

### FACTORS IN FOOD

#### PLENTIFUL EGGS

**Cool Ideas For Hot Days**  
Eggs, designated by the United States Department of Agriculture as the Plentiful-Food-to-Feature for the week June 16-22, are made to order for warm weather meals.

Egg production is at its seasonal peak now, and Western cooks can be sure of getting a lot for their money. High nutritive values, good flavor and color fillip.

As a garnish for seafood salads or as a tasteful ingredient of potato salad, eggs perk up old favorites. Another way to use the good egg, and provide more protein, too: Deviled eggs. Two or three halves filled with a zesty yolk mixture add luster to salads of marinated asparagus tips, sliced tomatoes, pickled beets or vegetable combinations. Here are some basic directions:

#### DEVILED EGGS

Peel shells from warm, hard-cooked eggs; cut eggs in lengthwise or crosswise halves. Remove and mash yolks. Season to taste with salt, pepper, melted fat and a little mustard or vinegar.

Or, season mashed yolks with salt, pepper, seasoned salt and blend with salad dressing.

Fill whites with the yolk mixture and garnish with chopped parsley.

#### VARIATIONS

—Blend yolks with mustard-flavored dressing or tartar sauce.

—Add chopped anchovies, chives or pimiento, piccalilli or a few capers to the yolk mixture.

Garnish each filled egg with a tiny cooked shrimp, a bit of caviar or a sprinkling of celery salt, a favorite herb or paprika.

#### DAIRY MONTH DELIGHTS

##### Easy-Do Desserts

Since June is Dairy Month and also marks the start of summer, it's a good time to serve cool, ice cream desserts. Here are some summer coolers, popular with guests and easy on the hostess:

#### FRESH PEACH SUNDAES

Arrange sliced fresh peaches over vanilla ice cream. Sprinkle lightly with nutmeg. Or, top a peach half with a scoop of vanilla ice cream. Garnish with whipped cream and a maraschino cherry. Another idea: Sandwich the ice cream between two peach halves.

#### CHOCOLATE MOCHA SUNDAES

Add instant coffee powder to a favorite chocolate sauce and spoon over chocolate or coffee ice cream.

#### ANGEL CAKE SURPRISE

Cut a loaf-shaped angel cake into three lengthwise layers. Spread pecan, almond, pistachio or walnut ice cream between the layers and over the top. Serve with chocolate sauce or whipped cream.

#### Cool 'n' Zippy

Avocado and cucumber cubes are marinated with shrimp in a zippy dressing, then served with a garnish of tomato wedges for sumptuous "Shrimp Salad Royale." Lemon juice, instant minced onion and a hint of chili powder give the dressing its solid character. Instant minced onion is a real boon to the busy homemaker. Simply measure the amount you need in a recipe, and you get true onion flavor without the labor of peeling, slicing and chopping onion.

#### SHRIMP SALAD ROYALE

- 1 avocado
- 1 medium-size cucumber (or 1 cup sliced celery)
- 1 can (4 1/2 oz.) deviled shrimp
- Lemon-Onion Dressing
- Salad Greens
- Tomato wedges
- Lemon-Onion Dressing:
  - 1/2 cup lemon juice
  - 1/4 cup oil
  - 1 tablespoon instant minced onion
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 1 tablespoon sugar
  - 1/2 teaspoon chili powder

Cut avocado lengthwise into halves; remove seed and skin. Cut fruit into small cubes. Pare cucumber, leaving on some of rind; cut into cubes. Rinse and drain shrimp. Marinate avocado, cucumber and shrimp in Lemon-Onion Dressing 1 hour. Remove from dressing, heap onto greens and garnish with tomato. Serve remaining dressing in bowl.

Lemon-Onion Dressing: Combine all ingredients in covered jar; shake thoroughly.

#### Makes 3 or 6 servings

#### BERRY GOOD

Strawberry grapefruit cup makes a pink, pretty and refreshing dessert. Wash, cap and slice 1 pint of fresh strawberries. Sprinkle with 1/4 cup of sugar and refrigerate. Peel, section and seed 2 large grapefruit.

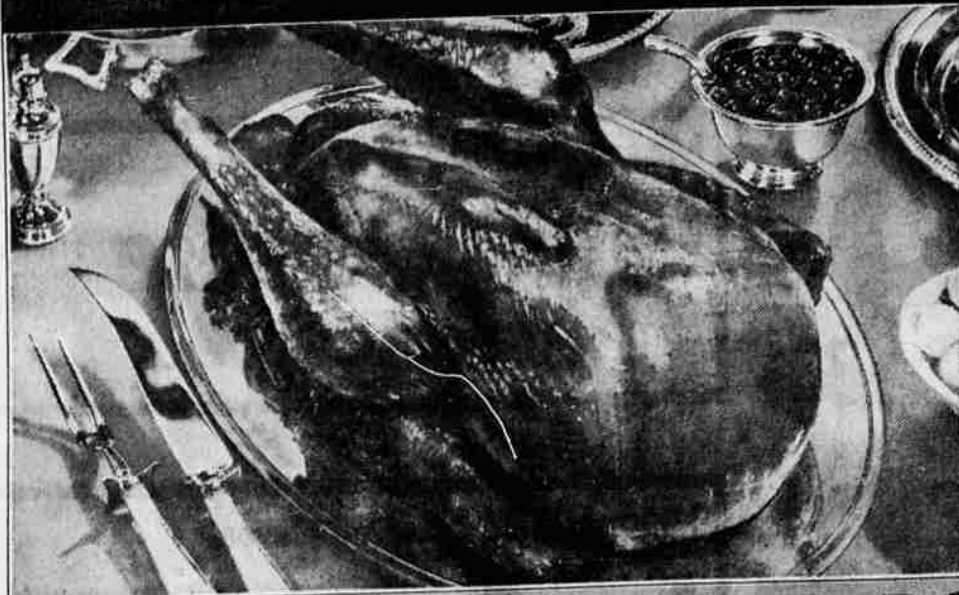
Sprinkle with 1 teaspoon of granulated syrup and refrigerate. Just before serving, alternate layers of chilled fruit in 6 sherbert glasses, divide syrups among them and garnish each with an uncapped strawberry.

Chill cantaloupe before serving but do not fill the seed cavity with ice, as it dilutes the delicate flavor.

## MATURE HEN TURKEYS

Northwest Grown. Plump Full-Breasted Birds.

lb. **29<sup>c</sup>**



## SAFEWAY MEATS & POULTRY ... ALWAYS BEST!

### SPENCER STEAKS

U.S.D.A. Choice. Eye of the rib.

lb. **\$1.39**



USDA CHOICE  
Chuck Steak blade cuts lb. **69<sup>c</sup>**



USDA CHOICE  
Rib Roast Standing Rib lb. **79<sup>c</sup>**

### LEAN RIB STEAKS

Tender U.S.D.A. Choice.

lb. **89<sup>c</sup>**

- |             |                          |  |                           |
|-------------|--------------------------|--|---------------------------|
| USDA CHOICE | <b>Chuck Roast</b>       | Center-Cut Blade and 7-Bone Cuts. Choice | lb. <b>59<sup>c</sup></b> |
| USDA CHOICE | <b>Rib Steaks</b>        | Boneless, Aged Beef U.S.D.A. Choice      | lb. <b>89<sup>c</sup></b> |
| USDA CHOICE | <b>Link Sausage</b>      | All Beef                                 | lb. <b>49<sup>c</sup></b> |
| USDA CHOICE | <b>Beef Shanks</b>       | For braising—For Soups Extra flavorful   | lb. <b>43<sup>c</sup></b> |
| USDA CHOICE | <b>Corned Pork Butts</b> | Boneless waste-free Mild cure.           | lb. <b>59<sup>c</sup></b> |
| USDA CHOICE | <b>Chopped Steaks</b>    | All beef. Makes a grand sandwich         | lb. <b>59<sup>c</sup></b> |



### Corned Beef

Boneless—Waste-free

Cry-O-Vac Wrapped to protect flavor.

Pound **79<sup>c</sup>**

More Safeway Meat Values

## ALL MEAT BOLOGNA

In Random Weights . . . Large Size, Unsliced lb. **39<sup>c</sup>**



**SLICED BACON** lb. **59<sup>c</sup>**  
Safeway or Armour Star

**CANNED PICNICS** \$1.89  
Armour Star Boneless 3-lb. can

**PERCH FILLETS** **45<sup>c</sup>**  
Captain's Choice 1-lb. pkg.

- |                        |                                      |                             |
|------------------------|--------------------------------------|-----------------------------|
| <b>Peanut Butter</b>   | REAL ROAST Super sandwich! 3-lb. jar | <b>99<sup>c</sup></b>       |
| <b>Pineapple Juice</b> | LA LANI From Hawaii. 46 oz. can      | 3 for <b>89<sup>c</sup></b> |
| <b>Baby Food</b>       | GERBER'S Strained. 4 1/2 oz. glass   | 4 for <b>39<sup>c</sup></b> |
| <b>Edwards Coffee</b>  | RICH-ROBUST 2-lb. can 93c            | 1 lb. <b>47<sup>c</sup></b> |
| <b>Biscuit Mix</b>     | MRS. WRIGHT'S Easy mix. 40 oz. pkg.  | <b>39<sup>c</sup></b>       |

Air Conditioned for Your Shopping Comfort!

### HIGHWAY Brand Sale!

- Pork & Beans
- Dry Lima Beans
- White & Golden Hominy
- New Potatoes
- Light Kidney Beans
- Dark Kidney Beans

Mix 'em or Match 'em!

Your Choice **8 for \$1**

From The Bakery Dept.

- |                |                                      |
|----------------|--------------------------------------|
| Cinnamon Rolls | Mrs. Wright's Fresh Pastry. Pkg. 39c |
| Coney Buns     | Stylark Pkg. of 10 39c               |
| Hamburger Buns | Stylark Pkg. of 8 33c                |

### OVENJOY BREAD

Oven-fresh flavor. Grand for toast. 22 1/2 oz. **29<sup>c</sup>**

### COMPLETE YOUR SET!

"The World We Live In" The Complete 3 volume set by the editors of Life Magazine is now available at Safeway. (Single Volume \$1.29) **\$3.87**

### LARGE AA EGGS

Cream O' The Crop

Carton Dozen

**39<sup>c</sup>**

### Charcoal Briquets

OZARK  
10-lb. Bag 89<sup>c</sup> 20-lb. Bag **\$1.69**

House & Garden Spray Raid, bug killer. 14 oz. **\$1.49**

Hair Spray Lanoline Plus, reg. or for bleached hair. 14 oz. **99<sup>c</sup>**

Truly Fine Nylons Stretch Per Pair 2 for **\$1.69**

## YOU ALWAYS SAVE MORE AT SAFEWAY!