

Your RED & WHITE Store

Remember: Free Cooking School at U.S.O. Building Fri., Dec. 18th.

Specials for Dec. 11-12-14

OATS R. & W. - Quick or Regular	3 lbs.	29c
CAKE FLOUR Red & White		27c
LARGE ASPARAGUS Walla Walla 2's		31c
AMBER SYRUP R. & W.	5 lbs.	47c
CRYSTAL SYRUP R. & W.	5 lbs.	50c
STARCH Red & White - 1 Lb	2 for	17c
FLAV-R-JELL Red & White	4 for	25c
GRAPEFRUIT JUICE Tex Delta 46 oz.		29c
TOMATO JUICE R. & W. 46 oz.		25c
MATCHES	carton	23c
GLO-COAT	quart	98c
SHORTENING R. & W.	3 lbs.	69c
TISSUE Blue & White	8 for	59c
PANCAKE FLOUR R. & W.		21c
MILK R. & W.	3 for	28c

— FROZEN FRUITS AND VEGETABLES —

CELERY 1 lb.	12c	BEEF ROASTS LB.	28c
GREEN ONIONS 3 bunches	10c	BEEF SHORT RIBS LB.	21c
GRAPEFRUIT 3 for	28c	PORK STEAKS LB.	33c
POMAGRANATS 2 for	11c	FRYERS LB.	39c
ORANGES 288 S. K., Doz.	35c	PORK ROASTS LB.	32c

Hermiston Trading Co.

RED & WHITE STORE

ONE DELIVERY DAILY — — — 10:30 A. M.

MYRTLE CARTER ADVISES ON FOOD PREPARATION

Merely getting the right kind of food for a family will not insure good nutrition unless it is followed up by good preparation, points out Myrtle Carter, chairman of the Umatilla county nutrition committee for defense. Many excellent foods sometimes lose much of their value before they reach the table because of improper storage or cooking methods, she says.

Miss Mildred Arnold, instructor in foods and nutrition at Oregon State college, has recently listed some of the things to watch for in making sure that foods reach the table with all of their value retained.

Heat, air, and water all take their toll of minerals and vitamins in fresh fruits and vegetables if not properly controlled, she says. Storage of clean but unpeeled raw vegetables in a hydrator will keep them at proper temperature and desirable moisture. The many families who do not have mechanical refrigerators and their accompanying hydrators may accomplish much the same end by wrapping

vegetables in a moist cloth and storing them in a cool place.

The sooner fruit juices are used after opening the better. Fruits in general are best kept covered and cool. As much of the vitamins and food values are stored near the skin, the more fruit is cooked with peeling on the better, or after being peeled very thin. Both fruits and vegetables are better in both taste and food value the fresher they are when used. This is one place where the home gardener has the advantage of all others.

Use of raw vegetables on the table is becoming more and more prevalent, as many of them are both attractive and tasty when eaten raw. Raw spinach is good in salad. Most children like raw carrot sticks, while shredded beets and turnips and raw flowerettes of cauliflower are other possibilities.

Those vegetables which must be cooked should be peeled and cut just before using. Or better still, do not peel at all, or scrape instead. Cut the pieces no smaller than necessary to insure proper cooking. Soaking of vegetables, says Miss Arnold, results in significant losses of minerals and vitamins. Prepared vegetables should be cooked only until tender and as quickly as possible in boiling water. No more water than necessary should be used and meal preparation should be planned so the food will be ready just before serving.

Green vegetables may be kept bright by cooking with the lid off, as soda used for this purpose destroys the vitamins. Commercially canned vegetables are best cooked quickly.

while frozen vegetables are placed in a moist cloth and stored in a cool place.

Ten illustrated charts suitable for use in club meetings or school rooms on "Get the Good from Your Food" are available from the bureau of home economics in Washington, D. C.

COLUMBIA NEWS

By Mrs. Bob Woodward

John Powell, who makes his home with his daughter, Mrs. Duff Knight, returned Monday from a visit in Portland.

Mrs. Jack Reuber of Stanfield, who returned last week from a two weeks trip to Fresno where she visited her son Harry, in camp there, spent Friday at the home of her daughter, Mrs. Myrnie Caldwell. She took the Caldwell's small daughter, Myrna, home with her for the week end.

Mrs. Louise Middelstadt of Portland is visiting here at the home of her daughter, Mrs. George Liebe. Alfred Middelstadt, brother of Mrs. Liebe, who visited here recently from Albany has left for army induction at Fort Lewis.

Mr. and Mrs. Myrnie Caldwell were Sunday evening dinner guests at the Pat Murphy home in Umatilla.

Mr. and Mrs. Lynn Easton, who have spent the past month at the home of her sister, Mrs. Bob Woodward, left Friday of last week to return to their home near Dufur.

Miss Nina Rae McCulley has returned to her teaching duties at Sandy after a recent visit here with her parents, Mr. and Mrs. H. G. McCulley. During her visit here the family made a trip to Pendleton to have a family group picture made.

Sunday evening visitors at the H. A. Wilson home were Mr. and Mrs. Kent Garrison of Hermiston and Mr. Garrison's parents, who are visiting here from Grand Island, Mich.

Recent guests at the Joe Udey home were their daughter and family, Mr. and Mrs. Lavonne Miller and daughter Patsy of Tillamook.

Miss Lena Bowman and Lester Murray of Stanfield visited at the Caldwell home on Thursday evening of last week.

Mr. and Mrs. James DeMoss made a business trip to Pendleton Friday of last week and were accompanied by Mrs. C. Hebert, who visited her mother who is quite seriously ill.

Emmet Rogers of Union is at the home of his parents, Mr. and Mrs. Roy Rogers, while employed at the turkey packing plant in town.

Mrs. Bud Hooker reports that she has received word from her nephew, Forest Putnam, a sergeant in the army, that he is now in London. Putnam is a graduate of Hermiston high school.

ONLY 700 FILE FOR '43 AUTO LICENSE

Applications for 1943 motor vehicle registrations are running far behind the normal rate for this time of year, Earl Snell, secretary of state, said today in urging Oregon motorists to file their applications at once in order to assure prompt action in their cases.

Last year at this time, approximately 50,000 applications had been received by the motor vehicle division of the state department, Snell said. This year, less than 700 are on file to date.

SAFeway Homemakers' Guide

Homemakers! Here are ten ways you can help the war effort and help yourself too!



Do All Your Shopping at Safeway—Prices Good All Week!

- (1) Plan your buying carefully ... to save shopping trips. (2) Buy only what you need. (3) Check and compare values. (4) Read labels. (5) Buy what is plentiful. (6) Make it last. (7) Keep up-to-date. (8) Do things yourself. (9) Use all of nature's food. (10) Buy war bonds and stamps out of your current income.



Lookie — Lookie COOKIES!

Youngsters love big, soft, puffy, drop cookies—especially with milk after school. And chances are older folks go for them, too—any size, shape or kind.

Cookies pack easily in lunch boxes, are delightful to serve when guests drop in, and are tasty for just plain munching. They're good for you, too. So how's your cookie supply? We think the two recipes given below are tempties—real wartime specials and treats for your favorite cookie jar. Why not try them today.



PRALINE BUTTER PUFFS (They magically disappear)

1 1/2 cups flour 1/4 cup white sugar
1/4 cup brown sugar 1/4 cup finely chopped
1/4 cup butter 1/4 cup walnuts
1/4 cup salt Powdered sugar

Sift flour, measure and sift again with brown sugar and salt. Cream butter and add flour mixture gradually, creaming after each addition. Melt white sugar in heavy frying pan, heating until golden brown, stirring constantly. Add nut meats and pour into well-greased drip pan (9x12x2). When hard, crush fine with rolling pin. Add to cookie dough, mixing thoroughly. Form dough into small balls. Bake in moderately hot oven (350° F.) for 15 minutes or until done. Remove from oven, cool slightly about 3 minutes, roll in generous amount of powdered sugar. When cold roll again in powdered sugar. Makes 3 dozen cookies, 3 1/2-inch in diameter.



JEWEL BARS (Cookie jar gems)

2 cups flour 4 eggs
1 cup baking powder 2 cups brown sugar
1 cup cinnamon 1 cup finely chopped
1 1/2 cups finely cut gum drops 1/2 cup walnuts

Sift flour and measure. Sift again with baking powder and cinnamon. Sprinkle dry ingredients over gum drops. Beat eggs until light; add brown sugar and mix well. Stir in flour and gum drop mixture and add nut meats. Bake in two well-greased shallow square pans (8x8x2) in moderate oven (350° F.) for about 20 minutes or until done. Cut in bars (1 1/2 inches) while hot. Cool. Remove from pan and roll in powdered sugar. Makes 3 dozen cookies.

IDEAS FOR CHRISTMAS Simple ideas for effective holiday decorating and easy-to-prepare refreshments for Yuletide callers are explained in detail in this week's Family Circle Magazine. A new issue out every Thursday and free at Safeway.

Safeway Homemakers' Bureau JULIA LEE WRIGHT, Director

Meet for Victory Your Government has requested that you and your family eat no more than 8 1/2 pounds of meat per person weekly. Let's all cooperate. Buy so much of your family's share ... for Victory.

SAFeway

On Every Front

General Electric equipment is fighting with America's land army. From the rolling kitchen to the front line, electricity works for victory.



1. In the factory electricity stitches the seams of tank armor, and on the battlefield it controls the operation of these spearheads of modern combat.



2. In induction center and field hospital, the X ray helps safeguard the health of our fighting men, aiding in the diagnosis and treatment of disease.



3. Far from the usual power sources, mobile power plants supply electricity for 800,000,000 candlepower searchlights by which a newspaper can be read 12 miles away.



4. Blitz war requires swift communications! On the soldier's back, in field and sky, radio co-ordinates the striking force of American army planes, guns, and tanks.

General Electric believes that its first duty as a good citizen is to be a good soldier.

General Electric Company, Schenectady, N. Y.

GENERAL ELECTRIC

SAFeway GUARANTEED MEATS

Rolled Oats Ceretana, Quick, 9 lb.	45c
Salad Dressing Duchess Pt. jar	23c
Peanut Butter Real Roast 2 lb. jar	49c
Kraft Cheese Velv., Amer., Swiss, 2 lb.	69c
Egg Noodles Sunrise 14 oz. pkg.	15c
Tomato Juice Sunny Dawn No. 2 can	10c
Bread Julia Lee Wright, 1 1/2 lb.	13c
Salt Max., Plain or Iod. 2 pkg.	15c

SAFeway GUARANTEED MEATS

SIRLOIN STEAK lb.	37c
BEEF ROASTS lb.	28c
PORK LIVER lb.	23c
GROUND BEEF lb.	25c
BONELESS STEW lb.	30c

CUT UP CHICKENS

Wings, Backs, Necks, lb.	39c
Legs, Thighs, Breasts, lb.	69c



BAKING NEEDS

It is fun to bake at home if you are well supplied with the proper mixings. Check the money savers listed below and treat your family to made-at-home goodies.

Kitchen Craft

Flour 49 lb. sk.	\$1.75
24 1/2 lb. 89c	

Gold Medal

Flour 49 lb. sk.	\$2.09
24 1/2 lb. \$1.05	

Harvest Blossom

Flour 49 lb. sk.	\$1.49
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Biscuit Flour

Gold Medal 40 oz. pkg.	33c
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Cake Flour

Swans Down Lge. pkg.	23c
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Ginger Bread Flour

Dromedary Mix 14 oz. pkg.	19c
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Apple Butter

Libby 32 oz. glass	24c
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Cranberry Sauce

West Peak 17 oz. can	14c
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Pecan Nuts and Brazils

Lb. pkg.	35c
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Almonds

Fresh 1 lb. pkg.	39c
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Coffee

Edw. (Use stamp 27) lb.	24c
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Coffee

Nob Hill Lb. bag	23c
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Fruit Mix

Radiant Mix 1 lb. pkg.	35c
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Flapjack Syrup

16 oz. glass	19c
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Matches

Searchlight carton	25c
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Pal Dog Food

Small or large pkg.	15c
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GUARANTEED PRODUCE

GRAPEFRUIT

lb. 8c	
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ORANGES

lb. 10c	
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POTATOES

lb. 4c	
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APPLES

lb. 9c	
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Tomatoes

lb. 19c	
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