

March Foods Are Plentiful

In March, the grass gets greener, flowers start blooming, and the end of cold, wet winter is in sight. The United States Department of Agriculture says many food commodities will be in abundant supply.

For example, egg supplies are expected to be above those of a year ago. In the west, weekly receipts from farmers have been some 10 per cent greater than during the same period last year. There also are more than enough peanuts to go around from the largest crop since 1941.

Eggs

Delicious vegetable or seafood salads with deviled eggs. Creamed eggs and mushrooms on toast are excellent luncheon fare.

Peanuts, Peanut Products
 Garnish creamed onions, buttered carrots and green beans with chopped peanuts. And don't forget peanut butter cookies!

Cabbage, Carrots, Celery
 These late winter vegetables are colorful components for a hearty, traditional, "New England" boiled dinner. Use them also in salads, and keep an extra supply on hand for snacks.

Canned Pink Salmon
 Make a richly flavored salmon loaf and serve it dressed with lemon sauce. Other salmon suggestions: Sandwich fillings, creamed over baked potatoes.

Rice

Great partner for oven-fried chicken or lamb stew. Remind yourself to fix a raisin-rich rice pudding, too.

Tidbits

One of the prettiest ways to please guests is with an appetizer platter of pink, upturned shrimp arranged on crushed ice around a dunking saucer. Unlike so many cocktail tidbits, shrimp are rewarding in providing nutrients we need for health—plenty of protein, minerals and Vitamin B. These shellfish are low in calories, too. As for a sauce, the Shrimp Association of the Americas suggests the Pink Sauce below, as it is seasoned to enhance rather than overpower the delicate flavor of the shrimp.

SHRIMP APPETIZERS

WITH PINK SAUCE

You may buy shrimp already cooked, cleaned and deveined. If you start with raw shrimp, however, simmer it two to five minutes in court bouillon or water to which pickling spices have been added. You may clean and devein the shrimp either before or after cooking. Chill the shrimp and serve it on a bed of crushed ice; provide plenty of toothpicks and serve Pink Sauce for dunking.

Pink Sauce
 1 cup mayonnaise
 1/2 cup sour cream
 1/4 cup catsup
 1 tablespoon lemon juice
 1/2 teaspoon salt
 Snipped fresh or frozen chives or fresh dill
 Combine ingredients and mix well, adding chives or fresh dill to taste. If desired, omit chives or dill and stir in 1/2 teaspoon curry powder. Chill thoroughly before serving. Makes 1 1/2 cups sauce.

VIEW GOOD EXAMPLES

The smart shopper with a limited budget will familiarize herself with the clothes in the higher priced stores. When she is familiar with the look of quality, she will do better in what she buys even in lower-priced apparel.

MOVING?



IF SOMEONE YOU KNOW... is moving into a new community, ask us how! A friendly call by the Welcome Wagon Hostess with her basket of gifts and helpful information will make the new-comer feel quickly at home. In carrying on our community's traditional spirit of hospitality, just give their name and address to:

Welcome Wagon

Phone 854-9492 or 854-4263

WELCOME! WELCOME!

Use this coupon to let us know you're here.

Name _____

Address _____

City _____

Please have the Welcome Wagon Hostess call me at _____

Lucille Buswell

Welcome Wagon Hostess

4718 Milway Ave., K.F.

Custards Are Fine Food

How long since you have made baked custard? Custards are one of the most inexpensive, nutritious and easily prepared desserts we have. Custard is wonderful as is or it can be glorified into a really elegant dessert by serving with butterscotch sauce and toasted almonds, or topped with defrosted strawberries, raspberries, or a bit of jam. Spoon luscious pink rhubarb sauce over custard for eye appeal and tangy flavor.

CUSTARD

4 eggs (or 2 eggs and 4 yolks), slightly beaten
 1 1/2 cup sugar

1/4 teaspoon salt
 3 cups milk, scalded
 1 teaspoon vanilla
 1/2 teaspoon almond or lemon extract
 Nutmeg, optional
 Blend eggs, sugar and salt. Slowly pour scalded milk into egg mixture stirring constantly. Add flavoring. Pour into custard cups or 1-quart casserole. Set in baking pan and pour hot water into pan to within 1/2 inch from top of custard. Bake in a slow oven (325 degrees F.) until knife inserted halfway between outside edge and center comes out clean, 40 to 50 minutes for individual custards and

Brunch Specials

More eggs are being produced this year. In the west, for example, weekly receipts of eggs since the first of the year have been up about 10 per cent each week over the same period of 1964.

Take advantage of this high price bounty. For example: A leisurely Sunday brunch built around an egg mainstay. One such might start off with sliced Navel oranges, pick up

momentum with baked eggs and bacon, along with extra toast and some of your special homemade jam or jelly, then taper off with steaming cocoa, coffee or tea.

Baked Eggs

Per person requirements: 1 round of toast, buttered on both sides and cut to fit custard cups; 3 strips partially cooked bacon; 2 eggs. Place a toast round in each buttered custard cup, then arrange 2 strips bacon around side of cup. Add 2 eggs to each cup and top with remaining strip of bacon. Bake to desired doneness in a 350 degree F., oven. Serve immediately.

For a heartier brunch main-dish, try this easy-to-casserole.

Scalloped Eggs

Sprinkle the bottom of a greased casserole with 1/4 cup buttered bread or cracker crumbs. Spoon 2 chopped hard-cooked eggs over the crumbs. Thin 1 can condensed cream of mushroom soup with 1 cup milk; add 1/2 to 1 cup diced cooked ham, turkey or chicken, and pour half of this mixture over the eggs. Repeat the crumb, egg and sauce layers. Top with 1/4 cup crumbs. Bake in a 375 degree F., oven, until heated through and crumbs are browned. Makes 6 servings.

Precede this casserole with grapefruit halves, accompany it with toasted English muffins, apple butter and coffee.

City Grade School Menus

Monday, March 1
 John Marzetti
 Seasoned Green Beans
 Hot Buttered Rolls
 Fresh Apple
 1/2 Pint Milk

Tuesday, March 2

Barbecued Beef on a Bun
 Buttered Corn
 Cheese Slices
 Dish of Peaches
 1/2 Pint Milk

Wednesday, March 3

Turkey and Rice
 Buttered Peas
 Stuffed Celery

Hot Buttered Rolls

Fruit Jello
 1/2 Pint Milk

Thursday, March 4

Chili Beans
 Raw Vegetable Finger Foods
 Rolls or Doughnuts
 Fruit
 1/2 Pint Milk

Friday, March 5

Tuna-Macaroni Bake
 Toss Salad
 Hot Buttered Muffins
 Dish of Fruit
 1/2 Pint Milk

TURKEY ROASTS



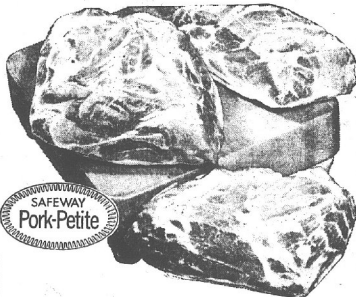
Hindquarter—Includes Leg and Thigh

lb. **29¢**

Fillet of Sole

Fillets of
 Fresh, Ocean
 Caught Sole.

lb. **69¢**



PORK ROAST

BONELESS PORK

Fresh cottage butts. All
 bones removed. So
 easy to carve.

lb. **39¢**

Safeway Pure Pork

Sausage

lb. **39¢**

Fresh Lean Beef

Cube Steaks

lb. **98¢**

Always Fresh - Lean

Ground Beef

lb. **38¢**

Center Cut Smoked

Pc. Bacon

lb. **49¢**

Patio Mexican.

DINNERS

Combination and Enchiladas 12 oz. **59¢**

Cheese Enchiladas 12 oz. **49¢**

Beef Enchiladas 12 oz. **79¢**

Dinners and Tacos 11 oz. **63¢**

Tortillas 7 oz. **21¢**

Check These Values

Instant Milk 79¢

Cinnamon Rolls 39¢

Fudge Brownies 49¢

Sugar Cookies 49¢

Coffee Male 53¢

Apple Juice 39¢

MJB Coffee

Orange Juice

French Fries

Fruit Cocktail

Lucerne Sherbet

3 lbs. **\$2.07**

2 lbs. **\$1.38**

1-lb. can **69¢**

Bel-air

Premium

Quality

6-oz.

can

4 for \$1

Bel-air, 9-oz.

or Hash Browns,

12-oz. pkg.

6 for \$1

Town House

Bright Salad

Fruit Bits

No. 303

can

6 for \$1

Party Pride

Orange or Half

Triple Treat - Gal.

59¢

LIBBY'S SALE!



Tomato Juice

Vitamin High—Calorie Low
 Tastes So Much Richer

46 oz. can **4 for \$1**

Corned Beef

12 oz. can **49¢**

Potted Meats

No. 1/2 can **2 for 39¢**

Corn Beef Hash

15 1/2 oz. can **39¢**

Vienna Sausage

4 oz. can **5 for \$1**

Pear Halves

No. 303 can **4 for \$1**

Pineapple

Sliced—Crushed
 Chunk—No. 1 1/2 can **4 for \$1**

Pot Holders

and Oven Mitts
 Assorted colors and Prints Each **25¢**

Hair Spray

Miss Spray Net
 Helene Curtis 7 oz. **\$1.39**

Shampoo

Subdue With
 Free Memo Case 6 oz. size **89¢**

VACUUM BOTTLE

Triple-seal Stopper—Stronglas Filler



Holiday Vacuum
 Bottles. Keeps hot
 foods and beverages
 really hot.

\$1.67
 Qt. Size



GRADE AA EGGS

Cream O' The Crop... Always Fresh at Your

SAFeway STORE!

Medium Size - Dozen 35¢

Extra Large - Dozen 41¢

LARGE

Carton—Dozen

39¢

