each cut has Safeway's famous Guarantee.

lb. 49c

FRITOS King Size, crispy fresh, corn chips. **11-oz. Pkg. 49c**

TREND Powdered for dishes and fine fabrics. **2 12 1/2-oz. pkgs. 39c**

COCOA Delicious Hershey's. Instant mix. **1-lb. pkg. 69c**

CLAM CHOWDER Snow's famous for quality. **15-oz. Tin 29c**

SAFWEAY

Prices in this advertisement effective Thursday through Sunday, Dec. 8 thru 11 at Safeway in Klamath Falls. We reserve the right to limit.

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(Continued from Page 5-B)

oven) for 40 minutes or until the potatoes are tender. Sprinkle with cheese and parsley and bake covered for five minutes more. Yields four servings.

Many vegetables are in good supply during December. These include broccoli, brussels sprouts, cabbage, celery, lettuce, parsnips, potatoes, sweet potatoes, romaine, turnips and rutabagas.

FRUITS
Several fruits are in good supply during December. These include apples, cranberries, oranges and tangerines.

Several varieties of apples are available—Red and Golden Delicious, Rome, Jonathans and Winesaps. Quality of bananas on the market is good. They are in good supply, too. Bananas, Apples and Oranges are on the market.

The Boar pear has a long tapering neck and is a russet color. On ripening, the skin turns to a golden cinnamon color, mottled on a ground color of gold. Boars are good bakers and can be used in pies. The Anjou may be either light green or a creamy yellow when ripe. It is thick-skinned, juicy, smooth textured and may be distinguished from other varieties by its stubbier form with a short stem. Use for salads, desserts, or for eating out-of-hand.

The Cornice is noted for its size, fragrance and flavor. It has a green background color and often takes on a crimson blush when ripe.

Holiday Evenings
Entertaining in the romantic tradition of the fireside supper may solve many a time and space problem for the hard-pressed holiday hostess. What's more this supper, before or after the event, has a holiday flavor all its own in menus to suit the spirit of the season.

A tree-trimming supper—during the process or after the last ornament is in place—is a wonderful and wonderfully easy way to entertain neighbors, drop-ins and visiting members of the family. For this event we suggest, thin ham, tongue and egg sandwiches, served on dark bread with coffee, hot chocolate and "Trimmers punch" as a special touch to the house. Starred with this menu could be a dreamstuff dessert soufflé, light enough to promote pleasant dreams later.

TRIMMER'S PUNCH
Thinly strip peel from 12 lemons and place in punch bowl. Pour over 1 quart strong tea. Squeeze lemons. Stir juice with 2 cups sugar. Let stand 1 hour. Mix juice with tea and peels. Add 1 quart dark Puerto Rican rum and 2 tbsp. brandy. Pour over crushed ice in bowl.

MONTE CARLO SOUFFLE
Ingredients: One cup egg white, 10 tbsp. fine granulated sugar, 1 1/2 pkgs. plain gelatin, 1/4 cup lemon juice, grated rind of 1 lemon, 4 tbsp. water, 1/4 tsp. cream tartar.
Recipe: Beat egg white until almost peaks. Slowly add sugar until whites do peak. Dissolve gelatin in water, add lemon juice and rind; cook over slow fire. Carefully fold this into egg white. The band of lightly oiled paper round 6 inch soufflé dish; and fill with mixture. Freeze one hour, then refrigerate.

CARAMEL SAUCE
Melt in heavy skillet over very low heat 1 1/2 cups of sugar. Stir in very slowly 1/2 cup hot cream. Cook, stir until smooth. Remove from fire. Add 1/2 teaspoon vanilla. Try "the dip" test. Pour a vegetable soup with hot French bread garlic-topped or hot and sugared doughnuts with the after-supper coffee. While the soup reheats, start with hot Malted Cider with (or without) bourbon and Edam cheese on Water Biscuits.
To brew the Hot Malted Cider, heat but do not boil, with a stick of cinnamon. Serve right away in warm, earthenware mugs with a jigger of bourbon in each. To properly adjust the soup should be made the day before and can be brought to the buffet table in its kitchenware tureen, if you like.

there's only one **SKIPPY**
BEWARE OF IMITATIONS LOOK FOR THE HAPPY LITTLE DUCK
TOPS IN QUALITY! LOW IN PRICE