Special FOOD Covering

FOUN

DROUGHT BOOSTS COSTS OF FOOD

SURVEY

HOWS FOOD

MANY FOODS TO JUMP IN PRICE IS PREDICTION

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SHORTAGE

SHORTAGE

MCREASE

LEADING TO

Returning Schooldays Recall Importance of Well-Planned Meals for Children

Long simmer days spent in active play out of doors, hours in the bright sunshine have contributed to the buoyant health of children everywhere. In order to keep them as fit and vigorous all through the more contining mouths to come it is necessary to provide meals—and particularly lunches that will yield the maximum in strength and energy.

If the child comes home for his noon meal the problem is a simple one, of if there is a cafeteria provided in the school the meals are almost sure to be carefully chosen and satisfactory. But if he must take his lunch to school it is a bit more difficult to give him just the right type of foods. But with a little thought and planning this problem may be solved. Here are meals for the child who comes home, and suggestions for box lunches.

Lunch at Home the butter a small bit at a time

Lunch at Home

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Milk

LUNCHEON POTATOES

Scrub three large potatoes and bake about 1 hour in a hot oven. Frizzle 2 cups (7-ounce jar) chipped beef, shredded, in hutter 5 minutes. Dredge with 4 tablespoons flour, few grains pepper. Gradually add 2 cups milk and cook until thick. When potatoes are done, cut each one lengthwise, socop out potato, mash; add milk, butter, salt and pepper and beat until fluffy. Partly fill potato skins with creamed chipped beef; pipe the mashed potatoes around the edge. Place in a hot oven to brown lightly.

Remove from oven; fill centers with hot buttered peas.

CHOCOLATE TAPIOCA

Remove from oven; fill centers with hot buttered peas.

CHOCOLATE TAPIOCA
SOUFFLE

'4' gup granulated taploca
'4' gup sugar
2 squares chocolate cut in pleces
2 cups milk
2 tablespoons butter
3 egg volks beaten until thick and lemon colored
3 egg whites stiffly beaten
'4' (caspoon sait'
Combine taploca, sugar, sait chocolate and milk in top of a double boiler. Place over boiling water 'and bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, string frequently. Add butter. Cool slight by while beating eggs. Add egg volks and mix well. Fold into egg whites. Turn into greased baking dish. Place in a pan of hot water and bake in a moderate oven.

Cauliflower with Golden Sauce

nliflower with Golden Sauce Tomato Julee Whole Wheat Bread whed Honey Rice Pudding Milk or Cocoa

Browned Honey Rice Fudding

Milk or Cocoa

CAULIFLOWER

with Golden Sauce

1 medium size head caullflower

Yolks of 2 eggs
% cup cream or evaporated
milk
% teaspoon salt
¼ feaspoon paptika
Jules of % lemon
2 tablespoons butter

Method: Cut away the green
leaves and woody base from the
cauliflower and soak, head down
in wold salted water for at least
15 minutes. Drain and boll, uncovered, in enough salted water
to cover until tender. Drain, divide into flowercts, and serve
with golden sauce. To make the
sauce, beat the yolks slightly,
add green, sait, paptika, and
lemon juice. Place in the top of
a double boiler over bolling
water and cook until thick. Add

the butter a small bit at a tin as the sauce cooks.

Browned Honey RICE PUDDING

RICE PUDDING

1 cup washed raw white rice
% cup strained honey
4 cup raisins
1% cups evaporated milk or cream
2 tablespoons butter
½ teaspoon cinnamon
% cup chopped nuts
(these may be omitted)
Method: Cook rice in boiling salted water. Brown in a skillet, being careful not to burn the rice. Drain, mix with honey and add butter, einn am on, nuts and milk. Mix and place in a casserole. Bake in a moderately hot oven until pudding gets golden in color. Add juice of: 1 lemon, stir and bake 16 minutes more.

Box Lunches
Fig and Peannt Sandwiches
Apple
Milk
FIG AND FEANUT
SANDWICHES
1 cup dried figs, chopped
% teaspoon salt
2 teaspoons water
% cup mayonnaise
4 cup salted peanuts, chopped
Method: Cook the figs, salt,
lemon juice and water in a
double boiler until the mixture
forms a paste. Cool, add the
mayonnaise and blend thorough
ly. Spread on bread and sprinkle
with peanuts.

Green and Gold Sandwiches

Banana
Milk

GREEN AND GOLD
SANDWICHES

Mash the yolks of 3 hardboiled eggs, add 1 tablespoon
butter; 2½ tablespoons mayonnaise; 2 chopped egg whites
and 7 chopped green olives. Mix
together. Spread on unbuttered
brown bread silces.

MOLASSES THINS
½ cup molasses
½ cup shortening
1 cup sifted flour
¾ cup sigar
1 tablespoon ginger
Method: Heat the molasses to
boiling. Add the shortening and
allow it to melt in the molasses.
Then add sifted dry ingredients.
Stir until smooth and well blended and drop by teaspoons, 4
inches apart on the back of a
buttered dripping pan or metal
tray. Bake in a moderate oven
for about 15 minutes, until they
darken a bit and bubble up well.
Remove from the oven and cool
slightly on the pan.

Marriage Reverses Name

That Are Handled With Care

UB MEATS are thoroly refrigerated and cared hefore they are even to us. Then our mod-calloment is used to hear pos-



MARKET GRUBB'S

After a motor trip or Sunday fternoon excursion into the ountry, there is nothing better

warmer weather, so interested in this su inez S. Willson, he

Crea

78c 78c 78c 50c 59c 1.18 CANNED CORN

Jet Monte Golden Bantam Gran

Levam style in No. 7 came

Coll Hento Golden Bantam 35c 70c 11.39

Standard Pack of pane 527c 54c 1.08 CANNED

FOOD BUYERS, ATTENTIONS
Newspopers and other publications have, for some time, been felling you there, due to short crops, draught, and other respect, food prices were advancing rapidly. We cannot dony this. Many wholesade prices have been advancing and more raises are expected any time. The buyers of Safeway contracted early for large stocks of cannot done, which are being offered this week at unusually log prices. To you, lar, and dres. Consumer, was say . Bay all the cannot agreed your pocketheat will stead. Buy in dozen and case lots for use deging this coming whater.

PRICES LISTED ARE EFFECTIVE THRU SAT., SEPT. 5



CANNED	STATE OF THE PARTY NAMED IN	RUITS
Quality tree-ripened fruits, sel- lected for their flavor. Note low prices during this sale.	3 cans	6 Doz.
Apricots Dainty Mix whole,	25c	49c 98c
Apricots Mariposa	35c	69c 1.35
Pears No. 8/2 can	50c	PISH
CANNE	33c	65c 31.27
Salmon Happy-Vale	29¢	57c 1.10
Sardines Van Camp tall	14c	27c 53c
Kippered Snacks	No. 1/4 can	23c 45c
OTHER	II	EMS
Dog Food Strongheart Tall-tan Gatsup Stokely's 14-ounce	13c	25c 50c 65c 1.27
Max.I-muM	18c	36c 72c
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Lefter in 50 Words or Less Teiling

*WHAT CHAIN STORES

DO FOR GALIFORNIA

316 Meany Frizes Totaling \$1500.00

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5000 CA'SH Ast at our store too atticial CALIFORNIA'S HOUR

6 314-02. 21C 3 2/4:02 29¢ 3 12-oz 420 3 cane 420 6 734-02 17

SNOW PLOUR Weich's Grape Jules pirit 176 guart 33c.
Pineapple Jules Libby's 3 Nons 29c alx 57c
Temets Jules stokely's 6 Nons 24c 3 Nons 21c
Temets Jules val Vita 6 18-ex 27c 3 18-ex 14c
Fruits For Cocktail alx ages, 57c 3 Nons 29c
Tidbits Pineapple 3 Ears 19c alx 37c dams 74c
Tidbits Pineapple 3 Ears 19c alx 37c dams 74c

3 7 Jans 23c Jans 45c Needles Golden 3 14C 6 for 27C
Soup Beat or Tomato 3 cans 14C 6 cans 27C Asperagus Sagramento 3 cana 39c 6 cana 75c

Rorexo Powdered Soap Borax can 15c

Lifebuoy Soap Prevents 5 Dars 17c

Rinso Granulated Soap Dars 17c

Soap Canadated Soap Dars 17c

Soap Cana White Way Soap Gondensed Granulated

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Sate of \$1,98 PARE BRAND BEEL dozen 60c Cane of 51

FANCY BEEF ROAST



AFEWAY