

MARGERY BLAIR, daughter of Mr. and Mrs. John Blair of Lakeview, is the winner of the Betty Crocker Homemaker of Tomorrow contest held at the Lakeview High School where she is a member of the senior class. She will be entered in the state contest.

SPOTLIGHT ON FOOD

Oregon State College and U.S. Dept. of Agriculture. Pork is available every month of the year but the largest amount is on the market during March, and prices are usually lower.

It has been an important food for many centuries. Egyptians raised hogs for food as far back as 3400 B.C. . . . the Chinese as early as 2000 B.C. In early years in the United States, live stock was so important that stringent laws were passed to protect wild animals that roamed the forest. Because the colonists planned for the future, hog raising came to be an important industry by the mid 1800s.

Pick we get today is a far cry from the free-roving, forest fed animal of early days. Modern pork comes from a meat-type hog that contains a higher proportion of lean and a lower proportion of fat. Gone are the days when hogs were fed until inches-thick layers of fat covered narrow strips of lean.

Properly cooked and served, pork is a dish that is hard to equal, and pork cuts offer a wide variety for menu use.

Low cooking temperatures are important for meat, both in the oven and on top of the stove. This method produces juicy, flavorful, fine texture meat with the best retention of nutrients. Low temperatures also mean less shrinkage and consequently more servings per pound.

Always cook pork to the well-done stage. A serious disease called trichinosis can be caused by parasites that are sometimes present in pork. These parasites called trichinae can be destroyed by heat.

Have you tried variety meats lately? As their name implies, they offer variety in flavor and texture, and a lot of good eating at economy prices. Most of them are low-priced; there is little waste.

Like all meats they need to be cooked according to their tenderness. Calf, lamb and most beef liver is tender and may be broiled or pan-fried. Pork liver is not so tender so should be braised. Heart, tongue and kidney from all animals are less tender and need long, slow cooking in moisture. Remember the food value of beef or calf liver is the same. Calf liver demands high prices so save money by buying beef liver.

Hearty And Good
In Spaghetti Shrimp Curry, tender macaroni, tasty chunks of shrimp and a marvelous combination of ingredients yield a dish of pure flavor goodness. The curry appears in just the correct amount to make this a truly irresistible dish.

SPAGHETTI SHRIMP CURRY
1 teaspoon salt
1 to 2 teaspoons curry powder
1/2 teaspoon pepper
1/2 cup white seedless raisins
1/2 cup flaked coconut
1/2 cup chopped walnuts
1/2 cup chopped onion
1/2 cup chopped red apple
1 pound fresh shrimp, cooked, deveined, cut in pieces
1 can cream of celery soup (10 1/2 ounce)
1/2 cup water
Accompaniments:
Flaked coconut, toasted
Finely chopped red apple
Chutney
Chopped walnuts
Chopped hard-cooked egg
White seedless raisins
Cook spaghetti in boiling salted water until tender, about 7 minutes. Drain. Add salt, curry powder, pepper, raisins, coconut, nut, onion, chopped apple and shrimp. Toss lightly. Blend soup and water. Pour over shrimp mixture and blend carefully. Pour into greased 8 x 12-inch casserole dish (or 2 quart casserole). Bake in moderate oven (350 degrees) 25 to 30 minutes or until lightly browned and bubbly. Serve accompaniments in separate dishes.
Makes 4 to 6 servings.



Superb Steak...and Potatoes

Sure way to please your man ...

Serve him a sizzling steak and potatoes fixed his favorite way! It's "man fare" that always brings a happy smile. Naturally, you'll want the steak to be perfect in every way. And it will be when you choose Safeway Superb Steak, so famous for mouth-watering tenderness and flavor. Along with steaks, we're featuring fine quality potatoes! Enjoy steak and potatoes ... at Safeway savings!

ROUND STEAKS

"USDA CHOICE" BEEF

It's a gourmet's delight - a savory, juicy, tender steak. Scientifically aged for extra flavor and tenderness ... and properly trimmed of all excess bone, fat and waste before weighing. These are the full or half cut steaks with the bone in. Plus, Safeway's famous money-back guarantee.

Suggestion on how to prepare Beef Flank Steaks

To prepare Stuffed Flank Steak, score across the grain, cover with bread stuffing, roll, skewer, then brown slowly in a little fat. Add water, tomato juice or wine. Cover and simmer until tender.

"USDA CHOICE" beef well aged for extra flavor **lb. 98¢**

"London Broil" Steaks

Broil or fry. Cook as you would any other fine Safeway Superb Steak. We guarantee this steak to be tender and juicy.

"USDA CHOICE" beef scientifically aged **lb. 1.29**

It's Safeway for finest meats

Rump Roast	"US CHOICE" beef, bone-in	lb. 89¢
Top Round Steak	Boneless, "US CHOICE" beef	lb. 98¢
Boiling Beef	Hate cuts "USDA CHOICE"	lb. 25¢
Ground Beef	Ground fresh daily. Guaranteed	lb. 49¢
Pork Sausage	Safeway bulk	lb. 49¢
Dinner Franks	Lightly seasoned	lb. 39¢
Sliced Bacon	Del Monte "Sweetheart"	1-lb. pkg. 59¢

Fresh FRYERS

These tender fryers are loaded with juicy, tender meat that practically melts in your mouth. Pick up several extras for your locker or freezer for later. 2 to 3-lb. avg.

Cut up Fryers Avg. 2 to 3 lbs. **39¢**

Whole Drawn **35¢ lb.**

PICNICS

39¢ lb.

Tender, meaty short shank picnics that average from 6 to 8 pounds each. Here is top-quality pork. Meaty medium size porkers with a sweet nut-like flavor.

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Large "AA" Eggs

Blue Bonnet

Hunt's Peaches

WHITE STAR TUNA

4 No. 1/2 tins 89¢

All light meat chunk style tuna at a special low price this weekend at Safeway. Limit, please.

Fancy Tuna Sea Trader light meat. Why pay more? Limit, please **4 6 1/2-oz. 85¢**

MARGARINE Spreads smoothly and easily. Limit, please **lb. 5 for \$1.00**

Ice Milk Lucerne, low fat dairy dessert. 1/2 Gal. **75¢**

3.8 Milk Lucerne "Bonus Quality". Extra rich **4 Half Gal. 1.92**

Sour Cream Lucerne for glamorous baked potatoes **1/2 pt. 29¢**

Bakers Chips Corned or Lemon **4 oz. 25¢**
Chocolate Chips **12 oz. 49¢**

SAFeway

Fix 'em his favorite way! Klamath No. 1 Golden Gems

Premium grade potatoes, packed especially for Safeway. Washed and scrubbed and hand graded by experts. Bake 'em - Boil 'em, Roast 'em, or Fry 'em. But serve 'em with Safeway Superb Steak.

REG. PRICE \$1.79

25 lb. Bag \$1.35



Serve his favorite steak with HIGHWAY TOMATO CATSUP

Fine quality Adds extra flavor. **5 14-oz. bottles \$1.00**

Steak Sauce Shady Oak with mushrooms **5 1/2 oz. tin 10¢**

Heinz Sauce Beefsteak sauce **8 oz. bottle 35¢**

French Fries Reg. & crinkle cut **5 9 oz. 1.00**

Swiss Steaks "US CHOICE" Full or half cut, bone-in. **79¢ lb.**

Canned Picnics 3-lb. tin **\$1.98**

Spare Ribs Tender grain-fed porkers **39¢ lb.**

Edwards Finest coffee Why pay more? **1-lb. 57¢**

Nob Hill with store ground freshness **1-lb. 52¢**

Airway Coffee lovers favorite blend **1-lb. 50¢**

M.J.B. INSTANT COFFEE Ready to pour, quick as a wink. Just add water and serve. **4-oz. jar 99¢**

Safeway Instant Top quality. Why pay more? **6 oz. jar 89¢**

Chase & Sanborn Instant Coffee **6 oz. jar 89¢**

Peacock Oats Rolled or Minit Breakfast cereal **9-lb. pkg. 98¢**

Tang Instant Drink Vitamin A & C Breakfast drink **14-oz. jar 69¢**

Del Monte Grapefruit Fancy sections **303 can 27¢**

Fancy Dill Pickles Sliced or whole. Reg. or Kosher **22-oz. bottle 35¢**

Zippy Sweet Chips & Sweet mixed **16-oz. bottle 35¢**

Underwood Ham Deviled Ham **4 1/2-oz. tin 39¢**

Floriant Aerosol Reg. 89¢ Floral **5 1/2-oz. tin 79¢**

Soft-Weve Tissue for bathroom, 3 colors & white **2 roll pkg. 29¢**

Envelopes Desk-Pack with window. Pkg. 24 **2 for 69¢**

Hytone Tablets King size, 135 pages **2 ea. 69¢**

CALO Nutritious Cat Food **2 15 1/2 oz. 29¢**

CHUN KING Chicken Chow Mein or Beef Chop Suey. **303 tin 59¢**

WHEE-E-E-E, SAYS SHE!
The astonishing variety of fine foods at Safeway is breathtaking! But isn't it fun? Just reach out...choose whatever your heart desires. Top quality meats, sparkling fresh fruits and vegetables, famous brand groceries...at the low Safeway prices that save you money.

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No. 2 Potatoes Klamath Gems

Mushrooms Fresh picked especially for "superb" steak **10-lb. 39¢**

Ripe Tomatoes No. 1 quality Tops for salads **10-oz. tube 19¢**

D'Anjou Pears Hood River U.S. No. 1's **2-lb. 29¢**

Brussels Sprouts Small & firm **10-oz. cup 29¢**

Tangerines Florida grown U.S. No. 1 grade **lb. 17¢**

Radishes Medium size 6-oz. cello pkg. **2 for 19¢**

Green Onions Mild, med. size **2 bunches 19¢**

Mushrooms Shady Oak goes great with steak. **4 4-oz. tins \$1.00**

Green Giant Corn Golden Bantam Whole Kernel **12-oz. tin 23¢**

Green Giant Peas Fancy tender young **3 303 tins 65¢**

Stokely's Juices Pineapple-Orange. Ready to pour. **29-oz. tin 29¢**

Cashmere Bouquet Regular size White or pink complexion soap **Reg. Bar 3/35¢**

Peacock Oats Rolled or Minit Breakfast cereal **9-lb. pkg. 98¢**

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\$75,250 in CASH \$7,450 in PRIZES

Play "CROSS-OUT" For CASH

A local contest. Win up to \$1,000. Over 600 cash prizes each week.

Watch for lamb cuts in local markets ... more and more people are learning that lamb adapts readily to many menus. Pork and beef are in good supply and poultry, both fresh and frozen, remains unchanged in price but is one of the best buys. Eggs are down 1 to 3 cents on Northwest markets.

Retail prices for meats are certain to be higher in the next six months than in the first half of 1960.

Cranberries continue to reach grocers and add a bright touch and eye appeal to dinner plates. Try some of the following ideas for unusual dishes.

CRANBERRY GLAZED HAM
Bake ham according to instructions on label, but about half an hour before baking time ends, remove ham from oven. Score fat with sharp knife, stuff with cloves and pour off any drippings that have collected in the baking pan. Crank jellyed cranberry sauce with a fork and stir in 1/2 cup brown sugar for each 1 lb. can of cranberry sauce used. Spread half this mixture over the ham with a return ham to the oven. Bake for 30 minutes, basting occasionally. Heat remaining half of sauce for serving with the ham.

CRANBERRY CRUNCH PIE
An easily fashioned, delicious pie. The crust uses quick-cooking oats, which team favorably with cranberries. To prepare, put the contents of one can whole cranberry sauce into a bowl. Break sauce apart with a fork and stir in 1/2 teaspoon fresh lemon juice. Set the sauce aside and prepare the crust; mix together 4 point sweet butter, softened, with 1/2 flour, 1 cup quick-cooking oatmeal (uncooked) and 1 cup light brown sugar. As soon as ingredients are well blended, divide the mixture in halves and use half for the bottom crust. Spread the dough evenly over the bottom of a 9-inch oven proof glass plate. Then cover evenly with the cranberry filling and the remaining dough is the toping.

Since the dough will be slightly sticky and difficult to spread over the cranberry mixture, drop 1 by spoonfuls as evenly as possible over the sauce. Bake 45 minutes in pre-heated 325-degree oven and serve warm, as is or with whipped cream.

BANANA CRANBERRIES
Mash 1 ripe banana in a cup, or place in electric blender. Beat in 1 cup cranberry juice and a big scoop of vanilla ice cream. Pour into chilled glass. It's delicious.

PEACH-CRANBERRIES
Drain canned peach halves, fill centers generously with canned whole cranberry sauce. Bake or broil until thoroughly heated, 5 to 10 minutes. Serve piping hot as a garnish for meat and poultry entrees.

CRANBERRY-RICE CREAM
Combine 1 cup cooked rice with 1 can (1 lb.) whole cranberry sauce, fold in 1/2 cup heavy cream which has been whipped, and a cup of miniature marshmallows (or cut about 12 large marshmallows into bits). This is a quick, easy dessert idea.

DATES ADD DASH
Ice cream and simple puddings rate high on the dessert list. For a quick change of topping, heat a generous quantity of chopped fresh California dates and a dash of lemon juice in maple syrup - a flavor treat!

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