

Turkey leftovers make nourishing meals

One of the benefits of preparing a big turkey for the holidays is the leftovers! A smart way to get your money's worth in flavor and nutrition is with Turkey and Cheese Chowder. It's a hearty soup that's economical to prepare and full of nutritious ingredients.

This soup base includes fresh vegetables and chopped, cooked turkey. Enriched corn meal with B-vitamins and iron helps to thicken the soup and provides the full-bodied flavor or grain. There's something from each of the basic four food groups -- Dairy (Milk and cheese), Meat (turkey), Vegetables (corn, celery, onion, potato) and Cereals (corn meal).

Serve with rolls or crackers and a green salad. Any way you serve it, Turkey and Cheese Chowder is special without being expensive. Easy-to-prepare and nutritious, Turkey and Cheese Chowder may rule the roost in your kitchen all year long!

TURKEY AND CHEESE CHOWDER

Two 10- $\frac{3}{4}$ -oz. cans condensed chicken broth
1 medium-sized onion, sliced
1 small potato, pared, cut into

quarters
1 rib celery, cut into 1-inch pieces
1 small bay leaf
2 cups water
 $\frac{1}{2}$ cup enriched corn meal
One 10-oz. pkg. frozen whole kernel corn, thawed
1 cup chopped cooked turkey
1 teaspoon parsley flakes
 $\frac{1}{2}$ teaspoon salt
1/8 teaspoon pepper
1 cup milk
1- $\frac{1}{2}$ cups (6 oz.) shredded Cheddar Cheese

Combine broth, onion, potato, celery and bay leaf in 4-quart Dutch oven. Cover; bring to a boil over medium-high heat. Reduce heat to medium-low; simmer for 10 to 15 minutes or until potato is tender. Remove from heat; transfer into blender container. Cover; blend about 30 seconds or until smooth. Return mixture to Dutch oven; add remaining ingredients except milk and cheese; cook, stirring constantly, until cheese is melted. Serve hot. Makes about seven 1-cup servings. If Chowder thickens upon standing, thin with additional milk.



Easy-to-prepare Turkey and Cheese Chowder may rule the roost a your house all year long!

Housing Primer aids women home buyers

Washington, D.C.-- Valuable information about women's credit rights, housing options and steps in the home-buying process is now available from the League of Women Voters Education Fund. Two new compact, companion pamphlets, Finding The Facts: A Woman's Housing Primer and Its Up to You: A Woman's Housing primer offers guidance specifically designed for the first-time female buyer.

As part of a million-dollar U.S. Department of Housing and Urban Development effort to facilitate the entry of women into the mortgage market, ten local Leagues have worked with local lenders, real estate brokers and housing counselors to bring women more information about their credit rights and about the housing options available to them.

"Women on their own -- especially women who find themselves suddenly single -- often need help in digging out relevant information about local housing markets, and in sorting out the factors that go into a housing decision," states Ruth J. Hinerfeld, Chair of the League of Women Voters Education Fund. "To make

a housing decision, a woman has to match two sets of facts -- facts about the housing market and facts about herself. This pair of new publications produced by the League under its HUD grant will help them to do this.

Finding The Facts: A Woman's Housing Primer provides step-by-step informational guidance to those resources that already exist in most communities and offers useful hints on the best ways to use each. It also includes broad general suggestions: "Speak to other women in your community about real estate brokers, lenders or counselors who have helped them, to find out how they dealt with their housing problems and to explore cooperative solutions to home ownership and maintenance."

Finding The Facts also gets down to the specifics. "For a small fee and proof of your identity, the credit bureau that serves your business community will show you a copy of your credit report." It also tells how "you can hire a building or home inspector to examine and evaluate the physical condition of a house you want to buy. Look in the Yellow Pages under 'Building Inspector Service'" and feel free to ask

about the firm's qualifications."

The other pamphlet, It's Up To You: A Woman's Housing Primer, offers specific methods for arriving at sound housing decisions that reflect different individual situations. "Only you can decide what is best for you," the pamphlet states. "Start by listing some immediate and long-range goals that your housing choice can help or hinder" then "look at all your housing options." For instance "look at ways you can cut cost -- such as repair, upkeep, decoration

or moving -- by swapping skills and services with friends and neighbors or by getting together with them to negotiate group contracts for supplies and services."

Both pamphlets include a resource list for obtaining information about credit rights and housing options.

Each pamphlet can be ordered from the League of Women Voters of the U.S., 1730 M Street, N.W., Washington, D.C., 20036 for 20¢ each or 10¢ for \$1.00.

Fast breakfast suggestions

No time for breakfast? Food that can be eaten on the way means the difference between breakfast or no breakfast. Add one or two extras to your lunch bag which can either be nibbled on the way or soon after you arrive at school or work.

Marilyn Lunner, Clackamas County Extension agent suggests the following foods you can eat on the go:

- Fresh fruits such as apples, bananas, oranges, strawberries
- Celery stuffed with peanut butter or a meat or cheese spread
- Cherry tomatoes, strips of carrots, celery and green pepper
- Canned fruit or vegetable juices
- Hard-cooked or deviled eggs
- Cheese and crackers
- Cold sliced meat loaf
- Left-over chicken or turkey
- Milk
- Sandwiches

"Breakfast is important; just juice is better than nothing," says Marilyn Lunner.

Be careful of cords

"Overloading of electrical circuits is common in homes during the holiday season," says Marilyn Lunner, Clackamas County Extension agent. "Because it's only temporary, many consumers overload extension cords and electrical outlets during the holidays even though they wouldn't the rest of the year."

To have a safer holiday season, the Consumer Products Safety Commission has these suggestions about the use of extension cords:

- Inspect extension and other cords on holiday decorations before use. Be sure to look for loose connections and for frayed or exposed wire. Discard any defective cords.

- Use extension cords approved by a recognized testing laboratory. Pick the correct cord for the job -- a heavy-duty extension cord for use with multiple light sets, for example. Use extension cords labeled for outdoor use with outdoor lights.

- Make certain each plug is inserted fully into the outlet with no prongs exposed. Poor prong contact could cause the plug to overheat or to become a shock hazard.

- Don't coil or bunch extension cords or run them under a carpet or rug. This can cause overheating. Cords should rest on the floor in safe locations so they do not overheat or create a tripping hazard.



Merry Christmas

SHOP K IENOW'S

FOR BRANDS you know VARIETIES you like SIZES you want

- 6611 S.E. Milwaukie
- 5516 E. East Burnside
- 122nd & N.E. Olney
- N. Lombard & Greeley
- Raleigh Hills Plaza
- 1822nd at S.E. Division
- Oak Grove
- 16th & S.E. Morrison
- 32nd & N.E. Hancock
- 39th & S.E. Division
- 23rd & West Burnside
- Lake Oswego 90 S & A
- King City

The Friendliest Stores In Town Since 1908

MEMBERS OF UNITED PROGRESS

SAFEWAY will be OPEN New Year's Day

6-Day Specials ... Friday Thru. Wednesday

Potato Chips Party Packs Barbecue Regular or Light 5-oz. 59¢

Totino's Pizzas Assorted Varieties 12 to 12 1/2" 89¢

Yuban Coffee 100% Colombian Beans Assorted 2-16 oz. Cans \$4.98

V-8 Juice Vegetable Cocktail Juice 60 oz. 79¢

12-Pak Miller's The Champagne Of Beer 12-ounce Cans \$4.59

Sour Cream Lucerne Best Cream 4-8 oz. 59¢

LEAN GROUND Beef 1 lb. \$1.58

Burger Buns Mrs. Wright's 8-Ct. 2 for \$1

Ground Beef Fresh Regular Ground -- Not To Exceed 30% Fat -- Backed By Safeway's Money-Back Guarantee! 1 lb. \$1.18

RANCH DRESSING 16.7 oz. 98¢

Lettuce Fresh, Crisp Iceberg Head Lettuce -- Firm Solid Heads, Perfect For Salads And Sandwiches! ea. 29¢

Boneless Ham Hygrade's Kingpin Whole or Half, Fully Cooked 1 lb. \$1.58

Fresh Crab Whole in-shell Dungeness Crab 1 lb. \$1.38

Ripe Tomatoes Salad Size for great eating 2 lb. 98¢

Pink Grapefruit Pink Medium Size Texas Full Of Flavor ea. 19¢

Beef Patty Mix 98¢
Premium Franks 1.58¢
Sliced Bacon 1.58¢
Beef Thuringer 1.38¢

Little Smokies 2.99¢
Fish Kabobs 1.58¢
Corned Beef 1.58¢
Fresh Oysters 1.78¢

Lemons or Limes 59¢
Radishes 2.49¢
Mushrooms 1.58¢
Artichoke Hearts 98¢

In-Shell Nuts 89¢
Orange Juice 1.58¢
Potted Mums 4.98¢
Orchid Corsages 1.58¢

Party Dips 49¢
Snack Crackers 69¢
Cream Cheese 79¢
Swiss Cheese 1.58¢
Minced Clams 1.58¢
Imo Dressing 59¢
Sharp Cheddar 1.58¢
Sternolog 1.58¢

Sandwich Bread 69¢
Rye Breads 59¢
Pumpernickel 59¢
Hot Dog Buns 1.2-1.58¢
Bel-air Apple Pie 99¢
Ripe Olives 3.1¢
Tortilla Chips 69¢
Nalley's Chili 1.58¢

Cocktail Ice 59¢
Gorton Clams 1.58¢
Chiffon Margarine 97¢
Nalley's Dills 1.58¢
Pringles 1.45¢
Chili Dip 1.07¢
Instant Coffee 1.58¢
Ralston RyKrisp 93¢

Ajax Cleanser 62¢
Cold Power 1.58¢
Scotch Buy Towels 49¢
Dermassage 1.58¢
Liebfraumilch 2.58¢
Taylor Wine 3.99¢

SAFEWAY COUPON Film Developing Good On Safeway Kodak, GAF or Fuji Color Print Film Only. Expires 12/31/80. Limit 1 Red Print Coupon.

HUGGIES Diapers Absorbent Disposable All Sizes, Box \$2.68

CLOSE-UP Toothpaste Mint 17 OZ. 5.4 oz. 79¢

25-COUNT Alka Seltzer For Fast Pain Relief, 25 Cnt. Save 13¢ ea. \$1.09

CAPRI Stew Pot Featured This Week. Covered 8-Quart Size. Save 14¢ ea. \$1.49

Coke, Pepsi, or 7-Up 26-oz. To 1-Liter Bottles Plus Dep. MIX or MATCH 3 for \$1.19

Crugmont Pop 12-oz. 1.19¢

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

LOOK FOR THE BIG "T" "A Sure Sign of Good Taste"

What do you look for in choosing a food store? Wide selection? Competitive prices? Confidence in the quality of the items you buy? We provide all of these ingredients at every TRADEWELL Store. And, because we really value you as a Customer, we add another ingredient that we think is the most important of all: Friendly, personal service every time you shop! Remember, look for the Big "T" -- it's a sure sign of good taste!

S.E. 20th & DIVISION
S.E. 72nd & RAVEL
N.E. 15th & FREMONT
W. BURNSIDE at 21st
SAN RAFAEL 1910 N.E. 122nd

14410 S.E. DIVISION
3955 S.E. POWELL
N.E. 74th & GUSAN
HILLSBORO-960 S.E. OAK

Forest Grove-2329 PACIFIC
Oregon City-878 MOLALLA
Canby-1051 S.W. 1st
LLOYD CENTER

TRADEWELL