Home and garden hints

Take a good look at your Christmas poinsettia

Poinsettias

Poinsettias, the traditional Christmas flower, are available in a variety of colors, shapes and sizes.

"You can buy tall poinsettias for display in large tubs, low ones for a table centerpiece, or any size in between that fits your decorating scheme," says Ray McNeilan, the Oregon State University Extension Service's home gardening coordinator.

When selecting a poinsettia, look carefully at the foliage, he said. Green foliage all the way to the soil line indicates a disease-free plant with active roots. Also check the flower, which is a small green button in the middle of the red bract. If the flower is tight and green rather than expanded and yellow, the plant will last longer.

"Yellow buttons and open flowers mean the plant is in a later stage of development and may not last as long," McNeilan says.

Poinsettias are accustomed to warm, humid and airy greenhouse conditions.

On the trip home, wrap the plant in paper to protect it from cold temperatures. Once home, submerge the entire pot in water until air bubbles stop rising. Then water again only when the surface of the soil feels dry.

The best room temperature for poinsettias is 65 to 70 degrees by day, 55 to 60 degrees at night. They should be given sunlight, if possible, but don't let the leaves touch the windowpane or they will shrivel and drop, McNeilan warns.

After the poinsettia has been in the house for three weeks or so, soluble fertilizer can be added to the water. Use one-fourth the dilution required for house plants. Repeat the fertilizer application every three or four weeks, as needed, to keep the plant actively growing.

Poinsettias can be kept through the year and with special attention made to bloom again. They can be kept as houseplants until the danger of frost has passed and then put outside for the summer.

Holiday snacks

Christmas parties during the school day for young children can be fun as well as nutritious. Instead of the usual line-up of cookies, cake and candy, consider treating the youngsters to frozen yogurt or pudding made with fresh milk.

Dairy products such as milk, cheese and yogurt are excellent sources of calcium, protein, vitamin A and phosphorus, nutrients essential to each person's diet. "Dairy cows are the most efficient converters of plant feed stuffs to high-quality proteins for human consumption," said Dan Lowrie, extension agent and dairy specialist for Clackamas County.

Yogurt can be frozen by adding some milk to thin the consistency and then put into an attractive mold for freezing. Cheese and apple slices and cottage cheese dip served with carrot and celery sticks are also excellent snacks for young children.

Keeping good nutrition in mind when planning parties for young people is important. Cheese, yogurt, ice cream and cottage cheese can all be attractive, nutritious party foods.

A bulletin entitled, "Super Snacks That Count," is available from the Clackamas County Extension Office. Phone 655-8634.

Recipes for
Cheese Dip

Mash or Sieve 1 cup cottage cheese until fairly smooth. Add ½ package onion soup mix and blend well. Add enough milk to thin the mix to dipping thickness. Mix well and chill.

Mash or sieve 1½ cups creamed cottage cheese until it is fairly smooth. Mix with ½ cup drained crushed pineapple. Thin to dipping thickness with pineapple juice.

To Store Dips: Always cover & store dips in the refrigerator.

Winter lighting

Short winter days mean more money must be spent for artificial lighting, but there are ways to cut down on the cost without sacrificing one's eyesight, according to Carolyn Studer, Clackamas County extension agent.

A new bulletin called "More Light For Your Money" is available free of charge from the county Extension office. The author of the bulletin, Dorothy F. Brown, Oregon State University Extension housing-home furnishings specialist, says that the way to achieve savings is to get more lumens per watt of electricity.

"Lumen" is simply a measurement for the amount of light given off by any lamp.

Incandescent light bulbs vary in the lumens they give off. The package provides the lumen count, so the wise shopper will pay attention to this count when comparing light bulbs. "Long life" bulbs have fewer lumens per watt because they last longer. The consumer must decide whether long life or more light is most important when buying incandescent bulbs.

The colors of wall, floors, ceiling and furniture can make quite a difference in the quantity of light that is available. Colors that are half-way between almost-white and almost-black will absorb more than half the light that strikes them. Thus, it takes more watts to light adequately a room decorated in medium to darker colors, Brown said.

Fluorescent lighting provides three to four times more lumens per watt than incandescent bulbs. People who do not like fluorescent lighting because of their color rendition should consider using either deluxe warm white or deluxe cool white tubes. The deluxe color tubes make both people and room colors look attractive. They are available at electric shops.

Fluorescent tubes not only provide many more lumens per watt, they also have very long life.

Poultry versatility

Holidays and special occasions need not be the only time you serve turkey said Lynn Murphy, nutrition educator for Clackamas County Extension service.

The versatility of turkey has produced a hole new line of products that are nutritious as well as economical. Turkey ham and sausage are excellent alternatives to traditional dishes and sandwiches made from turkey pastrami would be a welcome change of pace at lunch time.

According to Clayton Will, Clackamas County Extension Agent and poultry specialist "the new products make turkey available in smaller consumer sizes." A whole turkey is not always a realistic choice for a small family or group.

CLOSED CHRISTMAS
Closing Early Christmas Eve at 6:00 p.m.
Ad prices effective thru Sunday Dec. 24

THE VERY BEST FOR A

Boneless Ham
Kingan Water Added Half or Whole Smok-A-Roma Whole or Half lb. $1.98
$1.68 Lb.

Rib Roast
USDA Choice Beef Standing Rib Roast Large End Cut
$2.28 Lb.

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Link Sausage — Safeway Skinless Pork Sausage — 8-oz. pkg. 69¢
Smoked Sausage — Safeway Kapa Style — lb. $1.98
Fish Kabobs — Van deKamps French Fried — 16-oz. pkg. $1.58
Beef Rib Steak — USDA Choice Small End Cut — lb. $2.58
Top Sirloin Steak — Boneless Beef Loin — lb. $2.98
Meat Pot Pies — Manor House Assorted — 8-oz. Size 3 for $1
Beef Stick Sausage — Safeway Stick Lunch Meat — lb. $2.48

Miracle Whip
Kraft Famous salad Dressing First 32-oz. Jar
88¢
(Additional at regular price)
(No-Made Salad Dressing First 32 oz. Btl. 78¢)

Ice Cream
Snow Star Assorted Flavors Half Gal.
88¢

Whip Cream
Lucerne Bonus Quality Pint Ctn.
59¢
(Half Pint Ctn. . . . 35¢)

Vegetable Oil
Nu-Made Salad & Cooking Oil 48-oz. Btl.
$1.79

Jell-O Dessert
Gelatins Assorted Flavors 3-oz. Pkg.
19¢
(Jell-well Gelatins . . 3-oz. 15¢)

Avocado Dips
Frozen Calavo Imitation Bacon or Onion Flavor Reg. 89¢ 6-oz. Ctn.
4 for $1
(Special Purchase . . . While Supplies Last)

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Grape Wine & Natural Fruit Juices
1.5 Liter
$2.39

Pak Michelob
Beer . . . 12-oz. Bottles
Pak
$2.15 plus dep.
Case of 24 Btls. $8.45

Gift idea from Safeway
Gift Certificate
$10.00

Highway Yams — Cuts in Syrup 30-oz. Can — 69¢
Medium Pitted Olives — Town House 6-oz. Can — 59¢
Maraschino Cherries — Town House 10 oz. — 99¢
Lucerne Cream Cheese — 8-oz. Pkg. — 59¢
Potato Chips — Blue Bell Natural Style 6 oz. Package — 83¢

Chiffon Napkins
Dinner Napkins 2-Ply Paper 60 Count Pkg.
59¢

Print Towels
Tuf 'n Ready 3 layer Strong Roll of 100's
69¢

BAKE SHOP
Potato Rolls
Light and Tender Dinner Rolls
20 for $1.29
only at Safeways with In-store Bake Shops

Rolls — Butterhorn, Seeded Ecom, Parkerhouse, Whole Wheat — lb. $1.19
Pumpkin Pie — 8" Pie, 9" to 9½" Seasoned Favorite — lb. $1.99
Mince Pie — 8" Pie, 9" to 9½" Seasoned Favorite — lb. $1.99
Coffee Cake — Christmas Tree — lb. $1.99
Fruit Stollen — Holiday Season — lb. $1.78
Dressing Bread — 16-oz. Loaf — 65¢
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Wheat Bread
Mrs. Wright's Crushed Wheat Sandwich, 100% Whole Wheat, or Crushed Wheat
22.5 Ounce Loaf
2 for $1

USE OUR FAST EXPRESS CHECK

Well-kept trees will last through the holidays

For Oregonians, Christmas trees are only a short distance from the stump to the marketplace. That means they are more likely to be fresh, says Ray McNeilan, Oregon State University Extension home gardening agent.

"With proper care a fresh tree will be safe and remain beautiful throughout the holiday season," he said.

One of the easiest ways to check freshness on a cut tree is to lift it a foot or so, then drop it so the butt of the tree hits the ground. If green needles fall from the branches, the tree has probably been cut for some time.

"Practically all trees will shed some brown needles from the inner part, but the green needles are the ones to be concerned about. Select a tree whose green needles hang on," said McNeilan.

When you get the tree home, cut another inch from the bottom of the trunk to remove dried and dead cells and expose live cells that will take in water. Put the base of the tree in a bucket of water until moving it inside for decorating. Misting the needles will help keep the tree fresh.

Before taking the tree inside, tap the trunk against the ground several times to remove the brown inner needles. Once inside, place the tree in a stand that will support the tree firmly and hold water against its trunk.

Water absorbed by the tree will keep the tree fresh longer and act as a fire retardent.

"Always keep the water line above the cut end. A fresh tree may use several gallons of water while it is in the house," McNeilan said.

Keep the tree away from furnace vents, warm radiators, baseboard heaters, wood stoves and open fireplaces, he advised. Do not use candles or other flame decorations. Check the lights, electrical connections and cords to ensure their safety."

Allowing paper or other flammable wrappings to accumulate around the tree will create a fire hazard, McNeilan pointed out.

McNeilan also offered suggestions for those who prefer "living christmas trees." Any kind of containerized tree to be used as a living Christmas tree must be moved indoors gradually, he recommended. "Even so, chance are poor that the tree will survive the move indoors and then out again," McNeilan said.

"Trees that were grown in their containers and have well-developed root systems are hardier than those that have just been dug and transplanted to large pots," he continued. "If you are buying a containerized tree this Christmas, find out how it was grown before making the purchase."

Once the tree is at home, McNeilan suggests a two or three stage relocation procedure which will allow the tree to adjust to warmer inside temperatures. "Place it in an unheated garage for four days, then in an unheated room in the house, if possible," he said.

Place it in the coolest location in the room where it will be a decoration, and keep it away from hot air ducts and large windows where the sun could cause severe scald, the agent advised. The tree should be kept at normal indoor temperatures no more than four to five days.

The tree may respond to the higher indoor temperature by starting to grow. Test the container soil surface daily and add water when it feels dry.

"Most people fail to water the tree enough and as a result it dries out and the roots are damaged," say McNeilan.

VISTA program seeks volunteers

A state-wide recruiting effort to sign up volunteers for VISTA (Volunteers In Service To America) began in Oregon this week. Dee Kerkhoff, VISTA recruiting director for the Pacific Northwest, announced the intensified recruiting program as part of an effort to fill approximately 2,000 VISTA volunteer positions that will open throughout the country in 1979.

VISTA is a federally-funded anti-poverty program in which persons 18 or over serve full time for one year in a low income community. Approximately 5,000 VISTA volunteers are now serving nation-wide. According to Ms. Kerkhoff, the program has undergone a change in its focus, with many opportunities now open to persons with community service experience.

Ms. Kerkhoff explained that one of VISTA's new goals is to promote self-reliance within low income communities by placing volunteers who will work to form community action groups that address local issues. Those issues may include zoning, housing rehabilitation and tenant's rights, taxes, school, health and nutrition, youth counseling, farmworkers issues, environmental concerns, and business and economic development.

She explained that VISTA is open to persons with volunteer community work experience, a college degree, or practical work experience in a wide variety of backgrounds.

"We offer opportunities for young people, mid-career persons, and retired workers," Ms. Kerkhoff stated. "VISTA volunteers usually experience a great deal of satisfaction and personal growth from serving" she said.

"Their year of volunteer work allows them to see that they can make constructive social change happen."

VISTA's, who must be willing to relocate anywhere in the U.S., work with grass roots organizations, non-profit institutions, and social service agencies. In addition to community organizing, VISTA's research issues, write grant applications, set up health clinics, women's crisis centers and youth recreation programs. They also locate resources and funds for senior citizens, offer business assistance to farmer's co-ops, unions and handicrafts co-ops, and work in legal aid, drug abuse, and alternative education.

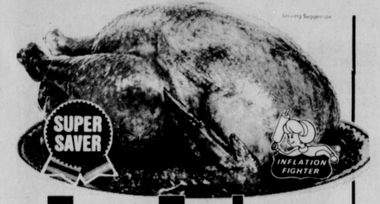
Ms. Kerkhoff pointed out that that surveys of former VISTA volunteers reveal that personal growth is among the greatest rewards from serving, including an increased awareness of problems facing poor families. Ex-VISTA's also expressed more confidence in solving a wide range of problems than they had prior to their volunteer service.

Applicants must be U.S. citizens at least 18 years of age. There is no upper age limit, but older volunteers must be in good health. VISTA pays its volunteers a small living allowance and provides transportation costs to the place of assignment, medical and insurance coverage, and a cash readjustment allowance paid at the end of service.

"VISTA volunteers live at the same economic level as those they serve" Ms. Kerkhoff pointed out. "So VISTA's must be motivated more by a desire to help others rather than any possible monetary gain."

She also emphasized the wide variety of skills and backgrounds that VISTA volunteers can have. "We especially urge those people to contact us who have an interest in the program but are unsure if they have the necessary skills" she said.

MERRY CHRISTMAS SAFEWAY



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Cocktail Juice — Town House Cranberry 48-oz. Size — $1.09
Fruit Cocktail — Town House 17-oz. Can — 49¢
Mandarins — Town House Oranges . . 11-oz. — 2 for 89¢
Coconut — Town House 14-oz. Packed 3½-oz. Shredded — $1.19
Marshmallows — Campfire 10.5-oz. Miniatures — 39¢
Snack Crackers — Sun Maid 1-Ply White 11½-oz. Pkg. — 59¢
Nutmeg — Crown Colony Ground . . 1.37-oz. — 89¢
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Kodak Film — Color Print 110 or 126-20 — $1.36
Kodak Instant — PR-10 Color Print — $5.19
Shampoo — Faberge Wheat Germ Oil & Honey — $1.38 15-oz.
SX 70 Film — Instant Color Print Film — $5.19 Ea.
Polaroid 108 — Instant Color Print Film — $4.99 Ea.
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