

Poetry Contest Is Open

A \$1776 grand prize will be awarded in the Bicentennial Poetry Contest sponsored by the World of Poetry, a monthly newsletter for poets.

Poems of all styles and on any subject are eligible to compete for the grand prize or for 49 other cash or merchandise awards. There are ten first places of \$200 each.

Says contest director Joseph Mellon, "The initial response is gratifying. Even poets who never publish are sending their work."

Rules and official entry forms are available by writing to: World of Poetry, 801 Portola Dr., Room 211, San Francisco, California 94127.

Contest deadline is July 31.

Cukes

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drain. Pour pickling solution over vegetables and bring slowly to scald. Do not boil. Pour into hot jars and seal.

KOSHER DILL PICKLES

Pack medium cucumbers into clean quart jars. Into each put one bud of garlic, 1/4 teaspoon alum, 2 dill heads, or about 1/4 teaspoon dill seeds, one hot pepper, and one grape leaf. Mix one quart vinegar with three quarts water and one cup salt. Bring to boil and pour over cucumbers. Seal at once. Let stand six weeks to 2 months before using.

SPICED PUMPKIN

12 cups cubed (1 inch) pared seeded pumpkin, about 3 1/2 pounds)
4 1/2 cups granulated sugar
2 cups white vinegar
2 tablespoons whole allspice
2 tablespoons whole cloves

Cover pumpkin with water; cook about 10 minutes or until tender. Drain. Combine sugar and vinegar in large kettle; heat to boiling. Add spices tied in cheesecloth bag; then pumpkin. Simmer, uncovered, 30 minutes, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one hot sterilized jar at a time. Fill to within 1/4 inch of top. Make sure vinegar solution covers pumpkin. Seal each jar at once. 4-5 Pints.

TURN A DAY PICKLES

2 quarts cucumbers, 2 1/2 to 3 inches long, 2 pounds, 12 ounces)
3 cups vinegar
3 tablespoons prepared mustard
2-3 cups sugar
2 2-3 cups sugar
2 tsp. salt
1 1/2 tsp. prepared horseradish

Wash cucumbers thoroughly. Crisp 2 or 3 hours in ice water. Pack closely in quart jars to 1 inch from top. Blend remaining ingredients and pour over cucumbers. Remove air bubbles with spatula or knife and add more liquid to come to within 1/4 inch of the top. Seal loosely and let stand 24 hours. Then tighten seal and turn jar upside down to shake up the pickling solution. Loosen seal slightly. Repeat tightening seal, shaking etc, each day for a week. Two quarts.



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ARMOUR STAR GRADE "A" FRESHLY FROZEN
Chicken Hens
(3 TO 5 LBS. AVG. WTS.)
39¢
LB.
(LIMIT 2 PER CUSTOMER PLEASE)
SAVE 40¢ PER LB.

WHOLE OR RIB HALF PORK LOIN CUT INTO
Pork Chops
(LOIN HALF OR REGULAR HALF PORK LOIN CUT INTO PORK CHOPS ... LB. \$1.29)
\$1.19
LB.
SAVE 20¢ PER LB.

SAVE \$7.82
IF YOU PURCHASE THE FOLLOWING ITEMS!
\$1.60 on 4 lbs. Chicken Hens
\$1.60 on 8 lbs. of Pork Chops
\$1.00 on 2 lbs. of Brisket
60¢ on 3 lbs. of Chuck Steak
60¢ on 3 lbs. of Fat Back
52¢ on 4 Pot Pies
19¢ on 2 cans of Tuna
AND ONE EACH OR THE OTHER FEATURED ITEMS.

RATH BRAND
Corned Beef Brisket
(SERVED WITH CABBAGE)
LB. 10¢
\$1.09
LB.
SAVE 50¢ PER LB.

- Meat**
- MORE THAN 80% LEAN FRESHLY MADE **Chopped Steaks** Lb. \$1.19
 - HY-TOP BRAND (LB. 99¢) **Beef Franks** 12 Oz. 79¢
 - GREENWOOD BRAND RED HOT **Links** 2 Lbs. \$1.79
 - GWALTNEY OF SMITHFIELD MILD OR HOT **Pork Sausage** .. Lb. \$1.09
 - HY-TOP BRAND (LB. \$1.49) **Sliced Bacon**.... 12 Oz. \$1.19
 - SEABROOK ROUND OR FANTAIL **Shrimp-n-Batter**. Lb. \$1.69
 - CAPTAIN JOE DEVILED **Crabs**..... 4 3 Oz. \$1.00

- Dairy**
- HY-TOP BUTTER-ME-NOT **Biscuits** 9.5 Oz. 33¢
 - HY-TOP SINGLE WRAP SLICED **Cheese Food** ... 12 Oz. 99¢
 - ROCKET-ADE PUNCH, LEMONADE, ORANGE **Fruit Drink** Gal. 79¢

DRY SALT
Fat Back
(SLICED ... LB. 99¢)
49¢
LB.
SAVE 20¢ PER LB.

- Grocery**
- TRELLIS **June Peas** ... 4 No. 303 Cans 89¢
 - ARMOUR VIENNA **Sausage**..... 3 5 Oz. \$1.00
 - UNDERWOOD DEVILED **Ham** 4 1/2 Oz. 55¢
 - Heinz Catsup**.... 32 Oz. 89¢
 - BUNKER HILL **Chili** 2 10 Oz. 89¢
 - MT. OLIVE SWEET **Salad Cubes**.... 22 Oz. 69¢
 - FRENCH'S REG. OR SMOKE **BBQ Sauce** 18 Oz. 49¢
 - H-T PINK LIQUID **Detergent** 32 Oz. 49¢
 - MARCAL **Towels** 2 Jumbo Rolls 89¢

U.S. CHOICE, QUALITY TRIMMED BEEF
Chuck Steak OR ROAST
(ARM SHOULDER ROAST-LB. 99¢)
76¢
LB.
SAVE 23¢ PER LB.

TURKEY, BEEF OR CHICKEN FROZEN
Morton Pot Pies
8 OZ.
4.88¢
SAVE 52¢ PER LB.

Health & Beauty

Breck Shampoo ... 7 Oz. **89¢**

- Frozen**
- SWANSON CHICKEN OR TURKEY HUNGRYMAN **Dinners**..... 15 1/2 Oz. \$1.19
 - HY-TOP MIXED VEGETABLES OR BRUSSEL **Sprouts** 3 10 Oz. 99¢
 - PET **Fudgesicles** 12 Pk. 99¢
 - VORMAN'S **Gingerbread Man** 6 Pk. 79¢

- Produce**
- FRESH **Red Ripe Pint Tomatoes** .. Pint 39¢
 - WASHINGTON EXTRA FANCY **Winesap Apples** .. 4 Lbs. \$1.00
 - GOURMET DELIGHT **Broccoli** Bunch 49¢
 - CALIFORNIA FINEST DRISCOLL **Strawberries** Qt. 99¢

- Grocery**
- Ac'cent 1 Oz. 49¢
 - Ac'cent 4 1/2 Oz. \$1.29
 - VANITY FAIR FACIAL **Tissue** 134 Ct. 49¢
 - VANITY FAIR **Towels** Jumbo Roll 49¢
 - VANITY FAIR BATH **Tissue** 2 Roll Pkg. 43¢
 - LIQUID **Woolite**..... 16 Oz. \$1.29

DEAL PACK
Tide Detergent
QT. SIZE
88¢
QT. SIZE
(LIMIT 1 WITH 20¢ OFF COUPON)
SAVE 39¢

32 OZ. RETURNABLE MT. DEW OR
Pepsi-Cola
6 \$1.49
BTL. CTK. PER 6PK.
SAVE 46¢

JUICY SWEET
California Nectarines
LB. **39¢**
SAVE 20¢ PER LB.

- SWIFT'S **Potted Meat** . 5 3 Oz. 89¢
- LIBBY TOMATO **Juice** 5 No. 211 Cans \$1.00

- STALEY **Pancake Syrup** . 24 Oz. 99¢
- OLD VIRGINIA **Apple Jelly** 2 Lb. 69¢

H-T THIN SLICED
Sandwich Bread
3 \$1.00
1 1/2 LB. LOAVES
SAVE

Starkist Light Meat Chunk Tuna
2 8 1/2 OZ. CANS
99¢
SAVE 19¢

- CHUN KING CHOW MEIN **Noodles** 3 3 Oz. \$1.00
- CHUN KING **Soy Sauce** 5 Oz. 27¢
- MAXWELL HOUSE **Instant Coffee** ... 10 Oz. Jar \$2.69
- PUMP SPRAY BASIN/TUB/TILE **Sta Puf Rinse** ... 1 Gal. 99¢
- Lysol Cleaner**..... 17 Oz. 89¢
- Concentrated All** 10 Lbs. \$3.79

CARRIAGE TRADE
California's Finest Peaches
LB. **29¢**
SAVE 10¢

Joy Liquid Detergent
QT. SIZE **65¢**
SAVE 10¢

Hellman's Mayonnaise
QT. **99¢**
SAVE 26¢

- Bakery**
- OUR REG. 73¢ VERNEDALE **Garlic Bread** 16 Oz. 63¢
 - OUR REG. 69¢ VERNEDALE **Potato Rolls** 18 Ct. 53¢
 - OUR REG. 45¢ MOUNTAIN MADE **Honey Kuris** 3 Ct. 39¢

20¢ OFF
1 Lb. Can Of (M)
Maxwell House
(REGULAR, DRIP, ELEC. PERK)
Coffee
WITH THIS COUPON
(LIMIT 1 COUPON PER CUSTOMER)
COUPON GOOD ONLY AT
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