

# Celebrate Hanukkah

Nothing detracts from the holiday spirit more than having to abstain from the best of the season's holiday treats. No one is more aware of this than Weight Watchers International, which has developed a variety of Hanukkah recipes that will allow you to feast and rejoice this season, while sticking to your weight reduction plan.

"When used as part of our nutritionally balanced food plan, these special holiday treats can help the dieters avoid putting on excess weight without sacrificing the pleasures of the table so closely tied to Hanukkah's festivities," said Jeannine Cowles, President for Weight Watchers of Oregon, Inc.

Hot mulled wine, warm and inviting, made from rich red wine, real brown sugar, and garnished with cinnamon sticks is a perfect offering for loved ones dropping in, and old-fashioned oatmeal and raisin cookies are a treat to serve, as well.

Hanukkah cooks will also delight their guests by adding zucchini latkes or potato kugel to their holiday

menus. Though none of these treats are meals complete in themselves, they're just what it takes to add the holiday spirit for those who want to continue to control their weight throughout the holiday week.

"Used in conjunction with a program like ours," says Ms. Cowles, "the holiday table doesn't have to be a dieter's groaning board. The Weight Watchers food plan offers both simplicity and variety to create treats like these, and the classes offer the techniques and the positive group support to get over the psychological hurdles of the holidays. Even the voluntary exercise plan can be worked in to the demands of the season."

For new Extra Holiday Treat recipes from Weight Watchers, write to: Weight Watchers of Oregon, Inc., 9200 S.W. Barnes Road, Portland, Oregon 97225.

## POTATO KUGEL

(Makes 4 midday or evening meal servings; supplement as required.)

- 2 teaspoons margarine
- 1/2 cup minced onion
- 1 garlic clove, minced
- 1 slice enriched white bread
- 6 saltines
- 1 cup water
- 1 pound pared potatoes, grated
- 2 eggs, well beaten
- 1/2 teaspoon salt
- Dash pepper
- Garnish: parsley sprigs

Melt margarine in small nonstick skillet and saute onion and garlic until onion is softened. In a bowl soak bread and saltines in water 3 to 5 minutes; squeeze out and discard excess water. Add onion mixture, potatoes, eggs, salt and pepper to bowl and stir to combine. Transfer to 1-quart casserole. Bake at 350°F. until a toothpick, when inserted in center, comes out clean, about 1 hour. Garnish with parsley before serving.

Each serving is equivalent to: 1/2 serving Fat; 2 tablespoons limited vegetables; 1/2 serving bread; 1 serving bread substitute; 1/2 egg.

## HOT MULLED WINE

(Makes 4 servings)

- 2 lemon slices, each 1/2 inch thick
- 3 whole cloves
- 16 fluid ounces red wine
- 1 small orange, cut into 8 equal wedges
- 1 tablespoon plus 1 teaspoon firmly-packed light brown sugar
- 2-inch piece cinnamon stick
- Artificial sweetener to taste (optional)

Stud lemon slices with cloves. In a saucepan combine wine, lemon slices, 4 orange wedges, brown sugar, and cinnamon stick. Reserve remaining orange wedges for garnish. Bring mixture almost to a boil, reduce heat, and simmer for 15 minutes. Add sweetener if desired. Remove orange wedges and lemon slices; discard lemon. Ladle wine into 4 mugs; place 1 orange wedge into each mug and garnish rim of each with 1 reserved wedge.

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Zucchini Latkes, Hot Mulled Wine, Potato Kugel, and Oatmeal-Raisin Cookies



Cornish Hens with Stuffing and Peach Sauce

# Season's Best Foods

## AT LOW HOLIDAY PRICES!

**Frying CHICKENS**

**FRESH**  
Oregon Grown  
Whole  
(Cut-Up lb. 69¢)

**59¢**  
lb.

**YOUNG TURKEYS**

Acme Brand Frozen Hens  
U.S.D.A. Grade A 18 to 22 lbs.

**59¢**  
lb.

**FRESH TURKEYS**

Acme Brand Young Tom  
U.S.D.A. Grade A  
(Fresh Hen Turkeys  
8 to 12 lbs. 79¢)

**69¢**  
lb.

**RIB STEAKS**

U.S.D.A. CHOICE BEEF

**\$2.69**  
lb.

**Boneless HAM**

Old Fashioned Whole Ham  
Fully Cooked Water Added 4 to 8 lbs.

**\$1.69**  
lb.

Pork Roast	79¢	Pork Chitterlings	\$3.29
Pork Hocks	89¢	Pork Link Sausages	\$1.99
Cube Steaks	\$1.29	Fresh Oysters	\$1.49
Chicken Franks	98¢	Dungeness Crab	\$1.99

Acme Brand Grade A Young Toms 18-22 lb.

**FRESH TURKEYS 69¢**  
lb.

(Fresh Hen Turkeys 10 to 13 lb. 79¢)

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Acme Brand Flash Frozen U.S.D.A. Grade A Hens

**Young TURKEYS 59¢**  
lb.

- Taylor Calif. Cellars 1.5 liter \$3.99
- Sebastiani Wine 1.5 liter \$3.79
- Colony Chablis Wine 1.5 liter \$3.69
- Jazques Bonet Champagne 750ml \$2.39

**PRICES EFFECTIVE THRU SUN., DEC. 20th, '81**

SE 20th & DIVISION Forest Grove - 2329 PACIFIC 14410 SE DIVISION  
SE 72nd & FLAVEL Oregon City - 878 MOLALLA 3965 SE POWELL  
NE 15th & FREMONT Canby - 1051 SW 1st NE 74th & GLISAN  
W BURNSIDE at 21st LLOYD CENTER HILLSBORO - 960 SE OAK  
SAN RAFAEL - 1910 NE 122nd

# TRADEWELL

**CAKE MIXES**

Pillsbury Asstd. Layer 1st 2, Addl. at Reg. Price

**78¢**  
18 1/2 to 18 3/4 oz.

**GOLD MEDAL FLOUR**

All Purpose Bleached White 1st 2, Addl. at Reg. Price

**88¢**  
5-lb. Bag

**Orange Juice**

SNO-MAID Frozen Concentrate 1st 2, Addl. at Reg. Price

**69¢**  
12 oz.

**Brown Gravy Mix** 4/51

**Gravy Mixes** 3/51

**Baking Chips** \$1.33

**Stuffing Mix** 89¢

**Cheez-Its** \$1.15

**Hi Ho Crackers** \$1.28

**Wheat Wafers** \$1.28

**Tru Blu Cookies** \$1.28

**Dream Whip** \$1.49

**Kraft Marshmallows** 88¢

**Pizza Mix** 88¢

**Refried Beans** 2/51

★ FROZEN FOODS DEPT. ★

**COOL WHIP** 8 oz. **79¢**

**JENO'S PIZZA** 11.75 oz. **\$1.19**  
to 12.75 oz.

**SNOBOY FRENCH FRIES** 2 lb. **88¢**

**BANQUET MEAT PIES** Chicken or Turkey **38¢**

**BAKER'S COCONUT** 14 oz. **\$1.33**

**DEL MONTE VEGETABLES**

Green Peas or Cream Style or Whole Kernel Cans 17 oz. **2/51**

Carrot or French Chopped or Sliced or Shred Green Beans 16 oz. **2/89¢**

**DEL MONTE VEGETABLES**

Carrot Green Beans, Spinach, Whole Kernel or Cream Style Cans 7.75 oz. to 8.75 oz. **3/51**

**Clam Chowder** 18 oz. \$1.18

**Pillsbury Biscuits** 7.5 oz. 29¢

**Snack Crackers** 7.5 oz. 79¢

**Bango Popcorn** 32 oz. 89¢

**Pillsbury Frosting** 16 oz. \$1.19

**Del Monte Pineapple** 15 oz. 59¢

**Paper Towels** 100 ct. 69¢

**Taco Mix** 14 oz. 39¢

**Pillsbury Rolls** 8 oz. 89¢

**Big Country Biscuits** 12 oz. 2/51

**Cream Cheese** 8 oz. 39¢

**Cream Cheese** 8 oz. \$1.09

**JELL-O**

GELATIN DESSERT MIXES Assorted Flavors

**2 \$1**  
6-oz. Pkg. For

**POP & MIXERS**

SHASTA Assorted Flavors

**88¢**  
2 Liter Dep.

**EVAP. MILK**

FRESHIE Evaporated

**44¢**  
12 oz.

**CELERY**

CRISP STALKS ea. **39¢**

**TANGERINES**

LARGE lb. **39¢**

**ORANGES** Large Sweet Navel lb. **29¢**

**APPLES**

Snoboy Extra Fancy Golden Delicious lb. **39¢**

**POTATOES**

U.S. No. 1 BAKING lb. **29¢**

**LEMONS** Sunlist each **19¢**

**SWEET Red Emperor Grapes**

**59¢**  
lb.

**North Williams & Beech**

Sole Price Guarantee (Rain Check)

Each of these advertised items is required to be readily available for sale at or below the advertised price in this store, except as specifically noted in this ad. We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock, a SALE PRICE GUARANTEE (Rain Check) will be issued, enabling you to buy the item at the advertised price, as soon as it becomes available.

**STORE HOURS:** MON.-SAT. 10 to 8 | SUNDAY 10 to 7

**PRICES EFFECTIVE THRU DEC. 24TH, 1981**

Some fresh meat items on this ad may not be available on Sunday due to staff limitations.