

Living Christmas trees aid Santa, landscape

Living Christmas trees do double duty, first as a decoration and then as a landscape plant. They are purchased just before the December holidays, brought into the house as a Christmas tree, then planted permanently outside.

Some of the more popular living Christmas trees are Scotch pine, Douglas-fir, shore pine, blue spruce, noble fir, Austrian pine, redwood and giant sequoia. McNeilan advises checking at local nurseries to find out which varieties are adapted to the different growing conditions found in Oregon.

Living Christmas trees can be purchased in two forms: containerized or balled-in-burlap. Trees grown in containers are more likely to survive the indoor-outdoor transitions and are simply easier to deal with, according to McNeilan.

Moreover, trees that were grown in their containers and have well-developed root systems are harder than those that have just been dug

and transplanted into large pots. When buying a containerized tree this Christmas, find out how it was grown before making the purchase.

However, a nursery-grown balled-in-burlap tree that has been properly root-pruned can make an excellent living Christmas tree, even if it requires a bit more work.

When the tree is brought home, a two or three stage relocation procedure should be used so the tree can adjust to warmer indoor temperatures. Place it in an unheated garage for four days, then in an unheated room in the house, if possible.

A containerized tree can be left in its container indoors. The balled-in-burlap tree must be placed in some sort of tree stand or pot that will support it and allow it to be watered. Leave burlap wrapped around the roots and tree trunk while it is in the house.

Place the tree in the coolest location in the room where it will be a

decoration. Keep it away from hot air ducts and large windows where the sun could cause severe scald. The tree should be kept at normal indoor temperatures no more than four to five days.

The tree may respond to the higher indoor temperature by starting to grow. Test the container soil surface daily and add water when it feels dry. Water a balled-in-burlap tree only enough to keep the rootball from drying.

Decorations are fine as long as they do not break twigs and branches. Keep hot bulbs away from the foliage and do not use flocking or artificial snow.

When it's time to move the tree outdoors after the holidays, reverse the procedure. Move it to successively cooler locations before placing it completely outdoors.

Planting instructions for containerized trees: dig a hole at least twice the size of the tree's estimated root area. Mix the soil from the hole

with an equal amount of organic matter such as peat moss, compost, rotted manure, sawdust or leafmold.

The organic matter is especially important in clay soils that do not drain well.

Remove the tree from the container and spread the roots out as much as possible. Then place the tree in the planting hole so the soil surface meets the tree trunk at the same place it did when the tree was in the container.

Fill the hole around the plant with the mixture of soil and organic matter and water it in. Do not fertilize the plant until late spring. An organic surface mulch will protect the tree from cold temperatures.

Planting instructions for balled-in-burlap trees: dig a hole twice the size of the rootball and mix the soil from the hole with an equal amount of organic matter. Cut the twine from around the tree trunk and unwrap the burlap from the upper half of the rootball.

Choose safe toys this Christmas

The number one concern in choosing children's toys is safety.

But there are other things that we should consider as well, says Cal Williams, Multnomah County Home Economist, such as the child's age, interests and abilities. Many toys have suggested ages printed on the outside of the package. After you've decided whether the toy is appropriate for the child's age, ask yourself if it will help him develop new skills and discover new interests such as art, sports, or science.

The Toy Manufacturers of America offer the following suggestions for buying toys.

1. Don't buy toys impulsively.
2. Select playthings with some degree of realism. Through TV, movies and books, today's children are aware of and stimulated by the world around them. Psychologists suggest that realistic toys—playthings that are scaled down models of real-life objects—help children, especially younger ones, to become inventive and imaginative in their play.
3. Look for toys that provide a

variety of play experiences. While very young children may simply stack a set of blocks, slightly older children may use the same blocks to "represent" a city, using their other toys (cars, dolls, animals) as props. Mrs. Williams points out there are many toys that suggest a variety of activities to children and encourage them to use their imaginations in play.

4. Gradually introduce more complex versions of familiar playthings. Younger children need simple board games that are governed by chance. As children grow and learn strategy you can introduce games requiring skill. Observe your children's play to

see when they're ready for the next, more complex play experience.

5. Spread your toy budget throughout the year. Don't overwhelm children with too many new toys at once. Use birthdays, the start of family vacations and other occasions to introduce new toys and new play experiences.

6. Involve your children in the toy selection process. Learning to play also means learning to make decisions. Discussing toy selection with children encourages them to think for themselves and live with the consequences of their decisions. Mrs. Cal Williams adds it's a valuable lesson in consumer education.

see when they're ready for the next, more complex play experience.

5. Spread your toy budget throughout the year. Don't overwhelm children with too many new toys at once. Use birthdays, the start of family vacations and other occasions to introduce new toys and new play experiences.

6. Involve your children in the toy selection process. Learning to play also means learning to make decisions. Discussing toy selection with children encourages them to think for themselves and live with the consequences of their decisions. Mrs. Cal Williams adds it's a valuable lesson in consumer education.



FLAKE A FISH FOR FLAVOR

Look to the sea: flake a fish

With today's ever-rising living costs, you, like most homemakers, are probably searching for foods that are easy on the budget, loaded with nourishing protein, and tasty and tempting to eat. That's a large order to fill—but search no longer. Look to the sea! Your local fish market or frozen seafood counter has a wide variety of seafoods to fill your needs, ranging from party-fare to budget-priced. Don't let the price tags fool you; fish that sell for less are just as tasty and nourishing as those with a higher price. The difference is in demand, ease of catching, and the quantity available.

One of today's best buys is whiting caught in the cold waters off the shores of Massachusetts and Maine. Whiting, one of the most versatile fish on the market are used in more different ways than any other species. They are plentiful and therefore among the least expensive.

Whiting have tender, white, firm-textured flesh. They can be baked, broiled, panfried or poached.

Whiting are available frozen, either whole, headed and dressed, or filleted; and they are sometimes smoked. The average weight is from 1 to 4 pounds and up to 12 inches in length.

Flaky whiting, a National Marine Fisheries Service recipe, offers a special taste treat and one that you can afford to serve again and again. In this easy-to recipe the whiting are dipped into beaten egg and rolled in a zesty mixture of shelf-ready instant mashed potato flakes and cheese-garlic salad dressing mix. A sprinkling of melted butter or margarine adds extra flavor and helps keep the fish moist while baking. This flavorful fish will tease the taste, delight the eye, and save

the budget. Pineapple and orange slices served with crispy greens make a tasty salad accompaniment. Fish and fruit always go so well together! Go ahead and beat high prices—treat your family to Flaky whiting, then listen to the raves come in!

FLAKY WHITING
3 pounds pan-dressed whiting or other pan-dressed fish, fresh or frozen
1 teaspoon salt dash pepper
1 cup instant mashed potato flakes
1 package (7/10 ounce) cheese-garlic salad dressing mix
1/2 teaspoon salt dash pepper
1 egg, beaten
1/4 cup butter or margarine,
melted
Paprika 1/2
Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside with salt and pepper. Combine potato flakes, salad dressing mix, salt, and pepper. Dip fish in egg and roll in potato flakes. Place fish in single layer on a well-greased bake and serve platter, 16 by 10 inches. Pour butter over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500°F., for 15 to 20 minutes or until fish flake easily when tested with a fork. Makes 6 servings.

ENERGY.
We can't afford to waste it.

... UNION OR COMPANY DENTAL INSURANCE IS A VALUABLE ASSET ...



YOUR HEALTH AND APPEARANCE

COMPLETE COOPERATION ON ALL DENTAL INSURANCE CLAIMS
WE HANDLE ALL THE DETAILS OF COMPLETING YOUR CLAIM FORMS

no appointment needed
Come in at your convenience
PARK FREE—Any Park n Shop Lot

HOURS: Weekdays 8:30am to 5pm
Saturdays 8:30am to 1pm

Dr. Jeffrey BRADY, Dentist

S.W. 3RD & YAMHILL ST., PORTLAND, OREGON
TAKE ELEVATOR TO 2ND FLOOR 3RD ST. ENTRANCE

Merry Feasting from Safeway

SAFEWAY All Safeway's Will Be...
CLOSED
Christmas Day
Tuesday, December 25
Closing at 6 p.m. Christmas Eve
So our Employees May Spend the Holiday With Their Families

Blazer Bar 4 \$1
Introductory Offer!
All Natural Bar Peanut Butter, Cocoa & Vanilla
1.4oz. Reg. 30¢

Holiday Favorites

- Ice Cream Lucerne Assorted Flavors - Half Gal. \$1.39
- Dinner Rolls Mrs. Wright's Brown & Serve - 12 Pack 49¢
- Mixed Nuts Party Pride Nuts w/Peanuts - 12-oz. \$1.69
- 3-lb. Shortening Nu-made All-purpose \$1.79
- Aluminum Foil Safeway 12" 25 Ft. Roll 39¢
- 28-oz. 7 up Reg. Light or Diet 3 for \$1

SAFEWAY COUPON
Coupon Redeemable thru Monday, Dec. 24, 1979
Wrigley's Gum 4 \$1
Pien T Pak of 17 Sticks
Limit 4 Packs With Coupon

1-Liter Soft Drinks
Cragmont Reg. Diet Mixers
Save 25¢ on 5 \$5.10

12-Pack Budweiser
Beer - 12-Ounce Can
Save 50¢ a Pak \$4.39

1-Pound C&H Sugar
Powdered, Dark or Golden Brown
Save 16¢ each \$2.99

Vegetable Oil - 48 oz.
Nu-Made Salad & Cooking Oil
Save 41¢ each \$1.88

Crest Toothpaste
7-oz. Tube
Save 22¢ each \$8.99

Fresh Butter
Shady Lane Quarters 1-lb. Carton
Save 40¢ each \$1.19

Whipping Cream
Lucerne Bonus Quality Pint
Save 26¢ each \$6.99

2-lb. Sharp Cheddar
Lucerne Cheese Loaf
Save 1¢ each \$3.49

Tangerines
Sweet Zipper Skinned Fruit Christmas Time Favorite
26-lb. Box '41'
SUPER SAVER \$5.10

Smoked Ham
Victor Brand Dry Cure Shank Half
Butt Half lb. \$1.28
Whole Ham lb. \$1.34
SUPER SAVER \$1.18

SAFEWAY COUPON
Redeemable thru Dec. 24, 1979
STIMU-LEGS
THE NON-STOP PARTY HOSE
Safeway's Finest Regular Size Save 50¢ a Pair Limit 1 Per Coupon
\$1.99

SAFEWAY COUPON
Redeemable thru Dec. 24, 1979
STIMU-LEGS
THE NON-STOP PARTY HOSE
Extra With Fall Shades Safeway's Finest Save 50¢ a Pair Limit 1 Per Coupon
\$2.29

Ad prices good Wed., Dec. 19 thru Mon., Dec. 24 at your nearby N.E. Union & Ainsworth Safeway Store.

Everything you want from a store...



and a little bit more.