

Sights on safety

Millions of Americans are soon to begin their annual purchases of tree-trimming and decorative materials. However, the prevailing holiday atmosphere always overshadows one essential aspect of a completely merry Christmas: electrical safety.

At no other time of the year are as many potentially hazardous electrical fixtures and flammable materials used in the home. Therefore, at no other time of the year do as many people leave themselves so susceptible to open disaster, whether it be loss of life or property.

As a public service, Underwriters' Laboratories, a not-for-profit organization testing for public safety, would like to offer the following safety suggestions in order that you may have a more complete holiday season.

--Don't overload circuits.
--Don't work on light strings while plug is still connected.

--Don't stretch string lights or extension wiring.

--Don't use string lights or extensions outdoors unless the attached label specifies you may do so.

--Don't use flood lights on or near flammable material.

--Don't place electrical fixtures within a child's accessibility.

--Do buy only UL labeled string lights and cords.

--Do inspect all wiring in-

sulation for possible deterioration, especially if it has been stored for an indefinite period.
--Do use rubber light socket gaskets where provided and replace if needed.

--Do make certain lamps are not loose in their sockets.
--Do use UL Listed, artificial trees wherever available.

While not seeking to minimize the importance of any of the above points, perhaps two should be stressed: overloads and physical inspections.

Overloads are primarily created by placing more current on a wire than it can handle but not enough to cause a fuse to blow. At Christmas this is usually due to placement of too many bulbs on a single extension cord. Result: over-heating; melting insulation; exposed wire; shock, electrocution or fire. Hence, always look for the capability of the wiring supplying the lighting.

Examination of insulation is a minor task but one of major importance. Wiring that has been stored in attics or cellars for a long period of time can become vulnerable to the elements. Consequently, varying temperatures can easily affect the insulation to the point of being incapable of serving its protective purpose.

If you will attempt to follow the Do's and Don'ts we have given, you'll certainly make your Christmas merry and, more important, safer.

Noel Bars



As every child knows, Mother is always good for another cookie -- providing the reason for having it is good enough. And as every mother knows, there are a thousand and one reasons to dip into her hoard of holiday sweets.

Here's a goodie that will have your children's imaginations reaching new heights in creative cookie conning. These tempting, chewy morsels, studded with candied fruits, crunchy pecans and semi-sweet chocolate pieces, have been known to have even adults begin for more.

Noel Bars are so easy to make that even children can pitch in on the baking. Don't worry if all the fancy "extras" are not on hand. The uncomplicated, mildy-sweet batter enhances a variety of combinations of usually-on-hand fruits and nuts.

Rest assured, too, that "cookie-sneaking" is not necessarily a bad deed. The enriched flour in your baked goods makes a contribution to your family's good health. The enrichment formula of family flour provides the essential B-vitamins, thiamine, niacin and riboflavin, and the mineral, iron.

NOEL BARS

2 dozen bar cookies

- 1 cup enriched flour*
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup firmly packed light brown sugar
- 1/4 cup butter, softened
- 1/4 cup milk
- 2 eggs
- 1 cup chopped candied pineapple
- 1 cup whole candied cherries
- 1 package (6 oz.) semi-sweet chocolate pieces

Stir together flour, baking powder, soda and salt. Cream sugar and butter until light and fluffy. Blend in milk and eggs, one at a time. Gradually beat flour mixture into creamed mixture. Fold in remaining ingredients. Spread in greased 7 x 11-inch pan. Bake in preheated 350-degree oven 25 minutes, or until done. Cool before cutting.

*Spoon flour into dry measuring cup level. Do not scoop.

NOTE: If self-rising flour is used, omit baking powder and salt.



Turkey Turnabouts

Since 1971 is the 30th anniversary of enrichment, the nutritional contribution of bread to the diet of Americans takes on special importance in this year's commemorations.

Before World War II, dietary studies showed that levels of certain nutrients were lower than adequate in national diet -- among them the B-vitamins, iron, iodine and Vitamin D. To correct this, programs were established for the enrichment and the fortification of those products that were popular, readily available and inexpensive.

In determining a vocabulary for the philosophy of public food improvement, federal authorities limited the word, "enrichment," to the addition of particular nutrients to flour and bread. "Fortified" was chosen to indicate the addition of nutrients normally not present in the food -- such as Vitamin D in milk or iodine in common table salt. "Restored" was used to indicate the replacement of nutrients which might have been lost in processing food.

Bread was selected to carry the B-vitamins -- thiamine, niacin and riboflavin, and the mineral iron. Enriched bread also supplies valuable amounts of calcium, from milk solids used in preparation and calcium compounds added as dough conditioners and to prevent staling.

American cooks, in addition to appreciating bread's nutritive contributions, find an astounding variety of ways to use bread. Of course,

there's the sandwich, but bread also makes puddings, casseroles, croutons, crumb coatings, and stuffings.

"Turkey Turnabouts" give a new twist to stuffing ideas. Instead of making a savory bread stuffing to put inside the big bird, put the bird in the bread. Super for supper, or lunch, the recipe starts with enriched vienna hard rolls. Hollow out a cavity for the filling, then mix the crumbs with chopped cooked turkey, celery, ripe olives, onion, poultry seasoning and cream of chicken soup. Pile the switcheroo stuffing in the rolls, bake, and you've got a hot and hearty meal.

TURKEY TURNABOUTS

6 to 8 servings

- 6 to 8 enriched Vienna hard rolls
- 2 cups chopped cooked turkey
- 2/3 cup chopped celery
- 1/3 cup chopped pitted ripe olives
- 1 tablespoon minced onion
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- 1 cal (10-1/2 oz.) condensed cream of chicken soup

Slice tops from rolls. Hollow out inside and reserve crumbs. Reserve shells. Combine 2 cups bread crumbs, turkey, celery, olives, onion, poultry seasoning and pepper. Add soup and mix well. Fill reserved shells with turkey mixture. Bake in preheated 350 degree oven 25 to 35 minutes, or until thoroughly heated.

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What do you know about your Christmas Tree

A free film on the Christmas tree and free "Know Your Christmas Tree Forms" -- these are among the many seasonal attractions offered at the new Western Forestry Center.

"We want to interest people in our trees and our forests," explained Ernest L. Kolbe, the Center's director, "and Christmas gives us a marvelous 'in'."

The film, entitled "A Tree Grows for Christmas," explores the Christmas Tree as a legend, in the forest, and in the home. The film is being shown three times daily beginning December 8th. The "Know Your Christmas Tree" forms contain questions about the Christmas tree. The provide a project for the whole family to do

together, with the family tree.

Visitors to the Forestry Center can also buy Christmas Tree seedlings for \$4 a piece. They are easy to plant, easy to care for, and dramatic to watch. In 4 to 5 years they will be 4 feet high (in 60 years they may be as tall as 80 to 100 feet.)

Twenty-six trees, decorated with unusual ornaments by members of the Willamette Arrangers Guild Society, are on special display in the Center; As for the Talking Tree -- "Well," said Director Kolbe, "This tree can sing as well as talk -- and it can accompany itself with all the instruments of the orchestra at once."

In addition to the above special seasonal events, the exhibit will continue to operate and the popular wood-scrub sculpting will continue to be offered to youngsters on the weekends and over the holidays.

The Center is open on Wednesdays through Sunday from 10 to 5 and is located near OMSI and the Zoo.



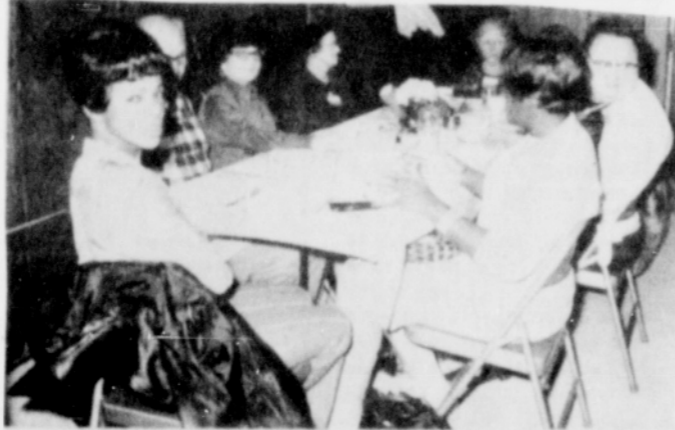
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Guests enjoy lunch at George Carter Loaves and Fishes Center.

First decorated Christmas tree used in England 130 years ago

Christmas customs the world over are as varied as the patterns of light that shine from an ornament. But few legends are as diverse and abundant as those surrounding the origin of the Christmas tree.

Although evergreens, as symbols of survival, have a long association with Christmas festivities, the first decorated, gift-laden Christmas tree is believed to have been used 130 years ago. Prince Albert and Queen Victoria had one with lights and gifts on it in Windsor Castle in 1841. In the early decades of the 19th century, however, nouseful presents were ever placed on the tree's branches; they went on a table nearby or underneath. Only the shining ornaments adorned the tree. In Southern Europe, a custom was to place a creche beneath its branches.

From earliest times man is known to have used trees in worship. Ancient legend says that the tree of knowledge in the Garden of Eden was an evergreen. It is said that the tree blossomed and bore fruit, but that its foliage shrank to tiny leaves when Eve plucked its fruit.

On the night Christ was born, it is believed to have blossomed again; thus the evergreen tree became a symbol of Christmas.

with apples. Later other ornaments were placed on the branches as well.

One early legend about the origin of the Christmas tree, according to O.A. Battista, a Yardley, Pa., collector of Christmas legends and traditions, is based on the three trees said to have been near Christ's manger; the olive, the date, and the pine tree.

The olive gave its fruit to honor the newborn King, and the palm gave its dates as an offering. But the pine had nothing to give. Some stars above, says the legend, descended gently and rested on its boughs as a gift of light.

Another legend concerns St. Boniface, who completed the Christianization of Germany in the 8th Century and dedicated the fir tree to the Christ Child to replace the sacred oak of Odin.

On Christmas Eve, so the story goes, while the famed missionary was hewing down the oak that had become the object of idolatrous worship, a tornado blasted it. Just behind it stood a young fir tree with a green spire pointing to the stars.

The story is that on one Christmas Eve Luther wandered outdoors and became enraptured with the starry sky. The beauty and brightness caused him to reflect on the glory of the first Christmas Eve in Bethlehem.

Wishing to share this with his wife and children, he felled an evergreen, glistening with snow, and took it home. Then he placed candles on it to represent the brilliance of the heavens outside.

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