

Stuffing the Bird

Only the bird should be stuffed on Thanksgiving! So, don't be a turkey. This year eat wisely, in addition to eating well, with a lush and elegant Thanksgiving meal designed by Weight Watchers International to add grace to your table and your figure.

"This is the type of meal," says Jeannine B. Cowles, President-Director of Weight Watchers of Oregon, Inc., "that our members are allowed. It's a little specialty in the cooking, as holiday food generally is, but it's typical of the amount and variety on the Weight Watchers Food Program, which is based on nutritionally sound eating. Those following the Weight Watchers Program can enjoy a full breakfast, a full supper and snacks, and all in

addition to the following Thanksgiving feast".

ROAST TURKEY

Place turkey, breast side up, on a rack in a shallow roasting pan. Roast at 325°F. Allow about 20 minutes per pound for a turkey under 12 pounds and about 15 minutes per pound if over 12 pounds. If a meat thermometer is used, insert in the center of inner thigh muscle. Baste every half hour with mixture of dehydrated onion flakes, dehydrated bell pepper flakes and chopped celery, which has been cooked in 1½ cups chicken bouillon. When thermometer registers 180°F. turkey is done. Remove skin and weigh portions. Each serving is equivalent to: 6 ounces Poultry 1/8 serving something extra (1½ tablespoons bouillon)

Roast Capon substitutes for turkey



Make a small dinner a special occasion by serving Roasted Capon stuffed with a flavorful Oyster Dressing. This elite relative of the chicken, accompanied by Spoon Bread and Creamed Onions, is a welcome variation of the typical poultry menu.

ROASTED CAPON

15 to 6-lb. capon
Oyster Dressing
Parkay margarine, melted
Season body and neck cavities of capon with salt. Stuff with Oyster Dressing; close openings with skewers and string. Place capon, breast side up, on rack in baking pan. Roast at 325 F., 2 hours and 30 minutes or until tender, brushing occasionally with margarine.

OYSTER DRESSING

½ pt. shucked oysters or

18-oz. can oysters

½ cup chopped onion
¼ cup Parkay margarine
1 tablespoon chopped parsley
1-½ teaspoons poultry seasoning
½ teaspoon salt
Dash of pepper
5 cups dry bread cubes
1 egg, slightly beaten
Drain oysters, reserving liquid. Chop oysters. In large skillet, saute onion and celery in margarine. Stir in parsley and seasonings. Add oysters, reserve liquid, bread cubes and egg; mix well.

BAKED LEMON PIE

1 cup flour
½ teaspoon salt
½ cup parkay margarine
2 to 3 tablespoons cold water
5 eggs
¾ cup sugar
¼ cup light corn syrup
¼ cup lemon juice
2 tablespoons parkay margarine, melted
1 tablespoon grated lemon rind
1 tablespoon cornstarch
Dash of salt
Combine flour and salt; cut in margarine until mixture resembles coarse crumbs. Sprinkle with water while mixing lightly with a fork; form into ball. On lightly floured surface, roll out dough to 11-inch circle. Place in 8-inch pie plate. Trim and flute edge.
Combine ingredients; mix well. Pour into pastry shell. Bake at 400 F., 15 minutes. Reduce heat to 350 F., continue baking 20 to 25 minutes or until set. Cool.

SWISS CREAMED PEAS

8 servings
6 cups frozen peas
½ cup butter
1 ½ cups sliced green onion
½ cup all-purpose flour
1 teaspoon grated lemon peel
1 teaspoon savory
½ teaspoon salt
2 cups light cream OR half-and-half
1 cup (4 oz.) shredded swiss cheese
½ cup chopped pimiento, well drained

Cook peas according to package directions; drain. Meanwhile, saute onion in butter until tender, about 5 minutes. Stir in flour, lemon peel, savory and salt until smooth. Remove from heat. Gradually stir in cream. Bring to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in cheese until melted. Add peas and pimiento. Heat thoroughly but do not boil.



Thanksgiving dinner doesn't have to mean extra calories.

SESAME STUFFING

1 cup finely diced celery
1 cup grated carrots
4 ounces finely diced onion
½ cup water
2 packets instant chicken broth and seasoning mix
6 slices whole wheat bread, made into crumbs
¾ cup evaporated skimmed milk
2 tablespoons imitation (or diet) margarine
1 tablespoon toasted sesame seeds
½ teaspoon sage
1/8 teaspoon garlic powder
Combine first 5 ingredients in a nonstick skillet. Cook until onions are transparent. Transfer vegetables to a mixing bowl and add remaining ingredients. Mix thoroughly. Spoon into a 1-quart casserole which has been sprayed with a nonstick cooking spray. Bake at 375°F. for 30 minutes. Makes 6 servings. Divide evenly.

Each serving is equivalent to:
½ cup vegetables
½ ounce limited vegetable
5/6 serving something extra (½ packet broth mix, ½ teaspoon sesame seeds)
1 serving bread
¼ serving milk (2 tablespoons evaporated skimmed milk)
½ serving fat

WHIPPED SQUASH POTATO CASSEROLE

2 medium acorn squash (about 1½ to 2 pounds)
1 pound 2 ounces hot cooked, pared potatoes
2 tablespoons imitation (or diet) margarine
Artificial sweetener to equal

2 teaspoons sugar
Salt and white pepper to taste
Cut squash in half; remove and discard seeds. Place cut side down in shallow baking pan containing about ½ inch of water. Bake at 400°F. until tender. Scoop out pulp; weigh 1 pound. Freeze any remaining squash for another use.

Combine squash with remaining ingredients in medium mixing bowl. Whip until smooth. Transfer to 1½ quart casserole which has been sprayed with a nonstick cooking spray. Bake at 350°F. for 20 minutes or until thoroughly heated. Makes 6 servings. Divide evenly.

Each serving is equivalent to:
2½ ounces limited vegetable
1 serving Choice Group
½ serving fat
1 pound frozen winter squash can be substituted for the fresh, if desired. Thaw, combine with remaining ingredients and proceed as directed above.

HERB VINAIGRETTE DRESSING

Flavor enhances if prepared at least one day in advance.
2 tablespoons vegetable oil
2 tablespoons wine vinegar
2 tablespoons water
1 garlic clove
2 teaspoon Dijon mustard
1 teaspoon chives
1 teaspoon chopped fresh parsley
½ teaspoon tarragon
Salt and freshly ground pepper to taste
Place all ingredients in blender container; process until smooth. Refrigerate. Serve over salad greens. Makes 6 servings. Divide evenly. Each serving is equivalent to:
1 serving fat

Thanksgiving for kids

The word Thanksgiving is basically made up of 2 words Thanks and Giving. These two words were born out of knowing what it meant to be without. It came from people who had to travel far with nothing ahead of them but determination and hard work. In their struggle to survive they were thankful for life itself.

We need not revert back to the hard times of life, but we should be able and willing to say Thank You on

a daily basis. For if we give Thanks for what we have, then the pleasure of giving is ours.

HAND SHAPED TURKEY

Materials needed: Paper, pencil and crayons.
What to do: Trace the shape of the hand with fingers, spread onto a piece of paper. The thumb is the turkeys head, the fingers are tail feathers. Use crayons to color feathers and draw on legs and feet.

SAFeway Foods for the Holiday!

Safeway Will Be CLOSED Thanksgiving Day Thurs., Nov. 22
Ad prices effective thru Wednesday, Nov. 21 -- 8 Day Ad.
Prices effective Wed., Nov. thru Wed., Nov. 21 ... 8 Day ad ... at Safeway in Portland.

Coke or Tab 8-Pack, 16-oz. Btls. Save \$1 a Pak \$1.38 Plus Deposit	Margarine Saffola, 1-lb. Pkg. Save 21¢ ea. 68¢ SUPER SAVER	1-lb. Sugar Town House Brown or Powdered Save 18¢ each 29¢ ea. C&H Brown or Powdered, 1-lb., 39¢	Pumpkin Libby's Fancy, 29-oz. Can Save 20¢ ea. 48¢ SUPER SAVER
Cranberry SAUCE, Town House Jelly or Whole 16-oz. Save 53¢ ea 3 3 for \$1 SUPER SAVER	Pitted Olives Town House Select, 6-oz. Can Save 30¢ ea. 49¢ SUPER SAVER	12-Pack Beer Henry Weinhard's Private Reserve, 12-oz. Btl. Save 40¢ a Pak \$4.59 Plus Deposit	Toothpaste Aqua-fresh, 6.4-oz. Tube Save 49¢ ea. 89¢ SUPER SAVER

Boneless Ham
Kingan Smoked Ham, Water Added
Smok-A-Roma lb. \$1.68
Save \$1.28
60¢ lb.

Grade A Turkeys
Toms ... Manor House Frozen 18 to 24-lbs. lb. **58¢**
SUPER SAVER

Hen Turkeys
Manor House Grade A Frozen 10 to 14 lbs. lb. **65¢**
SUPER SAVER

Manor House Frozen Hens & Toms. PLUS ... fresh turkeys, a good selection of frozen Norbest, Butterball, Golden Star ... PLUS Fancy Ducks and "Sleepy Eye" Geese.

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