

Factors In Food

U.S. Dept. of Agriculture Marketing Service
OCTOBER FANCIES
Accenting Cheese
Cheese, on the United States Department of Agriculture's October Plentiful Foods List, packs a lot of flavor, energy and food nutrients, making it ideal for perking up nippy-day meals.
Readily available, neatly packed and easily served, USDA's Agricultural Marketing Service reports cheese is one of the most popular convenience foods.

Here are some dandy ways it can tempt family appetites:
Cheese-Onion Soup: Melt 2 tablespoons butter in the top of a double boiler; add 1 1/2 cups chopped onion and saute until lightly browned. Stir in 2 tablespoons flour, 1 teaspoon salt and 1/2 teaspoon pepper. Gradually add 3 cups milk. Cook, stirring constantly, until mixture begins to thicken. Place over hot water, then add 1 1/2 cups shredded sharp cheddar cheese and cook until cheese melts, stirring occasionally. Accompany with bread sticks or garlic-flavored croutons. Makes 4 to 6 servings.

Nippy Sandwich Spread: Combine 1 cup shredded cheddar cheese, 2 tablespoons chili sauce, 2 crisp slices bacon, crumbled, 1 tablespoon minced onion and 1/2 teaspoon chopped green pepper. Blend well. Spread over lightly-toasted split English muffin halves or bread slices. Broil until cheese melts. Makes about 1/2 cup spread.

Popcorn Parmesan: For each quart of freshly-popped corn, have ready 1/4 cup grated Parmesan cheese and 4 tablespoons melted butter. Toss corn, cheese and butter together, then season to taste with salt. Great for Halloween parties, appetizers or snacking.

Swiss Apple Salad: Quarter and core 4 medium red eating apples, but do not peel. Dice the apples and sprinkle with 2 to 3 tablespoons lemon juice. Add 1 cup diced Swiss cheese, 1 cup diced celery, 1/2 teaspoon salt and 1 cup dairy sour cream. Mix lightly and pile into lettuce cups. Makes 4 to 6 servings.

Grade School Menus

Monday, Oct. 14

- Wiener Winks
- Hash Brown Potatoes
- Cheese Wedges
- Sliced Tomatoes
- Fresh Fruit
- 1/2 Pint Milk

Tuesday, Oct. 15

- Pizza Pie
- Extra Hot Buttered Biscuits
- Cole Slaw (Pineapple, Raisins)
- Buttered Corn
- Homemade Cake
- 1/2 Pint Milk

Wednesday, Oct. 16

- Chili Beans
- Hot Buttered Rolls or Cornbread
- Raw Vegetable Finger Foods
- Fruit Cobbler
- 1/2 Pint Milk

Thursday, Oct. 17

- Oven Fried Chicken
- Mashed Potatoes and Gravy
- Sliced Tomatoes
- Hot Homemade Bread & Butter Jell
- 1/2 Pint Milk

Friday, Oct. 18

- Peach & Cottage Cheese Salad
- Seasoned Green Beans
- Tuna Sandwiches
- Cake
- 1/2 Pint Milk

Molasses Cartwheels

- 1 cup shortening
- 1/2 cup sugar
- 1 egg
- 1/2 cup unsifted molasses
- 2 1/2 cups sifted all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon

Cream shortening and sugar until light and fluffy. Blend in egg and molasses, cut in flour, salt, baking soda, and spices; mix well. Chill in refrigerator 1 hour. Roll out 1/3 of the dough 1/4-inch thick on lightly floured board on pastry cloth, keeping remaining dough chilled. Cut with 3-inch cookie cutter. Repeat procedure until dough is used up. Bake on greased baking sheets in a moderate oven (375 degrees) 10 minutes.
Yield: 1 dozen cookies.

Heart disease among members of the U.S. work force cost the nation more than \$4 billion in one year, reports the Alabama Extension Service.



Safeway's **the** place to buy **Chuck Roast**

GROUND BEEF

100% Pure Beef. Quality Controlled



Save Twice! Get Savings Like These . . .
PLUS GOLD BOND STAMPS

39¢

lb.

PLUS MANY MORE MEAT SPECIALS LIKE THESE . . .

- Beef Roast** Boneless Cross-Rib Choice oven roast. 79¢ lb.
- Bar-S Bacon** Thick sliced. Always fresh at Safeway. 69¢ lb.
- Beef Sausage** 100% pure beef. Safeway 1-lb. rolls. 4:10
- Pot Roast** Arm cut. Tender Choice beef. 59¢ lb.
- Fresh Oysters** Coastal's Choice. U.S.D.A. 12 oz. 59¢ ca.
- Chuck Steaks** The extra thick U.S.D.A. Choice. 49¢ lb.

U.S.D.A. CHOICE BEEF

Aged for flavor and tenderness. There's no substitute for quality . . . and price!

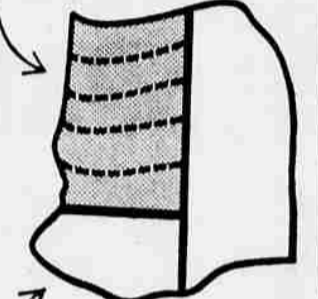
39¢

lb.



ALWAYS CHECK TRIM AS WELL AS PRICE
To give you full value, Safeway trims a chuck roast like this:

SAFEWAY CHUCK ROASTS
The lean, meaty tender Chuck Roasts you get at Safeway are from the shoulder.



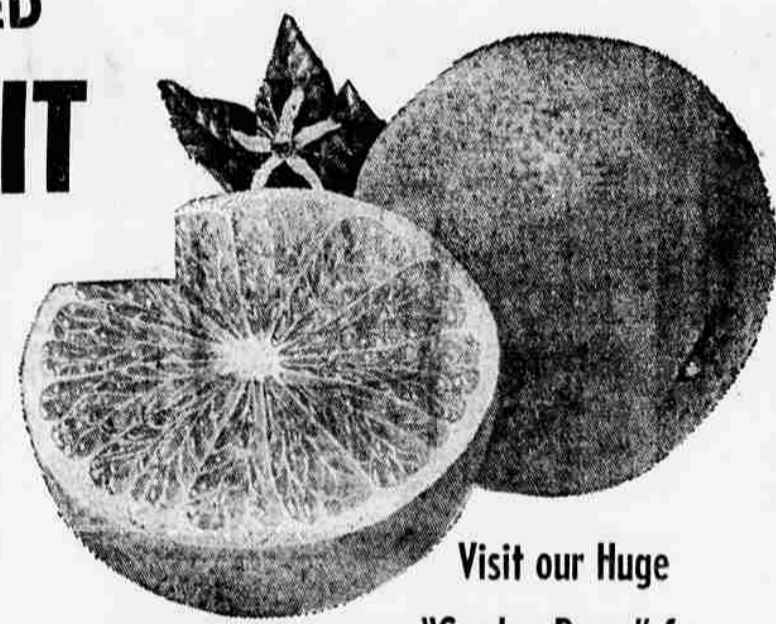
NECK CUT ROASTS? NEVER AT SAFEWAY!



Safeway never sells neck cuts as chuck roasts. If you have been getting tough "chuck roasts" that are full of hidden bones, you've probably been getting neck part of the beef at stewing meat or ground beef.

FLORIDA RUBY RED GRAPEFRUIT

Large size, juice laden fruit



11 for \$1
OR . . .
10¢ Ea.

Visit our Huge "Garden Room" for More Values like these

MORE PRODUCE VALUES

- Potatoes** All-purpose Russet U.S. No. 2 - 20-lb. bag 69¢
- Fresh Mushrooms** Complement to all meats. 59¢
- Red Rome Apples** Extra Fancy 8 lbs. 1.00
- Cauliflower** Large size, snow white curds Head 19¢
- Head Lettuce** Red lettuce or Romaine. 2 for 29¢

HEALTH AND BEAUTY AIDS

- Aspirin** Safeway brand. Bottle of 100 21¢
- GILLETTE BLUE BLADES** Super Blue Blades. Pkg. of 15 77¢

PLUS THESE OUTSTANDING WEEKEND SPECIALS

MARGARINE

Coldbrook 1-lb. ctn. **4 FOR 49¢**

CANE SUGAR

Candi Cane 10-lb. bag **89¢**

Your Money's Worth More at Safeway

- Graham Crackers** Busy Baker 1-lb. pkg. 2:49¢
- AA Large Eggs** Cream O' The Crop. DOZEN 49¢
- Instant Coffee** MJB 10-oz. 1.49 6 oz. jar 99¢
- Instant Coffee** Safeway 10-oz. 1.19 6 oz. jar 79¢
- Drink Base** Haley's orange or grape. 6 oz. 6¢/S1
- Brillo Pads** Save on hard rubbing. Pkg. 10 4¢/S1
- Tidy Cat Litter** No unpleasant mess. 5-lb. 39¢
- Pumpkin** Libby's. Time for pumpkin pie. 2 1/2 can 2:45¢
- Apple Sauce** Highway Brand. 303 can 0:1.00
- M.J.B. Rice** Quick cooking. 24 oz. pkg. 43¢
- M.J.B. Rice** Quick Brown. 24 oz. pkg. 45¢
- Puppie Food** Friskies. 1-lb. pkg. 39¢

Penny Saving Weekend Specials

- MJB Coffee** 3-lb. 1.45 2-lb. 97¢ 1-lb. can **49¢**
- Edwards Coffee** 3-lb. \$1.39 2-lb. 93¢ 1-lb. can **47¢**
- Ovenjoy Bread** Large 22 1/2-oz. Loaves **3:87¢**

Lucerne Party Pride
Ice Cream
69¢

Peach - Vanilla - Chocolate - Maple - Nut - Banana Nut - Lemon Flak - Neapolitan - Chocolate Marshie - Butter Pecan - Butterfinger Butterfinkie - Macadamia Nut - Cherry Vanilla - Peppermint Candy - Choc. Marshmallow - Half Gallon

- Camay Soap Reg. bars 3 for 30¢
- Camay Soap Bath bars 2 for 35¢
- Lava Soap Reg. bars 2 for 27¢
- Zest Soap Reg. bars 2 for 33¢
- Ivory Soap Both bars 2 for 43¢
- Ivory Soap Personal size 2 for 15¢
- Ivory Soap Medium bars 3 for 35¢
- Ivory Soap Large size 3 for 49¢
- Ivory Snow 31 oz. pkg. 89¢
- Ivory Flakes 12 1/2 oz. pkg. 39¢
- Oxydol Detergent 20 oz. pkg. 39¢
- Premium Duz 42 1/2 oz. pkg. 1.09
- Tide Detergent 19 oz. pkg. 36¢
- Blue Cheer 21 oz. pkg. 36¢
- Salvo Tablets 23 oz. pkg. 49¢
- Pink Drest 18 oz. pkg. 39¢
- Dash Detergent 3 lb. 3 1/4 oz. pkg. 89¢
- Cascade for Dishes 20 oz. 49¢
- Pink Thrill Liquid. 22 oz. 69¢
- Ivory Liquid 12 oz. btl. 39¢
- Joy Liquid 32 oz. btl. 86¢
- Dowry Safeway 28 oz. size 89¢
- Comet Cleanser 14 oz. size 2 for 35¢
- Spic & Span 54 oz. pkg. 99¢
- Mr. Clean 28 oz. btl. 75¢

Prices effective Thursday, Oct. 10 thru Sunday, Oct. 13 at Safeway in Klamath Falls. Limit rights reserved.



Market Basket

Food Marketing Specialist
Oregon State University
Supplies of many fruits and vegetables are tapering off — there is less abundance of a great variety of produce. However, there are still many items from which to choose. Apples, bananas, pears, and grapes are fruits in most ample supply. There are some particularly good buys in both apples and grapes. Jonathans, those flavorful all-purpose apples, are wonderful caramelized. Easy to prepare and beloved by the small fry.

Cranberries from the Coos Bay area are just starting to come in. We will have plenty of fresh, plump local cranberries this season as Oregon's crop is considerably larger than average. Persimmons, honeydew, Grambas and casaba melons are still in fairly good supply.

The price of oranges has advanced slightly, and lemon prices are beginning to rise. Good red grapefruit from Florida are available.

This is the big season for cabbage, broccoli, and cauliflower. Cabbage is one of the thriftest of fresh vegetables right now, costing about a penny a serving. When choosing broccoli, look for fresh appearance and deep green or purplish-green color. Bud clusters should be tightly closed with firm stalks and no yellowed leaves. To dress up cooked broccoli, brown chopped filberts in butter, add a little lemon juice and pour over vegetable just before serving.

Cauliflower, sliced thin, is excellent in a green salad. Serve it a la mode with cauliflower, a cheese sauce — for a gourmet touch, add a few silvered almonds.

Other good buys in the vegetable family include celery, carrots, many kinds of lettuce, squash, local greens such as mustard and Swiss chard, root vegetables, and potatoes. Deschutes Gems, a favorite potato variety, are in the markets. First of the season's spinach crop from the Columbia River area is available — quality is good.

Easy on the budget and loaded with food value are the variety meats. Beef heart, at about nine cents per serving, is a nutritious meat change. Liver and tongue also offer low-cost eating. Boneless stewing beef makes a fine one-dish meal when browned and simmered until tender and extended with low-cost fall vegetables. Stew costs about 15 cents per serving and looks very glamorous served in a rice ring.

Stewing hens offer good value. Simmered slowly until tender, these meaty flavorful birds serve as the basis for hearty nourishing meals. Old favorites like chicken and dumplings, and chicken pot pie are popular fall fare. Bacon will be featured in many stores as this is the time of year when processors are clearing their inventories.

Unique Salad

Nutrition, flavor and eye-appeal all get together most satisfactorily in "Bacon-Egg-Olive Salad." The olives are luscious wedges of ripe olives — favorites with young and old alike. When packing that lunch box tomorrow morning, tuck in a few whole ripe olives to appease noon-time appetites.

BACON-EGG-OLIVE SALAD
1 small head lettuce
2 1/2 cup ripe olives
3 hard-cooked eggs
6 strips crisp bacon
1/2 cup American cheese slices
1/2 cup salad oil
1/4 tablespoons wine vinegar
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dry mustard

Tear lettuce into bite-size pieces in salad bowl. Cut olives into large wedges over greens. Quarter eggs and add to salad bowl. Crumble bacon over top; sprinkle with cheese. Combine all remaining ingredients and mix well. Pour over salad and toss until greens are coated. Serve at once.
Makes about 6 servings.

Consumption of canned vegetables rose from 56.8 pounds per person in 1959 to 62.7 pounds in 1960.

more meat
Dr. Ross' MEAT FLAVOR DOG FOOD
more flavors