



DREGON HOMEMAKER OF TOMORROW—Doris Scheuchenkplug of McMinnville is Oregon's Betty Crocker Homemaker of Tomorrow. She will compete with winners from 47 other states for the national award to be announced April 21 at Philadelphia.

Potatoes Are Not Fattening, U.S. Department Points Out

"Potatoes In Popular Ways" is Bureau of Home Economics, Agriculture Research Administration, U.S. Dept. of Agriculture, Washington, D. C. Write for it. It's free. It's nourishing, but often under-valued vegetable.

"Penny for penny," says the booklet, "They have more energy-giving value than any other vegetable." When you eat them daily, you get "a goodly portion of your Vitamin C quota, besides B vitamins, iron and important minerals." And it points out, potatoes need not be fattening.

"A medium-sized potato has about 100 calories—no more than an apple. If you are watching your weight, watch the gravy, butter or other fat that you put on the potatoes. It's those that pile up the calories," says the Department.

To get most food value from potatoes cook them in their jackets. Boiling is preferable to baking—retaining more vitamins and flavor. So start with potatoes boiled in their jackets, even if you ultimately intend to serve them creamed, mashed or any other way.

Good potato values come in Union Bag and Paper Corporation's mesh window paper bags. They are well ventilated and protected from light burns and excess condensation. Clear printing on paper bags lets you see at a glance the grade and size of potato you are buying.

In baking potatoes, wash and dry them, then bake in a hot oven (425 degrees F., 40 to 60 minutes). Rubbing a little fat on the potato before baking will keep the skin nice and soft. You can save fuel by baking potatoes while you oven-cook other foods. If the other food requires a moderate oven, allow a little extra time for the potatoes to bake.

In boiling potatoes, first scrub them, then drop them into a kettle of boiling water. Put lid on and, when finished, drain at once so potatoes don't get water-logged. Buy potatoes in quantity—they are cheaper that way. And keep them in a cool, but not cold temperature—preferably in a dark place.

A valuable list of tasty recipes using potatoes is offered by the

Warning Issued On Obesity

By GAYNOR MADDOX

NEA Food and Markets Editor We attended the National Nutrition Conference at the Hollywood Beach Hotel in Florida. Top biochemists, doctors and nutritionists came from all over the country. The purpose of this conference, sponsored by Swift and Company to celebrate their 100th birthday, was to focus public attention on the need of better diets for health, stamina and happiness. Most of the distinguished speakers warned against overweight.

Dr. W. H. Sebrell, Jr. director, National Institutes of Health, U.S. Public Health Service, made several statements so important that we pass them on to you and your family. "Let's look for a moment at a form of malnutrition that affects at least a quarter of our population, and therefore is of serious concern to you. I refer to obesity. The figures show clearly that obesity in men results in illness and earlier death. Health officers and physicians are waging a ceaseless war against it. The fat man is fat because he eats too much; the remedy is to get him to reduce his caloric intake until he uses up his own excess fat. If he's seriously overweight, he may die as much as ten years earlier than if he were normal weight.

"One of our greatest needs today is better nutrition education. In a survey covering nearly 60,000 children in 38 states, it was found that diets tend to become poorer as children grow older; that 52 per cent of high school girls' diets were poor; that the diets of boys were notably deficient in fruits and vegetables; that the adequacy of the child's diet relates closely to the occupation and economic status of the parent; and that adolescent girls drank far too little milk in the belief that it is fattening.

"In another study it was found poor diets were most conspicuous in teen-age girls—a situation particularly alarming because of its potential effects on the next generation. In New York state, records of 10,000 children, half of them in the fourth and half in the tenth grade, revealed the poorest food practices among the older girls."

GOOD SO MANY WAYS!

Porter FRIL-LETS
FRESH-EGG NOODLES

Those same wonderful egg noodles are now enriched with important amounts of your daily requirements of vitamin B1, vitamin B2, iron and niacin. Each half cup (4 oz.) contains only 100 calories. Buy some today! Also try these other outstanding Porter-Scarpelli macaroni products—Spaghetti, Saladettes, Macaroni, Sea Shells, Kurlie-Q-Noodles and Lasagne.

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Cottage, 303	Applesauce	2 cans	29c
Cottage, 303	Fruit Cocktail	can	24c
Cottage, 303	Grapefruit Sections ..	2 cans	33c
Cottage, 46 oz can	Grapefruit Juice	can	25c
Cottage, quart	Apple Juice	qt.	21c
Hudson House, No. 2 1/2 can Whole	Kadota Figs	can	25c
Argo, 303	Split Figs	can	19c
Cottage, No. 2 1/2 can	Bartlett Pears	2 cans	65c
Cal-Top, Cling or, No. 2 1/2 can	Freestone Peaches	can	25c
Yamhill, 303 can	String Beans	3 cans	33c
Dundee, 303 can	Tomatoes	2 cans	27c
Westergards, 303 can	Cream Corn	3 cans	29c
Cottage, 303 can	Whole Kernel Corn ..	2 cans	25c
Cottage, 300 can	Pork & Beans	3 cans	29c
Cottage, 300 can white or	Golden Hominy	3 cans	29c
Cottage, No. 2 1/2 can	Sauerkraut	2 cans	31c

YOUR MOST

Successful Meals

BEGIN WITH TOP QUALITY FOODS

Cottage, 46 oz. can

Tomato Juice

21c

Cottage or Hudson House, 46 oz can—Orange - Grapefruit

Blended Juice

25c

Large 40 oz. pkg.

Bisquick

39c

Europa, Spiced Beef Loaf Reg. price 29c 12 oz. can

Luncheon Meat

23c

Patty Dae Jelly, 12 oz jar Reg. price 29c

Boysenberry Jelly

2 jars 35c

Sierra Candy, Reg. price 29c Marshmallow

Peanuts

29c bag 19c

Green Giant Tender Big Sweet Peas 303 cans 2 cans 43c

Niblets MEXICORN 12-oz. can 2 cans 35c

Niblets CORN Fresh off the cob 12-oz. can 2 cans 31c

Niblets MEXICORN 7 oz. can 2/23c

NIBLET CORN 7 oz. can 2/21c

SAVE \$1.47 on NYLONS (PAIR AND A SPARE)

SAVE 15c on SNOWDRIFT

BOTH COUPONS IN 3 IR.

85c

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Sunshine Graham Crackers 2 lb Box 59c

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3 NYLONS (PAIR AND A SPARE) 40 GAUGE 15 DENIER

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WESSON OIL QT. 65c

Heinz Tomato Ketchup 14 oz. botl. 23c

RITZ Crackers 16 oz. pkg. 33c

Betty Crocker CAKE MIXES 29c pkg.

Pillsbury Pancake Flour 4 lb. bag 39c

Betty Crocker Cereal Tray pkg. 29c

Mission Home Style Noodles 12 oz. pkg. 23c

Nalleys TANG Salad Dressing

12 oz 23c | 24 oz 39c | 30 oz 2/45c

Nalleys Pork & Beans 15 oz 25c

2 cans 33c

ALICE LOVE PRESERVES

Strawberry	10-oz. 27c	20-oz. 47c
Red Raspberry	27c	47c
Boysenberry	27c	47c
Loganberry	27c	47c
Apricot	25c	39c
Apricot-Pineapple	25c	39c
Red Cherry	27c	47c
Plum Hazelnut	25c	39c
Grape	24c	37c
Peach	32 oz. jar 65c	
Peach-Pineapple	32 oz. jar 65c	

2 cans 33c

CONDENSED CLAM CHOWDER

BUDGET MEAT CUTS

TASTY..TENDER

Sliced Bacon

Thick Sliced Armour's Banner

2 lb. pkg. each 98c

Swift's Ready-to-Eat Picnics lb. 49c

Fryers Local Pan-Ready lb. 69c

Hens Fresh Pan-Ready lb. 59c

Lard 2 lbs. 39c

Ham Hocks lb. 19c

Nordic Headless Herring lb. 39c

Beef Roast Choice Grade lb. 49c

Pork Roast Shoulder lb. 49c

5c OFF

NEW GAINES 10c can

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Fresh PRODUCE

Fresh Ripe Tomatoes cello pkg. 19c

Grapefruit ... 8 lb. mesh bag 49c

Fancy Large Green Spears Asparagus 2 lbs. 35c

Fresh Spinach pkg. 15c

Carrots large bunches .. 3 for 25c

Snow White Heads Cauliflower lb. 10c

Oregon Rhubarb 2 lbs. 25c

Pink Grapefruit doz. 95c

Emporer Grapes lb. 25c

Bulk Carrots lb. 9c

Smooth White Parsnips 2 lbs. 25c

Sunkist Oranges 1/2 crate \$2.98

Calavos large size 5 for 50c

Florida Red Potatoes 5 lbs. 49c

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