

Spotlight On Food

FILBERTS
Filberts are truly an Oregon product. While not a native of this state, filberts have found an environment of climate and soil which has resulted in larger size and better quality nuts than are found in the Mediterranean countries where they originated.

Oregon grows more than 85 per cent of the nation's commercial filberts. Prospects looked pretty gloomy for filberts after last year's Oct. 12 storm. However, due to the cool, moist spring weather, many of the trees came back in surprisingly good shape. The 1963 crop forecast is for 7,800 tons which is a 7 per cent larger crop than that of last year. Crops are fair in northern Willamette counties, but heavy in Lane, Benton and Linn counties.

Compare Costs: It takes about 2 1/2 pounds of in-shell filberts to yield one pound of nutmeats. Compare the costs of shelled and in-shell nuts on this basis and then decide which is your best buy.

Storage: If left in-shell, nuts should be placed in cool place in closed container to keep out insects. To protect nuts from insects you may want to shell them for safer keeping. They will keep three or four months in your refrigerator, and from one season to the next in your home freezer.

CRANBERRIES
Oregon homemakers will have plenty of fresh, plump cranberries this season as more Oregon berries are coming to market this year than last. The crop is forecast at 46,000 barrels (100 pounds per barrel) which is considerably greater than average.

Bigger cranberry crops than in 1962 are also in prospect for Washington and Wisconsin, but it looks like smaller yields for the other two cranberry producing states, Massachusetts and New Jersey.

Most Oregon berries come from Coos County; but Clatsop, Curry, Tillamook, and Lane also have small acreages.

CRANBERRY HARVEST
Cranberry harvest in the East starts shortly after Labor Day, and the first berries reaching the West Coast come from Massachusetts. Harvesting in Oregon and Washington gets under way in late September or early October, and may run through November, assuming fresh berries in good supply through December.

Until a hundred years ago, each cranberry was picked by hand. Then some enterprising growers introduced the wooden cranberry scoop, a prosaic device which combed the berries from the vines.

Nowadays, most cranberries are harvested by specially designed mechanical pickers. Some resemble giant lawn mowers—others look and act like overgrown vacuum cleaners. In some areas bogs are flooded before harvest and an egg-beater-like machine stirs up the water so berries float to the surface and are scooped or raked up. These berries are used for processing—berries sold fresh are picked dry.

BOUNCINESS COUNTS
Since good firm berries bounce and soft berries do not, each cranberry is bounce-tested over several wooden barriers as it passes through the grading machines. Only the "lively" ones go to market.

CRANBERRIES YEAR AROUND
It is possible that fresh market sales of cranberries may be extended to an entire year. This could be the result of some experiments now being done in Massachusetts by the Ocean Spray Cranberry Association. In this experiment cranberries are immersed in a water bath of 125 degrees F. for a short time. The idea is to wash away fungus that could develop and cause the fruit to rot. The fruit is then air-cooled to 75 degrees F.

It is planned to put some of the berries through the heat treatment again in February and March for shipment through Easter. About one per cent of this season's harvest will be involved in the test. Results could mean fresh cranberries will be on the market nearly all year long.

FREEZE BERRIES FOR LATER USE
We can have fresher fresh berries all year round by popping some of the commercial packages into the freezer. Because they go into the freezer dry, they are easy to separate later. No thawing is needed before cooking, and they can be used in any way you would use fresh berries. If you wish to grind them, do so while berries are still frozen as they will be less drippy.

(Continued on 3-B)

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Top Sirloin \$1.35 <small>BONELESS Reg. lb. \$1.69 NOW Save 34c lb.</small>	Ground Beef 39c <small>Quality Controlled Reg. lb. 49c NOW Save 10c lb.</small>	Sirloin Steak 78c <small>Bone-in Reg. lb. 98c NOW Save 20c lb.</small>	Chuck Roast 49c <small>Pot Roast Reg. lb. 69c NOW Save 20c lb.</small>
Spencer Steak \$1.43 <small>Rib "eye" Reg. lb. \$1.79 NOW Save 36c lb.</small>	Ground Chuck 55c <small>Extra Lean Reg. lb. 69c NOW Save 14c lb.</small>	Rib Steak 78c <small>Full Value! Reg. lb. 98c NOW Save 20c lb.</small>	T-Bones \$1.11 <small>Choice Reg. lb. \$1.39 NOW Save 28c lb.</small>
			New Yorks \$1.58 <small>Close Trim Reg. lb. \$1.98 NOW Save 40c lb.</small>
			Beef Stew 71c <small>Boneless Reg. lb. 89c NOW Save 18c lb.</small>
			Boiling Beef 23c <small>Plate Cut Reg. lb. 29c NOW Save 6c lb.</small>

A SENSATIONAL MEAT SALE... ON ALL BEEF!

USDA CHOICE

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Chuck Roast 49c <small>Pot Roast Reg. lb. 69c NOW Save 20c lb.</small>	T-Bones \$1.11 <small>Choice Reg. lb. \$1.39 NOW Save 28c lb.</small>	Beef Stew 71c <small>Boneless Reg. lb. 89c NOW Save 18c lb.</small>	Beef Stew 71c <small>Boneless Reg. lb. 89c NOW Save 18c lb.</small>
Pot Roast 63c <small>Arm Cut Reg. lb. 79c NOW Save 16c lb.</small>	New Yorks \$1.58 <small>Close Trim Reg. lb. \$1.98 NOW Save 40c lb.</small>	Boiling Beef 23c <small>Plate Cut Reg. lb. 29c NOW Save 6c lb.</small>	

(Continued from 3-B)

SELECTION
Be sure to select plump, shiny, smooth skinned berries. Size, color, and shape will vary with variety, but if berries are plump and firm, bright colored and shiny, you'll know they are truly fresh.

PROCESSING
In addition to fresh cranberries in season, shoppers find processed cranberry products on supermarket shelves the year around. Most popular items are canned whole and jelled cranberry sauce. Many enjoy bottled cranberry juice, a blend of cranberry juice, sugar and water. Mixed with other juices or gingerale, this makes a refreshing drink. Served hot or cold, its ruby red color is particularly appropriate to the holiday season. Apple-cranberry sauce is an interesting combination usually found in a canned goods section of your supermarket. Shoppers may also find cranberry-orange relish in some frozen food departments.

CRANBERRIES HAVE MANY USES
Growing in popularity—cranberries are a wonderful accompaniment for all meats and poultry. The versatile tangy cranberry adds color and flavor to dishes served at breakfast, lunch or dinner—in stuffs and breads, molded salads, pies and cakes, omelets, jams and jellies, refreshing fruit drinks, and, of course, an infinite variety of relishes and sauces.

Beef Stew With Macaroni

- 1 pound beef stew or cut in 1/4-inch pieces
 - 1 tablespoon shortening or oil
 - 1/2 cup chopped onion
 - 7 cups water
 - 1/2 teaspoon salt
 - 1/4 teaspoon oregano
 - 1/4 teaspoon pepper
 - 1 package dry vegetable soup mix (1/4 to 1/2 ounces)
 - 2 cups tomatoes
 - 1 (1-pound can)
 - 1/4 cups whole kernel corn
 - 1 (1-pound can, drained)
 - 8 ounces enriched durum macaroni
- Brown meat in shortening or oil in Dutch oven. Add onion, salt, oregano, pepper and soup mix. Simmer gently, uncovered, for two hours, or until meat is tender. Add tomatoes and corn and bring to a boil. Add macaroni. Cover and cook about 20 minutes, stirring occasionally, until macaroni is tender, yet firm. Liquid should be absorbed. If mixture becomes too dry, add more water. Makes four to six servings. Total preparation time: Two hours, 45 minutes.

Pumpkin Muffins

"When the flat is on the pumpkin," that's the time we start picturing those pungently spicy pumpkin pies.

All pumpkin pie fans ought to also love this flavor in another baked product... homemade muffins made with canned pumpkin, raisins and the typical spices. What a perfect fall dinner accompaniment!

You'll be delighted to discover how tender and tasty muffins can be when made with lard. And lard is very economical.

Since this recipe does not utilize all of a 16 ounce can of pumpkin, home economist Reba Stagg offers a suggestion: Prepare Frosty Pumpkin Pie. Bake a single, 9-inch pie shell. Blend 1 cup cooked pumpkin, 1/4 cup brown sugar, 1/4 teaspoon salt, 1/4 teaspoon cinnamon, 1/4 teaspoon ginger and 1/4 teaspoon nutmeg and mix with 1 quart softened vanilla ice cream. Pour in shell. Chill 3 to 4 hours. If you wish, just before serving add a meringue topping browned 2 or 3 minutes in a 400 degree oven.

PUMPKIN MUFFINS
3 cups sifted enriched flour
3 teaspoons baking powder
1 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon allspice
1/4 cup brown sugar, firmly packed
1/4 cup raisins
1/4 cup milk
1/4 cup cooked pumpkin
1/4 cup molasses
1-3 cup melted lard

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SOUP

Campbell's Tomato

10 1/2 oz. can

10c

GROCERY SAVINGS ARE EXTRA BIG AT SAFEWAY!

Del Monte Catsup

AA Large Eggs

S & W Green Peas

Stewed Tomatoes

Pineapple Juice

Fruit Cocktail

Cream Style Corn

Instant Milk

5 FOR \$8.99 <small>Liveliest tasting catsup ever. 14 oz.</small>	49c <small>Cream O' The Crop Dozen</small>
4 FOR \$8.99 <small>Fancy quality 3 Sieve. 303 can</small>	4 FOR \$8.99 <small>S&W, only the finest. 303 can</small>
3 FOR \$1.00 <small>Del Monte, Fresh flavor. 46 oz. can</small>	5 FOR \$1.00 <small>Town House, Choice fruit bits. 303 can</small>
5 FOR \$8.99 <small>Libby's or Golden Bantam. No. 303 can</small>	79c <small>Lucerne, Makes 12 full quarts. Pkg.</small>

Pick Your Own Specials... Over 2-Million Pounds of **USDA CHOICE** Beef on Sale

Select your favorite cuts at a sensational 20% Discount... Check the price list... See how you save on the "BEST" BEEF IN TOWN!

GRAPEFRUIT

Juice-laden Marshseedless

5-lb. Bag **45c**

Fresh Cut Mushrooms **59c lb.**

Great With any beef cuts!

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	Reg. Price	Discount	You Pay
	Per Pound	Per Pound	Per Pound
Full Cut Round Steak	1.19	.24	.95
Bottom Round Swiss Steak	1.19	.24	.95
Boneless Top Round	1.29	.26	1.03
Sirloin Tip Steak	1.29	.26	1.03
Cubed Steak	1.29	.26	1.03
Eye of Round Steak	1.69	.34	1.35
Chuck Steak	.79	.16	.63
Porterhouse Steak	1.39	.28	1.11
Fillet Steak	2.25	.45	1.80
Flank Steak	1.19	.24	.95
Bone-in Rump Roast	.89	.18	.71
Boneless Rump Roast	1.09	.22	.87
Bottom Round Roast	1.19	.24	.95
Sirloin Tip Roast	1.19	.24	.95
Boneless Cross-Rib Roast	.98	.20	.78
Standing Rib Roast	.95	.19	.76
Center-cut Shanks	.49	.10	.39
Short Ribs	.39	.08	.31
Boneless Plate Boil	.49	.10	.39
Boneless Brisket	.89	.18	.71
Ground Round	.89	.18	.71
Corned Beef Brisket	.89	.18	.71
Corned Beef Tongue	.59	.12	.47
Sliced Beef Liver	.59	.12	.47
Beef Kidneys	.29	.06	.23
Beef Tongues	.49	.10	.39
Beef Hearts	.49	.10	.39
Beef Brains	.65	.13	.52
Smoked Beef Tongue	.69	.14	.55
Beef Oxtails	.39	.08	.31

PLUS MANY, MANY MORE BEEF SPECIALS

GROCERY "SPECIALS"

COFFEE **49c**

MJB 3-lb. 1.45	1-lb. Can 49c	
2 lb. can 97c		
Edwards Coffee 3-lb. 1.39	2-lb. 93c	1-lb. Can 47c
Instant Coffee 10 oz. 1.49	6 oz. 99c	Safeway 1 1/2 oz. 79c

LUCERNE ICE CREAM **69c**

Party Pride - Peach - Vanilla - Chocolate - Maple Nut - Banana Nut - Neapolitan - Lemon - Flake - Chic. Maple - Butter - Pecan - Butterfinger - Butterflickle - Macadamia Nut - Cherry Vanilla - Peppermint Candy - Chic. Marshmallow.	Half Gal. 69c	Large AA Eggs 49c <small>Cream O' The Crop. Really Fresh! Doz.</small>
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BUTTER

Lucerne AA Grade

1-lb. Print

59c

Oranges	Fancy Valencias	6 lbs. \$1
Bananas	Golden ripe fruit	6 lbs. \$1
Broccoli	Serve with cheese sauce	bun. 19c
Avocados	Large size, Floridas	ea. 19c
Grapes	Crisp Emperors	5 lbs. \$1
Artichokes	A real delicacy	2 for 29c
Celery	Local grown, crisp	2 stalks 29c
Squash	Marblehead baking squash	lb. 4c
Yellow Onions	Mild yellow onion	3-lb. Bag 19c
Asstd. Nuts	Peanuts, Almonds, Filberts, Pecans	lb. 39c

SPECIALS ON MEATS FOR HOME FREEZERS TOO!

Cut and wrapped, U.S.D.A. Choice Beef. Inventory sheet too! FREE!

FORE-QUARTERS lb. 39c

HIND-QUARTERS lb. 59c

SIDES OF BEEF lb. 47c

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