

KITCHEN TIPS

One cup of spinach, with only 46 calories, contains more Vitamin A — 21,200 int. units—than a comparable amount of any other food. Next comes cooked calves liver (3 ounces) with 120 calories and 19,130 int. units, and diced carrots (one cup) with 44 calories and 18,130 int. units of Vitamin A.

Dollar for dollar, the U.S. imports about 30 per cent more foodstuffs per year than it exports.

Iowa leads the nation in production of corn and hogs, Kansas in wheat, with Texas producing the most cattle.

The U.S. leads the world in production of butter, cheese, meat, milk and oats, and is second in cattle and wheat.

Ninety seven per cent of American families have one or more coffee drinking members 10 years of age and over.

Three-fourths of all the coffee purchased in the U.S. is consumed in the home, adding up to a total of two billion dollars a year in retail sales.

The condensed milk you buy isn't as modern as you may think. The first condensed milk plant was established as far back as 1856, in Torrington, Connecticut. One year later, the first commercial plant was opened in Burrville, Connecticut.

The first evaporated milk was made in 1851, and production started 10 years later. Gail Borden had observed difficulties of children who could not obtain milk aboard ship, and produced this product to fill their need.

It was in 1832 that oranges and lemons entered the American diet. They came here from Sicily, but their origin has been traced to Asia.

In 1830 Sylvester Graham, a lecturer on temperance, advocated as a rule of diet the eating of "Graham Bread" which had to be aged for at least 12 hours. His name is linked to the present graham cracker.

Americans have been enjoying a bigger and better diet in recent years. Since 1939, aggregate U.S. farm output has increased about 60 per cent, as compared to an increase in population of 30 per cent.

Sales of prepared baby foods have increased 240 per cent over the past 15 years. Today there are over 100 varieties available for mothers to choose from.

Newspapers are still the food shopper's favorite advertising medium. A study showed that 73.3 per cent of them read food store advertising. Over 75 per cent read more than one ad, with 50 per cent reading three or more ads.

There are 29,900 supermarkets in the U.S. whose share of all food store sales is 68 per cent. Their shelves are stocked with an average of 5,660 items.

Twenty nine per cent of the supermarkets in the U.S. today have been opened since 1954. These, along with new ones, which replaced older ones account for a total increase of 8,660 markets, or 30 per cent of the total number.

Today's average supermarket has six checkout counters, with nearly 7,000 square feet of selling area. Its largest display in the food category is devoted to baked goods, with 154.7 linear feet.

Prepared frozen foods now amount to \$5.50 per capita in consumption, and it is estimated that by 1960, per capita consumption in the U.S. will reach \$50.

Last year the soft drink industry sold 1.4 billion cases at an estimated cost of 1.6 billion dollars—a sales gain of nine per cent over 1958.

The consumption rate of soft drinks last year reached 199.9 bottles for every man, woman and child in the country.

According to the most recent completed U.S. farm census, Texas is the leading state in the nation in number of farms, with 292,947—adding up to a total of 145,812,733 acres.

Your youngsters will like chocolate pudding topped with banana. For a pretty effect run the sharp tines of a fork lengthwise down the peeled banana and then slice. Dip the banana slices in orange or other citrus juice so they won't discolor.

If you have tiny cutters in different shapes you can make attractive miniature cutouts from slices of preserved ginger. Use the ginger garnishes on a bowl of sliced oranges or canned or frozen peaches.

Remember that brown rice takes a good bit longer to cook than white rice and allow the necessary time when you are preparing it for a meal.

"Chum" salmon is a good variety to use for a fish loaf, or croquettes because it is less expensive than other varieties of salmon.

Good sources of protein that are relatively low in fat and thus in calories are skim milk, cottage cheese, eggs, lean meat and fish, chicken and turkey.

Pasteurization of milk is taken for granted, but did you know that such foods as eggs and fruit juices also undergo pasteurizing?



SAVE MORE At This Home Owned Store

Market Basket CHILI Con Carne
 4 15-oz. tins **98¢**

Del Monte Tomato Juice
 46-oz. tins **4 FOR \$1**

Val Vita Sliced Cling Peaches
 5 No. 2 1/2 Tins **98¢**

Clorox Bleach 1/2 Gal. **35¢**

Pork Fried Rice Kubie Khan Frozen 12-oz. pkg. **43¢**

Margarine Parkay World Famous 4 Lbs. **98¢**

Raisins Dessert Seedless 2 lb. bag **39¢**

FRESH! Crater Lake BUTTER
 THE ONLY BUTTER MADE RIGHT HERE IN KLAMATH FALLS!
 Redeem Your Snoboy Potato Coupon Here
 Worth 5c on a lb. of Butter

Fisher's Biskit Mix Giant Box **25¢**

KLAMATH'S FINEST BEEF

Market Basket's beef is personally selected from Klamath's finest USDA Grade Good and Choice Beef for your protection and dining pleasure.

USDA "Good" Beef Roasts

Rump Roast 79¢ lb.	Sirloin Tip 98¢ lb.	Rib Roast 79¢ lb.
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Marinated Steaks USDA Grade Good in light wine sauce **59¢ lb.**

Boneless Pork Roasts **49¢ lb.**

Fresh Fryers Locally Grown, Not Acronized. 3-lb. Avg. **39¢ lb.**

Sliced Bacon Marrell's Lean Even Slices **45¢ lb.**

Ground Beef or Pure Pork Sausage Your Choice **49¢ lb.**

USDA "Good" Locker Beef
 Cut, Wrapped, Quick Frozen Free. E-Z Terms. No payment till March 1st.

Fore Quarter 120-130 lbs. 43¢ lb.	Hind Quarter 120-130 lbs. 59¢ lb.	Half Beef 250-260 lbs. 49¢ lb.
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NBC Ritz Crackers 1-lb. box 35¢	Kraft Miracle Whip Quart Jar 53¢	M.D. Toilet Tissue 4 roll pak 43¢	12-inch x 25-ft. Roll Aluminum Kaiser Foil Save! 33¢
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Mayonnaise Kraft 24-oz. Jar **29¢**

Potatoes Minute Instant 7 1/2-oz. pkg. **33¢**



Gold Bar Catsup 8 14-oz. Bottles **\$1.00**

Instant Coffee Maxwell House 6-oz. Jar **95¢** 10-oz. Jar **\$1.59**

Save on Frozen Food
 All prices from our frozen food ad in last Sunday's paper are still in effect. Complete lists at both Market Baskets.

ORANGES California navel. Full of juice, bursting with goodness.
 Half box **1.98**

Golden Bananas Ripe and Good Save on these **7¢ lb.**

Tomatoes Firm and Ripe 18-oz. or over **19¢ Basket**

Cabbage Solid Green Heads Add life to winter meals **7¢ lb.**

Carrots Orange Beauties Snappy Crisp 2 1-lb. bags **19¢**

Cauliflower Snowwhite heads Each **25¢**

Juice Lemons Full of Vitamin C **12 FOR 39¢**

Yellow Onions No. 1's the best! 5 lb. bag **29¢**

Potatoes Snoboy Klamath's Nettle Gems US No. 1's 10 lb. bag **59¢**

Del Monte Pineapple-Grapefruit **DRINK**
 4 big 46-oz. tins **\$1.00**

Loaf Size **Good 'n Rich Cake Mixes** White, Yellow or Devils **8 PKGS \$1.00**

Hills Bros. **Coffee** Drip or Regular 2 lb. tin **\$1.17**

Northern Paper **NAPKINS** Pkg. of 80 **10¢**

Market Basket
 • 122 No. 9th. St.
 • So. 6th at SHASTA WAY
 • THE FRIENDLIEST STORES IN TOWN

ALL PRICES EFFECTIVE THRU SAT.

We Reserve The Right To Limit