

Warm those chilly evenings

A new recipe may be just the thing you need to perk up your family's weary tastebuds. Why not do it with Autumn Vegetable Soup? It turns everyday ingredients into an exciting taste sensation.

Ham hocks, turnips, celery and green beans make this savory soup mouth watering. And, wholesome barley makes it even more enticing. While adding a rich texture and full grain flavor, barley also provides protein, thiamin, phosphorous and iron.

With a robust dish like Autumn Vegetable Soup, you don't need much else on the menu. Just add corn bread, a tossed salad and fresh

fruit for a delicious fall bill of fare. And, if you're lucky enough to have any left over, fill a vacuum bottle with piping hot Autumn Vegetable Soup. Pack along a sandwich and you'll have a hearty lunch that hits the spot on cold weather days.

AUTUMN VEGETABLE SOUP

3 qt. water
3 large ham hocks (1 1/2 to 2 lb.)
2 beef bouillon cubes
1 garlic clove, crushed
Dash of pepper
1/2 cup pearly barley
2 large carrots, sliced
1 large turnip, sliced
1/4 cup celery slices

One 10-oz. pkg. frozen green beans or 1 1/2 cups cut fresh beans
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes

Combine water, ham hocks, bouillon cubes, garlic and pepper in 4 1/2-qt. Dutch oven. Bring to a boil. Reduce heat. Cover; simmer 3 hours or until ham hocks are tender. Remove ham hocks; trim meat and add to soup, if desired. Add barley; cover. Return to a boil; simmer 20 minutes. Add vegetables and parsley. Cover; continue simmering 20 to 30 minutes or until barley and vegetables are tender. Skim fat, if necessary. Makes 8 to 10 servings.

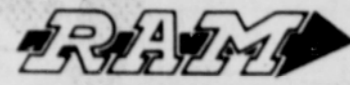


Autumn Vegetable Soup

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Moss control time is here

Fall wet weather will soon have moss reappearing in the home landscape, according to Ray McNeilan, Oregon State University Extension home gardening agent.

Moss can become a problem on roofs and on patios, sidewalks and steps. It will shorten the lifespan of a roof if it is not controlled. And it can create hazardous slippery surfaces on patios and walkways, where it grows along with algae and lichens.

Moss thrives in damp, shaded locations. It is commonly found on the north slopes of roofs, or in places shaded by overhanging trees. It also builds up on little-used patios and walkways that remain wet for extended periods.

The first step in moss control, says McNeilan, is to scrape away as much moss as possible. After that, several alternatives are available to keep moss from returning.

Sprays. Commercial moss sprays are most effective when the moss is actively growing during the rainy seasons in the fall, winter and spring. If possible, spraying should be done when rain is not likely for several days.

Sprays containing zinc sulfate monohydrate are readily available for home use and are safe around plants. Zinc sulfate monohydrate also comes in granular form for dry application. Follow label directions. Zinc-based sprays will corrode copper gutters and downspouts and should not be used when they are present.

Metal ridge caps and flashings. Zinc-galvanized ridge caps or copper flashings are effective for 10 to 15 feet down from the ridge of most roofs. And on wood shake roofs, a copper wire stretched across the ridgeline and the middle of the roof will provide some control.

Patios and walkways. The same moss will do the job on slippery walking surfaces. Mix the chemical in water and add some detergent to insure complete wetting of the moss. The solution can be applied with a sprayer or sprinkling can.

School Lunches

September 26
Mexican Taco
Shredded Lettuce & Tomato
Whole Kernel Corn
Birthday Strawberry Shortcake with Whipped Topping
Milk

September 27
Barbecue Pork on Bun
Green Beans
Orange Wedges
Peanut Butter Cookie
Milk

September 28
Beef-Tomato Pizza
Carrot Coins with Ranch Dip
Fresh Pear Half
Nibbles
Milk

September 29
Fish 'n Chips
Tossed Salad with French Dressing
Warm French Roll
Apple Wedges
Milk

September 30
Vegetable Chowder
Hot Chickenwich
Tater Tots
Sliced Peaches
Milk



Tillamook Cheddar Cheese

\$3.99
Medium 2-Pound Loaf



\$1.29
Haley's Hot Or Regular Chili
15-Ounce Cans



\$1.99
Vanilla Ice Cream / Orange Sherbet Combo
Lucerne Half Gallon Size



\$1.49
Ocean Spray Fruit Drinks
Cranapple, Cran-Grape, Cranicot Drink, 48-Oz. Bottle

\$1.29
Windex Cleaner
With Trigger Spray
22-Ounce Bottle

NORTHWEST PRODUCT SALE

Smucker's Preserves Red Raspberries Or Strawberries 18-Oz Jar \$1.59	40-Gallon Lawn & Leaf Bag Safeway 1.75 mi 10-Count Each \$1.75	Scotch Buy Light Spread 16-Oz Tub 48¢	Quaker Natural Cereal Raisin Dates 32-Oz \$3.29
Philadelphia Cream Cheese Kraft 8-Oz 88¢	Marina 2-Ply Toilet Tissue Ass'd & White 4-Roll Pkg 99¢	Purex Bleach 15 Off Gallon Size 79¢	Town House Corned Beef 12-Oz Can 99¢



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Jumbo Size For Lunch Or Dinner Treat!
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Salad Size Tomatoes 2 Red Ripe Lb. Bskt. **98¢**

Sweet Ripe Honeydew Half Melons 59' Ea. **98¢**

Fall Cleaning

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Fabergé Organics Shampoo
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