

"MEAT-LOAFING"
With very little time and work, you can make a wonderful meat loaf!

ALL ABOUT FOOD
A Meat Loaf Will Come Out Of The Pan Easily if you first line the pan with bacon strips.

The Secrets:
—A bright bit of seasoning, a combination of meats, a thorough blending of ingredients, and an interesting shape.

A Surprise Center Of Processed Cheese
—Cheddar or Swiss—will melt through loaf as it bakes, adding tang color and creamy texture.

Tomatoes
through food chopper. Chop pulp. Cook tomatoes and orange together until peel is tender; add all other ingredients and boil until thick. Pour boiling hot, into hot fruit jars; put lid on jar; screw band tight.

TOMATO JELLY
Note: May take a week or so to set. Tomato jelly tends to "weep" when the surface is broken.

4 cups sugar
2 1/2 cups tomato juice
3 tablespoons lemon juice
1/2 teaspoon onion powder (may be omitted)
Few drops Tabasco sauce or few grains red pepper
1 box powdered fruit pectin
Measure sugar and set aside. Put tomato juice, lemon juice, onion powder, Tabasco sauce and pectin in large (4 to 6 quart) kettle. Stir over high heat until mixture reaches a fast boil. Stir in sugar, bring to fast rolling boil. Boil one minute. Remove from heat. Quickly skim off foam. Pour boiling hot into jars. Put lid on jar; screw band tight.

TOMATO JELLY
Note: Failure to divide the pulp into fine particles and cooking at too high a temperature causes tomato juice to separate. This changes neither the flavor nor the usefulness of the jelly. Before opening give the jar a vigorous shaking to mix the particles through the liquid.
Use firm, sound, fully ripe tomatoes. Wash, rinse, drain, core and cut tomatoes into small pieces. Cover and simmer tomatoes until soft. Then press through a fine sieve. Reheat juice until almost but not quite boiling. Pour into hot fruit jars. Put lid on jar; screw band tight.

Process pints 10 minutes, quarts 15 minutes in boiling-water bath canner. One teaspoon salt may be added to each quart of juice.

PIZZA SAUCE
4 quarts chopped tomatoes
1 large onion
1 sweet red pepper
1 small hot pepper
1 clove garlic
1/2 teaspoon oregano
1/2 teaspoon basil
2 teaspoons salt
Wash, scald, skin, core, chop, and measure tomatoes. Peel onion. Discard pepper seed. Finely chop onion, peppers and garlic. Mix all ingredients and cook until thick. Pour sauce into hot fruit jars. Put lid on jar; screw band tight. Process pints 30 minutes, quarts 35 minutes in boiling-water bath canner.

RELISH
Right at home with hamburgers and hot dogs
2 cups chopped ripe tomatoes
2 cups chopped green tomatoes
2 cups chopped cucumbers
1 cup chopped onion
1 sweet red pepper
1/2 cup sugar
1/2 cup vinegar
Wash and drain vegetables. Scald, core, and peel ripe tomatoes. Core but do not peel green tomatoes. Chop vegetables and stems from peppers; discard seed. Peel onion. Chop vegetables and cook until about as thick as chili sauce. Taste and add more seasoning if desired. Pour boiling hot relish into hot fruit jars. Put lid on jar; screw band tight.

Note: Left over relish may be canned and used for basting pork, ham, etc. It usually takes 2 or more weeks for the relish to become uniformly colored and well flavored.

NOTES AND RECIPES
Tomatoes were not commonly used as food in the United States until about the middle of the 19th Century and even then, some people thought them poisonous. Today, the tomato is one of our most important food crops and the mainstay of the home canner's pantry. This is as it should be, for tomatoes are an inexpensive source of minerals and vitamins, particularly vitamins A and C.

Actually, the tomato is a fruit. But the fact that it was grown in home gardens caused people to think of it as a vegetable. This led to so much confusion that the United States Supreme Court decided that it should be known as a vegetable. However, tomatoes are much more acid than regular vegetables. This is why we can them by the method used for canning fruits.

If the supply of tomatoes for canning is limited, it is best to put them up plain. If the supply is plentiful, or the market price reasonable, we think you will find it worth while to remember that tomatoes are the chief ingredient in a number of delicious, easy-to-can products.

TOMATO CONSERVE
8 cups chopped and drained tomatoes
1 large orange
4 tablespoons lemon juice
1 cup chopped pineapple (canned or fresh)
6 cups sugar
1/2 teaspoon salt
1 cup raisins, light or dark
Wash, scald, core, peel, chop, press lightly, drain off free juice and measure tomatoes. Slice orange peel paper thin or put

Pickle Combination
(Continued from 1-C)
1 teaspoon whole cloves
1 teaspoon whole allspice
1 teaspoon salt
Wash, drain and lightly grate sugar of kumquats. Cut off tiny skin in each side and remove seed. Cover kumquats with boiling water and cook until fork tender. Drain. Cook sugar, water and vinegar until sugar dissolves. Drop spices, tied in cheesecloth, into sirup; add kumquats. Cook until kumquats are glossy and somewhat translucent. Let stand from heat, and let remain in fairly cool place 12 to 18 hours. Reheat to boiling, pack hot into hot fruit jars. Put lid on jar; screw band tight.

APPLE WEDGES
Colorful substitute for pickled crab apples
Use any hard-ripe apple which holds shape in cooking.
3 quarts prepared apples
2 1/2 cups sugar
2 short sticks cinnamon
2 teaspoons each whole allspice and cloves
1 piece ginger root
1 1/2 cups water
2 cups cider vinegar
Wash, rinse and drain apples. Boil sugar, spices (tied in piece cheesecloth), water and vinegar until sugar dissolves; let simmer 10 minutes. Cool. Peel, core and cut apples into thick slices; cut slices to form wedges. Drop into salt water (3 tablespoons salt to 1 quart water). Add food color a few drops at a time to pickling sirup. It should be bright red. Put drained wedges into pickling sirup. Simmer until apples are tender but not soft. Loosely pack wedges into pint or half pint fruit jars. Bring pickling sirup to boiling. Pour over apples. Put lid on jar; screw band tight.

Note: Left over sirup may be canned and used for basting pork, ham, etc. It usually takes 2 or more weeks for the wedges to become uniformly colored and well flavored.

USEFUL CONTAINER
The clear plastic containers in which 7-ounce packages of After Dinner Mints are now obtainable not only serve as attractive candy dishes but become useful refrigerator dishes later.

HEINZ KETCHUP
Reg. 27c value. Special price for 3 days only!

Limit, please
14-oz. bottle

19c

BETTY CROCKER BISCUITS
Bisquick, 8-oz. and Buttermilk, 11-oz. (Limit 6).

5c

Tube

Dairy Topping
Lucerne Milk
Zee Towels
Del Monte
Hi-C Drink

Instant Coffee Safeway 10-oz. \$1.39 6-oz. jar 89c
Canterbury Tea Orange Pekoe 48 bags 49c
Mandarin Oranges Town House 4 11-oz. 89c
Apricot Halves Highway 303 cans 5 1/2 \$1.00
Del Monte Beans Fancy cut 303 can 4 1/2 \$1.00
Canned Pumpkin Jack 'n The Bean stalk No. 2 1/2 can 2 35c
La Choy Chop Suey with vegetables 303 can 33c
Chow Mein Noodles La Choy No. 2 1/2 can 33c
Soy Sauce Kikkoman brand 6-oz. 33c
Brooms Evergreen strong - sturdy each \$1.49

Bakery Selections
SKYLARK BREAD 29c

SAFESWAY
1420 Esplanade St.
Klamath Falls

SAFESWAY

Beef Rib Roast
Meaty 7 inch Standing Rib Roast often called the "King" of Roasts. Tender "USDA CHOICE" beef. Scientifically aged and close trimmed.

69c lb.

Sliced Bacon
Armour "Star" fancy sliced thin lean-streaked bacon.

1-lb. Pkg. 65c

Shoulder Chops Round bone "USDA CHOICE" lamb lb. 49c
Breast O' Lamb Here's a grand money saver. lb. 10c

Soda Pop Cragmont, 12 flavors For Halloween 6 Qt. \$1.00
Sugar Wafers Busy Baker Oven-fresh 6-oz. pkg. 29c
Waffle Cremes Busy Baker sugar 6-oz. pkg. 29c
Ginger Snaps Nabisco, old fashioned 1-lb. pkg. 39c
Hydrox Cookies Sunshine - 16-oz. pkg. 49c
Nestle's Chips Semi-sweet - 12-oz. pkg. 49c
Hershey Dainties Semi-sweet 6-oz. pkg. 23c
Del Monte Whole sweet pickles 22-oz. bottle 59c
Sandwich Spread Nu Made 24-oz. bottle 58c
Long Grain Rice Town House 2-lb. bag 39c

Beautiful Vine-Ripened Tomatoes
Perfect slicers for your favorite salads... or fresh sliced for tasty side dishes. Every tomato is firm and ripe, and guaranteed perfect.

2 lbs. 25c

Cauliflower
Snowy white compact heads. Grand served cooked or with tasty dips at Halloween parties.

2 heads for 29c

Broccoli Use fresh or for freezing 12-lb. crate - 99c lb. 10c
Apples Delicious, fancy lb. 19c
Fresh Dates Famous Deglet Noor, Luscious Sweet 1 1/2-lb. 59c
Candied Apples Caramel coated with a stick. Halloween favorite. each 10c
Fresh Carrots 3 lbs. 25c
Fresh Lettuce 2 heads 25c

SAFESWAY SELLS ONLY

"Lamb-O-Rama"

Tender "USDA CHOICE" Lamb Shoulder Roast
at a special price this weekend.
Here's a grand suggestion for a wonderful Sunday dinner. Meaty shoulder roasts with just the right amount of fat to bring out the superb flavor. Put a couple away in the freezer too, for later.

29c lb.

Check these "Money-Saving" Weekend Specials.

Apple Pies Bel-air premium Quick frozen 24-oz. pies 29c
Cheese Sherbet Safeway Natural Mild medium chunk & sliced Cheddar and Monterey Jack. Random weights. lb. 59c
Wheaties Lucerne Party Pride Triple Treat or Vanilla-Orange. Reg. 75c Half Gal. 49c
Empress Preserves Apricot, Apricot-Pineapple, Blackberry & Peach 20-oz. jar 49c
Peanut Butter Nu Made creamy or chunky. With 4c off deal 18-oz. jar 55c
Haley's Beef Stew For quick - easy-to-fix meals. 40-oz. 85c 22-oz. tin 49c
Extra Large AA Eggs Cream O' The Crop, farm-fresh - Guaranteed Doz. 55c

SPIC 'N SPAN
Takes the work out of cleaning woodwork. 26-oz. pkg. 29c
Comet Handy household cleanser. 14-oz. 2 29c
Ivory Flakes For fine fabrics 12 1/2-oz. 39c
Ivory Snow 99 44/100% pure 12 1/2-oz. 39c
Blue Cheer Washday detergent 21-oz. pkg. 34c
Pink Dreft Laundry detergent 18-oz. pkg. 39c
Dash Detergent 3-lb. 3 1/2-oz. 89c
Liquid Joy Gets dishes really clean 32-oz. 99c
Raid House and Garden Bug killer 14-oz. can 1.49

Golden Treasury of Knowledge
Give your child the golden gift of knowledge. 16 magnificent volumes.

49c

Men's and Boys Sport Shirts
Men's sanforized plaid flannel shirts. Sizes small, med. & lge. \$1.89
Boy's plaid flannels sizes 4 to 6, 8, 10, 12 & 14 to 16 \$1.59

Sauce Pan
Vogue stainless steel with a cover. Holds a quart. ea. \$1.99

SAFESWAY
40 YEARS SERVING THE NORTHWEST

GOLD BOND STAMPS
Start saving Valuable
Books fill up fast when you shop the Gold Bond way.

Superb "USDA CHOICE" GRADE LAMB

HEAVENLY COBBLER — Make this delightful cobbler with sunny pears and rich-flavored grapes, fresh from California.

Fresh Pear-Grape Cobbler

So fresh and sweet it tickles your tongue! This very fruit cobbler perfumes the whole house as it bakes.

Crust
2 cups pie pastry
2 tablespoons sugar
1 egg yolk

Filling
1 quart grapes
1 quart pears, diced
1/2 cup sugar
1/3 cup flour
2 tablespoons lemon juice

MAIN DISHES
(Continued from 1-C)
for about 25 to 30 minutes, turning occasionally, will roll into about 1 cup fine dry bread crumbs.

SAUSAGE WITH BLACK-EYED PEAS AND CORN
1 cup dry black-eyed peas
3 cups water
1 teaspoon salt
1/2 lb. sausage meat
1/2 cup flour
1/4 teaspoon sage
1 can (1 lb.) whole kernel corn
1 tall can evaporated milk (1 1/2 cups)
Place peas, water and salt in a saucepan and bring to a boil. Boil for 2 minutes. Remove from heat, cover pan with a lid and let peas soak for 1 hour. Using same water, bring peas to a boil, cover with lid, then lower heat and cook until peas are tender, about 30 to 35 minutes. Meanwhile, place sausage in a large frying pan and brown, breaking up pieces with a fork as it cooks. Remove from heat and stir in flour and sage. Drain liquid from the can of corn and the peas into sausage mixture and mix well. Then stir in evaporated milk. Cook over low heat, stirring constantly, until thickened. Stir in peas and corn and heat thoroughly, stirring constantly. Makes 6 servings.

CRAB MEAT MORNY
(Four to five servings)
3 tablespoons butter
1/4 cup flour
1/4 teaspoon salt
1/2 cup pepper
1 1/2 cups milk
1/2 cup grated Swiss cheese
1/2 cup light cream
2 1/2-pound cans crab, drained and cut in chunks
1 source can water chestnuts, drained and sliced
1 cup chow mein noodles
Melt 2 tablespoons butter in heavy skillet. Stir in flour, salt and pepper until quite smooth and free from lumps; remove from heat, add cold milk all at once; stir to blend until smooth. Return to pan to heat, and let mixture cook over low heat, stirring constantly; let cook until thick and smooth. Add cheese and cream and stir over heat until thick and smooth. Meanwhile, drain and free from lumps; remove from heat, add cold milk all at once; stir to blend until smooth. Return to pan to heat, and let mixture cook over low heat, stirring constantly; let cook until thick and smooth. Add cheese and cream and stir over heat until thick and smooth. Meanwhile, drain and free from lumps; remove from heat, add cold milk all at once; stir to blend until smooth. Return to pan to heat, and let mixture cook over low heat, stirring constantly; let cook until thick and smooth. Add cheese and cream and stir over heat until thick and smooth. 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