

Start Day Off With Good Breakfast

To start the day with a good breakfast is a good health rule any time, but in wartime many nutrition leaders consider it almost a necessity, says Nellie Lyle, secretary of the Lane county nutrition committee. A good breakfast has appetite appeal, it is nourishing, and it provides energy foods to carry through these busy days until lunch time, she says.

The war worker or one who does active work on the farm, in a factory or around the home, needs a breakfast that will "stick to the ribs" until lunch, says Mrs. Mabel Mack, extension nutritionist at Oregon State college. Where so many must eat a cold lunch it is even more important that the breakfast be hearty.

Mrs. Mack says that breakfast is likely to be the most neglected meal of the day because of lack of appetite, lack of time, or from a desire to lose weight. Variety in the breakfast menu adds interest, helps stimulate appetite, but the general pattern for breakfast may be much the same.

Fruit is refreshing and appetizing and may also supply much of the vitamin C needed by everyone daily. If one doesn't get some food fairly rich in vitamin C at breakfast, it is hard to get the day's quota.

Citrus fruits and tomato juice are popular as breakfast starters for both of these reasons. Canned or frozen strawberries may also supply a good deal of vitamin C as well as adding color and flavor to the meal. Other fruits are good when additional vitamin C is supplied elsewhere.

Bread and cereals play an important part in the breakfast menu in providing energy, and the whole grains or enriched products add important amounts of vitamins and minerals. Ready prepared cereals save time but in cold weather most people like hot cooked cereal. Some families like warm whole milk on cooked cereal, others prefer cream. That's a matter of taste or pocketbook.

A wide variety of breakfast breads are enjoyed by all—hot crisp toast, muffins, biscuits, coffee bread, waffles or pancakes. Honey, marmalade or other sweet spreads may be served with these hot breads to add flavor and energy value.

Eggs needed in the daily diet may often be provided at breakfast. Bacon or ham are breakfast favorites, and may be served occasionally—if you can get them.

Last of all there's the breakfast drink to consider. The children may like warm milk or cocoa. The adults may take their daily one cup allowance of coffee at breakfast or may have half coffee and half hot milk or tea or cocoa or one of the cereal "coffee beverages" now on the market. The important thing is to have something warm, cheering, and good to taste in your cup these dark wintry mornings.

Office Supplies, The Sentinel.

PENNEY'S

With 5% Wool! **PLAID PAIRS** \$2.98 Soft, fluffy with the extra warmth of 5% wool! Soft pastels.

Priscilla CURTAINS \$1.49 Crisp, airy marquisette outlined with pet ruffles. Self tie-backs.

3-4 ... AND WORK WILL WIN THE WAR!

Victory depends on hard and effective work... by everybody who can work. Work and produce! Work to release others for production! Those are the battle-cries of the day!

So the need for practical, durable clothes for work is growing.

We, at Penney's, point with pride to ours, famous with generations of American workmen. And to our trim cotton dresses that housewives have bought by the millions. And all the other practical Penney garments people wear at work.

We have always kept working America supplied with all kinds of clothes to work in... and we are doing it today, more than ever!

So, whatever your wartime job, you will find here the clothes you need for that job!

The War and Business

TRENDS—"In 1943 we shall be living in a full war economy... it will be a hard year, but it will be fruitful," WPB chairman Nelson said.

Some recent reasons—In November the U. S. scored the biggest monthly gain in munitions production since we began to re-arm in 1940. In that month materials normally going into civilian goods and services were diverted to achieve the following production record:

November Production
Airplanes—Up 18 per cent over October.
Ordnance—Up 13 per cent over October.
Army and navy vessels—Up 9 per cent over October.
Merchant vessels—Up 26 per cent over October.
Other munitions—Up 9 per cent over October.

The North African campaign, with its stupendous demands for gasoline, oil and food, resulting in civilian rationing of these three prime military essentials.

The packaging of all types of equipment and supplies for shipment to the armed forces of foreign soils, which will mean domestic shortages of wood, cardboard, cellophane, wood pulp, etc.

To meet military requirements and to assure equitable distribution at home, newspapers and magazines were cut in their consumption of print paper, processed foods are to be placed under rationing at the consumer level, and mercantile inventories of consumer goods in the hands of large retailers and wholesalers will be curtailed. Amounts and kinds of health supplies, chemicals, household and industrial products, and beverages that may be packed in glass containers with caps made from critical materials are now specified, with further cuts to be anticipated. Tribute to American ingenuity.—At least one million ceramic fireplace grates will be made in time for installation this winter. Their manufacture saves 30,000 tons of cast iron.

Copper stationery, calling and greeting cards are out for the duration.
War Production Board
By an amendment of priorities regulation No. 1, persons who have purchased material with the assistance of preference ratings may under certain circumstances, sell it or make use of it for purposes other than the one for which it was originally obtained. Regulation No. 3 was also amended to permit application of appropriate preference ratings to telephone and telegraphic orders.
A system of temporary supplementary quotas, designed to enable iron and steel warehouses to rebuild their stocks, was announced. A warehouse may now exceed its quota for the first quarter of 1943, provided that it keeps within its total allotment for the period January 1, 1942, through March 31, 1943.

Until January 21, 1943, manufacturers may continue to sell and ship electric fuses or component parts of such fuses, as at present, on orders rated A-10 or higher, but after that date they may make deliveries only on orders rated A-11 or higher.
Further restrictions on the use of metal in the manufacture of plumbing fixtures were imposed with the issuance of an enlarged and revised schedule XII of limitation order L-42.

Production of certain office supplies—including desk pencil sharpeners and metallic file fasteners—has been ordered stopped. Production of metal repair parts for office supplies also is prohibited, with the exception of parts for staplers and perforators (punches). Only assembly of already fabricated metal desk pencil sharpener parts is permitted, and that must stop January 15.

Defense Transportation
Beginning January 1, fleet operators of commercial motor vehicle transporting passengers are no longer required to maintain tire records on each vehicle's certificate of war necessity.

PRICES—Reductions in the wholesale and retail prices for used household vacuum cleaners were ordered, saving consumers an estimated \$800,000 to \$1,000,000. On an average consumers will pay four to five dollars less for most models of used cleaners than at current prices, in effect paying the October 1941 price for the particular second-hand model, plus the increased rebuilding and reconditioning costs between October 1941 and March 1942. Specific dollars and cents prices for every make and model must be kept on seller's premises and shown to customer upon request.

Maximum prices for grapefruit, lemons, oranges, tangerines, and temple oranges grown in the four principal citrus producing states—Florida, Texas, Arizona and California—were set for packers and distributors at retail, to promote orderly distribution of the fruit at fair prices. A forthcoming action will extend margin controls to retail sales of these fruits, but the OPA said this will make little change in prices the housewife pays over the entire year.

An average 10 per cent increase in the temporary individual price ceilings for millers and blenders of flour from wheat, semolina, and

farina was produced by setting uniform specific dollars-and-cents while the adjustment will raise the price per barrel of family flour sold to consumers from 40 to 75 cents, it is not expected to affect retail bread prices. The increased flour costs will be offset, OPA said, by savings in the manufacture, packaging and distribution costs of bakers under a program announced simultaneously by the department of agriculture.

Action that, in some instances, will permit increase of prices paid for dry gas in the field, but that will not affect consumer prices, changed the base date for determining maximum gas prices from October 1941 to May 1, 1942.

Increased production cost due to expanded drilling programs and operation facilities caused the change, which was necessary, OPA said, to relieve producers who entered into contracts for the expanded operations between October 1941 and May 1942.

In several sections in the lumber field, (1) the price ceiling for southern hardwood construction boards was lowered to conform with reduced cost of production, and to avert an artificial shortage of the grades of hardwood lumber used in military and industrial containers, caused by its diversion into construction board use because of price differential. (2) Lumber manufactured from sitka spruce, except aircraft lumber, in Washington and Oregon west of the crest of the Cascade Mountains was brought under specific cash ceiling prices. (3) Buyers of west coast logs directed by the federal government to resell their logs to other users needing them in essential war production, were permitted to add to their ceiling prices any direct costs incurred by them in such sales. (4) Northern hardwood lumber kiln drying classifications were revised, and increases were allowed for producers meeting army lumber specifications.

Reports required from the anthracite coal industry by the solid fuels branch of OPA will be reduced by 75 per cent this year, mine operators were told.

RATIONING—"Buying of canned fruits and vegetables and the other processed foods that are going to be rationed soon has proceeded normally," price administrator Henderson said in commending housewives and grocers for the orderly manner in which they responded to the government's appeal not to hoard.

Coffee stamp 27 from war ration book one became invalid January 3. Stamp No. 28 will be good for one pound of coffee until midnight February 7.

Civilian rationing was allowed of new 1942 automobiles listed at \$2500 or more, new 1941 or earlier models that have gone less than 1,000 miles, and of four-door, hard-topped Chevrolet, Ford and Plymouth sedans. The sedans had been held earlier for possible army and navy demand. The new cars first mentioned had been in limited demand.

NEW RESPONSIBILITIES OF FSA
New responsibilities of the Farm Security Administration were explained to FSA representatives at a district conference at Eugene last week. In addition to the local FSA office personnel, the Coquille, Roseburg, Corvallis, Albany and Dallas offices were represented. Those attending the conference learned that farm security responsibilities will be increased in line with the reorganization of the USDA. The national food production goals were discussed in detail by Verne F. Livesay, state director. Local food production and the relationship of labor, farm machinery, and credit, were discussed by O. B. Hardy, area specialist. County office responsibilities were pointed out by Cecil J. Youngstrom, district supervisor. Others in attendance were Mrs. Viola B. Shaffer, area home management supervisor; Carroll Dwyer and Joe King of the Portland office.

MAIL MESSENGER SERVICE BIDS WANTED
The local post office will accept bids for carrying the mail from the post office to the depot until January 16th. Anyone interested can obtain further information by contacting N. J. Nelson, postmaster.

The lowest form of animals having a colored curtain before the eye—the iris—is the fish, reports the Better Vision Institute.

Films Developed and Printed 25c 6 and 8 Exposures
Free Enlargement of Your Choice With Every Roll. REPRINTS 3c EACH. Guaranteed Work. Thrift-Wise Cottage Grove, Ore.

What You Buy With WAR BONDS

Stop Spending, and Save for the future. That has been good advice since biblical days. You cannot buy tires today, but you can start saving to buy that new set of tires when they go on the market again.



Your regular investment of ten percent or more of your earnings in War Bonds through your Payroll Savings Plan will provide the necessary funds to buy those tires later and help win the war now. Let's "Top that Ten Percent."

U. S. Treasury Department

Color Affects Air Sickness

Color engineers have been employed by some air lines to design color schemes to prevent air sickness. They have found that browns and yellows induce nausea, while greens and blues avert it. One color consultant even advised an air line to avoid serving coffee and mayonnaise for color reasons, and recommended that even the sheets and pillow cases and blankets in the new air liners be green.

Five to One

It takes five tons of iron ore, coke, limestone, and other materials to make one ton of scrap metal.

City Briefs

Mr. and Mrs. J. A. Powell of Prineville spent the holidays here with their daughter and son-in-law Mr. and Mrs. Vinal Randall, returning to Prineville after the holidays. Recently they have moved here and are making their home at 809 South Sixth Street.

Mr. and Mrs. Harold Sprague and daughter Marilyn of Independence planned to spend the week end here with Mr. and Mrs. Cecil Caldwell, but only got as far as Eugene and were forced to return on account of the high water between here and Eugene.

Mr. and Mrs. Arthur Smith and daughter Mrs. Cohen and their son Jimmy of Mt. Shasta visited recently at the home of Mrs. Smith's mother, Mrs. Mary Witcher.

Mrs. Nettie Johnson returned recently from a month's visit with her daughter and family, Mr. and Mrs. Thomas Pitcher at Gardiner. Mr. and Mrs. Pitcher brought Mrs. Johnson home and visited at the home of his brother, Walter Pitcher and family.

Mrs. S. T. Rose, who has been employed for the past few weeks at the J. C. Penney store, has accepted a position in the office of Dr. H. A. Hagen and will assume her new duties Monday.

Mrs. O. H. Pickens received word yesterday that her sister, Mrs. A. F. Simmons, is seriously ill in a Bend hospital.

Mrs. Mary Witcher returned recently from a month's visit at the home of her daughter, Mrs. W. E. Stevens at Wheeler. On her re-

turn home, she visited a son at Hayden Bridge.

RADIO REPAIRS

By Dexter Somers

405 Main Phone 201

LOWEST PRICES ON ALL WINTER DRUG NEEDS

Hot Water Bottles	Every Day Prices
Fresh Stock	Kolonos 2th Paste
98c \$1.25 \$1.48	Large Tube 30c
	75c Vicks 50c
	60c Mentholatum 53c
	60c Alkaseltzer 40c
	1 oz. Penatro Nose Drops 50c
	75c Musterole 63c
Lanol-Gesic Balm	
For Head Colds	
1 1/2 oz. tube 50c	
Colonial Club Shampoo	
Removes Dandruff	
7 1/2 oz. bottle 50c	
	Citimin Vitamin Caps
	A. B. C. D. G.
	100 Caps \$3.19

Kelly's Cut Rate Drug Store

SAFETYWAY Homemakers' Guide



Meal Planning in Wartime

We're making readjustments everywhere these days. Even our menus come in for drastic changes now that so many of our taken-for-granted foods are being drafted for service on other fronts. Meals are likely to be a bit top-heavy with eggs, for example, going over to the dinner menu, and being replaced at breakfast with whole grain cereals. But even if foods have to be shifted around, our meals shouldn't... mustn't be lopsided or out of balance.

Nutrition's the Thing
The pace we've set for ourselves on the home front makes it doubly important that we get our full quota of health and energy-giving vitamins, minerals, proteins and other food essentials. That's where a working knowledge of nutrition pays dividends. If you have more than a flavor acquaintance with foods... if you know what each contributes to the well-being of the family, then it is a simple matter of nutritional calculation to know what replacements to make on the menu.

For instance, if you've used your quota of meat for the time, then you can build your menu around other protein-rich foods such as eggs, cheese, dried beans and peas, fish or tofu.

Avoid Monotony
As the variety of foods grows less, meals are likely to become a trifle on the tiresome side. Get out of the cooking rut by serving those day-in-and-day-out foods a little different each time.

Wartime Homemakers' Guide
Be sure to get your copy of THE FAMILY CIRCLE MAGAZINE every Tuesday. In it, you'll find Julia Lee Wright's articles in a new wartime uniform and chocked full of ideas, menus, recipes and helpful hints to see you through this culinary upheaval.

Safeway Homemakers' Bureau
JULIA LEE WRIGHT, Director

Buy U. S. War Bonds & Stamps

WITH WHAT YOU SAVE BUY MORE WAR BONDS AND STAMPS

Shop early in the week...avoid crowds...and save money, too!

WIFE GETS SMART, MAKES HUSBAND HAPPY



DALEWOOD Vegetable Margarine

Triple-wrapped—always fresh! Fortified with Vitamin A

Lb. Carton 25c

- Beans, Small White 2 lb pkg 18c
- Red Beans, Idaho 2 lb pkg 16c
- Mixed Nuts, All new crop 2 lb 55c
- Harvest Blossm Flour 49 lb sk \$1.55
- Fisher's Biskit Mix 2 1/2 lb pkg 28c
- Wheat Flakes, Carnation lg pk 23c
- Shredded Wheat, N. B. C. 2 pk 19c
- Wheaties, Gold Medal 2 pk 21c
- Ovaltine, Plain or Choc. lg size 61c
- Cola Syrup, Mavis 12 oz btl 35c
- White Rock Water, small 2 btl 35c
- Apple Juice, Nu West, 12 oz 2 btl 23c
- Salted Peanuts, Planters Cal bag 5c
- Cigarettes Ctn \$1.28
- Camels, Luckies, Raleighs, Chesters, Old Golds, Kools
- Calo Cat Food or Dog Food 8 oz 10c
- Cider Vinegar, Heinz, Pint btl 10c
- Luchess Salad Dressing pt jar 22c
- Nu-Made Mayonnaise Pint jar 27c
- Best Foods Mayonnaise pint jar 31c
- Woodbury's Facial Soap Deal 4 25c
- Lifebuoy Toilet Soap 3 for 19c
- Scotch Triple Action Cleanser 14 oz pkg 10c
- Sunbrite Cleanser per can 4c
- Drano, for clogged drains, can 19c
- Shinola Polish, Black, liquid 8c
- G.E. Light Globes 30 & 60 w. Ea 10c
- Facial Tissues, Stellar, box 500 22c
- M-D Toilet Tissue 3 rolls 22c

Bring Your Waste Fats TO YOUR SAFEWAY Market Man



ONE POUND OF SALVAGED HOUSEHOLD FAT WILL MAKE THROUGH GLYCERINE TO FINE ANTI-AIRCRAFT SHELLS

CONFUSED about ceiling prices?

Ceiling prices were designed to keep prices within the limits of reason, to fix an amount above which prices may not go, but without restrictions as to how low prices may go. SAFEWAY COMPLIES IN EVERY WAY WITH THE CEILING PRICE LAWS

- Edwards Coffee 1 lb bag 24c
- Nob Hill Coffee 1 lb bag 23c
- Coffee Filters 2 pks 15c
- Get a New Supply. Cloth for Silex. Paper for Drip
- Spry Shortening 3 lb can 60c
- Tomato Soup, Van C., 303 Tall can 10c
- Tomatoes, Gardenseid No. 2 1/2 can 13c
- Baby Foods, Gerbers, Strained or Chopped 4 tins 25c
- Molasses, Brer Rab 12 oz jar Green 18c
- Gold 18c
- Macaroni Dinners, Kraft per pkg 9c
- Enriched Bread, Julia Lee Wright 1 1/2 lb loaf 13c
- Pimiento Cheese, Kraft, 2 lb loaf 69c

SAFETYWAY MEATS

- PORK ROAST 1 lb 32c
- PORK STEAKS 1 lb 35c
- GROUND BEEF 1 lb 25c
- BEEF SHOULD'R ROAST 1 lb 28c
- VEAL SHOULD'R STEAK 1 lb 35c
- BACON (bulk sliced) 1 lb 41c
- Meat Ad Effective Fri., Sat. Only

Corn Meal 9-lb. bag 31c

Mammy Lou

Soup Mix 3 pkgs. 25c

Minute Man, Assorted Kinds

Su-Purb Soap 50-oz box 37c

Super Suds 24 oz box 23c

Camay Soap 3 bars 19c

Oranges and Grapefruit to the front

Oranges and grapefruit are right up in the front lines, nutritionally speaking, with their richness in vitamin C and valuable minerals. As for versatility, they'd win a medal any time!

Oranges Pound 10c
Grapefruit Pound 7 1/2c

Are you getting the most of the best from your produce money? If you are not, do this—Buy your produce by weight at Safeway. You'll find that you get every ounce of value for your money—all produce sold at Safeway is guaranteed to be farm-fresh.

SAFETYWAY

SAFETYWAY FARM-FRESH PRODUCE

Safeway experts select produce right in the fields, in the best producing areas of the nation, it is shipped direct to Safeway to reach you when it's at its very best—sold by the pound to save you money.

- No. 1 Yams 3 lb 29c
- Sunkist Lemons 1 lb 10c
- Tree Ripened
- Tomatoes 1 lb 23c
- Field Grown

Shop early in the week...avoid crowds...and save money, too!

WIFE GETS SMART, MAKES HUSBAND HAPPY

