Marion County Representatives House Names Gain Important Committee Jobs

Marion county representatives drew, in relation to their
legislative experience, important committee assinments as the
Oregai lower house organized for business. Monday. Rep. John
Steelhammeree is chairman of the election committee and viceAppointees Nation on the ways and means commit-
Reep. William Chadwick is vice chairman of the chadwick is vies and indus-
tries committe and is a member
of other groups on which his ser of other groups on which his ser
vice as Solem's mayor has pre
pared him to make substantial vice as Salem's mayor has pre-
paree him to make substantial
contribution. Rep. L. M. Ramage

Lamport, Carson and Lynch Seated in
State Senate
 commititee and a
tood and dairy pro
tee, among others.























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Boked Money Gete

## cAllister <br> Unanimous Choiee 3 Bills Entered While the senate's presidency fight "stole the show, the Ore- ion house of reprewentan

 SAREWAY Homemakers Guide If you can't get that -try this Even though our food dealer's shlvesare ikely zo take on the appearanee
 up mit the homemaker to keep the family fare in batanace with sumficient vitamins, minerals, and
building indispensibles.

FOR YOUR DAILY GUOT ... Look to your dairy products, eggs,
sundry meats such as liver, heart and kidney, oily fish, leafy green and yellow vegetables. If one " $A$ " food is
not available, then turn to another.

GET YOUR VITAMIN : ... From whole grain cereals, enriched flour and bread, milk, eggs,
liver, kidney, fruits, and vegetables. YOU'LL FIND VITAMIN C …Inatoes and berries. Leafy un cooked vegetables, especially cab-
bage, can be called upon for "C." minerals are so necessary Calcium-Of course dairy products, especially milk and cheese, are
the best source, but the pinch hitters are molasses, carrots, cabbage, broccoli, and dried figs. Iron-Liver, heart/and kidney are portant mineral. But too, there' portant mineral. But too, there's
whole grain cereals, enriched flour and breads, lean meats, egg yoiks PROTEIN AND ENERGY FOODS Protelins-These are the sustain-
ing foods around which our menus ing foods around which our menus
are usually built. Meat, of course, is most universally favored. But when
the family quota is exhausted, then think of the menu in terms of cheese, Energy Foods

$$
\begin{aligned}
& \text { Energy Foods - Somehow } \\
& \text { other, we seem to get our share } \\
& \text { these, so there's no need for worr }
\end{aligned}
$$

$$
\begin{aligned}
& \text { these, so there's no need for worry } \\
& \text { here. Breads, desserts, potatoes, in } \\
& \text { other words, starches and sweets, are }
\end{aligned}
$$

$$
\begin{array}{|l}
\text { nere. words, starches and sweets, are } \\
\text { other wom neglected on any menu. } \\
\text { seldom }
\end{array}
$$

$$
\left(\begin{array}{cc}
\text { Somemakers' Bwreas } \\
\text { JULIA LER WRIGHT, Direcoror }
\end{array}\right.
$$

 rotit
ming More HOME BAKING
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## KITCHEN CRAFT Enriched FLOUR

##  nubit sex sax




Peacock Buchwheat-self ris, $4 \mathrm{lb} .33 \mathrm{cy}, 10 \mathrm{lb}$ 63e Corn Meal-Mammy Lou, yellow or white,
9 lb sack Coretcma Oats-Quick or reg. Lb, bag $-\quad-\quad . \quad 31 \mathrm{C}$ Toasted Wheat-Triangle 41/2 lb. sk, .-........25 Bisquick-Gold Medal 40 pz pko

## Shop at Safeway's modern fruit and vegetable de partment for the finest produce-rushed dire partment for the finest produce-rushed direct from the nation's best growing eenters. Save by serving yourself from our large variety! <br> 

Delicious Roman Beauty Apples Extra Fancy Winesaps Fuerte Calavos
Texas Yams
Tender California Carrots Tender California Carrots
Rutabagas - Cauliflower - Tomatoes
Pearl Barley, 2 lb . pkg. $\quad 15 \mathrm{C}$
 Cracked Wheat. 3 lb . bag .....................................19
 Peanut Buttor-Dennison, 1 lb . jar ...........................34c
 Nuchess Salad Dressing. Pt. 21c: Qt. $\qquad$ Knox Golatine-sparkling, 1 oz. pk $\qquad$ Argo Corn Starch, 1 lb . pkg., 2 for $-\quad . \quad 19 \mathrm{c}$ May Day Salad Oil
.45 c
FARM-FRESU PRODUCE




## White

 Kingsoap

| 20.02. PKe |
| :---: |
| $22 c$ |

Su-Purb
soap


Peet's
SOAP
$25^{6} \mathrm{Pk}$

Tomatoes-Gardenside std. No. $21 / 2 \mathrm{can} \ldots$
sparagus-Highway, all green No. 2 can

 Ovalline-plain or chocolate, lge. can ._-_ $\quad . \quad . \quad . \quad . \quad$ fulia Leo Wright's Enriched Bread, 11/2 lb. loaf $\quad 19 \mathrm{c}$ Ty-Kriep-Ralston 13 pz pkg $\quad 15 \mathrm{e}$ Salted Peanuts-Planters 5 c pkg. | Hand I Soda-1 lb. pkg., 2 for |
| :--- | :--- |
|  | a France Powder, Reg. Pkg.

 $\begin{array}{ll}\text { Matches-Searchlight-Corton } \\ \text { Borax Soap Chips- } & 20 \text { Mule Team, } 22 \text { oz } \ldots \quad . \quad\end{array} \quad$ 23c $\quad$ 23c

## SAFEWAY MEATS:

Purk Livel per lb. 25 Prrik Roast 32

## Pork Stealk tender it. $35 \%$

 Chicken Tamales 2 tor $35 \%$ COLOREX
## FRYERS

## Fancy birds, cleaned

$\operatorname{sic}_{50}$

SWIT.T
$\qquad$
$\frac{2}{2 \text { ne } 376}$



