

Traditional foods bring luck

Ring in the New Year with a collection of traditionally luck-bringing dishes for family and friends.

They're simple to make, delicious to serve, and nutritious to eat. Plus, each symbolizes luck and prosperity for the year ahead: Hog Jowl with Black-Eyed Peas, Ham Hock with Turnip Greens and Sweet Potato Pie.

This selection, prepared by home economists for Morton Lite Salt Company, makers of Morton Lite Salt, a salt and potassium chloride mixture, are perfect for the non-holiday meal, too.

HAM HOCKS with TURNIP GREENS

1 large ham hock
3 lbs. turnip greens
1 teaspoon Morton Lite Salt (a salt and potassium chloride mixture) or regular table salt

Wash ham hock and wipe with damp cloth. Place it in saucepan filled with water and put over medium heat for 40 minutes or until tender. While ham hock is cooking, wash and pick turnip greens. Add greens, Lite Salt and cook for another 30 minutes. Serve as an accompaniment to any entree. Serves four.

SOUTHERN SWEET POTATO PIE

1 pastry stick
1 large can sweet potatoes
1 cup brown sugar (packed)
3 eggs, beaten well
1 cup evaporated milk
1/2 teaspoon Morton Lite Salt mixture (a salt and potassium chloride mixture), or regular table salt
1 teaspoon nutmeg
1/2 teaspoon mace
1/2 teaspoon vanilla flavoring

Roll pie crust very thin. Be sure to roll from the center to south, north and/or east and west on floured board. Fold

crust in fourths and place in pie pan. Open, smooth into pan and prick bottom and sides, flute edges. Mash potatoes, mix sugar, salt and spices. Add beaten eggs and milk, and flavoring. Pour mixture into prepared unbaked crust. Bake in hot oven 400° F. for 10 minutes, then 20-30 minutes in oven 350° F. or until knife comes out clean in center.

CRUST

1 pastry stick
1 1/2 tablespoons cold water

Place pastry stick in mixing bowl. Mix lightly with a fork, adding cold water. Roll dough into a ball and chill about 15 minutes. Roll and prepare as directed for sweet potato pie.

HOG JOWL with BLACK-EYED PEAS

2-3 lbs. hog jowl
1 1/2 teaspoon Morton Lite Salt (a salt and potassium chloride mixture) or regular table salt
2-3 cups water
2 cups black-eyed peas

Remove all broken bits of peas, wash, cover with cold water and set overnight. Singe bits of hair from hog jowl, rinse thoroughly and place in saucepan filled with water. Cook over medium heat for 30-45 minutes. Add peas and cook until almost tender. Add salt and continue to cook over medium heat for 10 minutes. Serves 4 to 6.

AT HOME

by Cal Williams

If you have a new pile fabric robe, read the care label thoroughly. Various fibers and fabrics used to make the soft, fuzzy, warm robes require different kinds of care.

If the robe is made of cotton or cotton-blend velour, it can be washed the same as corduroy. Turn the garment inside out to protect the pile and prevent lint pick-up. Use the warm water, not hot, setting on the washing machine to prevent excess bleeding and color loss. Wash dark colors with similar dark colors if the garment is labeled "Wash separately." Add detergent or soap to the wash water and set for a regular cycle, six to eight minutes. Dry in a tumble drier to fluff the nap. If the garment is

hand washed, don't wring it out. This will cause wrinkles.

A robe made of acetate or triacetate and nylon blend requires more gentle handling to retain the soft, fuzzy pile. Again, turn the garment wrong side out, use warm water rather than hot, and wash separately if the garment is a dark or bright color. Do not use bleach. Use the delicate or gentle cycle and four to six minutes of washing. When the wash cycle is completed, shake out the garment and hang to dry on a plastic hanger. Drying in a drier can cause excess wear on the pile and loss of the fuzzy surface. However, if tumble drying is preferred, use the gentle or delicate setting and low heat. Remove the garment as soon as the drier stops.

Cornrowing requires daily care

"Corn-rowing," a hairstyle that many Black women have adopted as an expression of cultural beauty has turned into a special boon for mothers with young, school-age children.

Neatness and convenience are two good reasons for corn-rowing a child's hair. The braids stay in place and don't have to be done and re-done everyday. A special plus is that by simply adding different color ribbons, beads or barrettes the hair style can look different everyday.

When corn-rowing, however, take into consideration the fact that the scalp needs almost as much care as the hair. To help keep it looking and feeling healthy the scalp should be lubricated daily. Pommades tend to be too greasy and can clog the pores on a child's scalp, so use what smart mothers have been using - baby oil. It's the best solution for keeping the scalp lubricated without leaving hair feeling and looking greasy and oily.

Warm a little less than one ounce of baby oil by holding the bottle under warm running tap water. Apply by dabbing the warmed oil to the "parts" in the scalp and rub gently with the tips of your fingers. Daily applications will help improve the condition of your child's scalp and leave her hair looking great.

Even a child can be proud of how she looks and your daughter will appreciate the extra care and "babying." It's an excellent idea for grown-up girls too!

Food gifts require care

by Tod Hamilton

If you receive food gifts under your Christmas tree, care for them properly. Here are some helpful suggestions:

Hard cheese (such as cheddar, Gouda, or Swiss) - wrap the cheese tightly and store in the refrigerator. It will keep several months unopened (especially if there is a sealed wax covering). If mold develops, cut off the mold and a good portion of cheese beneath it.

Cheese spreads and cheese foods - pasteurized vacuum-sealed jars may be stored at room temperature. After opening, store them in the refrigerator and use within one to two weeks.

Dried fruit - store dried fruit in tightly-closed containers in a cool spot. Check periodically for mold. Extend storage life by refrigeration or freezing.

Jams, jellies and preserves - these products may be stored at room temperature if sealed with paraffin or sealed under vacuum with canning lids.

Refrigerator temperatures will lengthen the storage life of opened jars. If mold develops, remove the mold and a good portion of the product beneath it.

Cakes and cookies - store these products at room temperature, or freeze them for later use.

Nuts - Refrigerate or freeze nuts in airtight containers for longest storage life. Unshelled nuts may be stored at room temperature about six months. Discard any nuts that show signs of mold or spoilage. (This mold is toxic.)



Tomato Juice
Town House Finest Quality
46-oz. Cans

2 \$1 for 1



Soft Margarine
Coldbrook Sweet Table Spread
1-LB. Tub

48¢



Grapefruit Juice
NAT. & PINK
Town House Fruit Juice
46-oz. Cans

58¢



Velkay Shortening
All-purpose Shortening
3-LB. Can

\$1 28

WEEK... SAVE NOW!

Since we're neighbors let's be friends



Green Beans
Town House Cut or Sliced
1/2 CASE OF 12 ... \$2.38
FULL CASE OF 24 ... \$4.75

5 \$1 for 1



Small New Potatoes
Light or Dark
Red Kidney Beans
or **Pinto Beans**
Town House
1/2 CASE OF 12 ... \$2.98
FULL CASE OF 24 ... \$5.88

4 \$1 for 1




Cling Peaches
Town House Halves or Slices
1/2 CASE OF 12 ... \$5.48
FULL CASE OF 24 ... \$11.28

48¢



Lucerne Dry Milk
Instant Mixing
20 QT. Size

\$3 88



Orange Juice
Bel-air Frozen
100% Pure
Florida Juice
12-oz. Can

2 for 89¢

NON-FOOD DEPT. BUYS!

- Truly Fine Hair Spray 13-oz. can **62¢**
- Truly Fine Shampoo w/Protein 16-oz. can **62¢**
- Truly Fine Sanitary Napkins Box of 60 **\$1 66**
- Truly Fine Creme Rinse 16-oz. Btl. **62¢**
- Household Brocade Spray 14-oz. Btl. **98¢**
- Truly Fine Hand Lotion 16-oz. Btl. **62¢**
- White Magic Glass Cleaner 22-oz. Btl. **44¢**
- Truly Fine Disposable Diapers 12 Toddlers **\$1 14**
- Kat Nip Cat Tray Absorbent 4-lb. Bag **\$1 26**

IN-STORE BAKERY

Available only at Safeways with Bake Shops

Frosted Cup Cakes

Many Flavors - Plain Iced White or Chocolate

10 for 98¢

APPLE SAUCE Light & Crisp Great Drinkers

CAKE DONUTS 12 for 98¢

TURNOVERS

Fruit Filled Pastry Apple, Berry, Cherry, or Lemon

4 for 98¢

SAFEWAY



GRADE A Gov't. INSPECTED
Whole Fryers

54¢ lb.



BLADE CUT
Pork Steak

\$1 28 lb.

Boneless Beef Stew Lean Cuts **\$1 38**

Beef Plate Shortribs **88¢**

Sliced Bacon Smoke-A-Rama Fully Smoked 1-lb. pkg. **\$1 38**

Whole Hog Sausage 13-oz. roll **\$1 18**

Sliced Beef Liver **78¢**

Corned Beef Safeway Choice Boneless Brisket **\$1 38**

Fresh Beef Hearts **68¢**

DELICATESSEN

Reser's Sausage German or Italian 11-oz. pkg. **\$1 18**

Braunschweiger Safeway Stick **78¢**

LARGE FRANKS Large & Juicy with Old-fashioned Flavor **88¢** lb.



USDA CHOICE
BONELESS CHUCK
Cross Rib Roast

\$1 38 lb.



USDA CHOICE BONELESS
Top Sirloin

\$2 28 lb.

Community Calendar

General Registration for winter term classes at Portland State University is Monday, January 5th.

Evening classes will start that night and day classes will begin January 6th.

The January 5th registration is broken into two parts. Students who participated in advance registration by filling out course request forms December 5th through December 16th will be allowed to add or drop courses starting at 8:00 a.m. in the main gymnasium in the Health and Physical Education Building (930 S.W. Hall).

Students who did not participate in advance registration may register for winter term classes beginning at 10:00 a.m. in the gym.

Three Seasons Art Gallery will present drawings of the Portland area by Charles E. Reynolds with an artist's reception opening the show on January 10th from 7:30 to 10:00 p.m.

Mr. Reynolds has painted and drawn for the last thirty years and his work in this show will be composed of felt-tip pen drawings and pastels depicting the Portland waterfront and industrial scenes.

The John R. Leach YMCA is offering a class in **Suicide**, the joy and meditation of swimming. The course will stress yogic or zen-meditation swimming based on suiei jutsu, an ancient Japanese budo, or Samurai military art. This is probably the first time such a course has been offered in the U.S.

The course will be taught by Fred Eckhardt, who learned this style of swimming during three years in Japan. The course will stress meditative or utilitarian swimming rather than combative arts, and will consist of ten once-weekly water sessions, plus four lectures. Persons wishing to enroll should be good swimmers fourteen-years or older. Class starts Thursdays, January 8th, 1976 at the John R. Leach YMCA. Time: 8:00 p.m. \$14 for members and \$20 for non-members.


Assertiveness training, a four-session program for men and women to demonstrate the use of assertiveness skills to strengthen significant relationships. Training begins Thursday, February 5th, 1976 from 6:30 to 9:30 p.m. through February 26th, 1976 at the cost of \$25 per person. Assertiveness training can assist you to accept and appreciate the differences between yourself and significant others.

Is this the year for you to start something different? Find out what's doing in the women's community by attending a **Preview of Women's Programs** at 10:00 a.m., Wednesday, January 14th in the Division of Continuing Education building.

Coffee and conversation will be offered by class instructors and members of the VIEW (Volunteers in Educating Women). Winter classes include Search and Discovery, part 1, a five week exploratory workshop beginning January 21st, Wednesday. Search and Discovery, part 2, (testing and counselling) follows on February 25th.

Caught by the camera

by Spencer Barrett




Cornered by the camera in his barber shop is Mr. Elijah Cash. Cash moved to Portland in 1946 and opened a barber shop where the Holiday Inn is now in N.E. Portland. In 1960 he moved to his present shop, 4603 N. Williams, Cash is married and has one son and three grandchildren. Cash's shop is one of the leading in the Albina area.

We asked Cash to what did he contribute to his success? Cash, stated, "My wife is the backbone of my career." Cash is a member of Bethel AME Church, active in the church choir, the Wednesday night prayer, band, and as a member of the Trustee Board.

Cash has an assistant, Geneva Knowls who has worked with him for fourteen. Cash stated that she does a very excellent job.

E. CASH



"Mrs. Memory, I'd like you to meet Mrs. Friend."

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