

Factors In Food
U.S. Dept
Of Agriculture
CHILDREN
Special Milk Program
American dairy farmers in the coming year will be channeling more fresh milk than ever before under the Special Milk Program for the benefit of children in a record 67,000 schools and child-care institutions throughout the country, the United States Department of Agriculture reports.
The milk program is one of three programs administered by the USDA's Agricultural Marketing Service to increase use of food to help provide better diets for Americans.
It will pay part of the cost of some 2.6 billion half-pints of milk to be consumed in schools by the nation's youngsters in the 1961-62 fiscal year.

DAIRY FOODS
You can make a creamy low-calorie salad dressing by whipping or blending 1/4 cup cottage cheese until smooth; add 2 tablespoons each of catsup and chopped onion, 1/4 cup chopped green pepper, 1/4 teaspoon salt and 1/4 cup unflavored tomato soup.
Adults throughout life need nearly as much calcium as do children. Two glasses of milk give an adult 1/4 of his daily calcium need, 1/4 his riboflavin need and 1/4 his protein need.
Cheeses such as American, Swiss and Cottage cheese are high in protein and important in a reducing diet. Cheese "stays by you" and is relatively low in calories.
Add 1/2 cup shredded American cheese for each cup of flour in making pastry for fruit pies such as apple, peach or rhubarb.
Did you know that 1 tablespoon of dairy sour cream has 30 calories and 10 fat grams?
A quick dessert—Softened cream cheese with fruit juices, diced, dried fruit and spread between slices of date-nut bread or between ginger snaps.
For a quick pudding crumble Fig Newtons into individual serving dishes, cover with top milk, and let stand until much of the milk is absorbed. Serve with cream.
Vegetables are the best source of calcium but should not be considered entirely as a substitute for milk. A single glass of milk makes enough energy for the average person to play nine holes of golf—or walk one mile—climb 180 stairs—or dance for one hour—or play cards for three and a half hours.
Milk is a major source of calcium and riboflavin in an adult's diet. Therefore, it is very important that grownups get sufficient milk each day.
Use milk in cooking rice, cereals or poached eggs to add to their nutrition and flavor, that substitute milk for the water in the recipe and be careful to cook over low heat.

SHRIMP TALES
A shrimp salad popular in the Netherlands has several ingredients not usually found in shrimp salads in the United States. To add a Dutch touch to your salad, combine one diced apple and several diced cold boiled potatoes with minced shrimp; bind together with oil and vinegar. Season to taste with celery salt, pepper and chopped parsley.
Holland's next-door neighbor, Belgium, has several favorite ways of serving shrimp. One is making croquettes from equal parts of minced shrimp and chopped fish—along with bread crumbs, beaten egg and other croquette ingredients. A delicious sauce for the croquettes is a hot, well-seasoned white sauce with chopped shrimp added.
An all-American way of serving shrimp is the fall to bake corn shrimp and celery.
In the Orient a classic dish of shrimp (cooked, chopped and cleaned), heat three tablespoons bacon drippings in a large skillet. Add two cups cooked rice and saute until hot. Slightly beat two eggs, add them to rice, and stir rapidly until eggs are well mixed in with rice. Reduce heat; add chopped shrimp, 1/2 teaspoon salt, dash of pepper and one tablespoon soy sauce. Heat through and serve to four. Garnish the Shrimp Fried Rice with parsley and several whole shrimp.

WANT TO GIVE A CHOCOLATE CAKE AN EXTRA TOUCH? Spread hot apricot preserves over the top and sides, and you'll have a delicious chocolate frosting.
to pamper your cat...
all tuna liver'n meat chicken chopped fish meaty mix kidney'n meat
6 Dr. Ross' CAT FOODS

LYNDAY Chopped Olives
2 1/2-oz. 29¢
Tins
Carter's FINE FOODS
1420 Espinasse TU 2-2311

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1420 Espinasse TU 2-2311

Smart Shoppers! Now is The Time To Stock-up and Save More... at

Here it is folks. Your chance to stock up the pantry shelves for the long winter months ahead. This stock-up sale means amazing values on a wide variety of fine quality foods. It's an ideal time to load up the freezer too... at low prices that give you more for your food dollar.

END OF THE MONTH SALE

Ice Cream Wheat Hearts

Lucerne Party Pride. Finest quality. 8 Flavors

1/2 Gal. 69¢

Betty Crocker 14-oz. Pkg. 23¢

3 28oz. Pkgs 1.00

Hints For Your Shopping List

Minute Rice 14 oz. pkg. 49¢

Raisins Sun Maid Seedless 2-lb. pkg. 49¢

Dole Drink Pineapple-Grapefruit 3 46 oz. 1.00

Del Monte Drink Orange Apricot 3 29 oz. 1.00

Whole Apricots Sundown unpeeled 4 No. 2 1/2 1.00

Freestone Peaches Sundown irreg. 3 No. 2 89¢

Kernel Corn & Cream Style Kounty Kist 2 303 35¢

Hominy Highway, White or Golden 8 300 1.00

Van Camp Pork and Beans 7 300 1.00

Franco-American Spaghetti meat 'n serve 5 20 oz. 1.00

Hunters! Check these Chocolate Candy Values

Malted Milk Balls Roxbury 16 oz. pkg. 59¢

Chocolate Drops Roxbury 14 oz. bag 39¢ 16 oz. pkg. 49¢

Almond Clusters Roxbury Bargain Bag 12 oz. pkg. 69¢

Chocolates Assorted Roxbury 14 oz. pkg. 59¢

Peanut Clusters Roxbury Chocolate 8 oz. pkg. 59¢

Bridge Mix Roxbury Kitchen Fresh 14 oz. pkg. 39¢

Nestle's Candy Bars Almond, 8 1/2 oz. Choc., 10 1/2 oz. Milk Choc. 9 1/2 oz. pkg. 39¢

Hershey Candy Bars Almond Milk Choc. 9 1/2 oz. pkg. 39¢

Farmington Bars Milk or Almond Choc. 10 oz. bar. 39¢

SUNKIST ORANGES

Beautiful Fully Ripened -- Golden

From sunny California. Lunch box favorites. Grand for delicious salads and desserts.

3 lbs. 25¢

20 lbs. 89¢

lb. 12¢

5 lb. 29¢

lb. 10¢

2 heads 29¢

Look at This Low Price on Broccoli

See how you save even more when you buy the huge crate.

12 lb. Crate -- 99¢

10¢ lb.

SAFEWAY

Start saving now for valuable prizes.

SAFEWAY

40 Years Serving the Northwest

CHERUB CANNED MILK

Top quality Evaporated. Reg. 7 for 1.00 value Limit, please.

Tall Tin 10¢

KITCHEN CRAFT FLOUR

Finest enriched all purpose flour.

5-lb. bag 45¢

10-lb. Bag 79¢

25-lb. \$1.79 bag

Made Fresh Daily ... Delivered Fresh Daily

Mrs. Wright's BREAD

Extra-fresh baked loaves... made in our spotlessly clean new bakery, then rushed to our stores. Save more by buying 4 loaves.

4 large loaves \$1

Donut Sticks Mrs. Wright's sugared pkg. 39¢

Cinnamon Rolls Mrs. Wright's Oven-fresh pkg. 35¢

Nalley's Chili Choice of regular or hot. 3 15-oz. cans \$1.00

Libby's Vienna Sausage 5 4-oz. cans \$1.00

G.E. Light Bulbs 100 - 75 & 60 Watts. Frosted 4 \$1.00

Dial Soap's Who's Which Contest for \$50,000 in Prizes

Dial Reg. 2/33¢ Both 2/43¢

MANOR HOUSE

Cut-up, Split or Whole

Fresh chicken as you like it

Perfect for pan frying, broiling or barbecued your favorite way, to a crisp golden brown. These fryers are US Grade A inspected. No preservatives of any kind are added.

FRYERS

51-15 Denier 39¢

Seamless 69¢

Medium Pr.

DANOLA CANNED BACON

NEEDS NO REFRIGERATION

1 lb. Tin 69¢

Hunters Special! SMOKED PIECE BACON

Whole or 1/2 Slob, Mild lb. 55¢

Center Cuts lb. 59¢

HYGRADE'S Canned Picnics

REGULAR 2.49

3 lb. Tin 1.79

SAFEWAY

NEW RECIPE CONTEST FOR HIGH SCHOOLS

The National Cherry Institute has announced a new, nationwide recipe contest to more than 25,000 high schools in 50 states; with a \$1000 college scholarship as the top prize.

The new event, open to any high school or junior high school home economics student, has been announced to home economics teachers with the approval of the National Association of Secondary School Principals.

Called the Tart Red Cherry Recipe Contest, the new event will replace the National Cherry Pie Baking Contest, which was held in Chicago for 29 consecutive years. According to James H. Bryce, executive-secretary of the institute, the new contest will "permit an even wider participation by high school students in a national recipe contest, without taking time away from their actual classroom assignments." Bryce added that the competition is not restricted only to pie, but is open to any recipe using red cherries as the top ingredient.

The new event will include canned cherries, frozen cherries, cherry pie filling, jelly, cherry sauce, and dessert cherries packed in sugar syrup, according to Bryce.

More than \$1,000 in prizes will be awarded in the new Tart Red Cherry Recipe Contest. These include scholarships to colleges of the winners' choice in the amounts of \$1,000, \$750 and \$500. In addition, the 50 runners-up will receive a handsome electric hand mixer.

Judging of the event will be conducted by home economists from the National Red Cherry Institute, 747 Deerfield Road, Deerfield, Ill. Deadline for entries is Dec. 15, 1961. Winners will be announced during National Cherry Week, Feb. 12-22, 1962.

Vegetable Casserole

With the first hint of fall, summer-dilled appetites regain their spirit. An easy answer is an ample vegetable casserole. Frozen vegetables combined with sharp cheese, buttered bread crumbs, milk and margarine are made even better by the addition of a little white wine.

Vegetable Medley Au Gratin is a dish for the whole family, too, because the alcohol in the wine evaporates long before the dish comes from the oven, leaving only extra flavor and aroma.

The adults will enjoy a glass of either red or white dinner wine from California to accompany their meal. The same Sauterne used in the recipe, served well-chilled, will be wonderfully complementary.

Vegetable Medley Au Gratin

Serves 6

2 (12-oz.) packages frozen mixed peas and carrots
2 cups finely diced celery
1 bunch green onions, thinly sliced
4 tablespoons margarine or butter
2 tablespoons flour
1 cup rich milk
1/2 cup California Sauterne, Chablis or other white dinner wine
1 cup grated American cheese
2 tablespoons minced parsley
Salt and pepper to taste
1/2 cup buttered (fine bread crumbs)

Cook frozen peas and carrots according to package directions; add celery and onions 3 or 4 minutes before peas and carrots are done. Drain vegetables thoroughly, reserving liquid. Melt butter and stir in flour; add milk, Sauterne and 1/2 cup of the reserved vegetable liquid; cook slowly, stirring constantly, until mixture is thickened and smooth. Add cheese and stir over low heat until melted. Combine this sauce with the drained vegetables; pour into a greased baking dish or individual casseroles; sprinkle with bread crumbs. Bake in a moderately hot oven (375 degrees F.) about 20 minutes, or until bubbly.

Folger's Instant Coffee

Regular or drip grind vacuum packed. (Limit, please).

2-lb. can 1.17

1-lb. can

EDWARDS COFFEE

A blend of the world's finest coffees. Why pay more? (Limit, please).

1-lb. can 57¢

Chewy Cookies

Two favorite fruits, fresh California dates and pineapple, get together with delicious results in "Date Pineapple Bars." These chewy cookies, further enhanced with walnuts, make excellent additions to school lunch boxes. Pitted fresh dates, so handy and delicious in many recipes, are available now on grocery shelves in half-pound and one-pound packages as well as in grocery produce departments. Fresh California dates in any form are a natural sweet, and the natural source of energy for active children.

DATE PINEAPPLE BARS

1 cup fresh California dates
1/2 cup walnuts
1 cup sifted all-purpose flour
1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon salt
2 large eggs
1/2 cup vanilla
1/2 cup drained, crushed pineapple
Powdered sugar

Pit and slice dates; chop walnuts. Sift flour, sugar, baking powder and salt into a mixing bowl. Beat eggs until thick and foamy and add along with vanilla, pineapple and dates. Stir vigorously until mixture is well blended. Turn into a well-greased 8 or 9-inch square pan. Bake in a moderate oven (350 degrees F.) for about 30 minutes. When cool, cut into bars or squares. Roll in powdered sugar, if desired. Makes about 1 1/2 dozen bars.

Bean And Celery Rarebit Casserole

1/4 cup butter (1/4 stick)
1/2 cup celery crescents
1/4 cup flour
1 cup milk
1 cup shredded sharp American cheese (1/4 pound)
1 (16-oz.) can (No. 2) can butter beans (large limas)
1/2 lb. to taste
1/2 cup buttered crumbs

Melt butter in a heavy saucepan, add celery and cook and stir until pieces begin to look transparent, but do not soften. Sprinkle flour over the top and blend. Add milk stirring constantly and cook until sauce is smooth and thickened. Add cheese and stir over low heat until melted. Fold in drained beans and season with salt, to taste. Transfer to a 1 1/2 quart baking dish and top with crumbs. Bake in a 350 degree oven about 15 minutes, or until heated and lightly browned on top. Celery should retain some of its crispness. Makes eight servings.

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