

## A Calendar of Thoughtful Events

By Jeaninne B. Cowles  
President-Director of Weight Watchers of Oregon.

It's the season of new beginnings and, if you're like many people at this time of year, you may have started a self-improvement program that includes weight loss.

Jeaninne B. Cowles, President-Director of Weight Watchers of Oregon, Inc., hints that, "Whether you're like the majority of Weight Watchers members who only have about 20 pounds to lose, must lose more than 30, or if you want to drop a nagging 5, it's best to look as good and feel as good about yourself as you can during the process."

Here's a short calendar of things you can do to make your thinning time seem shorter, and make you feel better about yourself, courtesy of Weight Watchers International. No matter when you lose all the weight you wish, follow the calendar for the whole year.

**JANUARY** —Every time you market, put away a portion of the money you would have spent on candies, cakes, and the like. Use this money to buy something extravagant when you begin to feel discouraged. If you wait until you're at goal weight, you'll be surprised at what a cache you have.

**FEBRUARY** —Choose a garment from your wardrobe and hold on to it without taking it in. As the pounds come off, keep trying it on—it's so satisfying to see how big it will grow on you. Volunteer your services to a local charity or hospital.

**MARCH** —Go to your favorite beauty salon and have an evaluation session on your hair and make-up. While losing weight, looking good is the first step to feeling good. And plan on following this up with another session when you're down to your goal. The weight loss can make a big difference in the types of styling that look best on you, and the variety of hair and make-up techniques you can take advantage of.

**APRIL** —Pick a new hobby, any hobby, but make it something you're really interested in. Then put aside time at least once a week to do it. It can be home-sewing, or tennis, gardening or woodworking, or anything else that intrigues you.

**MAY** —This can be learn-love-a-fruit-or-vegetable month. They are plentiful, and you really should try some exotic types you've never had before. Or, find new and wonderful ways of serving more familiar varieties. All within the confines of your diet plan, of course, as you change to a slim lifestyle. Place the new food before you on one of your best plates, and use your good silver, if called for. No paper napkins will do. Spend a minute to appreciate the beauty of the food you're trying. Then take your first taste—savoring its texture; its unique flavor. Hold it in your mouth a minute longer than usual to fully appreciate it. Eat it slowly and remember the pleasure of actually tasting rather than gulping food. Carry this over into your regular eating, as well.

**JUNE** —It's time to start a summer tan, and if you want to do it right, do it slowly. We all look better for a little of summer's color. Just don't overdo. The deep rich tan of today can turn into the cowhide of tomorrow. Start out with 20 minutes or so, and a good sun tan lotion. Try not to go more than 2 or 3 shades darker than your normal coloring.

**JULY** —Plan your summer vacation with your new figure in mind. Look for a place where you will be getting more physical activity than usual, and where the food and drink temptation is not more than you can handle with relaxation. Remember this should be a time of pleasure for you, not a struggle between appetite and your conscience. Camping out, special spas and resorts, adult camps for weight control are all excellent trips to plan.

**AUGUST** —This is a great time to check out what will be happening in the way of adult education classes in your area. See what your local 'Y' or college may have listed in its new catalogue. These classes run the gamut from ballet to soccer, from art to auto mechanics, so there should be something you can register for.

**SEPTEMBER** —Plan an evaluation session on your dressing. With a close friend, go into all the best stores and try on all the new fall styles (even if you think you can't wear them.) Evaluate one another, impartially, for what really looks best. This can be quite a revelation and open up a whole new world of clothes to you, especially if you've reached your goal weight.

**OCTOBER** —Pick four new books at the library or book store and make the time to read them this month.

**NOVEMBER** —Start planning for your holiday parties now. Thanksgiving is not far off, and so, can Christmas and New Year's be far behind? Start making your guest lists, and planning your menus, checking your serving pieces and designing your center-pieces. You might even take on a project to add some new life to an old room, by repainting or making new curtains or rearranging the furniture.

**DECEMBER** —If you haven't used your saved splurge yet, maybe this is the time for a great new holiday dress. Something totally impractical and thoroughly smashing. Whenever you've reached your goal weight throughout the year, if you've done it sensibly, you've kept the weight off. It's the beginning of a whole new year and you look great! Now, your only problem is what to resolve for next year.



## Super Stuffed Franks

Want a surprise for the family? Present Super Stuffed Franks! Plain franks—no way! These outstanding hotdogs are stuffed with a lively mixture of cheese, French fried onions and hot sauce. Make plenty—one is never enough! Serve in buns and pass the bottle of RedHot! sauce for those who want an extra dash of zest.

Finish satisfying those hearty appetites with a big pot of baked beans (a touch of hot sauce does wonders), potato chips and relishes. As a grand finale, brownies a la mode will bring sighs of delight.

**SUPER STUFFED FRANKS**  
1 jar (5 oz.) Cheddar-type process

**cheese spread**  
1 tablespoon prepared mustard  
2 tablespoons milk  
2 teaspoons Durkee/Frank Red Hot Sauce  
1 can (3 oz.) Durkee French Fried Onions  
1 pound frankfurters  
Blend together first 4 ingredients until smooth. Crumble and stir in all but ¼ cup French Fried Onions. Cut a lengthwise split in each frankfurter and fill with cheese-onion mixture. Place under broiler about 5 inches from heat and broil 3 to 5 minutes, until cheese bubbles and browns. Top with remaining onions and serve on frankfurter buns.  
Makes 8 to 10 servings.

## Gettin' down with Fluffy Rocky Road Pie

A new apartment is a great excuse for a young adult to show off...and when all the furnishings and treasures are in place...why it calls for sharing it with friends.

Make it a dessert party with this Fluffy Rocky Road Pie. Rich with marshmallows, nuts, whipped topping mix and Jell-O instant pudding and pie filling, it's quick and easy to prepare and a sure winner. Make it further easy on yourself by using a frozen pie shell, ready to bake from the freezer section of your local supermarket, or an equally tasty graham cracker crumb crust shell.

So don't hesitate...extend the invitation to "Come for Dessert!" and enjoy!

2 envelopes Dream Whip topping mix

2 ½ cups cold milk  
2 packages (4-serving size) Jell-O chocolate fudge flavor instant pudding and pie filling  
1 cup miniature marshmallows  
½ cup chopped walnuts  
1 baked 9-inch pie shell, cooled

Prepare whipped topping mix with 1 cup of the milk as directed on package, using large mixer bowl. Set aside ½ cup of the prepared whipped topping; if desired. Add remaining milk and pie filling mix to remaining prepared whipped topping. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Fold in marshmallows and nuts. Spoon into pie shell. Chill at least 4 hours or freeze several hours or overnight. Garnish with reserved whipped topping.



# SAFeway Old Fashion S-Brand Bargain Days

<b>Cottage Cheese</b> Blossom Time. SAVE 18¢ Pint Carton <b>53¢</b>	<b>Frozen Peas</b> Bel-air. SAVE 52¢ on 4 10-ounce Pkg. <b>4\$1</b> for
<b>Pork &amp; Beans</b> Town House. SAVE 30¢ on 2 30-ounce Can <b>2\$1</b> for	<b>Mild Cheddar</b> Lucerne Cheese. SAVE 70¢ 2-Lb. Loaf <b>3\$29</b>
<b>Peanut Butter</b> Scotch Buy. SAVE 40¢ 48-ounce Jar <b>2\$29</b>	<b>Spaghetti</b> Town House Long Style. SAVE 10¢ 12-oz. Pkg. <b>39¢</b>
<b>Paper Towels</b> Truly Fine 1-Ply White. SAVE 25¢ 120-Ct. Roll <b>48¢</b>	<b>Detergent</b> Scotch Buy Laundry. SAVE 20¢ 49-ounce Box <b>99¢</b>
<b>Facial Tissue</b> Truly Fine 2-Ply. SAVE 20¢ on 2 200-Ct. Box <b>2\$1</b> for	<b>DISH WASHER Compound</b> White Magic. SAVE 47¢ 35-ounce Box <b>88¢</b>
<b>Diapers</b> Truly Fine Toddler Disposable. SAVE 30¢ 40-Ct. Pkg. <b>488</b>	<b>Cat Litter</b> Safeway Absorbent. SAVE 30¢ 25-Lb. Pkg. <b>188</b>

<b>Chuck Roast</b> USDA Choice Beef Chuck Blade Cut <b>\$1.08 lb.</b>	<b>Potatoes</b> Russets No. 2's Oregon Grown 20-lb. Bag <b>96¢</b>
<b>Soft Drinks</b> Cragmont, 1-Liter Plus Deposit 5 for \$1 Town House 16-oz. Can 2 for 89¢ Chili w/Beans Scotch Buy 15-oz. Can 59¢ Hashbrowns Bel-air 32-oz. Pkg. 49¢ Short Ribs Dinner Bel-air Great Escapes, 13-oz. \$2.49 Pear-Apple Juice Town House 48-oz. Can 99¢ Cheese Slices Safeway American Singles, 12-oz. \$1.39 Grapefruit Juice Bel-air Pink 12-oz. Can 2 for \$1 Fabric Softener White Magic 96-oz. Btl. \$1.99 Dishwashing Liquid White Magic 35-oz. Btl. 88¢ Toothpaste Safeway 7-oz. Tube 80¢ Mouthwash Safeway 16-oz. Btl. 80¢ Shampoo Truly Fine 16-oz. Btl. 80¢	<b>SAFeway PREMIUM Bread</b> White or Wheat Sandwich or Regular White 22.5-oz. Loaf <b>59¢</b>  <b>INTRODUCING... Blazer Bar</b> All Natural Bar, 1.4-oz. <b>4\$1</b>
<b>Corn Meal</b> Kitchen Craft Yellow or White 5-lb. Bag <b>99¢</b>	<b>SAFeway COUPON</b> Redeemable thru Tues., Jan 8th <b>Film Developing</b> Good on Kodak, Fujifilm or Safeway Color Print Film 12 Exposure Save \$1.11 20 Exposure Save \$1.40 24 Exposure Save \$1.68 36 Exposure Save \$1.90

**Beverage Cellar**

Heidelberg Beer 12-oz. Can Plus Dep. Save 30¢ 12 for \$3.19	Black Tower Lager/Amber White Wine in the Black Bottle 750 ml. Save 80¢ \$3.99
-------------------------------------------------------------	--------------------------------------------------------------------------------

**Alkaline Batteries**  
Safeway, Long Lasting  
9-Volt AA Size \$1.24 | 4-Pak \$1.68  
Prices effective Wed., Jan. 2 thru Wed., Jan 8th at NE Union & Ainsworth

### JOIN WEIGHT WATCHERS SAVE \$4.00

It's easier to lose weight when you're not trying to do it alone.

Join now and save on your registration and first meeting fee!

OFFER ENDS January 31, 1980

Of all the weight loss programs in the world none has been more successful than Weight Watchers.

We've helped more people lose more pounds than any other program.

We'll teach you to change your attitude about food so you can keep your weight off.

Because with many other programs all you lose in the long run is time.

For Class Listings and Information CALL **COLLECT 503 297-1021**

Take this coupon to a Weight Watchers meeting

**WEIGHT WATCHERS**

This coupon cannot be combined with any other offer or discount program. Offer good only in participating areas.

OFFER ENDS January 31, 1980

Discount available only with this coupon

<b>EMANUEL HOSPITAL</b> 2801 N. Gantenbrun Emanuel East, Room B-1 (Nursing Home) Thurs. 7:00pm	<b>HOLLADAY PARK HOSPITAL</b> 1225 NE 2nd Ave. Bldg. No. 1 5th Floor Solarium Thurs. 4:00pm
<b>NORTHEAST PORTLAND MARANATHA CHURCH</b> 1222 NE Skidmore Sat. 9:30am	<b>CARPENTERS HALL</b> 2225 N. Lombard St. Mon. 7:00pm Thurs. 9:30am

For information call COLLECT Portland (503) 297-1021, Weekdays - 8:30-5:30

© WEIGHT WATCHERS INT'L INC. 1979. OWNER OF THE WEIGHT WATCHERS & PEPSTEP TRADEMARKS.

# Everything you want from a store ... and a little bit more. SAFEWAY