BEAUTY AND THE FEAST



Nuts Contain Many Valuable Qualities; **Enhance Old Dishes**

Like many others, Miss Grable considers the "Give Grocery Gifts" idea a smart solution to the vexing Christmas problem.

up brown soupr up white sucar

SUGARED BRAZIL NUTS

Schilling

Early in life I knew what a nut tree should look like because in kindergarten we cut out green, billowy tops which were pasted just above short slender trunks on sand brown CORN FLAKE DROP COOKIES

landscapes. The nuts were put ons with brown crayons and would have been the pride of any nut grower for they were glants of their kind.

for they were glants of their kind.

Nuts are best used to suppement
enroblydrate foods which are high
in starch and low in protein and
fast. Combine them with breads,
muffins, cakes, sweets, vegetables
and fruits, rather than milk, eggs,
cheese or meat mixtures. Or, if you
do use muis and cheese together, for
instance, add a starchy food to balance the combination. One the
cheese and bet existe for sandwiches or as a spread for glingerbread.

bread.

Cereals are particularly good with nuts. Not only do the food values of one supplement those of the other, but each seems to enhance the flavor of the other. Add chopped nuts to ready-to-cat cereal for variety in flavor as well as increased food value. Both cereals and nuts can be added to the usual Ingredients for quick breads or cakes.

Freshen nuts by heating them in a buttered skillet for a few minutes. This is a little secret which has much to do with fine flavor in nut cakes.

MOCHA NUT CAKE

- eup shortening
 toer numer
 teens (separated)
 eurs (hore
 tous)
 tonspoon baking powder
 tonspoon malt

ttenine, add sugar and be Add egg rolks and bit Mis and sitt floor, bake sail. Add to floor mists a lunder mite small ple

FROSTING



FRIDAY

FROLIC

COLUMBIA - DON LEE

FREE: Send for Bartender's Guide-

absolutely free.



EDUCATIONAL UNIT MEETS AT MONMOUTH

Monmouth—The association for childhood education, Polk county unit, met at the Monmouth Training school December 4.

New members who were invited into the association at institute time, were heartily welcomed by the president, Miss Ruth McClure. It is the intention of the organization to study mental hygiene in its different phases as applied to the priwe from the fire and shake in a

POTATO NUT BALLS

mary child and mucht ime was de-voted to the discussion of the year's

voted to the discussion of the year's work. The next meeting which will be held January 8 will have a well known authority on the above subject as the principal speaker.

Mr. Good of the Oregon Normal school appeared in two violin soles. Miss Clara Augusta Trotter summarized her attendance at Harvard in an especially interesting talk including many historical places she visited.

ARNETT FAMILY LEAVES ARRETT FAMILY LEAVES
Dever—Mr. and Mrs. Joseph Arnett and children have returned to
their home in California after a
visit of two weeks with relatives in
this district. Arnett is a brother of
Mrs. William Hoefer of Dever and
George Arnett of Plainview.

Aumsville — Mozart Tappin has joined the U. S. army and has been sent to San Prancisco, Calif., for



Economical—Use one LEVEL teaspoonful to a cup of flour for most recipes.

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BANANAS

Potatoes

Yakima No. 2s, 50-1b, bag These Potatoes are extra fine quality and very smooth for No. 2s

Grapefruit

ORANGES

Large size Navels, half case. Now is the time to get your Christmas

PEARS doz.

Here is something different from what you usually get. Theze Comice Pears are usually shipped, not sold here. Try a dozen of these wonderful

Cranberries 25c

Avocadoes Nice size. Try some in salad, ca-



ALBERS' FLAPJACK

PANCAKE FLOUR PACKAGE19c

SYRUP 29¢ CORN MEAL

CATSUP 10e

HOT SAUCE 10¢

CALUMET

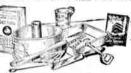
Court and Com-mercial from 2 to 3 p. m. and at 935 S. Com-mercial St., be-

25¢

BAKER'S PRODUCTS

Reg. Size Pkg. Swansdown CAKE FLOUR

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or, Court and Commercial

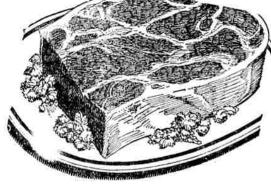
GROCERY

ake Set includes cake pan, mixring cup, cake teser, wood ladle and cook book.

PRICES SAT. TO MON. Dec. 8 to 10, Inc.

22¢

Beef Pot



Lb. $10\frac{1}{2}$ C

Cut from young and tender beef



15c lb.

25c lb.

Sauerkraut

9c qt.

Dill Pickles

5c qt.

Ground Beef

10c lb.

Don't Forget It Pays to Buy at Pay'n Takit - Because You Get Quality and Reasonable Prices

Pineapple

Large No. 2½ can Libby's 8-oz. Tidbits, can 60

SUGAR

25 lbs: \$1.24 10 lbs. **50c** Blue Seal Hardwheat

FLOUR

OYSTERS

2 for 21c

910/7

PEANUTS

Fresh Roasted

3-lb.

в. 10с

Peels Snowdrift

Pail Sealed air-tight pail **49**c Clams Warrington No. 1 can

22¢ each

OATS Pancake Flour SYRUP

raisins

JELLO Salad Dressing

Best Feeds, full Qts..... SOUP

Van Camp Tomato, can... Crackers

Baby Food

Libby's, an innovation in naby food, 3 cans.....

DOG FOOD

Cale, can Carnation Wheat

A vitalizing cereal, rich and Nourishing Large 24¢ 39c

RINSO MATCHES 24¢

WALDORF TISSUE 4c

S. O. S. 21¢ 39¢ BROOMS

IVORY SOAP 5¢



Airway-always fresh lbs. **59c**



Chocolates

98c **Fancy Creams 39**c

Chocolate Drops

250



