

Market Basket

OREGON STATE UNIVERSITY
EXTENSION SERVICE

FRUITS

If you want Rhubarb, buy it now! Rhubarb is near the end of the season, but is still good eating and low in price. Quality of California strawberries is outstanding and prices are about the same as last week. Fresh pineapple is in peak season and reasonable in price. Cantaloupes are now coming from California—instead of Mexico, and are starting to decrease in price.

VEGETABLES

New potatoes are probably the best value on the market. New potatoes, boiled with jackets on, are a pleasant menu change. First California tomatoes are coming from the Inland area — although Florida tomatoes are usually still the better buy. Flavorful home-grown butter, leaf, and tomato lettuce are a good selection for tossed salads. Oregon asparagus is in good supply and excellent quality. Cucumbers from Northwest foothills are plentiful and reasonably priced. Zucchini from Fresno is good and low priced for this time of year.

This is the season when processors feature specials on canned and frozen items to make room for new pack. Extra heavy stocks are noted for canned beans, corn, peas, spinach, tomatoes and tomato products such as catsup, chili sauce, and tomato juice, so watch for specials on these items in weeks ahead.

LAMB

Oregon spring lambs are beginning to appear on the market. Look for continuing larger supplies of spring lambs during summer months.

BEEF

Warm weather stimulates interest in wieners and luncheon meats. Figuring the cost of a serving, you'll find wieners are most economical—less than 15 cents. Specials on round and chuck cuts will continue. Also, steaks will be featured — some at bargain prices. All good ideas for holiday meals.

PORK

Pork supplies continue seasonally smaller, with prices advancing.

Surprise

Cabbage Slaw

- 1 large firm head cabbage
- 2 medium raw beets
- 1/4 cup chopped scallions, including some of tops
- 1 cup dairy sour cream
- 2 tablespoons minced parsley
- 2 tablespoons minced capers
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon tarragon
- 1/4 teaspoon pepper

Slice off top 1/4 to 1/3 of cabbage and hollow out base to make a "bowl"; chop top and cut out cabbage. Peel and grate or shred beets; pat dry on absorbent towels; refrigerate; add scallions to cabbage and refrigerate. Blend sour cream with vinegar, parsley, capers, salt, sugar, tarragon and pepper. About 10 minutes before ready to serve, combine cabbage with well-drained beets and toss with sour cream dressing. Heap into Cabbage Bowl.

Note: Recipe makes about 1 1/2 cups cream salad dressing.
RANCH STEAK 1 LB 1.01
(6 Servings)
2 pounds top round beef, cut 1/2 inch thick
1/4 cup flour
1/4 cup butter
1/4 cup lemon juice
1/4 cup Worcestershire sauce

1 clove garlic, mashed
Cut steak into serving pieces. Combine flour, salt and pepper and pound into both sides of steak. In a skillet melt butter; sauté steak quickly on both sides. Stir in catsup, lemon juice, Worcestershire sauce and garlic; cover and allow to simmer at least 10 minutes.

Note: Ranch Steak may be prepared ahead and kept warm over low heat or in a low oven; or prepared ahead, refrigerated and then reheated.

REALLY GOOD!

Like home made

SKIPPY

PET STEW

DOGS & CATS

1 CANNED FOODS Sale

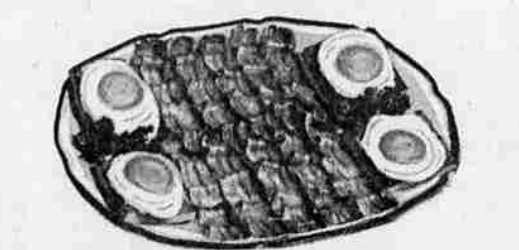
MIX 'EM OR MATCH 'EM!

Applesauce	Payette Valley No. 303	7¢1.00
Apricots	Del Monte - Halves No. 303	4¢1.00
Cherries	Indian Gem RTP No. 203	5¢1.00
Figs	Argo Kadota No. 303	6¢1.00
Fruit Cocktail	Flav-R-Pac No. 303	5¢1.00
Grapefruit	Cottage No. 303	4¢1.00
Oranges	Del Monte - Mandarin 11-oz.	4¢1.00
Peaches	Fargo Light Syrup No. 21/2	5¢1.00
Peaches	"Delicious", Hvy Syrup No. 21/2	4¢1.00
Peaches	Del Monte No. 303	5¢1.00
Peaches	Del Monte No. 21/2	3¢.89
Pears	Del Monte No. 303	4¢1.00
Pineapple	Typhane sliced No. 2	4¢1.00
Pineapple	Market Tidbits or Crushed, No. 211	5¢1.00
Pine-Grpfrt.	Drink, Standby 46-Oz.	4¢1.00
Asparagus	Dew Drop No. 300	4¢1.00
Asparagus	Mission Spears No. 300	3¢1.00
Pork & Beans	Van Camps No. 2	6¢1.00
Kidney Beans	Drew No. 300	8¢1.00
Green Beans	Double Luck No. 303	8¢1.00
Wax Beans	West Trade No. 303	6¢1.00
Beets	Testwell Pickled - Sliced No. 303	7¢1.00
Corn	Del Monte - Cream or Whole Kernel, No. 303	5¢1.00
Hominy	Drew - White or Golden No. 300	9¢1.00
Peas	Cottage No. 303	8¢1.00
Blackeye Peas	Drew No. 300	8¢1.00
Yams	Hume No. 303	5¢1.00
Spinach	Del Monte No. 303	6¢1.00
Spinach	Blue Sky No. 303	7¢1.00
Spinach	Market No. 21/2	6¢1.00
Tomatoes	Del Monte No. 303	5¢1.00
Stewed Tomatoes	Del Monte No. 303	5¢1.00
Tomatoes	Blue Sky No. 303	7¢1.00
Tomato Juice	Golden Poppy 46-Oz.	4¢1.00
Tomato Sauce	Del Monte 8-Oz.	11¢1.00
Tomato Sauce	Del Monte No. 300	6¢1.00
Catsup	Hunt's 14-Oz.	6¢1.00
Catsup	Sniders Chili Pepper 20-Oz.	4¢1.00
Dog Food	Delight No. 1 Tins	15¢1.00
Sauerkraut	Del Monte No. 303	6¢1.00
Oysters	Market - Whole 8-Oz.	3¢1.00
Oysters	Miss Lou Cove Pieces 8-Oz.	4¢1.00
Tang	Orange Breakfast Drink 21-Oz.	.89
Tuna	Del Monte Chunk 1/2 Size	4¢1.00
Tuna	White Spray Chunk 1/2 Size	5¢1.00
New Potatoes	Val Vito No. 300	.10
Shrimp	Sea Surf 4 1/2-Oz.	3¢1.00
Instant Potatoes	P-O-M-Y 3-Oz.	.10
Strawberry Preserves	Market 40-Oz.	.69
Jam or Jelly	Assorted - CHB 10-Oz.	4¢1.00
Toilet Tissue	Northern 4-Pack	3¢1.00
Tomatoes	"Delicious" Brand No. 21/2	3¢.49

Klamath Falls FEED LOT BEEF
From T-P PACKING CO. U.S.D.A.
Good Grade for PEAK QUALITY
Without a Surplus of Fat and Waste!

MORRELL'S PALACE

Sliced Bacon



LEAN - SUGAR CURED
3 lbs. 1.00



Mr. and Mrs.
Geo. H. Reagan
4408 Arthur Street
Were

\$1000 Winners
at Oregon Food Store No. 3

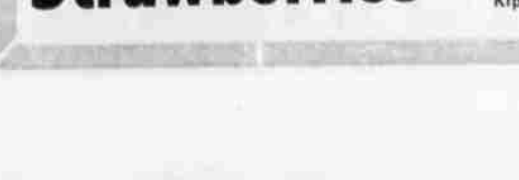
LOW, LOW PRICES EVERY DAY ... plus Green Stamps



CORN
5 Ears **33¢**
Large Size Full Extra Fancy Ears. Real Sweet, Tender



CABBAGE
2 Heads **25¢**
Medium Size Heads. Solid, Green, Extra Fancy. Good Boiled, Roasted, Vitamin C!



CUCUMBERS
EACH **5¢**
Extra Fancy, Solid, Firm Slicers. Tasty and Smooth.

BUY BETTER BEEF AT OREGON FOOD STORES

30% OR BETTER DISCOUNT ON ALL BEEF!

	Reg. Price Per Pound	30% Discount Per Pound	You Pay Per Pound
POT ROAST Blade	.69	.21	.48
POT ROAST Round Bone	.75	.23	.52
POT ROAST Boneless	.98	.29	.69
RUMP ROAST Bone-in	.89	.27	.62
RUMP ROAST Boneless	1.19	.36	.83
TIP ROAST	1.19	.36	.83
HEEL BOIL	.89	.27	.62
RIB BOIL	.49	.15	.34
PLATE BOIL	.29	.10	.19
BRISKET BOIL	.29	.14	.15
SHANK BOIL	.49	.15	.34
BONELESS STEW	.89	.27	.62
CHUCK STEAK	.79	.24	.55
RIB STEAK	.98	.29	.69
T-BONE STEAK	1.29	.40	.89
ROUND STEAK	.98	.29	.69
SWISS STEAK	.98	.29	.69
SIRLOIN STEAK Bone-Less	1.69	.51	1.18
SIRLOIN STEAK	.98	.29	.69
TIP STEAK	1.19	.36	.83
CUBE STEAK	1.29	.40	.89
FLANK STEAK	1.29	.39	.90
PORTERHOUSE	1.39	.42	.97
GROUND BEEF	.49	.15	.34
GROUND CHUCK	.69	.21	.48
GROUND ROUND	.89	.27	.62
LIVER	.59	.18	.41

'AA' EGGS LARGE FARM FRESH Doz. **41¢**

Cottage Cheese Cretor Lake Pint 19¢ Qt. **37¢**

SALAD OIL WESTERN CHEF 32-Oz. **39¢**

Ice Cream BIG TREAT 1/2 Gal. **69¢**

MILK COTTAGE TALL TINS Each **10¢**

FLOUR HACIENDA ALL PURPOSE 10-lb. Bag **69¢**

FLOUR RED ROSE FAMILY ENRICHED 10 lb. bag **79¢**

Margarine DELRICH LB. PKG. **56¢**

SOUP Chicken Noodle 10 1/2-oz. **10¢**

Facial Tissue SOFLIN 400 COUNT **19¢**

ARGO TOMATO SAUCE 13 8-oz. Tins **1.00**

HAMLET Lunch Meat 12-oz. Tin **39¢**

PETER PAN PEANUT BUTTER 12-oz. Jar **35¢**

DEL MONTE Prune Juice Qt. **39¢**

DEL MONTE Pickles DILLS 22-oz. **39¢**
SWEET DILLS 22-oz. **49¢**
FRESH STYLE DILLS 26-oz. **45¢**
SWEET 22-oz. **59¢**

DEL MONTE Stock Up Sale! Campbell Soup ALL VARIETIES **5¢79¢**
Spaghetti FRANCO-AMERICAN 15 1/2-oz. Pkg. **1.00**

VARIETY VALUES OREGON FOOD NO. 2

FOR THE KIDS - BOYS AND GIRLS ONE GROUP **PLASTIC TOYS 89¢**
SOLDIERS, COWBOYS, DISHES, REG. 1.29

GARDEN SPRINKLERS LAFAYETTE 5 Kinds To Choose From. Values To 1.20. **98¢**

GARDEN HOSE GERING 50 FT. 7/16 in. NYLON CORD REINFORCED. 10-YEAR GUARANTEE **2.98**

CRAB GRASS KILLER "RID" BY SWIFT. COV. ERS 2000 SQ. FT. REG. 5.89. **4.29**
WHILE IT LASTS

WICKER LAWN CHAIRS TWO STYLES 5.98 AND **3.98**

THROW PILLOWS Lots of Colors Reg. 98¢ EACH **77¢**
OTHER PILLOWS, CUSHIONS, HASSOCKS, up to **9.98**

WESTERN JEANS CORRAL BAY, POPULAR WHEAT COLOR, 9-oz. 100% COTTON SANFORIZED REG. 2.98 **1.98**

GARDEN HOSE GARDEN QUEEN 1/2-IN. PLASTIC 50 FEET. JUST **87¢**

AIR COOLERS "Eskimo" Portable Use As Fan or cooler. No installation. Just plug in. Mod. 402 ... 29.98
Mod. 602 ... 39.98
Mod. 802 ... 49.98

GREEN STAMPS

Orange Juice Product Golden Goblet 6-oz. **61¢**

Peas, Corn, Mixed Veggies., Peas & Carrots Hi West 10-Oz. Pkg. **.10**

Fish Sticks Icelandic 8-Oz. 27¢ — 16-Oz. **.49**

Lemonade MCP 6-Oz. **3¢49¢**
MCP 12-Oz. **4¢1.00**

Orange Juice MCP 6-oz. **3¢85¢**
MCP 12-oz. **53¢**

Grape Juice Flav-R-Pac 12-oz. **29¢**

Meat Pies Cottage Chicken, Turkey, Beef. 8-oz. **6¢1.00**

Fruit Pies Cottage 22-oz. **3¢1.00**

Bakery Delights FRESH DAILY

FRESH DONUTS For your after church breakfast. Baked 9-11 Sunday Mornings.

WEDDING CAKE 1-lb. Loaf Reg. 30¢ Special **25¢**

FAVORITE CORN BREAD 1-lb. Loaf Reg. 49¢ Special **39¢**

ASSORTED DINNER ROLLS Reg. 49¢ Special **39¢**

BUTTERMILK PRUNE CAKE 2-Layer, 8-in. Reg. 1.29 Special **1.19**

BUTTERMILK DONUTS New and different glazed donuts. Reg. 65¢ Special Doz. **59¢**

Payette Valley CORN Cream or Wh. Kernel 8 No. 303 \$ 1.00 Tins **1.00**

Del Monte PEAS No. 303 \$ 1.00 Tins **1.00**

Charcoal Lighter Fluid BARBOLITE Qt. **49¢**

Oregon FOOD STORES

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

Prices Effective Through Sunday Night While Quantities Last — Store Hours 9:00 a.m.-9:00 p.m.

U.S.D.A. Good Grade Beef
Just enough fat for flavor and tenderness. Well trimmed of excess fat and bone with more good eating.

MORRELL'S TENDERIZED

Smoked Picnics



SHORT SHANK **29¢ lb**

Since June will probably be a peak milk production month, there should be abundant supplies of sour cream on hand to add a flavor flair to warm weather meals. Meat sauce: Swirl dairy sour cream into gravy for Swedish meatballs or Swiss steak. Adds that certain something to pot roast gravy, too.

Sandwich fillings: Combine finely chopped cooked chicken or turkey, ripe olives, celery and onion with pickle relish. Toss with enough dairy sour cream to moisten. Spread on split buttered hard rolls; add crisp lettuce and tomato slices.

Sour cream dressing: Combine 1/2 cup dairy sour cream, 1/4 cup finely chopped celery, 1/4 cup lemon juice with favorite seasonings. Spoon over 4 cups crisp greens. Toss lightly and serve immediately.

Special baked beans: Add 1/4 cup dairy sour cream to 1/2 cup meat can of baked beans in tomato sauce. Sprinkle with salt, pepper and a dash of garlic salt. Mix together. Bake 28 to 30 minutes at 350 degrees. Until beans are bubbly. Top each serving with a tuft of sour cream.

Berries with sour cream: Wash and drain berries. (If using strawberries, hull and slice.) Toss lightly with enough sugar to sweeten. Slice fresh peaches and wash blueberries with brown sugar. Chill. Serve topped with sour cream.

Sour cream cookies: Cream together 1 cup sugar and 1/4 cup shortening until light and fluffy. Add 1 egg and beat well. Sift together 2 cups sifted flour and 1/2 teaspoon baking soda. Add to creamed mixture alternately with 1/4 cup dairy sour cream. Blend well. Drop by rounded teaspoons onto greased baking sheets. Bake 15 minutes at 375 degrees. Sprinkle with cinnamon sugar. Makes about 5 dozen 2-inch cookies.

BRIDE IDEAS
During June, month of brides, entertaining reaches a peak. Many a bride-to-be party, luncheon, shower and backyard b-a-k-e is planned to honor altar-bound couples, and many a homemaker finds herself in a quandary as to a different, festive menu.

Factors In Food

SOUR CREAM

Cultured sour cream has a magical quality: It combines artfully with everyday foods to enhance their flavors.

One of the versatile group of dairy products which have been chosen by the United States Department of Agriculture as Pient-ful Foods-To-Eat for the week of June 9-15, sour cream is made by introducing a special culture into pasteurized, homogenized sweet cream.

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CHICKEN SALAD CASSEROLES
Allow 1/2 cup dried cooked chicken to each serving. Add diced celery and finely chopped onion. Toss with mayonnaise, adding grated lemon rind, lemon juice and seasonings to taste. Turn into individual buttered casseroles. Sprinkle with grated sharp cheddar cheese and crushed potato or corn chips. Refrigerate until time to bake. Place casseroles on a baking sheet and bake at 350 degrees about 10 minutes or until cheese is bubbly. Accompany with a tossed salad, assorted relishes and crisp hot rolls.

Serve a glamorous dessert, along with cookies and coffee to end the party meal. Make it the day before, using these directions:

COCONUT ICE CREAM BALLS
Working quickly, press tiny red cinnamon candies around scoops of strawberry, pistachio, pepper mint, stick candy or tutti frutti ice cream, then roll in finely shredded coconut. Place on a waxed paper covered cookie sheet and put in freezer until serving time.

