Oregon to Be Scrapped on Schedule
 Motor Tansport
Study Convenes







Society

 Forestry Board
Considers Code


## BEANS ' $n$ ' RICE ' $n$ ' EVERYTHING NICE All wrapped up in cellophane . . . to save you money









|  |  |  |
| :---: | :---: | :---: |
| \% |  | Sandwich Bays mutis 10 C |
|  | Flo | Ta |
|  | Flour | Gro Pue Doa Food ${ }^{\text {mager }}$ 23c |
|  |  |  |
|  | Pancake Flour somil 27 c | Fls Hapha Soap me 5 |
|  | Mother's Oats simme | Feds Maptha Cuips mixime |
|  | Wheot Flakes ${ }^{\text {chinem }}$ 22c |  |
|  | Shredded What *ive 10 c | Soap Clups |
| Sandwich Sprod Limiti 25 c | Knox Gelatine rum 19c | Holly Cleanser $\mathbf{3} \mathbf{0 . 0 1 0 c}$ |
|  | Baby Foods siticic 3--20c | Boraxo ra-mese 12c |
|  | A\&H Soda filim 2 m 15 c | Silver Polish metibime mer 19c |

## 

Colored Fryers. . lb. 59c

- Colored Roosters. . lb. 59c
- Leghora Fowl.
.b. 45 c
- Colored Fowl.
.lb. 47 c
Nore: Tucimite




## 

## HRAPPS Ree <br> เ8. $12 \frac{1}{2} \mathrm{C}$

- Grapefruil rexas Prinss Lb. $8 \varnothing$
- Pears pinaone cood kating un 5¢
- Potatoes u.s. No in 5 mes $16 \varnothing$




## THE HUGHS LEARN SOMETMING NEW!



## Beans for 'Pepper-Upper" Vitamins

## Beans are important-now! They're chack full of nutritious gow

 chuck full of nutritious gooduess, espencially Vitamin Bt that "pepper-up?
per" vitamin that acts as the vitamin miracle man, stimulating run-down appetites and quieting jangled war nerves,
Beans also contain protein, perfect in combination with different, perfect in When seryed as in theal. When served as in the menu given b
low, heans become family favorites
and interchangeable dependables. Heritage pinner
(Oid ideas in a new dres)
$\qquad$ ilver Onions in Cream Piccalilic
Dutch Cabbage Salad
(For color use red cabbage) Corn Bread

Apple Crisp
with Pour Cram
Hft Beverago
SOSTON SAKED BEANS

Place cooked beans in well-grease
$11 / 2 \mathrm{q}$ t. casserole. Thin 1yis qt. casserore. Thorougelly greased and molusses. Pour over, beans. Strip
with bacon. Bete with bacon. Bake in moederate. Strip
( $550^{\circ}$ F.) 1 hour and 15 minutes o until browned. Serves 6 .
Twis is imporiant UP-TO-DATE bean cookery suggests, that to cook navy, lima, pink and rec
kidney or cranberry beans, you piel Kidney or cranberry beans, you pick
over beans carefully, removing any
damaged beans or foreign particles. damaged beans or foreign particles
Wash well in sieve or bowl. ${ }^{\text {Do no }}$ Wash well in sieve or bow. Do no
sook. Improved agricultural methods
have made it possible to produce more have made it possible to produce mor
tender beans with tender skins. Soak
ing will cut cookking time shous ing will cut cooking time about oneattractive. Place in kettle at least times greater in volume than beans,
Add hot water to cover and 1 tsp. salt Add hot water to cover and 1 tsp. salt
for each eup beans and cover. Cook at simmering temperature until beans are tender, $\&$ to 3 hours. Add moere water
as needed to keep beans well covered as needed to keep
during cooking.
ULimas should be
cover 8 to 8 hours sor over night as they
cling to their tough outer skin
SOON to thenss outer skin.
SOON COMES ChRISTMAS
"Christmas Begins in the Kitchen" and gives tempting new ideas for holiday
sweets that can be used immediately or saved for special occasions, A new insu
out every Thursday - free at Safeway 옹

Safoway
Homemeherer' Burea
JLLM LEE WRIOBT, DHewe

Bo sure you got full value



SAFIMTEY

