



Senior citizens gathered at Matt Dishman Center last Friday, Dec. 17th, to share the Christmas spirit with others.



Senior citizens enjoyed all of the Christmas program. There were a wide range of activities with beautiful decorations, a live band, caroling and delicious food.

Thiamine

by K. Haraguchi, RN

People have asked me, "What do B vitamins do for you anyway?"

So today I'll talk about Vitamin B. Thiamine is part of a large group of nutrients called the B vitamin complex. Other members of this vitamin family will be discussed from time to time.

One of the most important things to remember about Thiamine is that, because it is a water soluble vitamin it is not stored in the body. The supplies in body tissues are only enough for normal functioning for a few days. For this reason it is important to get enough Thiamine in your diet every day.

Thiamine is needed to maintain a normal appetite and digestive function. It is necessary for normal growth and for fertility and milk production after giving birth. It is necessary for proper functioning of the nervous system.

People who are low in Thiamine may experience irregular heart beats, nervousness, forgetfulness, irritability. They may lose their appetite and may also experience muscle weakness and tenderness.

Alcohol is a great thief of Thiamine, and of most other

B vitamins also. Much of the irritability of a hangover may be avoided by taking 25 mg of Thiamine before retiring after an "evening on the town."

Foods rich in Thiamine, generally have some or all of the other B vitamins, too. Some of the best sources are whole grains. Brown rice, unprocessed oatmeal, corn meal, enriched or unrefined, wheat germ, whole wheat flour, bread, etc. Another excellent source is liver. Pork is considerably higher in Thiamine than other muscle meats. Some nuts, especially peanuts, walnuts and pecans are high in this important vitamin. Other good sources are luncheon meat, red kidney beans, chickpeas, okra, green peas, fresh and dried soybeans and brewer's yeast.

Care must be used in cooking as high temperatures can destroy Thiamine. Do not overcook vegetables and be sure to use just enough water to cook them well. If in soup or gravy to avoid wasting those precious vitamins.

So for complete well being be sure you consume foods high in Thiamine, this way you will also be eating other members of the B family, which will be discussed in later articles.

Social Security has new number

The Portland Social Security office downtown has announced today that there is now a new social security information number for the public to use, according to James Pizze, manager. The new number to call is 221-3381.

Pizze also said that those people who would like to handle their social security claims by phone may now call 221-3410 for Teleclaims Service. This special service to the public was initiated earlier this year to enable those who cannot come to the office to take care of their business with a phone call. A well-trained staff of workers specializing in handling all types of claims by phone will usually be able to handle most claims with one call. The completed claims are then mailed to those applicants to be signed and returned with necessary proofs. This saves a great deal of time and expense for both the public and the social security office and eliminates a long wait to see someone about filing a claim.

The Portland office downtown is located at 1221 S.W. 12th and is open to the public from 8:30 a.m. to 4:30 p.m., Monday through Friday.

PNB Expects 10,000 Hours of Calls

There'll be turkey and all the trimmings... beautiful wrappings and thoughtful gifts... and all the other traditional trappings of an American Christmas this weekend.

And millions of Americans will also be engaging in what has become another Christmas tradition... placing a long distance call to a family member or friend.

The American Telephone Company estimates, according to Pacific Northwest Bell Division Manager E.L. Pfeifer, that Americans will spend more than one million hours in long distance conversations on Christmas Day. Oregonians will generate slightly more than one percent of that total. AT&T expects to handle some 10 million calls between states and an estimated 100,000 international calls.

The phone company is boosting the number of long distance circuits available for the Christmas calling rush, and will also have a full complement of operators working. In Oregon, PNB expects that some 950 Traffic department employees will be involved with processing calls during the 24-hour period of Christmas Day.

The company is advising callers they can save money and avoid delays by dialing long distance calls themselves whenever possible.

Usually long distance calling circuits are least busy between the hours of 1 and 4 p.m. on Christmas. And some telephone users may want to place their calls on Sunday when circuits will be less busy.

Late checks

Heavy Christmas mails may delay unemployment insurance checks a day or two in some instances, the Employment Division advised here today. Employment Division officials said that some 20,000 to 25,000 unemployment insurance benefit checks are now being put in the mails each week and that heavy Christmas mails could cause some delays in the checks reaching some areas.

The Employment Division started mailing checks to claimants in October, replacing the former method of picking up checks at local office. Claimants have been, in most cases, receiving checks from three to four days faster than under the former method Employment officials said.

Merry Christmas to all

TREAT YOUR HOME RIGHT WITH.....

PAINT

RESIDENTIAL PAINTING
BRUSH & SPRAY PAINTING
INTERIOR & EXTERIOR
LICENSED & INSURED

JOHNSON PAINTING
2947 N.E. 10th.
CALL ANYTIME
BUS: 281-6633
RES: 282-8616

PROTECTS PRESERVES BEAUTIFIES



The very foods for a MERRY CHRISTMAS

* AT SAFEWAY TOTAL DISCOUNT WITH A DIFFERENCE

SAFEWAY STORES WILL CLOSE EARLY FRIDAY, DEC. 24th AT 6:00 P.M. CLOSED ALL DAY DEC. 25th

Grade A Turkeys
Manor House Fancy 18-24 Flash Frozen pound **32¢**
10-14 lb. 36¢

Boneless Hams
Cudahy Hams Half or Whole **89¢**
Fully Smoked **lb. 89¢**

Pork Chops
Quarter Loin Cut into End and Center Chops **lb. 78¢**

Canned Hams
Safeway Fully Cooked, Waste-free 3-LB. CAN **\$2.88**

Fancy Bacon
Safeway Lean-streaked Bacon 1-Lb. PKG. **68¢**

Ground Beef REGULAR No additives **lb. 59¢**
Blade Roast Fat Roast of Beef **lb. 63¢**
Leg of Lamb USDA Choice Lamb Roast **lb. 98¢**

Fresh Oysters Med. Size 12-oz. jar **.. 88¢**
Franks Del Monte 1-lb. pkg **59¢**
Shrimpmeat Cocktail 8-oz. pkg. **.. 98¢**

Fresh Fryers Whole **lb. 35¢**
Pork Sausage Pure Pork **lb. 59¢**
Leg of Pork Fresh Pork Oven Roast **lb. 79¢**

FRESH TURKEYS AT POPULAR PRICES PLUS SPECIAL POULTRY
A complete selection of holiday poultry at your Safeway. Swift's Butterball, Armour's Golden Star, Stuffed Turkeys, Honeyuckle, Norbest with Tender Timer, Young Ducklings, Fancy Geese, and Cornish Roasters. Shop early for a full selection of all holiday poultry.

EXTRA SAVINGS ON SUPER SAVERS

Cream Cheese LUCERNE 8-oz. Pkg. **29¢**
Cranberries Ocean Spray Whole or Jelly - 16-oz. **23¢**
Fruit Cocktail Town House 17-oz. **24¢**
Hipolite Creme Marshmallow 9-oz. **33¢**
Pineapple Leland Sliced 14 1/2-oz. can **30¢**
Chestnuts Water Chestnuts 6-oz. **26¢**

EXTRA SAVINGS ON SUPER SAVERS

Snack Crackers Betty Baker SNACKERS 3-pkg. **\$1**
Stuffing Mix Mrs. Wright's 13-oz. **49¢**
Reveal Wrap 18 inch 4.17 yds. pkg **57¢**
Pumpkin Seafair Pie Pumpkin 30-oz. can **15¢**
Aluminum Foil Kitchen Craft 18 x 25 ft. **53¢**
Dishwasher SOS 35-oz. pkg **72¢**

Party Dips Lucerne Varieties 8-oz. ct. **3 for \$1**
Potato Chips Lunch Box Reg. or Dip 9 1/2-oz. pkg. **48¢**

Whip Cream Lucerne (1/2 Pt. 25c) Pint **38¢**
Pumpkin Pie or MINCE Belair Frozen 24-oz. each **3 for \$1**

EVERYDAY DISCOUNT PRICES

Hot Roll Mix Pillsbury 14-oz. **48¢**
Croutettes Kallaggs 7-oz. **40¢**
Tiny Shrimp Sea Trader 4 1/2-oz. can **55¢**
Soft Margarine Goldbrand 1-lb. **28¢**
Mandarins Town House Orange 11-oz. **28¢**
Fancy Yams Jack O Lantern 7-oz. **39¢**
Cook-in Bag Banquet Meat's 5-oz. **30¢**
Gold Medal Family Flour 10-lb. **98¢**
Chili w/Beans Danon's 19 1/2-oz. **41¢**

SUPER SAVERS

Corn * Peas Belair Butter Sauce 10-oz. **31¢**
Chips'n Nuts Baker's 7 1/2-oz. pkg. **47¢**
Pancake Mix Kitchen Craft 2-lb. **44¢**
Stuffing Bread Mrs. Wright 2 1/2-lb. **29¢**
Marshmallows Fluid Puff 10 1/2-oz. **22¢**
Jell-Well Gallatin 3-oz. pkg. **11¢**

VARIETY DISCOUNTS

SCORE HAIR CREAM Hair Care of Men 3-oz. size **74¢**
Aspirin Safeway Guaranteed Quality - 200's 29c
Hair Spray Truly Fine 13.8 & 14-oz. 48c
Suave Shampoo 16-oz. size 69c

Egg Nog Lucerne Half Gal. 95c Qt. **49¢**
Peanuts Planters Cocktail 13-oz. size **69¢**

ROLLOMATIC MEMO PAD Ass'd Colors for Matching 88. **96¢**

Pitted Olives Town House Large, Ripe 6-oz. can **3 for \$1**
Sweet Pickles Zippy Whole 22-oz. jar **58¢**

Ql. Mixers Cragmont Soft Drinks Plus Ssp. Qt. **6 for \$1**
Colgate Dental Cream 5-oz. tube **59¢**

ALKA-SELTZER Fast Relief Speedy Twin Pack **96¢**
Pack of 36 Batteries 555 Flashlight E. 10c

PRODUCE at Discount Prices Every Day!

NAVEL ORANGES California Juicy Sun-ripened! "For stocking stuffing" BOX . . \$4.49 1/2 BOX . \$2.25 **8 lbs. \$1**

CRANBERRIES FRESH OCEAN SPRAY The holiday menu favorite. It's the traditional fruit for beauty and color in Christmas decorations 1-lb. Bag **29¢**

U.S. No. 1 Yams Delicious Centennial Variety **2 lbs. 39¢**
Radishes or Onions Red Radishes or Green Onions **3 Bun. 29¢**
Ruby Grapefruit Indian River "LARGE SIZE" **4 for \$1**

LARGE SIZE Cucumbers Glossy Green Slicers **Each 10¢**

Brown Mushrooms For the Christmas dinner table **lb. 88¢**
Extra Fancy Apples "RED ROMES" Crisp & Sweet **4 lbs. \$1**
Tangerines * Tangelos Real holiday favorites. Your Choice **4 lbs. \$1**

POLAROID FILM 108 8 Prints Each Roll **\$3.96**
CX-126 Color Kodak Film Instamatic System 3-Cube pack **\$1.48**
Flashcubes **88c**

MERRY CHRISTMAS

... FROM ALL OF US AT

PHIPPS PHARMACY
At N. Shaver & Mississippi
4001 N. Mississippi
287-5007

GREETINGS OF THE SEASON..

LARRY MILLER BODY SHOP

930 N. Killingsworth
289-4416