

Macaroni

MACARONI - CHEESE - HAM
4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
2 cups milk
3 cups cooked macaroni
2 cups shredded American cheese (1 1/2 lb.)
1/2 cup fine dry bread crumbs
2 tablespoons butter, melted
1 cup finely chopped, cooked ham

Melt butter, add flour and salt, and stir until smooth. Add milk, cook and stir until mixture is smooth and thickened. Add cheese and stir until melted. Arrange half the macaroni in a well-buttered casserole and pour half the sauce over the top. Sprinkle with half the ham. Add another layer of macaroni, and repeat ingredients in the same order as for the first layer. Top with crumbs blended with butter. Bake in a moderate oven, 350 degrees, for 30 minutes. Makes 6 servings.

Do You Know...

Dairy products are your best food buy. Surveys show that average American families spend 19 per cent of their food budget for dairy products. Yet for this amount, they receive 28 per cent of their total food supply, 40 - 45 per cent of their protein; 75 - 84 per cent of their calcium; 59 - 76 per cent of their riboflavin and 35-39 per cent of their Vitamin A.

Ice cream contains all of the important nutrients that are in milk, but in different proportions. It is low in calories in proportion to its high food value, which makes it an excellent choice in taste satisfaction for the dieter as well as the rest of the family.

Basic cream sauces can be seasoned in various ways to add zest to vegetables, meat or fish. For a tasty contrast add a little dry mustard to the sauce and serve it over cooked cauliflower. Capers, finely chopped pickles or hard cooked eggs added to a cream sauce makes a fine flavor contrast with fish.

Cheese Muffins

CHEESE MUFFINS
1 cup sifted flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 tablespoon sugar
1/2 cup shredded American cheese
1 tablespoon finely chopped green pepper
1 egg, slightly beaten
1/2 cup milk
2 tablespoons melted butter
1 teaspoon grated or finely minced onion

Sift flour once, measure; sift again with baking powder, salt and sugar. Add corn meal, cheese and green pepper and mix well. Combine egg, milk, melted butter and onion. Add to flour mixture, stirring just enough to moisten the dry ingredients. Do not beat. Fill well greased muffin pans 2-3 full of batter. Bake in a hot oven, 400 degrees, for about 20 minutes. Makes 12 medium size muffins.

What's New

By United Press International
"Ma washes, Pa wipes" - it says on a matched set of terry-cloth kitchen towels. The "Pa" on the towel has a handlebar mustache. "Ma" looks quaint with mutton-leg sleeves and a neat apron.

A new portable bathtub chair operates on water pressure from the tap. Rubber suction cups hold the seat firmly in place. Stops limit the seat turn to 90 degrees from the center position. The manufacturer said ascent and descent are gradual.

Tiny, purse-size pads saturated with nail polish remover are offered for the on-the-go woman. The pads in laminated foil packets eliminate the threat of spilled bottles. The maker said one pad does 10 fingers.

A new hanger with pelican-like jaws firmly grasps slacks or skirts - and can be operated with one hand.

REALLY GOOD!
like home made



MIX or MATCH SALE



Your Choice!

Prices effective Thursday, January 31 thru Sunday, Feb. 3rd at Safeway in Klamath Falls. We reserve the right to limit.

Here's a sale that lets you save big while fitting purchases to your exact needs. Because these Mix-or-Match offers let you combine one- and two-item purchases to earn quantity-price savings, they're great for replenishing shelves. Smart shoppers will use this money-saving opportunity to balance budgets. Come in and get in on the low, low prices now!

SAFeway



SAVE ON BEL-AIR PREMIUM FROZEN FOODS

Green Beans Cut or French style. No strings attached. 9 oz. pkg.
Chopped Broccoli Frozen at the flavor peak. 10 oz. pkg.
Kernel Corn Full of buttery sunshine. Fresh! 10 oz. pkg.
Mixed Vegetables Colorful! Great for salads. 10 oz. pkg.
Green Peas Tender and sweet. Like a spring garden. 10 oz. pkg.

French Fries Reg. or Crinkle. Quick and Easy. 9 oz. pkg.
Leaf Spinach or Chopped. Clean - delicious. 12 oz. pkg.
Potato Patties Western favorite with Ham 'n eggs. 12 oz. pkg.
Squash Premium Quality. Bake with marshmallows. 14 oz. pkg.
Waffles Real time saver. Heat in oven or toaster. 5 1/2 oz. pkg.

Mix or Match
YOUR CHOICE

5^F 89^C OR

Mix or Match
YOUR CHOICE

6^F 89^C OR

TIDE

DETERGENT
Giant Size

49^C

Carload Cookie Sale

Busy Baker. Choose from these vty's.
Oatmeal, Sugar, Coconut, Choc. Chip, 14 oz. pkgs. or Pink, White, and Toast Marshmallow Treats, 24 oz.

3^F 1^C

ICE CREAM

Lucerne Party Pride

Cherry Vanilla - Choc. Chip Almond - Peppermint Candy - Choc. Marshmallow - Vanilla - Banana Nut - Macadamia Nut - Choc. Marble - Butterfinger - Maple Nut - Butterfingers - Butter Pecan - Neapolitan.

69^C

MORE FROZEN FOOD VALUES

Strawberries Bel-air, Premium Quality Year round treat. 10 oz. **4^F 89^C**
Cream Pies Banquet. Banana, Lemon, Chocolate, Coconut. 14 oz. **49^C**
Chinese Dinners Kubla Khan. All regular 65c dinners. **59^C**
Pepperoni Pizza Oh Boy. Extra good! 19 oz. **89^C**
XLNT Tortillas Flavor of Old Mexico. 12 oz. **29^C**

Fruit Cocktail 6 for \$1
Town House. So many delicate flavors. 303 can.

Chunk Tuna 4 for \$1
White Star. Every bite is delicious. No. 1/2 can.

Beans or Corn 6 for \$1
Santiam beans or Town House cream corn. 303 can.

Tempest Tuna 5 for 89^C
Grated tuna. Casserole perfect. No. 1/2 can.

Toilet Tissue 12 rolls 89^C
Zee, white, yellow, pink, aqua, lilac.

Tomato Catsup 6 for \$1
Del Monte, rich tomato flavor. 14 oz. btl.

Armour Star BONELESS PICNICS

CANNED WASTE-FREE



Fully cooked; no waste. Just heat and serve. No carving problems here.

\$1⁷⁹

3-lb. can

Skinless Franks Safeway. Always a hit. Fresh! 1 lb. **49^C**
T-Bone Steaks U.S.D.A. Choice aged beef. 1 lb. **\$1.09**
Boneless Top Sirloins U.S.D.A. Choice beef. 1 lb. **\$1.39**
Pure Pork Sausage Popular brands. 1-lb. rolls. **3^F 1^C**

FANCY SLICED BACON

Safeway or Armour Star
1-lb. **55^C** Pkg.
Safeway "Thick-sliced"
2-lb. **\$1⁰⁹** Pkg.

FANCY BANANAS

Real beauties. Slowly ripened the way nature does it. Grand for Salads - Desserts or Snacks. A real buy.

2 lbs. 25^C

Lettuce Fresh Crisp Heads **2^F 29^C OR**

GOLDEN DELICIOUS APPLES
Fancy quality **2 lbs. 29^C**

Potatoes No. 1 Natted Gems 10 lb. bag **49^C**
Yellow Onions Med. Size 10 lbs. **69^C**
Grapefruit Ceechell Ruby Red 5 lbs. **49^C**



SAFeway

(C) COPYRIGHT, 1962 SAFeway STORES, INCORPORATED

Paper Towels Zee, white, pink, yellow, aqua, Giant. 3 for \$1
Paper Napkins Zee, assorted and white. Pkg. of 60. 2 for 29^C
Wax Paper Zee. Ideal sandwich wrap. 200 ft. roll. **39^C**
Sandwich Bags Zee. Great for school lunches. Pkg. 75. **19^C**
Fig Bars Busy Baker 2-lb. box **49^C**
Grapefruit Highway, broken segments. 303 can. 5 for 89^C
Pineapple Dole, crushed. No. 2 can. **33^C**

KRAFT CHEEZ WHIZ

Reg. or Pimento 8 oz. jar **39^C**

14 oz. jar **69^C**

Instant Coffee Chase & Sanborn. Save 20c. 6 oz. **87^C**
Tenderleaf Tea Picks you up. 48 bag pkg. **67^C**
Pineapple Juice Dole, frozen. 6 oz. can. 2 for 49^C
Kraft Dressing French or Miracle French. 8 oz. **29^C**
Italian Dressing Kraft True Italian style. 8 oz. **41^C**
Roka Dressing Kraft, blue cheese. 8 oz. jar. **45^C**
Cinnamon Rolls Mrs. Wright's. Fresh pastry. **39^C**