

Fred Meyer Nutrition Centers

9-10 Daily - 10-7 Sun
 2301 Grand Blvd. NE
 Vancouver, Wash.
 12072 SE Division
 Portland, Ore.
 440 Division St.
 Eugene, Ore.

9-10 Daily & Sun
 2497 E Burnside Rd.
 Gresham, Ore.
 3740 Market NE
 Salem, Ore.
 3450 Commercial St. SE
 Salem, Ore.

10-7 Daily & Sun
 418 SE 187th
 Portland, Ore.
 14630 SE McLoughlin
 Milwaukie, Ore.
 11565 SW Pac. Hwy.
 Tigard, Ore.

Fred Meyer's Own Natural Brand

- NATUR-GLO Vitamins Save Now!**
- NATUR-GLO Kelp Tablets 500's Reg. \$2.79 **\$2.19** ea.
 - NATUR-GLO Vitamin B-6 50mg. Reg. \$3.19 **\$2.65** ea.
 - NATUR-GLO Lecithin Super Pro Powder Reg. \$3.59 lb. **\$2.99** lb.
 - NATUR-GLO Supreme B 100's Reg. \$6.98 **\$5.95** ea.
 - NATUR-GLO Premium Nutrition Plan Multiple Vitamin Supplement 90's 1 lb. pkg. Reg. \$3.25 **\$2.69** ea.
 - NATUR-GLO Yeast 500's Reg. \$3.49 **\$2.89** lb.
 - NATUR-GLO Niacin 100mg 250's Reg. \$1.99 **\$1.65** ea.
 - NATUR-GLO A & D 250's Reg. \$3.89 **\$2.99** ea.
 - NATUR-GLO Vitamin #400 I.U. D-Alpha Tocopherol 100's Reg. \$9.35 **\$7.95** ea.

Fred Meyer Advertising Policy
 Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.



MHCC alumni group to sponsor dancers



BELLY DANCERS find a new recruit in preparation for their performance at the Harvest Fair Sunday at Mt. Hood Community College, Jerry Sorenson, center,

enjoys the attention of the dancers. He is interim president of the MHCC Alumni Association.

Celebrating a decade of growth, Mt. Hood Community College moves into another era with a new president, new directions, and a newly formed Alumni Association.

Intent of the alumni group is "to build a better rapport with former students; to become more involved in activities of the college," said Jerry Sorenson, interim president.

Still in the planning stage, but well on the way towards its goals, the association will join the "Harvest Fair" amidst the swirling skirts, cyballed fingers, and undulating hips of belly dancers when the Portland Saturday Market moves to the MHCC courtyard Sunday, Oct. 24.

The wail and drum beat that accompanies the steppings of

the Middle East folk dances will fill the campus mall as Badawia's Dance Troupe performs at 1 and 3 p.m. in the

Studio Theater. Following the performances the audience may test their agility by participating in "mini" lessons given by the dancers. Badawia's troupe is prepared to perform many native dances besides the belly dance: Bedouin, cabaret, and sword are some of the better known.

"The Alumni Association has had a great deal of fun putting together their part in the 'Harvest Fair,'" Sorenson said. "It should be a great afternoon and hope all those in the district will join us."

Good news, bad news hits poultry business

There is good news and bad news in the poultry business—it all depends upon whether you are a producer or a consumer.

Because Clackamas County is the largest poultry county in Oregon—any news of lowered prices affect a sizeable industry, says Clackamas County Extension Agent Clayton Wills.

On the "good news for producers" side Wills says several factors are at work to make the profit picture fair for egg producers.

Prices to producers are higher than last year and near record levels for 1976. Prices received during September were 53 cents - 54 cents per dozen for loose, double AA eggs at the ranch.

Another plus for the producer is a cheaper feed price. Local growers have bought sprouted

wheat at prices near \$80.00 per ton and corn has also been available at \$109 per ton in carlot quantities.

This good news for growers is also good for the consumer who has available a good supply of high protein food, Wills adds.

Wills says although broiler growers have enjoyed a profitable year to date there is slow down ahead. Large supplies of pork, beef and turkey could drive fryer prices down during the fall and winter.

The turkey picture is still rather slow for turkey growers, according to Wills. The 11 per cent larger national turkey crop has put a burden on the marketing program this year. Consumers should take advantage of good supplies of turkeys to treat their families these fall days.

A MESSAGE TO THE FIRST TIME VOTER

Your Vote is a very precious thing, and you must handle it with care. Don't abuse it. Don't waste it or throw it away. Don't ignore it. And, above all, don't belittle it—because it's the most powerful force in America today.

Sincerely,

 Ken Jernstedt
 State Senator
 District 28



Re-Elect Ken Jernstedt Committee
 3rd and Oak, Hood River, OR 97031

APAL support given

The Agricultural Political Action League has announced their endorsements for candidates in the Nov. 2 election. APAL President Earl Pryor announced the decisions of the Board of Directors which included a total of 70 endorsements throughout the state.

Candidates in the area who received APAL endorsements included Glen Whallon, D-Milwaukie, for House District 25; Ed Lindquist, D-Milwaukie and Kirk Braun, R-Oregon City, both candidates for the House seat in District 26; incumbent Sen. Ken Jernstedt, R-Hood River; and incumbent Rep. Paul Walden, R-Hood River, for House District 56.

APAL also made endorsements in the three statewide races, Norma Paulus for secretary of state, Clay Myers for state treasurer and both Jim Redden and Jim Durham for attorney general.

APAL's membership consists of individuals, partnerships, and corporations involved in agriculture as well as agribusiness industries supporting and contributing to these activities.

want ads Too Late to Classify

FOUND IRISH Setter pup found 10-8-76. Vicinity of 223 and Stark, 666-3507. B-44m1

73 FORD VAN, 12 passenger, 1/4 ton, low miles, 761-8443. M-43T

NEED A LOVELY companion or watchdog? We have 4 beautiful black lab pups. Show quality purebreds, \$35 each call 375-2118. Corbett after 6 p.m. or weekends. B-44m

1975 HONDA 500 T W Fairing backrest, carrier safety bar and 1300 miles, new condition, \$1,350.00, 622-4689. W-43Tpd

Fred Meyer Home Improvement Centers

October Values

Sale Prices Good Today Thru Sun. Oct. 24, 1976

BIG HOME

Only 4 More Big Days to Save on Items For Your Home...



30" x 15" 1 Shelf Storage Cabinet
 Reg. \$8.95 **\$6.95**
 • Perfect for over washer, dryer, utility tubs
 • Use in storeroom, utility room, garage, workshop or office
 • Attractive, easy to assemble, ready to paint
 • #CS11-15
 Home Improvement Centers

2 Shelf Storage Cabinet
 Reg. \$11.95 **\$8.95**
 • 30" x 30" unit with sliding doors
 • Great for workshops, garage or playrooms
 • Provides great extra storage
 • #CS12-15
 Home Improvement Centers

4 Shelf Storage Cabinet
 Reg. \$22.95 **\$18.95**
 • 60" high x 30" wide by 15" deep
 • 4 sliding doors
 • Attractive, easy to assemble and ready to finish
 • #CS14-15
 Home Improvement Centers

Save \$200

Save \$300

Save \$400

Save \$5.00

Black & Decker 7 1/4" Circular Saw
 Reg. \$19.99 **\$14.99**
 • 1.25 HP
 • Sawdust ejection chute
 • Bevel and depth adjustments
 • Includes 7" combination blade
 • #7290
 B & D Circular Saw Blades Reg. \$6.49 **\$5.99**
 Home Improvement Centers or Variety Sections

Save \$2.00

Clear or Black Poly Sheeting
 Reg. \$4.99 **\$2.99** ea.
 • 4 mil. thick in 10' x 25' rolls
 • Use for ground cover, storm windows, drop clothes, etc.
 • Black or clear
 Home Improvement Centers or Variety Sections

Save \$3.30

Quick-Pik 15 Drawer Storage Organizer
 Reg. \$6.29 **\$2.99** ea.
 • Steel frame with see thru drawers that have adjustable drawer dividers
 • Carrying handle
 Home Improvement Centers or Variety Sections

Save \$2.02

EVEREADY Lantern With Battery
 Reg. \$6.99 **\$4.97** ea.
 • Tough, high impact case resists all grease and most chemicals
 • Push button switch, easy grip handle
 • #108-BCDS
 Home Improvement Centers or Variety Sections

Save \$20.00

Deluxe Glass Fireplace Screens
 Easy To Assemble
 • Antique Brass #1407 Reg. \$69.95 **\$49.95** "Charge It"
 • Black & Brass #1101 Reg. \$89.95
 • Polished Brass #1204 Reg. \$94.95
 • Antique Brass #1408 Reg. \$79.95 **\$59.95** "Charge It"
 • Black & Brass #1102 Reg. \$94.95
 • Polished Brass #1205 Reg. \$99.95
 • Antique Brass #1409 Reg. \$84.95 **\$64.95** "Charge It"
 • Black & Brass #1103 Reg. \$99.95
 • Polished Brass #1206 Reg. \$99.95
 Home Improvement Centers or Variety Sections

Save \$1.50 sq. yd.

Colorful Fashion Design Foam Back Carpeting
 Reg. \$5.49 sq. yd. **\$3.99** sq. yd.
 • 12 ft. width
 • Ideal for any room in the house
 • Assorted colors
 Home Improvement Centers

Ozite Econotex Indoor-Outdoor Carpeting
 Reg. \$1.69 sq. yd. **\$1.49** sq. yd.
 • For stairways, porches, patios, kitchens, halls, bathrooms
 • Gold, Blue, Green, Avocado
 Home Improvement Centers

Save \$2.00

Thermal Blow in Type Ceiling Insulation
 Reg. \$7.08 **\$6.66**
 • Use of blower FREE with \$20.00 deposit for 4 hours when insulation is purchased at Fred Meyer
 • This recycled product blown in at 5 1/2" thick produces an R factor of 19
 Home Improvement Centers

Save \$1.00

3 Tab Self-Sealing Asphalt Shingles
 Reg. \$22.99 **\$19.99** per 100 sq. ft.
 • 15 yr. warranty
 • 3 bundles cover 100 sq. ft.
 • Choose from assorted colors
 Home Improvement Centers

Save \$1.90

5 Gallon Premix Joint Compound
 Reg. \$9.89 **\$7.99**
 • Ready to use compound for plaster board
 • Use to finish joints and cover nail heads
 • Use for bracke or texturing #460
 Home Improvement Centers

Save \$4.77

Rockwell Variable Speed 3/4" Drill
 Reg. \$19.76 **\$14.99**
 • Can drill holes in wood, metal, masonry, glass & ceramics • From 1/4" to 1/2" RPM
 • Built with double reduction gears & ball thrust bearings #1976
 Home Improvement Centers or Variety Sections

Save \$40.00

Genie Electronic Garage Door Opener
 Model GS-200 Reg. \$139.95 **\$99.95** "Charge It"
 • 1/2 HP rated torque motor
 • Light comes on when door opens
 • Safety device reverses door when encountering obstruction • UL listed, CSA approved
 Home Improvement Centers

Save \$3.00

250 Coils Romex 12/2 with Ground Housewire
 Reg. \$21.99 **\$16.99**
 • Full sized ground thermo-plastic jacket
 • 250 Foot coils
 Home Improvement Centers

Save \$20.00

DeWalt 8 Inch Radial Arm Saw
 Reg. \$159.95 **\$139.95** "Charge It"
 • Full 1" thick
 • 32" or 36" wide
 • Includes handle and closing hardware
 • Right or left swing
 • #251
 DeWalt 10" Radial Arm Saw #7143 Reg. \$296.99 **\$259.99**
 Home Improvement Centers



Fred Meyer Advertising Policy
 Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.



\$2000 DOWN

ON CONTRACT, excellent rental. Three bedrooms, close to school, shopping, bus. Completely remodeled, everything new. 2844 SE 145th, 666-8021.

\$2500 DOWN

REASONABLE CONTRACT, 1/4 acre in Gresham, 3 bedroom, 1 1/2 bath, garage, everything new, completely remodeled. 2140 NW 3rd, 666-8021. D-44m1