

# 'Coping with stress' this month's topic for Extension study groups

Been feeling pressured lately? Wondering what is wrong and what to do about it? "Coping With Stress" will be the topic discussed at all study groups in November, with leaders for lesson trained by OSU Extension Human Development specialist, Marcelle Straatman.

Many pressures of living today are placing all age groups in stressful situations. Marcelle says that you can recognize crisis and stress producing situations, and once the event or situation is recognized, action can be taken that will preserve your general well being, health and

safety. The lesson is timely for all age groups, both men and

women. We would encourage everyone to attend a study group meeting, if possible.

The Irrigon meeting will be Nov. 1, at the Baptist Church; Rhea Creek study group will meet at the Ruth Bergstrom home on Nov. 6; Pine City will meet at the Wattenburger home, Nov. 8; Willow Creek will have their meeting at 7:30 p.m., Nov. 13, at the Lexington school house. Leaders for

discussion will be Dorris Graves, Lyla Wilcox, Francis McCoy, Kathy Hazen, Jesse Ashbeck and Julie Wattenburger. You don't need a special invitation to attend, just go to the one nearest or most convenient for you.

**4-H WANTS YOU**  
Many 4-H clubs are now forming in both north and south Morrow County. Membership is open to all boys and girls 4th through 12th grades. For more information on a club with openings for members, please call John or Birdine at 676-9642. Adults, or

older 4-H members interested in serving as leaders are still needed.

### CHRISTMAS POTPOURRI

We owe thanks to the many homemakers who shared their lovely gift ideas at the recent "Christmas Potpourri". Directions for making many of the articles shown, or recipe sheets, are available at the Extension office, including corrections of the instructions for making the duster dolls. No charge, come by and pick up a copy!

### SPECIALLY FOR YOUNG HOMEMAKERS

Extension has a newsletter, available to any interested young homemaker, or mother of younger children, which is prepared and printed monthly by the OSU Extension Family Living specialists. It is available free, mailed out monthly. To receive the letter, all we need is your name and address. The newsletter includes child development information, timely hints that help or save, and other information especially interesting to the younger women. Call now and request a copy!

### FASHION HINT AND HELP

The new fashion silhouette is signaling the return of pared down, tapered pants for women. But don't despair, your favorite pants can be altered to the new slim widths.

Some pant legs are as narrow as 15 inches, but a more conservative, yet newer width is about 18 inches. We have instructions for altering, so look new, but save! Instructions available at Morrow Extension Office, Heppner.

## Extension Events... with Birdine Tullis

 <p><b>Saltine Crackers</b> Ovenjoy Crisp Crackers Great with Cheese, Soup. 1-Pound Package <b>39¢</b></p>	 <p><b>Cake Mixes</b> Mrs. Wright's Layer Cakes Assorted Varieties 18.5-Ounce Pkg. <b>49¢</b></p>	 <p><b>Orange Juice</b> Bel-air Frozen Concentrate Premium Quality Juice 12-Ounce Can <b>59¢</b></p>	 <p><b>Yellow or White Popcorn</b> Town House Fancy Quality Pops Up White &amp; Fluffy 2-Pound Package <b>49¢</b></p>	 <p><b>Toilet Tissue</b> Scotch Buy 1-Ply Tissue Soft and Economical 4-Roll Pack First 2 <b>59¢</b> <small>Ea. (Additional at regular price)</small></p>
 <p><b>Long Spaghetti</b> or Elbo Macaroni Town House Finest Quality 4-Pound Package <b>\$1.29</b></p>	 <p><b>Fresh Dill Pickles</b> Town House Kosher Style Dill Pickles 48-Ounce Jar <b>98¢</b></p>	 <p><b>Safeway Toothpaste</b> Pleasant Tasting Mint, Fluoride, or Mint Fluoride 7-Ounce Tube <b>88¢</b></p>	 <p><b>Cat Tray Absorbent</b> Safeway Cat Tray Absorbent Sanitary... It Deodorizes 25-Pound Size <b>\$1.39</b></p>	 <p><b>Safeway Aspirin</b> Safeway Guaranteed Quality A Name You Can Trust 200 Count Bottle <b>88¢</b></p>

# CHOOSE SAFEWAY BRANDS!

**PEPSI**  
6 Pack 12 Oz. Cans  
**99¢** plus dep.

**One Stop Saving**

<b>Bowl Cleaner</b> White Magic Solid 9-Ounce Size <b>2\$1</b>	<b>Truly Fine Shampoo</b> Choose Your Favorite 16-Ounce Btl. <b>88¢</b>
<b>Solid Air Freshener</b> Brocade Assorted Fragrances 6-oz. Size <b>2\$1</b>	<b>Pampers Diapers</b> Disposable Toddler Diapers... 12's <b>\$1.58</b>

**Bottle Shop**

- Chenin Blanc**  
Almaden Vintage 1.5 Liter **\$3.49**
- Chablis Blanc**  
Gallo Light & Delicate 1.5 Liter **\$2.99**
- Jacare Wine**  
White Rose 750 ml. **\$2.29**
- Rhine Castle**  
Paul Masson 1.5 Liter **\$3.99**

**EKCO ETERNA Golden Harvest COOKWARE**  
This Week's Feature  
2 Quart Covered Saucepan **\$8.99**

**Jeno's Pizzas** 10" Size 99¢  
Thick Crust Pizza Jeno's Combo 20-oz. Size **\$1.89**

**Cup O' Noodles** Assorted Flavors, 2.5-oz. **59¢**

**SAFEMAY COUPON**  
Coupon Redeemable Thru Nov. 7, 1978  
**SAFEMAY Panty Hose**  
Sheer or All-Sheer Reg. 99¢. Save 31¢ Pr. With Coupon. Limit 1  
**68¢**

**Film Developing**  
Kodak, GAF, or Fuji Color Print Only—C-110 or 126  
20 Exp. **\$2.99** 12 Exp. **\$1.99**  
Reg. \$4.39 Reg. \$2.99

**SAFEMAY COUPON**  
Coupon Redeemable Thru Nov. 7, 1978  
**Knitting Yarn**  
Marigold Brand 4-oz. Solids or 3.2-oz. Variegated Limit 6 Per Coupon  
**68¢**

**FUNK & WAGNALLS NEW ENCYCLOPEDIA**  
Volume No. 5 **\$2.69**  
Now On Sale

 <p><b>Hen Turkey</b> Manor House Grade A Frozen w/Tender Timer 10 to 12-lbs. <b>79¢</b> lb.</p>	 <p><b>Chuck Steak</b> USDA Choice Beef Chuck Blade Cut Steak <b>89¢</b> lb.</p>
 <p><b>Beef Roast</b> Boneless Beef Chuck Shoulder Cross-Rib <b>\$1.58</b> lb.</p>	 <p><b>Beef Liver</b> Sliced and Skinned... Rich in Iron <b>79¢</b> lb.</p>
<p><b>7-Bone Roast</b> 98¢ lb. <b>Stew Beef</b> 1.48 lb. <b>Beef Patties</b> 2 lb. bag <b>\$2.88</b></p>	<p><b>Whole Fryers</b> 69¢ lb. <b>Beef Sausage</b> 3-lb. Roll <b>\$2.24</b> <b>Skinless Links</b> 8-oz. Pkg. <b>69¢</b></p>
<p><b>Bulk Beef Buy</b> <b>Beef Bottom Round</b> USDA Choice Boneless Beef 22 to 24 lbs. Includes Steaks and/or Roasts <b>\$1.69</b> lb.</p>	<p><b>Delicatessen</b> <b>Bologna</b> Safeway Large Chunk <b>\$1.28</b> lb. <b>Armour Hot Dogs</b> <b>\$1.28</b> 1-Pound Package</p>

## Farmer involvement

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directly implement aid when drought or other emergency conditions occur. Previously, an emergency presidential declaration was required before producers could receive financial aid in buying needed feed supplies. Sitter also pointed out that a producer's prior feed purchases would no longer be counted against his needs when an emergency was declared.

Representing the North Pacific Grain Growers, Inc. was Richard Pennell, who outlined rapidly changing trade prospects for Oregon wheat growers.

"Our export expansion opportunities now lie primarily with the centrally planned economies," he said, "no longer with Japan, Korea, and the European Community. However, our marketing tools haven't changed as quickly as the nature of demand. Our principal problem is that we must show ourselves to be dependable suppliers. We have the supplies—but getting them to our customers is something else." Pennell described the adverse impact of domestic strikes and embargoes on export shipments and recommended the establishment of intermediate lines of credit for foreign buyers—an issue now pending before Congress.

Other speakers included Vincent Grimes, ACP specialist; Les Fredrickson, commodity loan and price support specialist; James Davis, wheat and feed grain program specialist; and Arnold Bjorlie, ASCS Northwest Area director, all from Washington, D.C.

printing  
676-9228

**SAFEMAY**  
Prices effective Wed., Nov. 1 thru Tues., Nov. 7