

BEAVERTON ENTERPRISE
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BEAVERTON ENTERPRISE

Stanley W. Natherton, Publisher

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Footstools Made From Car Seats at Workshop

Building nine footstools from 56
springs of old car seats in one
day was a project directed recently
by Miss Jean Starker, home
demonstration agent in Clatsop
county.

Eighteen women living at the
government housing project just
south of Astoria built stools at one
workshop session, reports Mrs.
Azalea Sager, state home demon-

stration leader at Oregon State
college. Purpose of this project is
to teach women what to look for
in new furniture and how to re-
pair worn out springs and under-
padding.

Footstool projects began in Uma-
tilla county last year where 300
stools were constructed. Other
counties where demonstrations on
footstools were held this year in-
clude Baker, Clackamas, Union,
Crook and Douglas.

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Complete Assortment of R. C. A. and Columbia Records

Both Classical and Swing, including Albums
for the Kiddies

Vets' Mail Bag

As a service to veterans in the
community, this newspaper will
publish a weekly column of ques-
tions most frequently asked con-
tact men of the Veterans Admin-
istration in this area. For more
detailed information, veterans are
to contact or write to the nearest
V A contact unit at 1019 S. W. 10th
Ave., Portland.

Veterans Administration Reports On Past Year

During 1946, more than 736,500
personal contacts with Veterans
Administration offices in the Pa-
cific Northwest and Alaska were
made by veterans and their de-
pendents, an average of slightly
over one contact for every veter-
an in the area, the VA reports.

Figures for the year just ended
show 19,688 veterans received loans
for homes, farms and businesses
at a total value of \$87,881,281, of
which the government guaranteed
\$42,101,359.

National Service Life Insurance
policies of more than 400,000 vet-
erans were moved to Seattle in
July as a part of General Brad-
ley's decentralization program,
giving more efficient service to
veterans of the Northwest.

At the end of the year, 73,900
veterans were taking training un-
der provisions of the G. I. Bill.
More than 54,000 were in educa-
tional institutions and almost 19,
500 were taking job training. Al-
most 50,000 more had at some
time during the year, been enroll-
ed in training courses.

A total of 166,598 disability
claims were filed during the year
by Northwest veterans. Approxi-
mately 80,000 monthly disability
or death benefits were being
paid to veterans of all wars and
their dependents at the end of
1946.

More Protection Given Vet Home Buyers

Added protection for veterans
purchasing real estate in the pre-
sent high market is being offered
through new procedures to be ef-
fective January 2, the Veterans
Administration announced.

Under the revised system, the
Veterans Administration, not the
lender, will pick the appraiser of
property under consideration for
purchase by veterans. Appraisers
will be designated by name for
each piece of property under con-
sideration. For the past 15 months
a lender was allowed to choose
any appraiser from a panel whose
general qualifications had been
approved by the VA.

A tendency of some lenders to
select "obliging" appraisers, ex-
clusively and consequently, get
higher appraisals to meet the ask-
ing price, necessitated the change
the VA says.

Question of the Week

Q. Is there a provision for to-
tal disability income in National
Service Life Insurance policies?

A. Yes. Total disability in-
come benefits authorized by re-
cent legislation can be added to
any plan of National Service Life
Insurance upon application with
proof of good health and the pay-
ment of an extra premium.

Deadline Approaching For Commodity Loans

Farmers are reminded that they
have only a short time in which
to take advantage of Government
programs for storing their 1946
crops of wheat, oats and barley
under loans, December 31, 1946,
is the closing date and papers
must be started through in time
to complete all arrangements by
that date. The county AAA office
can furnish information about
storage requirements, either on
farms or in approved warehouses
and on crop loan rates.

With uncertainties regarding
marketing and transportation
ahead, Government loans offer a
means of stabilizing and protect-
ing both markets and prices for
the large crops harvested this
year. The amount of the loan will
not fluctuate with the market
price. As required by law, the
wheat loan rate is based on 90 per
cent of the parity price on July
1, the beginning of the marketing
year.

In order to complete the papers
by December 31, applications for
loans on farm stored grain will
have to be received in the county
office on or before December 19.
The samples of grain must be in
the state grading laboratory by
December 20 in order to determine
the grade and have papers com-
pleted by the closing date.

4-H Stock Show Sets Dates

The 4-Helub spring fat stock
show and sale sponsored by the
Eastern Oregon Wheat league will
be held at The Dalles May 27 and
28. It was announced at the recent
annual convention. All animals
shown must have been fed a rat-
ion containing at least 59 per cent
wheat. Lambs and hogs will be
shown, as well as about 100 beef
calves already reported on feed.

Vets Preference Ends On Farm Machinery

County AAA committees are out
of the business of issuing prefer-
ence certificates to veterans for the
purchase of new farm machin-
ery as a result of a Department
of Agriculture announcement ter-
minating War Food Order 135. De-
cember 9 was the last day for is-
suing certificates, and those now
in the hands of veterans cannot
be renewed beyond February 8.
Scarcity of new equipment and
the decontrol of prices and distri-
bution arrangements have made it
increasingly difficult to provide
much service to veterans. Since the
program started in May, 1945, some
5700 preference certificates have
been issued to Oregon veterans,
and only about one-third of that
total have been satisfied by deliv-
ery of machinery.

School Lunches Balanced Foods

School children cannot be expect-
ed to fill their minds with bal-
anced knowledge unless provision
is made to fill their digestive sys-
tem with balanced foods needed
for health, Miss Lucy Case, exten-
sion nutritionist at Oregon State
college told school lunch cooks
and sponsors in Eugene recently.
She took part in an all-day train-
ing program emphasizing the plate
lunch.

Federal aid is available to school
lunch sponsors who serve specific
types of meals, Miss Case adds.
The highest rate of reimbursement
is given for the type A lunch
which consists of the following
foods:

One-half pint of whole milk; two
ounces of lean meat, poultry, fish,
or cheese, or one egg, or one-half
cup of dry beans or peas, or four
tablespoons of peanut butter;
three-fourths cup of vegetables or
fruit or both; one or more portions
of bread or muffins or other hot
bread made of whole-grain cereal
or enriched flour; two teaspoons
of butter or fortified margarine.

Type B lunch provides about
two-thirds as much food as type A
and must be supplemented by food
brought from home. Type C con-
sists of one-half pint of whole
milk as a beverage.

Laura B. Wells, state supervisor
of school lunch, and the school
lunch, sanitarian representative of
the state board of health, discus-
ed problems and records of the
lunch program at such meetings.
Similar training schools have been
conducted in Morrow, Clatsop, and
Jackson counties.

Bulletins available on menus
and plans for school lunches are
HE 739, 1771, 1976, and 1890. In-
formation on applications for fed-
eral aid may be obtained from
Mrs. Wells at Salem.

Veterans Administration esti-
mates the veteran population in
the Pacific Northwest and Alas-
ka at 728,000.

Migraine Headache

No age, social, intellectual or
economical group is immune from
the painful migraine headache. It
is estimated that five to eight per
cent of the population may suffer
from it in varying degrees from
trifling discomfort to a short, dis-
abling illness seriously affecting a
person's business and family life.

Migraine is sometimes caused by
distension of the arteries of the
head, by eyestrain, allergy, sinus
disease, glandular disturbances or
emotional crises. It is easily dis-
tinguished from other headaches.
It may be of many years standing
and often occurs periodically. The
pain is commonly on one side of
the head. However, it may alter-
nate from side to side and some-
times there is general head pain
with face and neck aching also.
light before the headache sets in.
Some people see bright flashes of
vision. Other symptoms are nausea,
irritability, and especially intoler-
ance to noise and light. A single
attack may last from a few min-
utes to several days.

Doctors have used many differ-
ent drugs to prevent attacks and
relieve the patient. Most success-
ful has been the early injection
into the muscles of "ergotamine
tartrate" which stops the head-
ache within an hour in 90 per cent
of the cases. It is perfectly safe
when used by your doctor. It
should usually be followed by rest
in bed, even if the patient feels
perfectly well.

Sometimes the drug will not re-
lieve a headache of several hours'
or days' duration. Any person who
suffers from severe attacks should
go to the doctor as soon as he
feels the first symptoms. The pa-
tient may find relief by going to
bed, preferably in a quiet, dark-
ened room. Sometimes warm baths
are helpful during a prolonged at-
tack. Self-dosing should be avoid-
ed.

It must be emphasized that usu-

PLANNED ECONOMY

By PAULSON



"An extremely important Bureau, Senator. They check each other's records."

anger. He needs sympathetic guid-
ance and reassurance by a physi-
cian and a common-sense attitude
toward the simple, but important
factors of his daily life. In this
way, migraine headaches can ei-
ther be completely eliminated or the
intervals between attacks greatly
prolonged.

In the next article, epilepsy will
be discussed.

This column is sponsored, in the
interest of better health, by the
Washington County Public
Health Association.



RIGHT THROUGH 1947 You'll get more for your money at SAFEWAY

You can always shop to advantage at Safeway. It's our
policy to give customers the benefit of savings that result
from our way of doing business. And you get the benefit
every day in our low prices. Compare Safeway's values in
meats, groceries, fruits and vegetables of guaranteed qual-
ity. See how much you can save at Safeway—right
through 1947!



PRUNES

Red Tag No. 2 1/2 22c
Choice can

Apricot Nectar
Hearts' No. 2 2/25c
Delight cans

Blended Juice
Blend No. 2 11c
O'Gold can

Orange Juice
Full No. 2 10c
O'Gold can

Tomato Juice
Libby's 47-oz. No. 2 can 11c 25c

Tomato Juice
Rancho No. 2 10c
can

Green Beans
Green Tag No. 2 14c
Cut can

CORN, Del Monte
Cream Style No. 2 17c
Gold Bantam can

PEAS
Highway No. 2 can 16c

Sweet Potatoes
Mary- No. 2 1/2 25c
dale can

Pumpkin
Moon- No. 2 1/2 15c
beam can

Tomatoes
Garden- No. 2 1/2 25c
Side can

Clams
Snow brand, 8 1/2-oz. 29c
minced can

Salmon
Happyval Pink No. 1 can 32c

MILK
Carnation Tail can 13c
Cherub, Pet

Whole-meal soups for January menus

VEGETABLE SOUP WITH MEAT BALLS

This typical Mexican whole-meal soup
is extremely versatile because canned
vegetables may be substituted for the
fresh and canned broth or consommé
for the stock:

2 tbsps. shortening 2 tbsps. uncooked rice
1 medium-size onion, chopped 1/4 lb. ground pork
1/4 cup tomato sauce 1/4 lb. ground beef
6 cups chicken or beef stock 6 mint leaves, chopped
2 cups shelled peas (1 lb.) 1 slightly beaten egg
2 cups sliced string beans 1 tsp. salt
(1/2 lb.) 1/2 tsp. pepper

Lightly brown onions in melted
shortening in heavy kettle with tight-
fitting lid. Add tomato sauce and
chicken or beef stock; bring to boil.
Add vegetables. Make meat balls:
Combine rice, ground beef and pork,
mint leaves, parsley, egg, salt and
pepper. Drop in boiling soup. Cover
tightly, simmer 30 minutes, or until
meat balls are done and vegetables
tender. Serves 6 to 8.

CHILI BEAN CHOWDER

"This meatless chowder makes a satisfy-
ing whole-meal soup for a cold day."

2 cups dried red kidney beans 2 tbsps. chili powder
2 quarts cold water 1 tsp. oregano or marjoram
1 medium-size onion, chopped 2 tbsps. salt
3 1/2 cups cooked or canned tomatoes 1/2 tsp. pepper
evaporated milk

Wash beans and drain. Add water,
cover and simmer until tender, about
2 hours. Add onion, tomatoes, garlic,
and seasonings. Cook until onion is
tender and seasonings well blended.
Remove garlic. Add milk; heat, but
do not boil. Serve in soup plates or
bowls garnished with thin slice of
lemon. Serves 6 to 8.

Carol Drake, Director
The Homemakers' Bureau
An Extra Safeway Service

SUGAR CANE—10 lb. 86c 25 lb. \$2.15
BEET —10 lb. 85c 25 lb. \$2.10

Holidays hard on your sugar? Spare Stamp No. 53 -- Now Valid

PEACHES PETITE No. 2 1/2 25c
HALVES can

They're so good-looking. They seem to taste better than others.

Grapefruit Jce. No. 2 11c
can

Town House. Sweetened just enough to improve the taste.

CORN BUTTER KERNEL No. 2 17c
Fancy Whole Kernel can

Looks and is as good as the beautiful label promises.

Spinach EMERALD No. 2 2/25c
BAY can

Tastes almost like fresh because of the care in canning.

Tomato Jce. No. 2 can 11c 25c
46-oz. can

Sunny Dawn. A glass every morning... great pepper-upper.

BABY FOODS Per can 7c

These kinds: Heinz, Gerber's or Clapp's trained. And variety!

Cigarettes Per carton \$1.39

Camels, Chesters, Raleigh, Kool, Luckies, O. G. and other leaders.

SAFEWAY GUARANTEED MEATS

PORK ROAST
Loin or Rib end cut lb. 43c

Beef POT ROAST
Flavorful—Juicy Blade cut lb. 39c

EASTERN BACON By the piece lb. 65c
Sliced lb. 69c

Smoked HAMS Ready to Eat! Half or whole lb. 65c

Pork Loin Chops, center cut lb. 55c
Pork Shoulder Roast lb. 39c
Ground Beef, Fresh lb. 35c
Boneless Beef Stew lb. 45c
Beef Short Ribs lb. 29c
Fowl, Eviscerated & cut up lb. 59c

Meat features are for Fri. & Sat. only.

VALUES IN WINTER PRODUCE

Navel Oranges
Large sizes lb. 9 1/2c

Grade A Butter lb. 79c

Grade A EGGS
Large Med. 61c 59c

Grapefruit lb. 11c
Texas Pink

Acocados lb. 37c
Calavos

Broccoli lb. 12 1/2c
Local crop

Parsnips lb. 9c
Flavorful

Turnips lb. 8c
No Tops

DRY ONIONS
U. S. No. 1 Med. sizes lb. 3 1/2c

POTATOES
Deschutes No. 1 - 'M' size 15 lb. sack 59c



Canterbury Tea, 1/4 lb. 22c

M.J.B., Gold, West, C&S Coffee lb. 44c

Airway Coffee 1-lb. bag 37c 3 lb. \$1.10

Nob Hill Coffee lb. bag 39c 2 lb. 77c

Edwards Coffee lb. size 43c 2 lb. 85c

SAFEWAY

Produce features for Fri. & Sat. only.