MEET SOME HERBS OF THE MINT FAMILY...

ALL ABOUT FOOD

By Tessie B. Nicolay Institute

Thyme has strong, pungent flavor that goes well with tomatoes, fish, salads and stuffings.

To make savory broiled fish, soak a pinch of thyme in lemon juice, then blend with butter. Spread on fish before broiling.

Oregano adds sweet, pungent flavor to meat, seafood, vegetables, and cream and tomato sauces.

Use oregano and all other herbs sparingly, to enhance, not overpower food flavors.

Sage adds fragrant, spicy flavor to pork and veal dishes, stuffings and cheese. It is one of the herbs in poultry seasoning.

Dried sage is 3-4 times stronger than fresh sage, so use with care! Try ¼ tsp. for 4 servings, then taste.

Basil adds peppery, clove-like flavor to vegetables, duck, eggs, green salads, fish, tomatoes.

To make herb vinegar for marinades or salad dressings, mix a pinch of basil with heated vinegar. Let cool.

10-3

QUICKIE SUPPER — An Oriental supper made quickly and easily with canned condensed cream of chicken soup, cooked pork and Chinese cabbage. Dessert — a far eastern favorite—rice pudding (from a mix) and canned mandarin oranges.

Oriental Dishes Quick And Tasty

When busy October schedules . . . PTA meetings, woman's club luncheons or at home chores . . . call for meals in minutes or quick supper dishes, depend on canned condensed soup to help you.

From hearty soup 'n sandwich meals to "souper" one-dish meals, canned condensed soups can make "light work" and "short order" out of meal preparation . . . especially with leftovers.

For a tempting speedy far eastern style casserole that will make the folks think you've spent hours in the kitchen whip up a Chinese Pork Casserole. It combines diced cooked pork, Chinese cabbage and colorful vegetables in a savory sauce of canned condensed cream of chicken soup blended with soy sauce. An edging of crisp Chinese noodles completes this Oriental delight!

The dessert, too, is a quickie. Prepare a package of rice pudding mix and just before serving fold in canned mandarian oranges. If shopsticks are available, eat with them for added fun.

CHINESE PORK CASSEROLE

1 can (10½ ounces) condensed cream of chicken soup
½ cup water
1 teaspoon soy sauce
½ cup cooked peas
¼ cup thinly sliced celery
2 tablespoons thinly sliced green onion
1 cup diced cooked pork
4 cups finely shredded Chinese cabbage
½ cup Chinese noodles

In a 1½-quart casserole, blend soup, water, and soy sauce. Stir in remaining ingredients except noodles. Bake in a moderate oven (350 degrees) 20 minutes. Sprinkle noodles around edge of casserole. Bake 10 minutes more. Makes 4 servings.

BROILED PEACHES LAMB GARNISH

An unusual accompaniment for lamb chops makes them a special treat. Broil large canned peach halves seasoned with a dash of curry powder alongside the lamb chops. To serve fill peach with chutney.

You can serve leftover meat loaf with a cheese sauce and utilize the liquid that's often in the pan after the loaf is baked. Just make a medium white sauce using the meat liquid for part of the milk and add grated cheddar cheese.

Soup News

Special dinner party on your early fall schedule? Here's a delightful beginner for the affair. Heat a can of condensed consomme with a soup can of water. Pour into attractive bowls and top with a spoonful of whipped cream and a sprinkling of shaved Brazil nuts.

Take a can of frozen condensed cream of potato soup from your freezer. Add 1½ soup cans milk, ½ package of frozen chopped broccoli, dash each ground nutmeg and pepper; cook over low heat until soup is hot; stir frequently. Surprise 3 to 4 with the delicious results.

Children home for lunch will enjoy this colorful soup. To one can of condensed turkey noodle soup, add a soup can of water, ¼ cup very thinly sliced onion rings, 1 tablespoon chopped pimiento and a dash of marjoram. Cook over low heat until onion rings are done (5 to 8 minutes). Stir often. Then add ¼ cup cooked peas and heat a minute or two more. Serve to 2 or 3 with peanut butter and cracker sandwiches, frosty cold milk, and a piece of fresh fruit.

"Frankly-" good is this combination: A can of frozen condensed green pea with ham soup heated with a soup can of water and 2 thinly sliced frankfurters which have been browned in a little butter. It's great for school children's lunch or Saturday supper for the family.

Ole! Ole! Ole! . . . for this Spanish soup treat. Combine a can of condensed cream of chicken soup with 1 cup water, ¼ cup light cream, 2 tablespoons toasted ground almonds, and ¼ teaspoon ground nutmeg. Heat, stirring now and then for 2 to 3 servings.

to pamper your cat...

all tuna
liver 'n meat
chicken
chopped fish
meaty mix
kidney 'n meat

6 Dr. Ross CAT FOODS

TUESDAY IS HALLOWEEN... BEWARE!

Goblin-Good Foods

FOR A HAPPY HALLOWEEN!

SAFEWAY

Everything You'll Need For A Happy Halloween

HALLOWEEN CANDIES

We have a huge selection of colorful "Trick or Treat" candies, spooky masks, carameled apples, etc. to choose from . . . for the little hob-goblins' Halloween fun next Tuesday night.

Gum Drops	Roxbury 2-lb. 49c 1-lb. Bag	29c
Choc. Balls	Roxbury Malt Milk 8-oz. pkg.	39c
Jelly Beans	Roxbury Asst. flavors 1-lb. pkg.	29c
Miniatures	Baby Ruth Butterfingers pkg. of 20	39c
Candy Treats	Roxbury Asstd. pkg. of 70	59c
5¢ Candy Bars	Hershey, milk & Almond, Milky Way & other popular brands	24 bars for 98¢

Libby's Pumpkin 5 No. 2½ cans $1.00
Bake pies just like mom used to make. Has an old-fashioned flavor.

Minced Clams 4 8-oz. cans $1.00
SEA TRADER specially selected finest Eastern for hot soups or party dips.

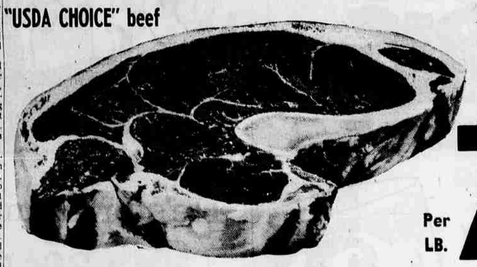
Powdered Sugar 3/29¢
or C&H Brown. Reg. 2 for 31c value. Limit, please. Here's a real Halloween Special.

Jolly Time POPCORN Choose from white or yellow 10-oz. can 15¢

Donuts MRS. WRIGHT'S plain or sugared. Kiddies love 'em. Grownups, too! Doz. 39¢

Lemonade BEL-AIR Regular or Pink, Premium, quick-frozen 8 6-oz. cans $1.00

Superb SIRLOIN STEAKS
"USDA CHOICE" beef



Superb bone-in steaks . . . carefully trimmed before weighing and scientifically aged for extra flavor.

T-Bone Steaks Porterhouse & Clubs "USDA CHOICE" beef. Per LB. 79¢
Stewing Chickens Manor House inspected U.S. Grade "A" 98¢ lb. 29¢ lb.

More Safeway Guaranteed Meats

Bar-S Bacon	or Safeway lean-streaked	lb. 59¢
Bar-S Franks	or Safeway all meat	lb. 49¢
Top Sirloins	Boneless, no waste "USDA CHOICE" beef	lb. $1.49
Red Snapper	from N.W. coast Fresh fillets	lb. 33¢

Vanilla	Westag Imitation 16-oz. bottle	39c
Pastry	Mrs. Wright's Raspberry tarts pkg.	39c
Peacock Oats	Rolled or Minit 9-lbs.	98c
Grapefruit segments	Highway brand broken 300 can	5/$1.00
Karo Syrup	Red label 5-lb. tin	79c
Crest	Toothpaste, Econ. size tube	69c
Anacin	Tablets for headache relief pkg. of 50	73c
Double Boiler	Vogue 2-qt. stainless steel	$4.79

Nalley's Potato Chips Jumbo 3 pack 11½-oz. pkg. 69c
Nalley's Corn Chips Party favorites pkg. 29c
Nalley's Chili Chips You'll like 'em pkg. 29c
Barbecued Chips Nalley's delicious 3-oz. pkg. 29c

As Advertised In Seventeen Magazine 1961 Edition of Supermarket Tour Guide

Chef Boy-Ar-Dee Pizza with cheese 13½-oz. pkg. 53c
Knox Gelatins Unflavored, all protein. No sugar. 8-oz. pkg. $1.59
Heinz Soups 12 varieties to choose from 5 11-oz. cans $1.00

Enter New FAB's $253,000 GIVE-A-WAY
WIN A WHOLE NEW WAY OF LIFE!
FIRST PRIZE $50,000 "DREAM HOME" with furniture, swimming pool and two 1962 cars!
2,056 MORE WONDERFUL GIFTS!
Fab Giant pkg. 59¢

All you do to qualify is put our store's name on your entry blank.

Cashmere Bouquet White or pink, reg. 3 bars 37c
Pink Palmolive Regular & bath size 2 bars 25c
"Ad" the ADvanced detergent for automatic washers 40-oz. pkg. 89c
Liquid Vel Soaks dishes sparkling clean 22-oz. plastic 69c
Florient Aerosol Kills bad odors fast 5½-oz. tin 89c

ZEE NAPKINS
Pink, Aqua, Yellow & White Pkg. of 80 Count 10¢
Toilet Tissue Chiffon - White, Pink, Yellow or Aqua 2 rolls 29c
Zee Plastic Wrap Keeps foods fresh 100 ft. roll 29c
Sandwich Bags Zee, perfect for trick or treats. pkg. of 75 21c

10% Discount on all G.E. Light Globe purchases of $5.00 or more at Safeway. Stock up now.

Pumpkin Pie Bel-air premium Frozen 3 24-oz. pies $1.00

Red Delicious
Fancy & Extra Fancy Northwest Apples
Beautiful Oregon apples. Perfect for bobbing, carameling or "Trick or Treats." 2 lbs. 25¢

Head Lettuce Crisp fresh - Tops for salads or sandwiches 2 heads 29¢
Peanuts Fresh roasted in shell. Kiddies love 'em 39¢ lb.

Perfect Halloween
PUMPKINS
Average from 3 to 5 pounds. Ideal Jack O' Lantern size.
Larger sizes available in most stores. ea. 15¢

Finest Quality U.S. No. 1 Grade
POTATOES
Premium quality Russets. Hand picked specially, for Safeway. Uniform baking size.
5 pound premiums 29¢ 25 lb. Plus bag 89¢ 10 lb. bag 39¢
U.S. No. 2 Potatoes Economical buy 50-lb. sack $1.09
It's Safeway for the finest potatoes and priced so low, too!

SAFEWAY
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FREE Halloween Mask with the purchase of LUCERNE ORANGE DRINK
OR GRAPE. Refreshing non-carbonated drink. Perfect for Halloween festivities. 2 Half Gals. 49¢

HOOD RIVER or TOWN HOUSE
Apple Cider
Made from finest Northwest apples. Top quality brands. Full Gal. 69¢

HEARTY SALAD — Chilled "Chef's Salad" with its fresh California dates, ham, Swiss cheese and other appetizing makings is virtually a meal in itself.

Fresh Dates Energy Treat

Fresh California dates insure hearty eating pleasure any time of day. Because of their high natural fruit sugar content, they are a tip-top source of quick energy.

A chilled chef's salad becomes almost a full meal when it combines luscious fresh California date slices, strip of ham and Swiss cheese, lemon juice, salad greens and zingy seasonings for a refreshing — and-filling treat. Chill most of the ingredients before serving to blend the delightful sweet-tart flavors.

CHILLED CHEF'S SALAD

1 cup sliced fresh California dates
2 cups julienne - cut ham strips
½ cup salad oil
1 teaspoon grated lemon rind
1-3 cup lemon juice
1 teaspoon dry mustard
½ teaspoon curry powder
½ teaspoon salt
1 teaspoon sugar
1 quart salad greens
½ cup julienne - cut Swiss cheese strips

Combine dates, ham, oil, lemon rind and juice, mustard, curry powder, salt and sugar in a bowl. Cover and let stand in the refrigerator one hour. Toss with salad greens and cheese just before serving. Makes six servings.

No Smoking for Fat

Obey the "No Smoking" sign when heating fat to brown or fry meat if you want a perfect product. Meat is best when browned at a moderate temperature.

Did You Know?

—that smorgasbord originated in Scandinavian countries as a traditional gesture of hospitality on feast days and wedding celebrations? Distances were long and travel hard, so guests sometimes stayed for two weeks. They brought an assortment of foods. These offerings were laid out on a common table for all to enjoy.

—that in a recent survey, two out of five persons 65 years of age or older consumed less than three quarts of milk per week? Another two used between three and five quarts a week and less than one out of five used more than five quarts.

—that the French word "dessirvir" means "to clear the table" and is the origin of our word dessert?

—that on a year-round average, a tablespoon of butter supplies 460 International Units of vitamin A?

—that annual food consumption in the U.S. averaged 1,488 pounds per person during 1960, according to year-end estimates made by the U.S. Department of Agriculture?

—that one of the earliest recorded references to cheese (about 3000 B.C.) is found on clay tablets discovered in the ruins of the Temple of Ur in the valley of the Euphrates River?

—that ½ cup of whole cranberry sauce folded into ½ cup of marshmallow creme makes a delicious topping for ice cream?

LARGE GRADE "AA" EGGS

Cream O' the Crop, the freshest eggs in town. Farm fresh. Guaranteed. Doz. 57¢

Lucerne Dairy Topping	Real Cream. 7-oz. can	49c
Highway Applesauce	Fine Quality 300 can	6 for $1.00
Cragmont Soda Pop	12 sparkling flavors. Plus dep.	6 quart btls. $1.00
Seedless Raisins	TOWN HOUSE top quality. 1½-oz. pkg.	5 pkgs. 19c
Canned Pumpkin	Jack 'n Beanstalk	6 No. 2½ cans $1.00
Nestles' Morsels	Semi-sweet, tops for cooking. 12-oz. pkg.	49c

Snowdrift
The Wesson Oil Shortening
3 LB. TIN
Limit Please 59¢

THE GOLDEN TREASURY OF KNOWLEDGE

Vol. No. 8 on sale now. Volume No. 1 still available. All other volumes 99c ea.

Santiam Beans	Fancy cut, sliced or waxed. 303 cans	5 cans $1.00
Libby's Garden Peas	Tender, Young	4 303 cans $1.00
Highway Green Peas	Extra std.	2 303 cans 35c
Crushed Pineapple	Sweet Treat 300 can	5 300 cans $1.00
Select Ripe Olives	Autumn Harvest	5 No. 1 cans $1.00
Tapioca Puddings	or regular. Jell-well	3 pkgs. 27c
Cake Decorations	Crown Colony for that certain touch	ea. 19c
Food Coloring	Crown Colony Assorted colors in each pkg.	pkg. of 4 25c

PUSS 'N BOOTS
Fish or meat flavored. Adds zest to their meal, too! 7 15-oz. cans $1.00
Fish Cat Food Puss 'n Boots 8-oz. can 3/29c 26-oz. can 2/49c

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