

February food buys, 4-H activities are listed

Velma Seat, O.S.U. Extension Food Marketing specialist, gives the following tips on produce that are timely buys for your February meals!

Extra fancy apples are starting to come out of controlled atmosphere, storage. Prices are high but the quality is excellent. To maintain this quality, apples should be refrigerated.

families. The cost is \$10.00 per person, which includes Friday dinner, lodging, Saturday breakfast and lunch, plus \$2.00 registration for costs of supplies. To attend, clubs or members must register with county office by April 6th. The workshop includes help on picture taking skills, as well as opportunity to learn use of

darkroom techniques. *Call 676-9642 for more details.

CLOTHING JUDGES WORKSHOP

Registration forms are now available for those wishing to attend the workshop for clothing judges in Corvallis, April 25-26. Give us a call and we'll

send one out, or share more information on the training.

UNIT PRICING...OPEN DATE LABELING

Everyone who wants to save money at the market will be interested in the training session on unit pricing and open date labeling.

Molly Saul will present the leader-teacher training in Morrow County February 27, 10 a.m.-12:00 noon at the Conference Room, extension service, Heppner. The same training will be offered in Pendleton on February 28, 10:00 a.m. to 12 noon at Room 14, Community Schools, 41Q

S.W. 43th.

Unit pricing and open date labeling are both state laws designed to help the consumer know how to get the best buy. Open date labeling lets you know the freshness of the product you are buying.

Anyone interested is invited to attend the training session,

or attend a study group in March to learn all about it!

NEEDED...4-H GEOLOGY LEADER

A cry for help from our geology leader, Liz Curtis, tells us she has 11 members... and about that many more wanting in! The eleven active kids are about a capacity club

group for one leader...Liz promises she will help any new leader who will come along to take the new group by sharing all her expertise. Liz has a field trip scheduled to Camp Hancock for late April, and it would be great if another club could be underway to participate! Call John, 676-9642, or Liz at 676-9454.

Extension Events

With Birdine Tullis

Suppliers suggest that buying fancy grade oranges is a good idea. Ungraded oranges are more likely to have frost damage causing dry cells.

Grapefruit, tangelos and navel oranges are fairly plentiful and prices should be trending down very soon. Some varietal citrus items coming to market include Royal Mandarin oranges, Pomelo grapefruit and Ugli Fruit. D'Anjou pears are one of the best fresh fruit buys. These sweet, smooth-textured pears are excellent for salads. Serve with a sharp cheese for a gourmet dessert.

Hot house rhubarb has made its first appearance suggesting that spring may not be too far away. Asparagus and daffodils, other harbingers of spring, should soon be available.

There are ample supplies of excellent quality broccoli and green cabbage. Brussel sprouts are available and supplies of cauliflower are increasing.

Featured for the Chinese New Year are vegetables such as bean sprouts, bok choy, and snow peas. Fresh noodles can also be found in many produce departments.

Turnips, rutabagas and parsnips are costing a little more than usual. This is because bad weather has prevented digging the vegetables.

A combination of shorter supplies and bad weather are keeping beef prices high. There is nothing to indicate that this is going to change very soon. Pork supplies have been very short because of bad weather but this situation should change when the weather improves.

Chicken is one of the better protein buys. Watch for frequent specials on broiler fryers.

Ground meat with added soy protein is in some markets. It may be in packaged patties, or pattie mix with soy and ground beef is available in some stores.

Crab supplies are adequate with larger size crabs becoming more available. Fresh fish, including sole, cod, snapper, is fairly plentiful. This is the season when oysters are top quality.

4-H FAMILY PHOTOGRAPHY WEEKEND

If photography is your family hobby, or if you'd like to learn more about it, 4-H offers a family experience at the 4-H Educational Center, Salem, April 27 and 28. The special weekend event is open to 4-H leaders, members and parents, as well as extension agents. Members 4th through 12th grades are welcome, as well as other members of

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PRIZE VALUE	NUMBER OF PRIZES	ODDS CHART Effective Feb. 3, 1979		
		ODDS 1 TICKET	ODDS 13 TICKETS	ODDS 26 TICKETS
\$1,000	21	1 in 171,479	1 in 13,191	1 in 6,595
100	269	1 in 45,260	1 in 3,482	1 in 1,741
20	451	1 in 26,996	1 in 2,076	1 in 1,038
10	901	1 in 13,513	1 in 1,038	1 in 520
5	8,744	1 in 1,392	1 in 107	1 in 54
1	59,674	1 in 204	1 in 16	1 in 8
TOTALS	70,120	1 in 174	1 in 13	1 in 7

*These odds are in effect until one month after start. Thereafter updated odds will be posted in all participating stores and in newspapers.

TOTAL VALUE OF CASH PRIZES - \$252,000.00



Bananas

No. 1 Fancy Golden Ripe Fruit... Go well in lunch boxes

5\$1 lbs.



Pineapple

Jumbo Hawaiian Sweet Field Ripened Tropical Fruit

Approx. 5-lb. ea. **98¢** Ea.



Watermelon

Red Ripe & Sweet A real winter treat

Whole or Cut **19¢** lb.



Homli Fruit

Cross between King Orange & Duncan Grapefruit

49¢ Ea.



Avocados Large Size "Hass"

3.51

Fresh Limes Seedless & Heavy with Juice **59¢**

Kumquats Seedless Golden Citrus Fruit **79¢**

Tropical Juices Daily Fresh & Assorted Fruit Flavors Qt. **99¢**



Fresh Dates Waldorf Brand Pitted or Regular

\$1.98 1 1/2-lb. Pkg.



SAFEWAY

A Safeway service in support of suggestions from the U.S. Office of Consumer Affairs

INFLATION FIGHTING ideas

"Let's Get Fresh!"

From the U.S. Office of Consumer Affairs: "In season, fresh and raw fruits and vegetables usually cost less than canned or frozen varieties. Depending on the time of year and your personal preference, it is a good idea to comparison shop between different forms of the same food."

Taking advantage of seasonal buys in produce is a good inflation fighting idea. When such items as corn, onions, squash, tomatoes, potatoes, melons, peaches, plums and all the other favorites come to market in large quantities, the price naturally goes down. That's when Inflation Fighters make their moves. By featuring these plentiful fruits and vegetables often in their family's menus throughout the year, they save substantially!

Next week's Inflation Fighting Idea: "WHAT COST CONVENIENCE?"

together, we can be **INFLATION FIGHTERS!**

FREE! Single copies of A Consumer's Shopping List of Inflation Fighting Ideas may be obtained by writing the Consumer Information Center, Dept. 6256, Pueblo, CO. 81009.

WHITE MAGIC Cleaning Sale



Laundry Detergent

For Every Wash... 84-oz. Box

\$1.99



Dishwasher Compound

For Automatic Dishwashers

65-oz. Box **\$1.79**



White Magic Cleanser

Bleaching Action

14-oz. Size **4\$1**



Fabric Softener

64-oz. Size **\$1.59**



Softener Sheets

7-pk. of 60 **\$2.79**



Liquid Detergent

22-oz. Bottle **\$1.29**



Dish Liquid

Detergent 33-oz. **\$1.19**



Campbell's Tomato Soup... First 6 cans

10.75-oz. Can **6\$1**

(Additional at regular price)



30-oz. Bread

Mrs. Wright's White or Wheat Sandwich (Crushed Wheat Sandwich... 59¢)

2\$1 for



Ritz Crackers

Nabisco... 16-oz. **99¢**



Chips Ahoy

Nabisco Chocolate Chip Cookie... 13-oz. **\$1.09**



Soft Filled Cookies

Safeway... 10-oz. **69¢**



Apple Juice

Town House Fruit Juice... 64-oz. **\$1.29**



Imperial Sof-Spread

Margarine Two 8-oz. Tubs **79¢**



Diet Imperial

Imitation Margarine 1-lb. Pkg. **69¢**



Margarine Coldbrook Finest Quality

1-Pound Pkg. **38¢**



Yogurt Lucerne Plain, Pro-stirred or Sundae Style

8-oz. Ctn. **4\$1**



Cherry Peach Cake

Oregon Farms Frozen... 14 1/2-oz. **\$1.99**



Mac. & Cheese

Dinners... 12-oz. **49¢**



Tortilla Chips

Perry Pride 8-oz. Pkg. **49¢**



Fine Egg Noodles

Cremette 16-oz. Pkg. **69¢**



Potato Chips

Blue Bell Natural 6-oz. Pkg. **79¢**



Instant Sanka

Coffee 6-oz. Jar **54¢**



Pork & Beans Van Camp's... Quick Fix Food

31-oz. Can **2\$1**

(Additional at regular price)



Shortening Piedmont All-purpose Shortening

3-lb. Can **\$1.59**



Imitation Mayonnaise

Scotch Bay 32-oz. **88¢**



Salad Dressing

Scotch Bay 32-oz. Jar **88¢**



Peanut Butter

Scotch Bay 8-oz. Jar **\$4.99**



Northern Tissue

3-Ply 4-roll Pack **\$1.09**



9-Lives Cat Food

Dry Type 4-lb. **\$1.59**



Caress Body Bar

Soap with Both Oil... 4.75-oz. **49¢**

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ITEMS OR LESS

The Wine Cellar



Miller's Beer

Regular or Lite 12-oz. Cans **6\$1.79** Pak

plus dep. **\$4.99**



Almaden, Rhine, Mt. Nectar, Rose, Mt. White Chablis

3 Liter **\$6.99**



Blue Nun Liebfraumilch

50-oz. Bl. **\$6.99**