

Market Basket

Food Marketing Specialist Oregon State University
The supply of this skinned, sweet red grapefruit from Florida is rising. The season is a little earlier than usual, and the fruit is large for this time of year. Price is moderate, even though this year's grapefruit crop is forecast as being considerably below average.

Valencia oranges (the juice oranges) are almost off the market, and the first of the navel crop is just appearing. Quality is not too good, but will improve as season progresses. Navel oranges are usually sweeter than Valentias, and are good for slicing, sectioning and eating out of hand. Prices on oranges are relatively high, and will probably stay that way except for occasional specials.

New to the market are the tangerines and tangelos. The tangelo is a hybrid cross between the grapefruit and the mandarin orange. Both of these fruits are expensive as is usual this early in the season.

The best of the winter pears are replacing the Bartlett's. D'Anjous from the Hood River area are very good quality. The pears we have seen in the markets are green, so buy a few days ahead to allow time for ripening at room temperature. Enjoy the pears in a fruit arrangement while they ripen.

The large crop of cranberries has put them on the USDA plentiful list. This ruby red fruit can be prepared in a variety of enticing ways. Spiced cranberry sauce, molded salads, cranberry sherbet, steamed cranberry pudding, and relatives are a few of the uses for this versatile fruit. Add tang and color to everyday meals by serving cranberries often.

Vegetables costing three cents or less per serving include cabbage, dry onions, white potatoes, eggplant, turnips, and rutabagas. All of the winter squash family are plentiful. This has been a particularly good potato year, and Oregon potatoes are not only economical but are outstanding in quality.

Broccoli is getting less plentiful, but cauliflower is still abundant and moderately priced. Lettuce is not as good or as economical as it has been. Oregon's season is practically over. California's lettuce is a most good because of bad weather, and we are just a little too early for the Arizona crop. The Phoenix lettuce should be hitting our markets within a week or so.

Weather has damaged the California tomatoes with a consequent rise in price. We will continue to see higher prices on tomatoes until at least mid-November when the price may come down a little.

There is no change in the beef or pork departments. Turkeys are plentiful. Watch for and plan to try new market forms of turkey. Newer forms are boneless turkey which resembles a regular turkey and appearance boneless turkey roll, whole turkey leg roast, and turkey breast.

Apples
Good Mixers

Apples, the United States Department of Agriculture's Plentiful - Food - to - Feature for the week Nov. 2-9, add fine texture contrast, honey flavor and eye appeal to autumn meals.

Arriving in heavy supply at western markets these days are the beautifully shaped red and golden Delicious, as well as lively red Jonathans. These are the eating apples—excellent for between-meal snacks, for use in fruit compotes and salad combinations.

Since apples are such good mixers, they can be combined with diced chicken, ham, cheeses, vegetables or other fruits to make refreshing salads—a salad in a bowl. Incidentally, to glamorize left-overs, here are some easy-to-ways to pep up nippy day meals:

Combine diced unpeeled apples, chopped celery and quartered dates. Toss with French dressing or mayonnaise thinned with a little lemon juice. Spoon into lettuce cups.

Toss together sliced ham, turkey and carrots, unpeeled apple wedges, broken salad greens, and chopped parsley with thousand island dressing.

Blend together diced unpeeled apples, shredded carrots, salted peanuts, raisins and finely-chopped cabbage with mayonnaise or French dressing. Serve on salad greens.

GRAPEFRUIT
FANCY, RUBY RED
8 1 Lb. BAG 69¢
Refreshing, Tart, Sweet, Juicy

BELL PEPPERS
LARGE, GREEN CRISP
4 FOR 19¢
SHINING, FRESH, STUFFING SIZE

CARROTS
TOPS IN VITAMIN A
Lb. BAG **3 FOR 25¢**
GARDEN FRESH

GARDEN FRESH RUTABAGAS, TURNIPS, PARSNIPS 10¢ lb.
PEP UP STEWS — MIX 'EM

CABBAGE 5¢ lb.
SOLID, MED. SIZE FRESH
Healthful, Tasty, Thrifty

DATES 39¢
Candy That Grows On Trees
1 1/2 LB. BAG UNPITTED

TOMATO JUICE Cottage 46-oz. 4/\$1

Del Monte GREENBACK SALE
COME IN AND GET-THE-BEST-OF-THE-DOLLARS

APPLESAUCE Del Monte No. 303	5/\$1
APRICOTS Del Monte No. 303	4/\$1
FRUIT COCKTAIL Del Monte No. 303	5/\$1
KADOTA FIGS Argo, by Del Monte No. 303	5/\$1
GRAPEFRUIT Del Monte No. 303	3/89¢
PEACHES Del Monte No. 2 1/2	4/\$1
PEACHES Del Monte No. 303	5/\$1
PEARS Del Monte - Sliced or Halves No. 303	3/89¢
PINEAPPLE Del Monte - Crushed or Tidbits No. 211	4/\$1
PINEAPPLE Del Monte - Sliced or Crushed No. 1 Flat	6/\$1
DRINK Del Monte - Pineapple-Grapefruit 46-oz.	3/\$1
PINEAPPLE JUICE Dew Drop by Del Monte 46-oz.	3/\$1
ASPARAGUS Del Monte - No. 300	4/\$1
GREEN BEANS Del Monte - Cut No. 303	4/\$1
PEAS & CARROTS Del Monte No. 303	5/\$1
SAUERKRAUT Del Monte No. 303	6/\$1
SPINACH Del Monte No. 303	6/\$1
TOMATOES Del Monte No. 303	5/\$1
Stewed Tomatoes Del Monte No. 303	5/\$1
VEGETABLE SALAD Del Monte No. 303	5/\$1

DEL MONTE
LOAD UP ON THESE

DEL MONTE EARLY GARDEN PEAS "303"
5 FOR \$1.00
Early Garden SWEET PEAS

EVELEE HOOVER
2624 VANDERGRIFT
WINNER
OF THE FREE WEEKEND AT EUGENE'S COUNTRY SQUIRE MOTEL

SUGAR SPRECKELS 10 LB. BAG 89¢

OREGON FOOD Large 22 1/2 oz. Loaf 19¢

BREAD 19¢

COFFEE MAXWELL HOUSE 2 Lb. Tin 97¢

EGGS LARGE AA FARM FRESH Doz. 49¢

TOMATO SOUP CAMPBELL'S 10 1/2-OZ. CANS 10¢

RIPE OLIVES MONTE BELLO GEM NO. 1 5 FOR \$1

PAPER NAPKINS 3 FOR 25¢

CHEESE LOAF FISHER'S 2 Lb. Pkg. 49¢

DIETETIC POP CANADA DRY — ALL FLAVORS — NO DEPOSIT — 12-oz. BOTTLES 6 FOR 59¢

DEL MONTE PUMPKIN No. 2 1/2 Can 6 FOR \$1

DEL MONTE CHUNK TUNA 1/2 S 4 FOR \$1

STOCK-UP ON FROZEN FOODS

BRADLEY 8-INCH PUMPKIN PIE 49¢

BRADLEY 8-INCH MINCEMEAT PIE 49¢

FLAV-R-PAC 10-oz. PEAS 6 FOR \$1 | 10-oz. CORN 6 FOR \$1

MCP ORANGE JUICE 6-oz. 2 FOR 49¢

MEAT PIES COTTAGE 8-oz. 6 FOR \$1.00

ROUND-UP LOW, LOW PRICES PLUS **GREEN STAMPS**
BIG, BIG BARGAINS! AT OREGON FOOD

DEL MONTE PRUNE JUICE 39¢ qt.

DEL MONTE CATSUP 14 Oz. 3 FOR 39¢

DEL MONTE CORN Cream or W. Kernel "303" 7 FOR \$1.00

DEL MONTE TOMATO SAUCE 11 for \$1.00

DEL MONTE TOMATO CATSUP

PURE GROUND BEEF GROUND FRESH DAILY **29¢** Lb.

MORRELL'S PALACE, LEAN, SUGAR CURED SLICED BACON 289¢ LBS

USDA GOOD - ALL CUTS INCLUDING ROUND, 7-BONE, BLADE, ETC. BEEF ROASTS ALL EXCESS FAT AND BONE REMOVED **49¢** Lb.

BONELESS BEEF STEW Lean Cubes of Tender 69¢ lb.	BOILING BEEF Plate & Brisket Cuts 19¢ lb.	PORK SAUSAGE Country Style Seasoned Just Right 33¢ lb.	CHUCK STEAK USDA Good Well-Trimmed 59¢ lb.
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Bakery Delights FRESH DAILY WEDDING CAKES

FRUIT CAKE ORDER YOURS NOW \$1.35 Lb.

DINNER ROLLS ASSORTED Doz. 39¢

7-INCH ASSORTED BOSTON WHIPPED CREAM PIES 59¢

OATMEAL BREAD LB. LOAF 29¢

PUMPKIN PIES 8-INCH 59¢

CHIFFON FACIAL TISSUE 400 Count 4 FOR \$1.00

PETE MILLER & RAY HORN of DON'S STUDIO
WILL BE AT THE NEW

OREGON FOOD STORE
AYALON & SHASTA WAY
SATURDAY & SUNDAY
NOV. 2 & 3 NOON TO 7 P.M.

OFFERING ... A Beautiful 11" x 14" SILVERTONE PORTRAIT ONLY \$1.89

No age limit. No appointments necessary. You may order additional portraits at time proofs are shown. No additional charge for groups. Bring the entire family, including Grandpa and Grandma. Four or more poses from which to choose. Only one per person.
LIMIT: ONE TO A FAMILY

VARIETY VALUES-OREGON FOOD NO. 2
MORE TOYS ARRIVING
USE OUR CONVENIENT LAY-AWAY PLAN FOR CHRISTMAS!

METAL WAGONS TONKA - NYLINT - STRUCTO ELDON \$1.49 to \$9.98

SEE MATTEL'S TALKING DOLLS CECIL - BUGS BUNNY CHATTY BABY

ANDY GARD HORSE VAN 2 98

PLASTIC FLOWERS NEW FALL SELECTION **10¢ to \$1.49**

180 Fr. Reg. \$1.49
HOLLY TIE 89¢

OUR BIG CASH SAVINGS PLUS

ENVELOPES 100 Count 39¢

GILLETTE BLADES STAINLESS 6 for 89¢

LADIES' PAJAMAS GOWN ALL COTTON 1.98

CORDUROY DUSTERS 100% SANFORIZED COTTON 98¢

COTTON DUSTERS FULL CUT 1.49

GREEN STAMPS ADD UP TO EXTRA CHRISTMAS GIFTS

OREGON FOOD STORES

DRY MILK (10-1 qt. 89¢) 8 qt. 69¢

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

Prices Effective Through Sunday Night While Quantities Last
STORE HOURS: SUNDAYS & HOLIDAYS 9 a.m. to 8 p.m. 10 a.m. to 7 p.m. WEEKDAYS

Grade School Menus

Monday, Nov. 4
Baked Luncheon Meat
Sweet Potatoes
Cheese Sticks
Seasoned Green Beans
Home-baked Hot Rolls
Apple, 1/2 pint milk

Tuesday, Nov. 5
Creole Spaghetti
Cole Slaw
Buttered Hot Rolls
Dish of Peaches
1/2 pint milk

Wednesday, Nov. 6
Creamed Turkey over Potatoes or Rice
Buttered Peas
Hot Fruit Muffins
Jello
1/2 pint milk

Thursday, Nov. 7
Chili Beans & Crackers
Carrot & Celery Sticks
Homemade Doughnuts
Fruit Cup or Banana
1/2 pint milk

Friday, Nov. 8
Fish Sticks
Hash Brown Potatoes
Waldorf Salad
Cinnamon Rolls
1/2 pint milk

Husbands Help Cook

Over 200 psychologists recently revealed that in families where the husband helps with the cooking there is greater happiness between husband and wife, less chance of a separation or divorce and a closer relationship because of the husband's better understanding of home functions and problems.

Statistics recently accumulated from hundreds of homemakers, reveal that two in every four husbands do some cooking, ranging from making breakfast, all the way to preparing a seven course dinner. This is a 600 per cent increase over 1958 when only one husband in 12 shared the family cooking chores.

Here is a typical recipe favored by a number of husbands.

SCALLOPED CHIP-HAM SLICE
1 thick slice ham
7 oz. bag potato chips
1/2 cup evaporated milk
1 teaspoon dry mustard
1 teaspoon powdered ginger

Butter a glass pie dish. Put a one inch layer of potato chips on the bottom (use 7 oz. bag should just do it) — press down firmly to force out the air between the chips. Lay a ham slice on top, pour over evaporated milk. Sprinkle on mustard and ginger. Bake slowly 350 degrees for 30-45 minutes.

Turkey Curry
1/2 cup butter or margarine
1/2 lb. flour
1 cup turkey stock
1 cup milk
1/4 teaspoons salt
1/4 teaspoon black pepper
1/4 teaspoons curry powder
1/2 teaspoon dry mustard
1/4 cup fresh lemon juice
2 cups diced, cooked turkey
2 tablespoons diced green pepper
1 1/2 cups halved, seeded grapes
6 patty shells

Dr. Ross' DOG FOOD
made naturally... so naturally it's better