

Fish Menus for Lent Will Guarantee Protein Supply



Lemon and watercress with broiled fillet of flounder.

No country in the world has greater supplies of fish and sea food than the United States. That means our national supply of low cost protein is practically inexhaustible. As any nutritionist will tell you, the flesh of fish provides excellent protein values and can be used in place of meat in the family menu.

With the beginning of Lent come six weeks when there will be many meatless meals in American households. Eggs, dried beans and cheese are also good sources of meatless protein and will appear more frequently on American tables from now until Easter.

But the woman who seeks low-cost food with high-grade nutrition should use Lent as an educational period for her family, in which she teaches them to enjoy and welcome a wide variety of fish in the daily menu.

Fish can be bought either fresh, canned, dried, frozen, or quick-frozen, so there is no town or village anywhere in this country denied this excellent, inexpensive protein. However, too often fish has become a habit or a once-a-week necessity. Now is the time to learn how to cook fish into delicate, interesting and welcome specialties for the family. Study cook books, read your newspapers for reports on fish supplies and ways to prepare each day's catch, and send to the Bureau of Fisheries for booklets on fish cookery.

How can you cook fish without smelling up the house? Is quick-frozen fish and sea food a luxury item? What can you do with canned fish that is different? Are there really good recipes for dried fish? These questions are important. You will find practical answers and recipes in this column during the coming weeks.

Here are two recipes to start you out on your new experiences with fish for low-cost proteins and interesting recipes:

40-Fathom Fry
Use fresh cleaned or quick-frozen fillet of flounder (frozen or thawed). Separate fillets and roll in seasoned flour. Fry in small amount of cooking oil in

heavy iron skillet 8 to 10 minutes, turning to brown both sides.

Broiled Fillet of Flounder
Use fresh cleaned or quick-frozen fillet of flounder, frozen

MENU

BREAKFAST: Orange juice, codfish cakes, whole-wheat toast, coffee, milk.

LUNCHEON: Cream of dried lima soup, croutons, mixed vegetable salad, muffins, jam, tea, milk.

DINNER: Cranberry juice cocktail, 40-fathom fish fry, baby lima beans, scalloped potatoes, mixed green salad, stewed fruit shortcake, coffee, tea, or milk.

or thawed). Separate fillets, spread with softened butter, and sprinkle with salt, pepper, and paprika. Place on well-greased broiler and broil 12 to 18 minutes, turning to brown both sides.

PREPAREDNESS

STAMFORD, Conn., (AP)—On trial on charges of intoxication and breach of peace, Walter Meier, a hospital orderly, said the Nazis would be in the United States in 30 days and Nazi leaders would command here.

Judge Frank Jamroz sent Meier to 40 days in jail—so he'd miss the reception.



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KLAMATH '41 TAX SHOWS REDUCTION

SALEM, Feb. 28 (AP)—Oregon's 1941 property tax bill will total \$41,045,293, a reduction of \$945,611 from the 1940 total, the state tax commission said Thursday.

Part of the reduction is due to elimination of the \$301,204 state tax levy. In 1941, there will be no property tax for state purposes.

The 13 counties having increased total levies are Clatsop, Columbia, Crook, Harney, Jefferson, Lake, Lincoln, Malheur, Marion, Union, Wallowa, Wasco and Wheeler. The other 23 counties have reduced levies.

The 1941 and 1940 levies for counties include:
Baker \$701,996 and \$706,608; Benton \$468,459 and \$507,761; Douglas \$793,796 and \$827,903; Jackson \$1,341,295 and \$1,372,635; Josephine \$535,553 and \$536,133; Klamath \$1,784,366 and \$1,854,788; Lane \$1,075,617 and \$1,734,166; Marion \$1,820,732 and \$1,787,658; Multnomah \$1,638,535 and \$1,745,383; Umatilla \$959,424 and \$996,641.

The money will be spent as follows:

State none; elementary schools \$1,793,574; counties \$5,475,412; county school and library funds \$3,257,399; non-high school districts \$1,198,560; special schools \$12,782,033; general roads \$1,774,067; special roads \$295,509; market roads \$590,083; bond interest and redemption \$1,889,273; cities and towns \$10,403,104; ports \$971,130; rural fire \$44,946; peoples' utility districts \$52,664; irrigation and drainage \$892,588; reforestation \$40,170; fire patrol \$184,777.

Missing Jeweler Sought at Seattle

SEATTLE, Feb. 28 (AP)—A missing Ontario, Ore., jeweler, F. Earle Wyckoff, was sought here today by his wife, who said she feared he might be suffering from amnesia.

She said he left home January 2, and friends had reported having seen the 37-year-old man here. "Our adopted boy is sick and calls for his daddy," she said.

S. AMERICAN ELEPHANTS
Elephants reached South America from Africa by land, but it took millions of years to do it. They traveled land bridges from Africa to Europe, across Asia and Alaska, and south across Panama.



SAFEWAY makes many savings in distribution costs. And it is company policy to give consumers the benefit of these savings by pricing all items at the lowest point that will yield a reasonable profit. That's why Safeway prices are always low, every day, on every item. Add to this the fact that while Safeway does not believe in sell-

ing below cost we will meet such prices if others make them and you will understand why shopping at Safeway saves you money. You can buy here with confidence knowing that the price is right and the quality is assured by a money-back guarantee.

Advertised Prices are for Fri., Feb. 28 thru Mon., March 3

SUGAR

Fine Granulated

10-lb. bag 47c
25-lb. bag 1.17
100-lb. bag 4.67

LIPTON'S TEA

Orange Pekoe 14-lb. ctn. 39c

Daffodils . doz. 10c

Brighten up your home with these lovely golden flowers

Eggs, Grade A Large . doz. 19c

Saturday Only

HOW BIG IS A HEAD OF LETTUCE?

Good lettuce heads vary: Some grow in tighter, heavier heads than others. Some heads are larger, some smaller. At Safeway, beginning this week, you can select the exact amount you wish and the weight of your purchase determines your price!

LETTUCE, CELERY AND CAULIFLOWER NOW PRICED BY THE POUND AT SAFEWAY

Produce Prices for Saturday Only

BANANAS Lb. 5c

Ripened to perfection for delicious salads or desserts

GREEN PEAS Lb. 5c

Long tender pods of sweet green peas

Rhubarb Serve this tasty, tangy sauce often . . . 4 lbs. 10c

New Potatoes Small, smooth potatoes just right for creaming . . . 4 lbs. 19c

Celery Utah type, extra crisp . . . Lb. 6 1/2c

Lettuce Extra crisp compact heads . . . Lb. 5 1/2c

Cauliflower Snow white heads . . . Lb. 10c

Oranges Fancy Sunkist 844's and 392's. In shopping bag . . . 10 lbs. 39c

Oranges Fancy Southern California Navel . . . Lb. 5 1/2c

Large sized oranges in handy shopping bag 10 lbs. 40c

Apples Newtowns . . . Box 98c 7 lbs. 25c

Grapefruit Fancy Coachella, in shopping bag . . . 10 lbs. 35c

Carrots Extra fancy Santa Maria, large bunches . . . 5c

PORK

All cuts from young, tender porkers

Sliced Bacon (Swift's Eversweet) . . . Lb. 29c

Pork Roasts Picnic style, Lb. 15c

Pork Steak . . . Lb. 17 1/2c

Pork Chops . . . Lb. 25c

Loin Pork Roasts . . . Lb. 22 1/2c

BEEF

Tender, juicy steaks, cuts, and roasts always at your nearest Safeway Market.

BEEF ROASTS, blade cuts lb. 19c

SIRLOIN STEAK . . . lb. 29c

SWISS STEAK . . . lb. 29c

GROUND ROUND STEAK lb. 28c

GROUND BEEF . . . 2 lbs. 29c

SHORT RIBS . . . lb. 18c

BRISKET BOIL . . . lb. 12 1/2c



LENT

Enjoy Safeway's Wide Variety of Lenten Foods

TUNA

Biltmore No. 1 Can

15c

RINSO

Granulated Soap 23 1/2-oz. pkgs.

2 for 35c

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Bar 5c

WHITE KING Toilet Soap

3 bars 14c

Palmolive SOAP

Bar 5c

Tomato Juice Sunny Dawn 15c

46-oz. can

Royal Satin Shortening 39c

3-lb. can

SuPurb Granulated Soap 15c

24-oz. box

50-oz. box 29c

Pork & Beans Newport No. 2 1/2 3 for 25c

cans

DOG FOOD Pard, 1-lb. cans . . . 3 for 25c
RANCHO SOUPS 10 1/2-oz. cans . . . 4 for 23c
SUPER SOUPS, Concentr'd, 24-oz. pkg. 2 for 37c
FANCY PEAS, Sugar Belle, No. 2's 2 for 28c
CORN, Country Home, No. 2 can . . . 10c
SPINACH, Emerald Bay, No. 2 1/2 tins 2 for 25c
PINEAPPLE, Broken Sliced, No. 2 1/2's 2 for 27c
HONEY, Stewart's . . . 5-lb. can 29c
PEANUT BUTTER, Real Roast . . . 2-lb. jar 23c
MAYONNAISE, Piedmont . . . qt. jar 33c

SALAD DRESSING, Duchess . . . qt. jar 23c
OLEOMARGARINE, Sunny Bank 2-lb. ctn. 21c
DEVILED MEAT, Cudahy's No. 1/4 tins 2 for 5c
TANG, Cudahy's lunch meat, 12-oz. 2 for 45c
DILL PICKLES, Paradise, 25-oz. jar . . . 15c
PIGS FEET, Hormel's . . . qt. jar 29c
BAKING POWDER, Clabber Girl 2-lb. can 19c
CHOCOLATE SYRUP, Hershey's 16-oz. can 9c
MUSTARD, Crescent . . . 32-oz. jar 15c
RICE, River . . . 2-lb. ctn. 13c

Shrimp Small dry, 5-oz. can . . . 10c

Oysters Pellaico 5-oz. can . . . 10c

Salmon Prince Leo 1-lb. can . . . 2 for 25c

Cheese Kraft Valveta, American or Brick . . . 2-lb. loaf 53c

Spaghetti Franco Amer. No. 300 cans 3 for 25c

Milk Cherub Tall Cans 6 for 35c
Flour Kitchen Craft 49-lb. sack 1.35
Baby Foods Gerber's chopped or strained 4 1/4-oz. cans 4 for 25c

TEA, Canterbury Orange Pekoe 1/2-lb. ctn. 28c
MARSHMALLOWS, Fluffiest . . . 1-lb. ctn. 10c
MATCHES, Searchlight, 6-box ctn. . . ctn. 19c
QUAKER OATS, Quick or Reg. . . 1-lb. pkg. 21c
KELLOGG'S RICE KRISPIES . . . pkg. 10c
CORN FLAKES, Albers Reg. pkg. . . ea. 5c
SODA CRACKERS, New Leader 2-lb. ctn. 15c
FIG BARS, White or wheat . . . 2-lb. pkg. 21c
PEACHES, Starr Elberta Freestone, No. 2 1/2 cans . . . 2 for 33c

Coffee Airway 1 lb. 12c

Edwards 1 lb. 20c

2-lb. can 39c

4-lb. can 75c

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Try America's finest canned foods this week! You'll like their EXTRA GOODNESS, and you'll find they cost no more than ordinary brands!

Monarch PEACHES No. 2 1/2 tin, halves or sliced . . . 21c

Monarch PINEAPPLE, No. 2 1/2 tin . . . 22c

Monarch PEAS & CARROTS No. 2 tin . . . 22c

Monarch SALAD VEGE-TABLES No. 2 tin . . . 17c

Monarch SLICED BEETS No. 2 tin . . . 15c

Monarch LIMA BEANS No. 2 tin . . . 18c

Monarch GOOSEBERRIES No. 2 tin . . . 23c

Monarch WHOLE PEELLED APRICOTS No. 2 1/2 tin 27c

Monarch HOMINY No. 2 tin . . . 15c

Monarch SEEDLESS GRAPES No. 1 tin . . . 18c

Monarch ASPARAGUS 10-oz. can . . . 21c (White and green tips)

LENTEN SUGGESTIONS

Salmon

Fancy Alaska Sockeye No. 1 tall can . . . 31c

Red Sockeye Salmon Steak 1 pound tin . . . 45c

Royal Chinook Salmon Steak, 8-oz. tin . . . 22c

Sardines

Norwegian Cross Pack Tin . . . 22c

Oval tin in sauce, mustard or tomato . . . 10c

Tuna Fish

Oregon Albacore 7-oz. tin . . . 23c

Yacht Club, 7-oz. tin 18c

Seaside, Ore.

Crab Meat, 7-oz. tin . . . 21c

Mixed Clams 7-oz. tin . . . 15c

Clam Nectar 10-oz. tin . . . 15c

Shrimp

Large Jumbo, wet or dry pack . . . 20c

Oysters

Extra Large, 10-oz. tin 20c

Tillamook, small Oysters, 10-oz. tin . . . 2 for 25c

PAR WASHING POWDER

With pottery, lge. size 59c

M-D TISSUE . . . 3 for 25c

SNOWDRIFT or CRISCO 3 pound pail . . . 45c

Eggs

Grade A Large 2 Dozen . . . 45c

C & H SUGAR

10-lb. sack . . . 51c

DOLE PINEAPPLE JUICE

48-oz. tin . . . 25c

TEXAS GRAPEFRUIT JUICE

46-oz. tin . . . 21c

KLEENEX

Facial Tissue

Large Box . . . 25c

Small Box . . . 10c

JELLO, All Flavors . . . 5c

MIRACLE WHIP

Quart Jar . . . 27c

TABLE SYRUP — Liberty Bell, Tea Garden or Marshmallow 12-oz. jugs . . . 17c

Complete Variety Fresh Garden Vegetables