

German Captives' Dislike for Foods Helps U. S. Needs

Atlanta, Ga. (AP)—The Fourth service command here reports that the eating habits of German prisoners of war are making it possible for Americans to obtain more fresh meats, bacon and fresh fish.

A study of German eating habits resulted in a change in the menus, starting April 1, which have been sent to all prisoner camps in the seven southeastern states.

The study developed the fact the Germans will not eat certain foods relished by Americans, and want to prepare their meals according to their own customs. The Germans' meals are prepared by their own cooks under the supervision of American sergeants.

Don't Like Meat in A.M.'s The prisoners like cooked cereal

prepared as a "milk soup," but will not use milk as a drink. Fresh sausage, ham or bacon was largely wasted on the Germans for the morning meal. They would save them for dinner or supper and make a meat loaf.

Ham or bacon was sometimes eaten raw, so they were rarely issued these meats for breakfast. They want fruit, except fruit juices or grapefruit, cooked cereal, bread, jam or jelly, and coffee for breakfast. Tomato juice was unthinkable to the German mind.

The German doesn't use butter as a spread for bread. He cooks with it, so they don't get any butter. They get oleomargarine, instead. American soldiers are issued seven pounds of butter a day for each 100 men. The Germans get three pounds of "oleo" for each 100 men.

Fresh meat will be eliminated entirely. Bacon has been eliminated, and salt pork will be issued instead. The Germans cooked roasts too long under too much heat. That resulted in great shrinkage, so they get no more roasts.

Big Demand For Bologna Instead of fresh meats, there's

a "bull market" with the Germans on bologna, salami, and frankfurters. Cheese is all right from time to time. Tomato catsup, however, is strictly out.

So far as the Germans are concerned, you can have most of your beets, rutabagas, turnips, fresh tomatoes, dry beans, and rice—and all of your corn, hominy ("Grits" or otherwise), and sweet potatoes.

But when you get down to leafy vegetables, especially cabbage and lettuce, the Germans really go to town. They also will consume Irish potatoes in huge quantities. They want bread, and lots of it, and cakes and pastries. Salted fish is preferred over meat.

Oh, yes—the Germans eat a lot more sauerkraut.

CONGRESS

Foods of Flavorful Freshness

SPECIALS, Friday Thru Payday

S&W Coffee, 2 lb. jar 65c

	Pkg. 11c		POINT FREE!
New Peaspkg.	25c	Green Beanspkg.	23c
Spinachpkg.	28c	Sweet Cornpkg.	23c
Broccolipkg.	33c	Cauliflowerpkg.	37c
Chic. a la King , pkg.	69c		

	Pkg. 35c
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FRESH VEGETABLES

- Orangesdoz. 39c (Medium Sunkist)
- New Asparagus . . lb. 29c
- Fresh Peas2 lbs. 45c
- Broccolibunch 29c
- Salad Mix2 pkgs. 25c

Maple Leaf Syrup5 lb. jar 89c

Albers Flapjack Flour, 2 1/2 lb. pkg. 27c

Red Sour Cherries . . . No. 2 can 25c (Pitted)

MEAT SPECIALS

- Leg o' Lamb "A"lb. 39c
- Lamb Shoulder Roastlb. 29c
- Pork Leg Roastlb. 35c
- Fresh Ham, Slicedlb. 42c
- Fresh Smelts2 lbs. 29c

House Cleaning Needs

- Vanoqt. 29c
- Purexqt. 15c
- Glo-Coatqt. 98c
- Steel Woolpkg. 29c
- Sunbritecan 5c
- Tissue4 rolls 29c (Fabrik Soft)

Women's Slacks

Slack Suits

Work Slacks

Charmingly styled slack suits in soft rayon blend gabardine, short or long sleeves, many colors, 10.98 and 12.49

Well tailored gabardine dress slacks, almost every color, all sizes, 4.95 and 5.95

Husky navy twill work slacks, sanforized2.98

CONGRESS FOOD MARKET

210 Congress Phone 360

California Contrasts

By Ted Goodwin (Former Manager of the KBND Studio in Prineville)

A new, modern home with two bathrooms is quite a contrast as a parsonage to the little ranch house we left in Oregon among the juniper trees. But bathrooms have one thing in common the world over for me: I will always be in one with the door locked when I am wanted on the phone or when someone is at the front door ringing the doorbell or both at once. That, brethren, comes under the classification of life's trials.

Well, our diet has changed from meat to fruit and no harm done. We just feel hungry all the time and very energetic indeed. I never saw as many would-be cowboys in my life and as few cattle. Here among the apricot blossoms everybody wants to wear boots, silver buckles and rodeo ties. The Hollywood influence, I reckon. And the more dull-up these days

inport riders put on, the fewer cows they own. The one that wears the biggest sombrero hasn't a hoof nor horn to his name. It's all in their head.

The other day I took the children in to Los Angeles so they could see what a couple of million human beings milling around looked like. We sauntered through Pershing square and gazed at the bench sitters who always bask there by the hundreds as in any city park. I never saw such pasty faced, near-corpuses in my life. Lungers and arthritics, asthmatics and bronchitics and just plain men with the blind staggers. Hoboes, bums and tramps of both sexes and all colors and shades. The children stared and shuddered. It was quite an experience for little country kids from the healthy plateau of Oregon to visit the city that is considered by many the biggest insane asylum on earth.

We ate dinner in a huge cafeteria that was cavernous and jungle like. Artificial fountains splashed among artificial trees and artificial rocks. The waitresses wore artificial Hawaiian leis around perfectly natural necks. The food was genuine and the service excellent, the crowd immense, the music diverting. Such an extravaganza of color and props thrilled the kids and also the Papa. As we were start-

ing out of town a bunch of fire engines answered a call through the traffic and with sirens screaming gave us our final nickel's worth. We were completely satisfied. We'd seen everything!

Quite a lot of griping persists about the Okies and Arkies coming to the golden state. As I see it the folks from out of state are smarter than the native born ones because they at least chose to come here. The natives had no choice in the matter. Also the Okies were in better financial condition than the natives because the Okies at least had a suit of clothes on when they arrived and the folks born here didn't have a stitch on when they came. The records show that the newcomers are willing to work and soon improve their own condition. Their children respond to education and become good citizens. If California had always tried to snub poor folks they would never have become the state they are. For the original '49-ers were as ragged a bunch of tramps as ever searched an undershirt looking for coins. My dad brought me here in 1908 and there were folks here ahead of us. The ones who helped us unload our goods were from Arkansas and I've loved the Arkies ever since. Many have left here for Oregon and Washington.

Buy National War Bonds Now!

The first cattle in continental America were brought from Spain probably about 1521; they multiplied so rapidly that Coronado was able to assemble 500 in 1540 which were scattered on his trip as far north as New Mexico.

Asparagus butts, now wasted, yield when pressed a juice that can be used as a culture medium to produce bacterial proteinase, an enzyme that splits proteins; it is used in the brewing, textile, leather and rubber industries.

For the WELL-DRESSED SALAD

FROM NALLEY VALLEY WHERE GOOD FLAVORS GROW

IF IT'S NALLEY'S IT'S GOOD

THE PERFECT SALAD DRESSING

Baseball Briefs

(By United Press)

Washington, April 5 (AP)—The campaign of manager Bob Coleman to boost Elmer (Butch) Nieman's batting average by 25 points bore fruit today in the Boston Brave camp. After several hours of instruction yesterday on how to pull the ball for greater distance along the right field line, Nieman hit the longest homer of the training season in a camp game.

Norfolk, Va., April 5 (AP)—The bugaboo of ragged fielding arose to plague Ossie Bluege, Washington Senators' manager today. The Senators won their second straight game from the Norfolk Naval training station, 8 to 6, yesterday, but they had to come from behind with a six-run rally in the seventh to do the job.

Bear Mountain, N. Y., April 5 (AP)—Clyde Sukerforth, 42-year-old Brooklyn Dodger scout, is going to put on the mask and pads again this year, to catch Hal Gregg, right-handed pitcher whose lack of control got him in hot water last season. Manager Leo Durocher said he believed Sukerforth, one of the catchers in the business, could steady Gregg.

Wilmington, Del., April 5 (AP)—The Philadelphia Phillies were strengthened in two positions today when outfielder Coaker Triplett ended his holdout and catcher Johnny Peacock reported to play until he is called for active service.

WHAT'S NEW?

POST'S Raisin BRAN

GOLDEN FLAKES OF WHEAT AND BRAN COMBINED WITH SUGAR-SWEET TENDER RAISINS

delicious **NEW** breakfast idea

● Nut-brown, crisp-toasted Post's 40% Bran Flakes plus sweet, tender raisins—right in the same package. It's a flavorful combination to set your mouth to watering. Your whole family will love it. Ask your grocer for Post's Raisin Bran in the big blue-and-white package today.

It's New! Post's Raisin Bran

A Post Cereal

CLEAN GLASS the CLEARX WAY

JUST SPRAY IT, ON WIPE IT OFF

A WILCO PRODUCT

BE A POINT SAVER

Good dishes requiring no or low points

For Bread and Gravy, Bread Pudding or "Creamed-on-Toast" treats, Save Points with

MRS. WRIGHT'S BREAD 12c

First-Day-fresh, Tender and fine-textured. 1 1/2-lb. LOAF

B-V Beef Extract For Gravy Per Jar 24c

For Baked Beans—Save Points with these

SMALL WHITE BEANS

Nice and Clean 2 lbs. 19c
in Cellophane pkgs. 5 lbs. 43c

Great Northern Beans SAME PRICE!

Save Points on **MACARONI or SPAGHETTI and CHEESE** with **BOY-AR-DEE'S Spaghetti Dinner** (Includes Cheese and Sauce, 1/2 Red Point) pkg. 32c

Save points by using more FRESH PRODUCE

Buy one more vegetable fresh and make canned goods go further. Safeway guaranteed, produce is point free . . . priced by the pound to give you full value every time you buy.

COFFEE! in the whole Bean . . .

- NOB HILL lb. 23c (Ground to order bag)
- AIRWAY lb. 20c (Mild and mellow bag)
- EDWARDS lb. 28c (Drip or Regular bag, 2-lb. jar 54c)

SAFEWAY QUALITY MEAT

Remember, regardless of cut or price, every meat purchase you make at Safeway must please you . . . or your money refunded in full

- Link Sausage, type 2 (6 points) . . . lb. 48c
- Ham Loaf, type 3 (4 points) . . . lb. 37c
- Roast Beef Loaf, type 3 (4 points), lb. 37c
- Head Cheese, type 3 (2 points) . . . lb. 29c
- Chinook Salmon, freshlb. 44c
- Chinook, by the piecelb. 43c
- Salt Mackerellb. 32c
- Fresh Smelt2 lbs. 25c
- SMOKED BLOATERS LB. 14c
- SPICED PRAWN LARGE JAR 1.05

LORNA LEARNS A LESSON

ANY GOING OUT SO EARLY?

IN OUT FOR ADVICE, JANE. . . I WANT TO KNOW HOW YOU MANAGE SO WELL WITH FOOD PRICES AS HIGH AS THEY ARE!

ON FOOD PRICES ARE A LITTLE HIGHER, BUT NOT TOO BAD BECAUSE OF THE GOVERNMENT'S PRICE CEILING PROGRAM.

GOLLY! JANE, (MA BARGAIN HUNTER TOO, BUT I SEEM TO SPEND MORE AND MORE FOR FOOD!

TRY MY STORE. SAFEWAY PRICES ARE LOW EVERY DAY. A PENNY SAVED HERE AND THERE SOON MOUNTS UP.

IF THAT'S THE CASE IT'LL BE SAFEWAY FROM NOW ON!

SAFEWAY HEADQUARTERS FOR NON-RATIONED FOODS

If you're always point-shy . . . skimping in your food buying, counting points as you go . . . here's an event that will put new life into your ration points. You'll be amazed at the hundreds of low-point items at Safeway . . . just look for the "point-saver" markers on the shelves. A few suggestions are listed below.

- Noodle Soup Mix, Lipton's 3 2 1/2-oz. pkgs. 27c
- Sliced Beets, Blue Tag No. 303 jar 14c
- Diced Carrots, Blue Tag, No. 303 can 10c
- Tomato Juice Sunny 18-oz. 10c 46-oz. 21c (20 pts.)
- Grape Juice, Autumn's quart bottle (30 pts.) 38c
- Orange Juice, Cal-Glory No. 2 can 21c
- Cider Vinegar, Old Mill Pint bottle 9c
- Van Camp Tenderoni 2 pkgs. 15c
- Spaghetti Sauce Chef Boy-Ar-Dee's 1/2-lb. can 10c
- Shredded Wheat, Nabisco, per pkg. 11c
- Kellogg Corn Flakes 6-oz. pkg. 5c
- Clapp's Oatmeal and Dry Cer. 1/2-lb. pkg. 15c (eal-Instant! Quick)
- Morning Glory Oats Regular and Quick 48-oz. pkg. 26c
- Canterbury Tea, black 1/2-lb. pkg. 43c

PRUNES 2-lb. bag 26c (Plump, naturally sweet)

RAISINS 2-lb. pkg. 23c (Seedless—Makes delicious pies)

ORANGES Sweet, juicy seedless navels, 288 size or larger. 5 lbs. 49c

1/2 Box \$3.19 Per Box \$6.29

- ASPARAGUS, fancy gradelb. 19c
- RIPE TOMATOESlb. 27c (Southern Field Grown)
- CAULIFLOWER, Roseburglb. 19c
- CUCUMBERS, hothouse grownlb. 32c
- RED RADISHES, tender, crisp, 2 bunches 15c
- GREEN ONIONS, young, mild . . . bunch 9c
- GREEN CELERY, Utah typelb. 17c
- RED CABBAGE, something different, lb. 8 1/2c
- NEW PEAS lb. 19c (Plump, full pods)
- Broccolilb. 19c (Tender, young)
- Grapefruit 1/2 box 1.59 lb. 6c
- Extra fancy and fancy Winesap APPLES lb. 11 1/2c box 4.39
- Crisp, tender Green Peppers Fine for Stuffing lb. 17c

This ad subject to O. P. A. Rationing Changes.

NIGHT EDITOR Now Sponsored by EDWARDS COFFEE Sat. Nite 9 to 9:15 KGW and Network

SAFEWAY