

Market Basket

Oregon State University
Extension Service

Present liberal supplies of beef, pork, and lamb make any of these meats appropriate choices for Eastertime menu planning. Supplies of both beef and pork are expected to continue heavy during the second quarter of the year. Nationally, as much as 10 to 15 per cent more fed beef will be marketed. April through June this year than during the same time a year ago. Unseasonably high slaughter rates for pork are expected in April and May. Pork retail prices are expected to be well below those of a year ago.

Chains will be promoting both pork and beef for Easter. It's smart and wise to know regular prices, watch ads, and then plan menus around meat cuts that are specialized. Low price time is also the best time to stock the freezer with cuts that are popular with the family.

Bacon, sausage, and other processed pork products, so good for Easter brunch and nibbling, will be very plentiful. The poultry industry is not to be outdone by livestock producers. Broilers—those young frying chickens; stewers—the meaty flavorful older chickens that need longer cooking, and turkeys will provide quite economical and very satisfying eating for Easter time, too.

Eggs, potatoes, carrots, canned freestone peaches, and ripe olives are foods on the April plentiful list, in addition to pork. Bake, mash, or oven brown potatoes for a special or everyday meal; serve carrots raw, or cooked and dressed up with mushrooms and butter; peaches may be used for garnish, salad, dessert, or spiced and used as a relish. Hard cooked egg slices, combined with the season's plentiful salad greens will provide a good salad for either lunch or dinner.

Get out those favorite rhubarb recipes—Northwest rhubarb rhubarb of good quality is coming in. Harvest of Northwest asparagus is expected to start very soon.

Avocados, artichokes, California asparagus, onions, peas, radishes, and celery are all very good. Look for new potatoes soon to appear—wholesalers say by April 10. Tomatoes from Mexico are really low priced and good for this time of year.

The berry season has started with fresh strawberries from California starting about two weeks ago.

Oranges of fair quality are in short supply and quite high in price. Controlled atmosphere stored apples are quite noticeable; they're a welcome addition to fruit salads.

Notice special lower priced ads on lettuce and all greens; it's an appropriate time to serve truly green salads by combining several greens and serving them with a choice of salad dressing. Crumbled blue cheese and sour cream make a tasty, simple dressing for salad or baked potatoes. Another good topping for baked potatoes that is low caloric is whipped cottage cheese with a little minced onion and seasoned salt.

Easy Lunch

Hearty tuna sandwiches make Lenten luncheons easy. Make the filling extra tasty by combining instant minced onion, lemon juice, mayonnaise, ripe olive wedges, flaked tuna and dash of Tabasco. Spread between bread slices and grill, or broil open-faced style until heated through.

DEVILED HAMBURGERS

(6 servings)
1 lb. lean ground beef
2 tablespoons ketchup
1 teaspoon salt
1 tablespoon prepared horseradish
1 tablespoon onion, minced
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
6 hamburger buns, toasted
Butter or margarine

Mix first seven ingredients lightly; shape into six patties. Broil quickly on both sides. Serve on hot toasted hamburger buns spread with additional mustard and butter or margarine.

For that exotic touch:

there's only one
SKIPPY



**TOPS IN QUALITY!
LOW IN PRICE**

Oregon Food Stores
Will Be
CLOSED
Easter Sunday



Sun Fest Values Throughout The Stores!

FROZEN FOOD SALE
FLAV-R-PAC
BROCCOLI SPEARS 10 Oz. **5**
BRUSSEL SPROUTS 8-Oz. **FOR**
CAULIFLOWER 10-Oz. **1.00**

FLAV-R-PAC PEAS 3 **FOR** **\$1.00**
AND CUT CORN 1 1/2-Lb.

Red Raspberries Flav-R-Pac 10-Oz. **489c**

Orange Juice MCP 6-Oz. 25c **49c** 12-Oz.

Lemonade MCP 12-Oz. **23c**

Vegetables Sno Peak 8-Oz. **10c**

Strawberries Sno Peak 10-Oz. **19c**

Fruit Pies Banquet 22-Oz. **3 FOR 1.00**

Fish Sticks Icelandic 8-Oz. 27c **49c** 16-Oz.

Chip Steaks Willison's 4's 59c **99c** 8's



PINEAPPLE
CHUNK, SLICED or CRUSHED
No. 2 Tins **3 FOR \$1** No. 211 Tins **5 FOR \$1**

JELLO ASSORTED FLAVORS REG. PKG. **9c**
BUTTER CRATER LAKE **59c lb.**
Margarine FAMOUS FOOD **2 LB. 29c**
YAMS HUME NO. 303 TINS **19c**

ASPARAGUS

Mary Washington No. 300 Tins **39c**
Mission by Del Monte **SPEARS** No. 300 Tins **3 FOR \$1**
Dew Drop by Del Monte No. 300 Tins **4 FOR \$1**

If You're Not Shopping Here,
You're Spending Too Much!
We Reserve The Right To Limit
* 4480 South 6th * 1315 Oregon Ave.
* Avalon and Shasta Way

Oregon FOOD STORES

Prices Effective Through Saturday Night While Quantities Last - Store Hours 9:00 A.M. - 8:00 P.M.

New \$1,000 Winners: Mrs. Kay Decker, Medford, Harold Lipe, 442 McLean, KF
Join The Winners! Complete Your Premium Card Now! Ends April 27!



Mr. & Mrs. George Reagan



Mr. & Mrs. Don Hamilton



Mrs. Jaunita Hartley



Mr. & Mrs. Kenneth Ward

CORN DEL MONTE Whole Kernel or Creamed 5 No. 303 Tins **1.00**
PEAS DEL MONTE 5 No. 303 Tins **1.00**

Fr. Cut Beans DEL MONTE 4 No. 303 Tins **89c**

BEANS DEL MONTE Seasoned 4 No. 303 Tins **80c**

BEETS DEL MONTE Crinkle Cut 8 No. 303 Tins **1.00**

Apple Sauce DEL MONTE 5 No. 303 Tins **1.00**

APRICOTS DEL MONTE Halves 4 No. 303 Tins **1.00**

Fruit Cocktail DEL MONTE 5 No. 303 Tins **1.00**

PEACHES DEL MONTE Yellow Clings 3 No. 2 1/2 Tins **89c**

PEACHES DEL MONTE Clings Yellow 5 No. 303 Tins **1.00**

ORANGES DEL MONTE Mandarin 4 11-oz. tins **1.00**

PEARS DEL MONTE 4 No. 303 Tins **1.00**

SPINACH DEL MONTE 6 No. 303 Tins **1.00**

TOMATOES DEL MONTE 5 No. 303 Tins **1.00**

Tomatoes DEL MONTE Stewed 5 No. 303 Tins **1.00**

Tomato Sauce DEL MONTE 11 8-oz. Tins **1.00**

Tomato Sauce DEL MONTE 6 No. 300 Tins **1.00**

Peas & Carrots DEL MONTE 4 No. 303 Tins **89c**

CATSUP DEL MONTE 6 14-oz. Bottles **1.00**

CATSUP DEL MONTE 4 20-oz. Bottles **1.00**

Wyandotte **RIPE** **OLIVES** Large Pitted **29c**

Chunk Tuna DEL MONTE 4 No. 1/2 Tins **1.00**



DEL MONTE
Pineapple Juice 46-oz. tins **48c**
Pine-Grapefruit 46-oz. tins **48c**
Prune Juice Quart **45c**



PICKLES
SWEET PICKLES 22-oz. **55c**
Kosher TINY DILLS 15-oz. **39c**
RELISHES, all varieties 12-oz. **385c**
DILL HALVES 22-oz. **39c**
MILD SWEET CIPS 26-oz. **53c**
FRESH WHOLE DILLS 26-oz. **45c**