

Deep-Smoke Flavored

HAM

from SAFEWAY

Shank End

39^c lb.

Famous brands with a mild and fragrant smokey goodness in every morsel to assure wonderful flavor! Our fancy hams average from 10 to 16 pounds with loads of lean, juicy, tender meat. Perfect for several delicious meals... get your Safeway ham today!

Full Butt Half 6-8 lb. avg. 49^c lb.

Whole Ham 10-16 lb. avg. 45^c lb.

Manor House Fryers

Whole, Split, or Cut-Up

29^c lb.

Center Ham Slices Breakfast Favorite lb. 98^c

Photo shows ham with Honey glaze, but you may prefer another glaze, such as tangy Mustard, Brown Sugar, Pineapple, Crab-apple, Orange Juice, or Marmalade, Apricot Preserves, Current Jelly or Cranberry

Chicken Breasts Menu Delicacy

On French menus, chicken literally reigns supreme, because the term "supreme" means the breast of chicken, the most prized portion for elegant recipes. The flavor, shape and size of the chicken breast make it ideally suitable for lovely sauces, attractive arrangement and individual service.

Contrary to what might be supposed, the luxurious supremes cost relatively little and are remarkably easy to prepare in all sorts of interesting ways. What's more, a chicken breast offers an unusually generous amount of protein per serving—and an unusually low calorie count. So the hostess who chooses chicken breasts for entertaining gets a three-way bargain in flavor, price and nutrition.

Bone It Yourself

Customarily, chicken breasts are skinned and boned before cooking. If you find this prospect alarming, you can have them boned by the butcher at the supermarket. If you want to try your hand at it—and it's much easier than it sounds—proceed as follows:

Hold the chicken breast skin-side down. Split the inside surface down the middle by making an incision with the point of a sharp, thin-bladed knife, about half way back from the neck end and moving the point firmly away from the neck. With the fingers, pull the two sides of the breast gently in opposite directions and the back center bone will come out. Pull out the two sections of this bone. Starting at the center and working on one side at a time, insert the knife blade just under the rib bones, and carefully scrape the bones free of the flesh, pulling up the bones as you proceed. When you reach the outer edge of the breast, the bones may be readily detached. Finally, scrape away the flesh from the wishbone at the neck end, working the same way, and remove it. If desired, the boned breast may now be halved lengthwise to make two pieces.

Boning the chicken breasts merits the small effort required because they are much pleasanter to serve and eat that way.

Perhaps the supreme gets its name because it carries the delicacy of chicken flavor to the ultimate point. At any rate, there is no doubt that its flavor takes well to almost any type of sauce and to several methods of preparation. The French cook their supremes by one of three basic methods. Cooking a blanc (white) calls for sprinkling the skinned, boned breasts with lemon juice and baking them in a hot oven (450 degrees for eight to 10 minutes. Cooking a brun (brown) means lightly flouring the breasts and sauteing them in butter until they brown. The third method, called pane, demands coating the breasts successively with flour, egg and bread crumbs and cooking them quickly in hot butter.

Once the breasts are cooked, they may be served with any vegetables or garnishes preferred or with a wide range of sauces.

Elegant Roast

The usefulness of the supreme, however, is by no means limited to preparation by classic French methods. For instance, you can cut a pocket in each breast, fill it with an herb stuffing, and roast the stuffed breasts. To give them elegance, serve them with a cream sauce enriched with egg yolk and slightly seasoned with lemon juice and paprika. And to make them de luxe, add finely chopped truffle to the sauce.

You can also leave this hemisphere entirely and prepare chicken breasts by one of the Chinese methods, methods just as classic in their way as those of the French. Skin and bone the chicken breasts as usual and cut the meat into strips. The Chinese believe in cooking food as briefly as possible to retain maximum flavor and crispness, and the small strips will cook through in short order. Mushrooms, peas and onions make a fine trio of vegetables for a Chinese chicken dish, ginger and soy sauce give it the characteristic flavor, and a little cornstarch thickens the sauce to the right consistency and simultaneously lends it translucence. Once you've cut up your chicken and vegetables, the whole procedure takes less than 10 minutes, and the result—well, try it once and you'll undoubtedly try it many times thereafter.

ROAST HERB STUFFED CHICKEN BREASTS

6 large broiler-fryer breasts, boned
3 teaspoons Ac-cent.
Salt and pepper
¾ cup butter or margarine, divided
¼ cup finely chopped onion
2 tablespoons finely chopped parsley
½ teaspoon each, rosemary and basil
1½ cups prepared stuffing mix
½ cup boiling water
2 tablespoons finely chopped black truffles

Halve breasts. Cut through thickest part of each half-breast to form a pocket. Sprinkle with Ac-cent, salt and pepper. Melt ¼ cup butter in saucepan. Add onion and cook until tender but not brown. Add parsley, herbs and

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"AA" Butter

Lucerne. Reg. 74c Sweet-cream. A terrific value

1-lb. print 49^c

Niblet's

in 12-oz. can, or GREEN GIANT, 303 can whole kernel corn

5 cans for \$1⁰⁰

Quaker Oats

Regular or quick cereal

42-oz. pkg. 39^c

Extra Large AA Eggs

Cream O' The Crop Doz.

55^c

Silk Tissue

Individual roll or 4-roll packs

4 Rolls for 29^c

Bakery Items

Donut Sticks Mrs. Wright's Crunch - sugared Pkg of 16 39^c

Butterhorns Mrs. Wright's oven fresh pkg. of 2 25^c

Tea Rolls Skylark, extra fresh cello pkg. of 10 29^c

Skylark Rolls with Poppy seeds pkg. of 10 35^c

Clover Honey Empress pure golden Big 5-lb. can \$1⁰⁰

Peanut Butter Nu Made creamy, chunky 18-oz. jar 49^c

Folger's Coffee

1 lb. Tin 49^c

2 lb. tin 98^c

Limit Please

Cottage Cheese

Pint 25^c Qt. 49^c ½ Gal. 98^c

Men's Fall Sport Shirts 1.49

Cut Beans 5 Varieties Del Monte 4 303 tins 95^c

Gelatins Jell-Well 7 Flavors 10 for 69^c

"USDA CHOICE" Locker Beef Sale

Safeway cuts and wraps all meats exactly the way you want it... absolutely FREE.

Forequarter 39^c lb Hindquarter 57^c lb Full Sides 45^c lb



Bananas

Look at this special low price! Thursday thru Sunday, only. Pick up a bagful today.

10^c lb.

POTATOES

Klamath Russets

U.S. No. 1's 10 lbs. 29^c

YAMS

A must with Safeway Ham!

2 lbs. 29^c

Remember: We Give Gold Bond Stamps

Prices in this advertisement are effective Thursday through Sunday, Nov. 2, 3, 4, and 5th at Safeway in Klamath Falls. We reserve the right to limit.

Crisp Celery Grand Stuffed ea. bch. 19^c

Cranberries Fresh Ocean Spray 2 1-lb. 49^c pkgs.

Cauliflower Snowy white heads 2 heads 29^c

Avocados Large size Florida each 19^c

40 Years Serving The Northwest

SAFEWAY

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BETTY CROCKER

CAKE MIXES

4 pkgs. \$1⁰⁰

Reg. 43c value. Choose from 10 varieties

Betty Crocker Frosting Mix

Lemon Angel or Cherry Fluff, pkg. 39^c Dark Chocolate Fudge, Malt, & creamy white pkg. 39^c