

SPOTLIGHT ON FOOD

OREGON STATE COLLEGE AND U.S. DEPARTMENT OF AGRICULTURE

Eggs are currently an extra good buy for the economy-minded shopper. Prices began going down in January and are expected to be cheap until May with prices possibly dropping lower until then. Be sure to **KNOW** your eggs. Buy local ranch eggs to insure freshness and good flavor. Eggs shipped long distances rapidly deteriorate. Whites do not stand up well and flavor is frequently under par.

SECRET TO COOKING EGGS

LOW HEAT
The effects of properly cooked eggs is rapidly seen. When eggs in the shell are cooked at simmering temperatures below the boiling point of water, the white is firm but tender and the yolk is smooth. Cooked at the boiling point of water, the white is firm—much less tender, and the yolk is mealy.

IN SHELL

To cook eggs in the shell, put into a pan and cover completely with cold water. For soft-cooked eggs, heat water slowly to simmering. Cover pan and remove from heat. Let stand 3 to 5 minutes, the longer time for the larger number of eggs. For hard-cooked eggs, heat water to simmering and simmer 20 to 25 minutes. Serve eggs hot, or place them at once under cold running water until chilled through.

POACHED EGGS

To poach eggs, have salted water simmering gently in a shallow pan. Break eggs into a saucer, one at a time, and slip them into the water. Reheat the water to simmering, take pan from heat and cover. Let stand 5 minutes, or until eggs are as firm as desired.

OMELETS

You may want to try this recipe for French omelet.
3 eggs
3 tablespoons water or milk
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon fat

Mix eggs, water, salt and pepper with fork. Beat fat in skillet (approx. 8") just hot enough to sizzle a drop of water. Pour in egg mixture. It should sizzle at once. Reduce heat slightly but cook eggs quickly. As the mixture at the edges thickens, draw these portions with the fork toward the center so that the uncooked portions flow to the bottom. Tilt skillet as it is necessary to hasten flow of uncooked eggs. Shake skillet to keep omelet sliding freely. Keep mixture as level as possible. When eggs are set and surface is still moist, increase heat to brown bottom quickly. Fold in half or roll. Cooking time—about 3 minutes. Makes 2 servings.

HELPFUL HINTS

Custard pie fillings are thickened mostly with eggs. Usually, the filling is poured into an unbaked crust, and the filling and crust are baked at the same time. To prevent soaking of the crust:

—Choose a pie pan which will permit good browning. Medium-weight pans of dull metal, oven glass, enamel, or tin pans which have darkened will absorb heat and give a browner crust.

—Be sure the crust has no cracks or holes so the filling will not seep underneath.

—Refrigerate the pastry shell while preparing the custard mixture.

—Minimize the baking time by having the filling hot when it is poured into the crust. In general, you will get better results by baking pies on the bottom rack of the oven. But, experience with your oven may indicate that you will have equally good results using other shelf positions.

—Test the pie for doneness by inserting a knife in the custard halfway between the center and the outside rim. The center may not seem set, but it will set as the pie cools. It's important not to overbake.

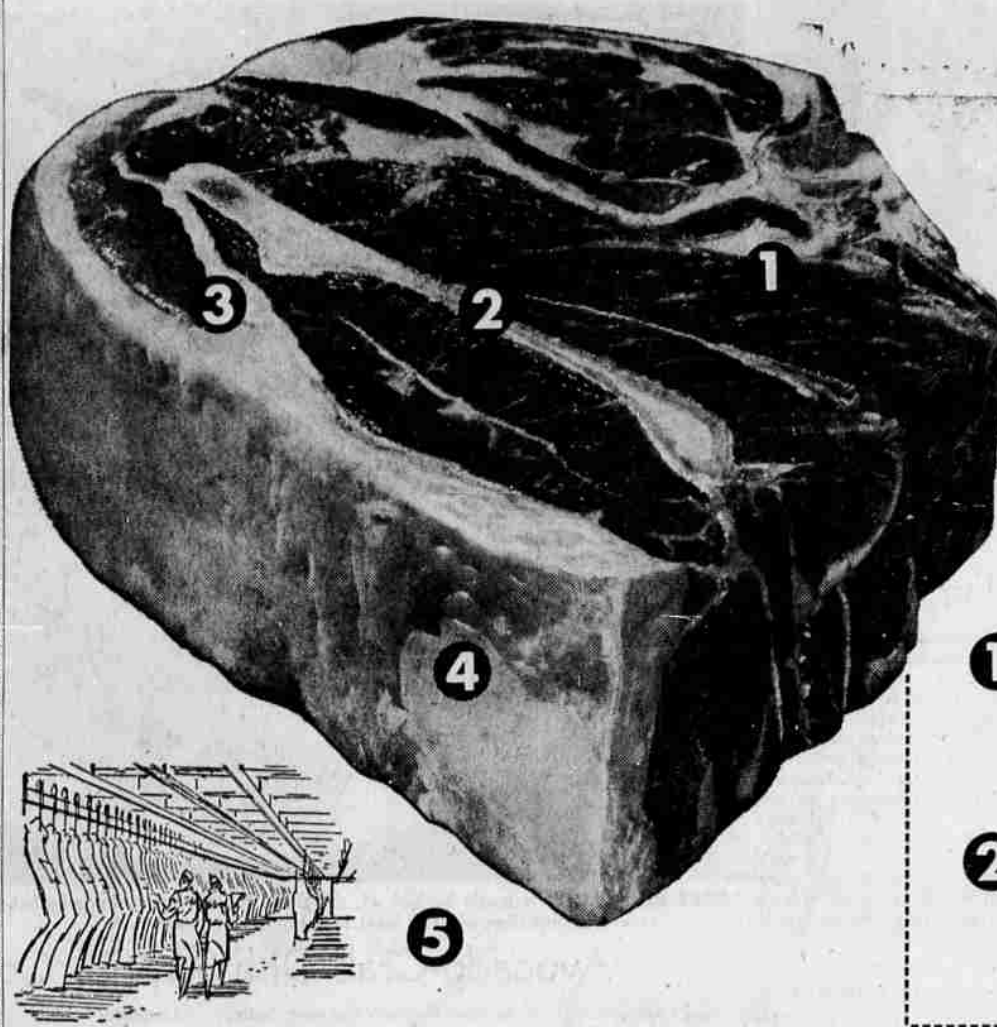
CUSTARD PIE

2 1/2 cups milk
4 eggs
1/4 cup sugar
1 teaspoon salt
1/4 teaspoon almond extract
nutmeg
9" unbaked pie shell with high fluted edge

Scald milk. While the milk is heating, beat the eggs slightly. Add the sugar, salt, vanilla and almond extracts. Slowly add the hot milk, stirring constantly. Pour the filling into the unbaked pie shell. Sprinkle with nutmeg. Bake in a moderately hot oven, 400 degrees, for 25 to 30 minutes, or until a knife inserted half-way between center and outside rim comes out clean. Cool on a rack at room temperature for 2 to 3 hours. Cut pie after it has cooled.

DESSERT WITH A FLAIR

Toss together fresh grapefruit sections, toasted sliced almonds, banana slices and shredded coconut. Add a few drops almond extract or a dash lemon juice. Light and delightful!



* See for yourself why you get so much more!

1 Note the large proportion of lean meat to fat and bone. We never "rob" a chuck roast of lean meat (as some do) to be sold as boneless beef at a higher price.

2 There's bone, of course, but it's carefully trimmed. Grandma tells us that the juices which flow through the meat from the bone help give pot roasts their perfect flavor.

3 Just enough fat is left on a Safeway chuck roast to make sure it will cook tender, flavorful and juicy and have that rich brown color you want in your pot roasts.

4 It's cut from USDA Choice Beef. Only beef judged by expert U.S. government graders to be of fine-eating quality is awarded this high grade.

5 Like all steaks and roasts at Safeway, this chuck roast has been carefully aged to peak of tenderness and flavor in our central meat plant.

There's more value, more good-eating meat in...

Safeway Chuck Roast

Blade, Bone-in

lb. **43¢**

Cross Rib Roast

BONELESS Rolled "USDA CHOICE" beef lb. **79¢**

Canned Hams

HORMEL, fully cooked boneless, all meat absolutely no waste 8 lb. tin **\$5.89**



St. Patrick Never Had It So Good!

CORNEBEEF and CABBAGE

Treat your family to a delicious hot dish of Safeway Corned Beef and Cabbage. M-M-m... it is good! Just the thing for hearty appetites. A great way to help out the family budget.

Corned Beef **79¢** lb.

Crisp Cabbage **7 1/2¢** lb.

Russet Potatoes

U.S. No. 1 Klamath Grown 10-lb. Bag **49¢**

Pink Grapefruit

Medium size, Lots of juice 10 for **79¢**

Cauliflower

Snowy white heads. Nutritious & delicious. lb. **15¢**

Ripe Tomatoes

Bright colored, easy to slice. 2 lbs. **35¢**

Asparagus

Large stalks. Serve with Superb Rib Roast. lb. **29¢**

SUNDOWN, your top buy in

PEACHES

Irregular halves, fine quality Freestones

4 No. 2 1/2 tins **\$1.00**

Prices in this advertisement effective March 16th thru March 19th at Safeway in Klamath Falls. We reserve the right to limit.

Shop Safeway... Save those Valuables

GOLD BOND STAMPS

You get food savings PLUS Gold Bond Stamps when you shop at Safeway. It takes LESS BOOKS to get valuable premiums with Gold Bond Stamps.

SOUPS

TUNA
A creamy tuna vegetable chowder makes a hearty supper soup. Combine a can of condensed cream of mushroom soup with 1 1/2 cups milk; stir in a can of vegetarian vegetable soup and a 7-ounce can of drained, flaked tuna. Heat, stirring now and then. Garnish with grated lemon rind. For a complete supper menu add an assortment of hot rolls, canned peaches and cookies plus a choice of beverage.
When it's your time to entertain the girls at lunch serve a tasty soup. Cook two tablespoons each chopped onion and green pepper in two tablespoons butter or margarine. Add a can of frozen condensed cream of potato soup, and a soup can of onion soup. Heat until soup is flavored, stirring now and then. Stir in one half cup cooked crab; simmer a few minutes. Makes two to three servings. Round out the menu with a fruit salad, small individual cheese sandwiches, and hot tea.

MATCHLESS MENUS

EARLY SPRING LUNCHEON
Hot Beef Broth
Salad-Sandwich Plate
Brownies a la Mode
Tea

MARCH 15th SUPPER

Hot Green Pea Soup
Frozen (prepared) Fillet of Haddock Dinner
Mixed Green Salad
Pistachio Ice Cream
Coffee

BARBECUED BEANS

Save yourself much time and trouble when your family requests something "barbecued." Try canned barbecue beans... three different beans simmered in a tomato sauce with a fresh-off-the-open-fire flavor. They're meatless for Lenten meals and contain a good supply of nutrients including protein, iron, and phosphorus.

SWISS STEAK

Take a jar of onion salt from its rack and try this trick: Fold aluminum foil back over mashed potatoes... in frozen prepared Swiss steak dinner... and sprinkle with onion salt. Reheat. Heat according to label directions.

Food Tips

Raisins in molded salads: Here is a trick the experts for you to try: Heat the raisins slowly in the amount of water or other liquid being used in the gelatin base. This way the raisins plump up fast and juicy so you can enjoy the full benefit of their taste surprise.

Raisin bread for French toast: Dip slices of raisin bread in the egg and milk mixture allowing 2 tablespoons milk per egg. Brown on both sides in hot fat. Serve with powdered sugar mixed with cinnamon.

A refreshing salad: Fresh winter pears, apples, canned mandarin orange sections and plump California raisins tossed into a beautiful winter salad. Add a bit of crisp celery for contrast and cut the fresh fruit into bite-sized pieces. You'll find small packs of raisins handy to use when making a salad of this kind. A dressing of half four cream and half mayonnaise is a favorite with this combination.

RIPE OLIVES ADD ZEST

Ripe olives add meatiness and flavor to Lenten dishes. Try olive-egg scramble for a quick supper. Combine 8 beaten eggs, 1 (7-oz.) can tuna, 1 cup sliced ripe olives, 1/4 cup milk, 1 tablespoon instant minced onion, 1/2 teaspoon salt and dash pepper. Melt 2 tablespoons butter or margarine in large skillet, pour in egg mixture and cook, stirring occasionally, until egg is set. Makes 4 servings. A hearty supper in minutes. Nice to serve with a crisp tossed salad and hot biscuits. Canned fruit cocktail and cookies make a quick and easy dessert. Add sliced or chopped ripe olives to your favorite meatless casseroles or creamed dishes for Lenten specials, too. Remember that ripe olives, come already chopped in a can, to save you kitchen minutes.

CLING PEACH SALAD

Stir half of diced green pepper and celery into cottage cheese. Scoop into canned cling peach halves as a hearty Lenten salad.



there's only one **SKIPPY**



TOPS IN QUALITY! LOW IN PRICE

Shop Safeway for Terrific Values Like These!

"AA" Butter

LUCERNE "AA" grade dairy fresh sweet cream. Limit, please 1-lb. Print **49¢**

Cheese

WISCONSIN MILD Mild & Med. chunk Cheddar, Kuminost, Monterey Jack, Pimento Club, Sliced and Chunk Longhorn in sealed air-tight packages. Random weights to choose from. lb. **69¢**

Cane Sugar

CANDI CANE Save Now at this terrific price. Limit, please 10 lb. bag **89¢**

Zee Tissue

Choose from White, Pink, Yellow or Aqua. Handy. 4 Roll Pack **39¢**

Kleenex

FACIAL TISSUES Choose from the white or pink. Reg. 29¢ each value. (Limit, please) Box of 400 **19¢**

Delicious Lipton Soup Mixes

Onion Soup Mix 2-pack pkg. **35¢**
Tomato Vegetable Lipton's Soup Mix 2-pack pkg. **31¢**
Chicken Rice Lipton's cooks in 10 minutes 2-pack pkg. **39¢**

More Weekend Values

Del Monte Juice Pineapple Grapefruit 4 29 oz. **\$1.00**
Frosting Mix Betty Crocker, 3 varieties Reg. pkg. **31¢**
Frosting Mix Betty Crocker, 3 varieties Reg. pkg. **37¢**

Here is Game No. 9 in Safeway's exciting 'Cross-out for Cash'

1	2	5	6	10	17
18	21	22	26	29	
30	38	41	45	46	
50	57	58	61		
66	70	78	81		
85	86	90			
93	97	98			



The family fun game with \$7,450 in Cash Prizes. Pick up your FREE card today at any Safeway store. Complete list of winners posted in the store. Congratulations to the most recent winners.

\$1000 Winner Wilton E. Mahaffey 1105 W. 25th St. Albany, Oregon

\$ 100 Winners Allen Storgaard - Vancouver, Wn. Lula M. Fletcher - Salem, Ore. Mrs. P. E. Prince - Longview, Wn.

\$ 50 Winners Lucille Dale - Portland, Ore. Mrs. Karl Becker - McMinnville, Ore. Mrs. G. S. Verger, Klamath Falls, Ore.

KOTEX

Reg. \$1.73 value **\$1.59** pkg. 48's
Special price this weekend at Safeway

Kotex Regulars 2 Pkgs. of 12 **89¢**
Sanitary Napkins
Kotex Juniors 2 Pkgs. of 12 **89¢**
Sanitary Napkins

Fems Sanitary Napkins pkg. of 12 **45¢**

