

At Home with Cal

by Cal R. Williams

The increase of one and two person households is showing an effect on food packaging in supermarkets.

Some food products, including soup, main courses and desserts, can now be purchased in one or two serving sizes. While buying individual sizes is more costly than buying larger sizes, it may offer convenience and eliminate waste.

Before buying, see if you can use a larger, more economical size product. Frozen fruits and vegetables in large bags can be opened and resealed to remove enough for a meal. When stored properly these foods keep just as well as if they had not been opened.

If you are buying a larger size, take care not to serve larger portions than normal.

Keep a leftover "recycling" plan in mind. For example, canned peaches, which cost about twice as much per serving when bought in a No. 1 can rather than a No. 2 1/2 can, can be used over several days in a salad, cobbler, or pie since they keep well in the refrigerator.

Hearing set

Date of the third in a series of three public hearings for public comment on priorities for the November tax base election for the Portland Public Schools has been changed.

The hearing, set for June 28th to hear comments from Area Citizens Advisory Committees, has been delayed to July 12th to give areas more time to confer with Local School Advisory Committees and to prepare reports.

However the hearing scheduled for the general public on June 6th will not be affected or changed.

Both hearings will be held in the Board Auditorium, 631 N.E. Clackamas Street and both will start at 7:30 p.m.

Middle school

(Continued from page 1 col. 6) provide more space.

Aside from the added flexibility, reduction of class size and addition of special instructors he sees the middle school as facilitating future desegregation. Currently a large number of white parents send their children out of the Jefferson area to attend other schools. If these same students go to school together at a middle school, there will not be the fear of going to high school together.

Fletcher said great improvement has been made at Jefferson in the last three years and that it is a well disciplined school but still carries a stigma in the community.

Transfers

(Continued from page 1 col. 3)

within the district "and we go along with the committee's actions," he said. "But if they were to make changes which violate our constitution I'm sure our board of control would have to take another look at things." The OSAA's constitution forbids transfers for athletic reasons.

Bill Wittala, athletic director at Madison High School, is offering a compromise proposal he believes might solve the problem without violating OSAA regulations.

"I'm thinking we ought to go to specialty centers for activities where there are not enough kids to field representative teams," he said. "We could have area teams in sports such as gymnastics, swimming and wrestling. It would involve transportation costs to run the activity but you wouldn't have to pay \$1,600 for someone to coach five or six kids. One coach would run one area activity."

Wittala said the plan would not conflict with the OSAA constitution nor would any OSAA approval be needed to implement the proposal.

"These kids could develop as athletes without a state championship to shoot for," he said. "They would get training and competition within the PIL while getting the necessary exposure for college scholarships. I can understand the OSAA's concern about statewide competition and the need for conformity but this would not apply."

But Hal Ellmers, Franklin's athletic director who favors the status quo that restricts transfers for athletic purposes, said Wittala's proposal was "without merit" and "wishful thinking."

He said, "They would eventually want to go to state competition. There are clubs available right now for that kind of thing."

Ellmers said that if not enough interest were shown in a particular activity, that activity should be dropped.

"Students aren't born into these activities," he said. "Our first responsibility is to provide them with an education of which athletics is a by-product. We're not going to produce too many men and women who will be earning their living as professional athletes."

"The School Board has been very interested in expanding the number of activities," Ellmers continued. "This is being done whether we have the facilities or not but they don't like to cut out something. Now, if the schools don't have enough interest in an activity, it should be eliminated. We can't add an unlimited number of sports without facilities or coaches. So it's silly to expand if you're not interested in cutting. What it comes down to is this - individual schools must build up interest in a sport or forget it."



CAL WILLIAMS

Adults explore youth programs

A community meeting for adults will be held Tuesday, June 6th, from 7:00 to 8:30 p.m. in the Roosevelt High School Cafeteria at 6941 N. Central Street. Many of the programs serving young people in North Portland have joined together to tell people "Everything you always wanted to know about youth services."

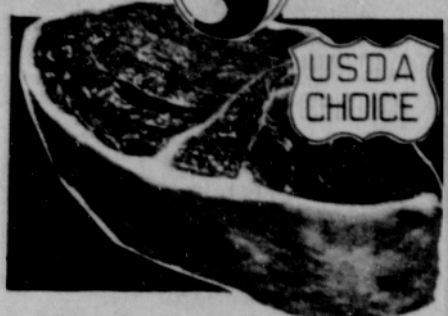
The meeting will feature the film "Children in Trouble," a powerful documentary about the Juvenile Justice System. The film examines treatment given to young people in various institutions across the country.

Following the film, a panel of representatives from programs dealing with youth both before and after they get in trouble will field questions from the audience.

The panel members are: Bill Finkle, a counselor at the Juvenile Service Center; Bill Knudson, Director of the North Youth Service Center; Howard Jordan, Liaison Officer with the City's Human Resources Bureau; Thelma Wilder, Director of North Community Action Council; Sandra Hada, Area Manager for the North Youth Career Training Service; and Leslie Haines, Director of Open Meadows Schools. The panel will focus on how youth programs in North Portland can help young people stay out of trouble and how the services can divert juveniles from more productive activities.

Parents and other interested adults are invited to attend. Call 286-8371.

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Beef Roast
Boneless Bottom Round or Rump
Super Saver \$1.68
lb.



Turkeys
Safeway Grade A Hens
Super Saver .79
lb.



Round Steak
Full Cut Bone-in Beef Round
Super Saver \$1.48
lb.

Top Round **Super Saver \$1.89**
Boneless Beef Round Steak

Sliced Bacon **Super Saver \$1.58**
1/2 lb.

SEAFOOD
Fresh Clams
Little In-Shell Butter Clams **Super Saver \$1.09**
lb.



TURBOT FILLETS
Mild White Seafood Fillets
Super Saver \$1.28
lb.

Fishsticks **Super Saver \$1.88**
Captain's Choice 24-oz. pkg.

Fish **Super Saver \$1.14**
Miniatures Mrs. Paul's 12-oz. pkg.

FEATURE OF THE WEEK
Do-It Yourself Encyclopedia
Family Circle's Home Repair Books
Volume No. 10 Now on Sale **Super Saver \$1.49**

Corned Beef **Super Saver \$1.48**
Safeway Boneless Regular or Kasher Style

DELICATESSEN
Frank & A Half **Super Saver \$1.38**
Safeway's New Quarter Pounder 4 to a pkg. 1-lb. pkg.

Pet Food **Super Saver \$1.15**
Blue Mt. Home Style Stew, Meat Loaf, Chic/Liver/Egg 15 1/2-oz. cans

Toilet Tissue **Super Saver \$1.68**
Soft'n-Pretty by Scott... First 2 Packs 4 Roll Pack (Additional at regular price)

Toothpaste **Super Saver \$1.66**
Safeway Brand for a Clean Refreshing Taste 7-oz. Tube



FRESH PEACHES **Super Saver \$1.49**
Sweet "Springcrest" Variety First of the Season lb.

SEEDLESS RAISINS **Super Saver \$3.88**
Town House Reg. \$4.98 4-lb. pkg. Save \$1.10 pkg.



LARGE VINE-RIPE TOMATOES **Super Saver \$1.29**
Premium "Ruskin" Vty. Florida's Finest lb.

FRESH TENDER BROCCOLI **Super Saver \$1.29**
New Spring Crop Tender Buds & Shoots lb.

Sweet Corn **Super Saver \$1.71**
"Cookslike" Valley's Care No. 1 White Salad 16-oz. can

GARDEN SPECIAL
Bark Dust Manure **Super Saver \$1.89**
Bark-D-Mulch 2-Cu. Ft. Your Choice
Steer-Plus 1-Cu. Ft.

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or win \$100, \$20, \$10, \$5, or \$1 in specific games. No purchase necessary. Enter at any of the participating 87 Oregon Safeway stores. Ontario freewater excluded.

ODDS CHART* EFFECTIVE MAY 20, 1978

GAME	NUMBER OF PRIZES	ODDS 1 TICKET	ODDS 12 TICKETS	ODDS 24 TICKETS
\$1,000	35	1 in 104,714	1 in 8,056	1 in 4,028
\$100	121	1 in 30,289	1 in 2,330	1 in 1,165
\$20	282	1 in 12,996	1 in 1,000	1 in 500
\$10	684	1 in 5,358	1 in 412	1 in 206
\$5	2,732	1 in 1,342	1 in 103	1 in 52
\$1	96,758	1 in 38	1 in 3	1 in 1.5
TOTAL	100,612	1 in 36	1 in 3	1 in 1.5

*These odds are in effect until one month after start. Thereafter updated odds will be posted in all participating stores and in newspaper ads.

Miracle Whip **Super Saver \$1.88**
Kraft Salad Dressing (No-Made 32-oz. Jar) First 32-oz. Jar (Additional at regular price)

Biscuit Mix **Super Saver \$1.79**
Mrs. Wright's Multi-purpose Buttermilk Mix 40-oz. Box

Fruit Cocktail **Super Saver \$3.17**
Town House Finest Quality Fruit Bits 17-oz. Can 3 for

2-Pound Cheese **Super Saver \$2.79**
Safeway Mild Cheddar Sandwich and Cooking Cheese 2-lb. Loaf

Premium Bread **Super Saver \$2.11**
Safeway Regular White and Sandwich White or Wheat 22.5-oz. Loaf 2 for

Whipping Cream **Super Saver \$1.69**
Lucerne Bonus Quality... Rich & Thick for Whipping Pint Carton

3-lb. Coffee **Super Saver \$7.69**
Edwards Rich Flavor for a Great Cup of Coffee First 3-lb. Can (Additional at Regular Price)

Frozen Dessert **Super Saver \$1.98**
Lucerne Vanilla Ice Cream & Orange Sherbet Combination Half Gallon

Diapers **Super Saver \$3.99**
Truly Fine Extra Absorbent Disposable Daytime 48 Count