

SWIFT'S PREMIUM SMOKED



PICNICS

29^c lb.

FULLY COOKED - READY TO EAT

SWIFT'S PREMIUM - THICK OR THIN

SLICED BACON

59^c lb.

COUNTRY STYLE - LEAN & MEATY

SPARE RIBS

39^c lb.

LOIN END - GRAIN-FED PORKERS

PORK LOIN ROAST

49^c lb.

COUNTRY STYLE - SEASONED JUST RIGHT

PORK SAUSAGE

33^c lb.

USDA GOOD - FULL CUT

ROUND STEAK

89^c lb.

USDA GOOD - OVEN ROAST

RUMP ROASTS

79^c lb.

DEL MONTE "303" CAN

PEAS

5 FOR \$1.00

TREASURE NO. 2 1/2 CAN

PEACHES

5 FOR \$1.00

VARIETY VALUES-OREGON FOOD NO. 2

GREEN THUMB SALE

FLOWER BULBS

SAVE UP TO 40% -- OUTSTANDING VALUES THROUGHOUT PLANT BULBS NOW FOR A BEAUTIFUL SPRING!

FRAGRANT ORANGE DAFFODILS	10 ¹ / ₂ 1.00	DAFFODIL WHITE TRUMPET	6 ¹ / ₂ 1.00
RUFFLED TULIPS	6 ¹ / ₂ 1.00	BUSH PEONIES	EACH 1.25
GIANT FRAGRANT DUTCH HYACINTHS	6 ¹ / ₂ 1.00	These are just a few of our huge selection of imported Dutch Bulbs. Recommended by American Home Magazine.	

BOY'S WESTERN JEANS Wheat Color 2⁹⁸

MEN'S FLANNEL SHIRTS Cotton Wash and Wear 1⁷⁹

BOY'S FLANNEL SHIRTS Cotton Wash and Wear 1⁴⁹

JACKETS 998 100% Nylon Fabric. Washable, pile lined collar makes into hood. 14.98 value

PLASTIC COSMETIC BAG Reg. 29c 10c

CHILDREN'S FLANNEL PAJAMAS 98c-1.98

BABY PLASTIC PANTS 4²⁹c

ELIMINATES FLAT TIRE CHANGES-TUBE-TUBELESS SPARE TIRE 1.98

JACKETS 998 Without hood. Washable - Treated with Scotch Guard Rain - Stain repellent. 14.98 value

PRESTONE GALLON 1.69

PRESTONE DE-ICER 69c

PLASTIC WATER GLASSES 5⁴⁹c

WATER REPELLANT - LARGE SIZE LADIES SCARVES 49c

FANCY, LARGE 45 JUMBO SIZE RICH & COLORFUL

CANTALOUPE

SWEET, JUICY, VINE-RIPENED

8 FOR 98^c



FANCY, RED DELICIOUS. NEW CROP, CRISP, SWEET, JUICY

APPLES

GOOD FOR LUNCHES, SALADS

2^{LBS} 19^c



FANCY SUNGIRL, UNPITTED

Plump, Soft Rich in Flavor Good in Salad

1 1/2 lb. 39^c

DATES

FANCY, SOLID GREEN, GARDEN FRESH

CABBAGE

CRISP. ECONOMICAL FAVORITE

HEAD 10^c

FANCY KENTUCKY WONDERS - BREAK WITH A SNAP

GREEN BEANS

TENDER CRISP RICH FLAVOR

2^{LBS} 29^c

FANCY LARGE CRISP & CRUNCHY, PASCAL VARIETY

CELERY

LOW IN CALORIES FULL FLAVORED

STALK 15^c

CAKE & ICE CREAM

LARGE SPECIAL

BUY: Angelfood Cake....79^c FOR

GET: 1/2 GAL. Ice Cream....69^c FOR

Bakery Delights

SPECIAL ORDER MINIATURE PASTRIES OF ALL KINDS

FRESH DAILY

WEDDING CAKES

ICED CHERRY ANGELFOOD LARGE Reg. 99c **89^c**

RAISIN BREAD lb. Loaf **29^c** | **DINNER ROLLS** DOZ. **39^c**

LEMON PIES 8-INCH **59^c**

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. * Avalon and Shasta Way

Prices Effective Through Sunday Night While Quantities Last

STORE HOURS: SUNDAYS & HOLIDAYS 10 a.m. to 7 p.m. WEEKDAYS 9 a.m. to 9 p.m.

Don't Despair Dieting Is Easy

NEW YORK (UPI) — If last fall's clothes are too snug through the middle, don't despair. Some low-calorie dishes look and taste so festive even guests won't suspect you're dieting. And remember, it's not the calories from a single dish that lead to overweight, but the total you eat for the day, combined with the amount of exercise you take.

These reminders come from home economists of General Foods. They have prepared three low-calorie recipes for party and family meals.

The 250-calorie-per-serving main dish uses leftover beef instead of more expensive broiled meat. An 80-calorie per serving dessert is adapted from a richer one. And a 20-calorie per serving fruited gelatin will do for either salad or dessert.

For Chinese beef and lettuce, add 1 1/3 cups of packaged precooked rice and 1/4 teaspoon of salt to 1 1/3 cups of boiling water in saucepan. Mix to moisten. Cover. Remove from heat. Let stand 5 minutes. Melt 2 tablespoons of butter in a large skillet. Add 1/2 pound of fresh mushrooms, sliced. Saute over medium heat 5 minutes, or until tender. Add 2 tablespoons of butter. When it has melted, add 1/2 cup each of thinly sliced celery and seeded, diced green pepper, 1 clove of garlic, crushed, 1 teaspoon of salt, 2 tablespoons of soy sauce, 1 1/2 cups of sliced cooked beef, 1 firm, ripe tomato, peeled and diced, and reconstituted rice. Heat well, stirring often.

Just before serving, remove pan from heat, add 2 eggs and stir quickly. The heat from the other ingredients will cook the eggs. Add 3 cups of coarsely shredded lettuce and mix lightly with a fork.

Serve immediately, while lettuce is crisp. Makes about 8 cups or 6 servings.

Make jellied melon balls by adding 3 cups of boiling water to 1 (.614 ounce) packages of dietetic lime flavor gelatin. Stir until crystals dissolve. Chill until slightly thickened. Fold in 1 cup of unsweetened melon balls. Pour into 6 molds or sherbert glasses. Chill until firm. Unmold or serve from glasses.

Orange trifle has a base of dietetic vanilla pudding. In a small saucepan, add 2 (.282 ounce) envelopes of the pudding to 2 cups of skim milk. Beat with egg beater to blend. Bring to boil over medium heat, stirring constantly. Remove from heat and cool well.

Split 3 ladyfingers lengthwise and crosswise. Place 2 pieces in each of 6 sherbert glasses or dessert dishes. Spoon about 1 tablespoon of sweet sherry over cake in each glass. Sprinkle each with 1 teaspoon of chopped nuts, and top with orange sections, using total of 1/4 cup or about 2 oranges, peeled, seeded and sectioned.

Beat the cool pudding lightly until it is smooth. Divide among desserts. Chill 2 to 3 hours. If desired, garnish with prepared dessert topping made from 1 (.2 ounce) package, and 1 maraschino cherry each. This will add about 36 calories per serving.



HAMBURGERS WITH A FLAIR — With fresh pineapples available here is a chance to try out a new recipe, Hawaiian Hamburgers. In spite of the fancy name, they are simple to prepare and lend themselves to a teen-age party or a family brunch or dinner.

Hawaiian Hamburgers

America's favorite, the hamburger, never wears out its welcome, whether served as a simple, juicy patty or as a handsome visitor from the Islands like Hawaiian Hamburgers.

You may earn an orchid lei for yourself if you let your creative spirit take wing in the kitchen once in a while. Consider for a moment the surprise embellishment of a pineapple circle pressed into each hamburger like a crown — a dish fit for a Hawaiian Prince. Tomato sauce, that jack-of-all-trades and master-of-most, joins these beautiful hamburgers in the skillet at the last minute to add good tomato flavor and create a memorable hot sauce.

Wear a lovely mui-mui, string a circle of flowers upon the table, put a flower in your hair and ring the dinner gong. Live a little in the dining room!

REALLY GOOD! like home made



SKIPPY PET STEW

DOGS • CATS

NECTARINES AND CHEESE

The popular Continental dessert of fruit and cheese is especially appealing when the fruit is beautiful, fresh nectarines. Set out whole or sliced nectarines, one or two favorite cheeses and crackers — delightfully simple and simply delightful!