

Keep Nutrition and Variety In Your Mind Constantly



Hot noodles with butter.
By MRS. GAYNOR MADDOX
NEA Service Staff Writer

"VITAMINS and minerals are fine and dandy, but I like breakfast, luncheon and dinner better," almost any hungry man or woman will confess. Therefore, the modern homemaker must understand both the principles of nutrition and the way to apply them in dishes every member of her family will enjoy. A low cost adequate diet must be 100 per cent eaten if it is to be a form of economy.

Marian H. Jones is a woman who does this double and very important job successfully on a large scale. She is manager of the cafeterias of the Welfare association of the department of agriculture in the Agriculture building, Washington, D. C. Mrs. Jones can tell the woman who is putting her home on a food defense plan how to prepare meals that are nutritionally good and also popular. Mrs. Jones must prepare food at low cost which her daily customers from the 7000 men and women in the department of agriculture will enjoy.

NORTHWEST CAN SUPPLY DEFENSE NEEDS, CLAIM

WASHINGTON, Sept. 13 (AP)—The Pacific Northwest can supply both power and raw materials for national defense, Rep. Homer D. Angell (R-Ore.) said in a radio address last night.

Angell enumerated a long list of materials—potatoes, wheat, fish, lumber, wood veneer, antimony, mercury and others—which the Pacific Northwest states produce in important quantities but said hydro electric power heads the list.

"If we were to translate the potential annual output of the Columbia river basin in terms of use, we would obtain the fabulous figure of 90 million kilowatt hours, an amount equal to the output of the entire utility industry of the United States in 1929," he said.

London's sewers have a total length of more than 500 miles.

FARM GIRLS TAKE PART IN CONTEST

Thousands of farm girls throughout the nation again are participating in the annual 4-H club food preparation project which will determine the 1940 cooking champion.

These girls will compete for awards under a new set-up, it is announced by Miss Jane Tiffany Wagner, director of the home economics department of Servel, Inc., donor of the awards in the food project for the sixth consecutive year. There will be six national winners, instead of four, in the 1940 project. They will be known as the Blue Award group—one from each extension section, and two at large. Each will receive a \$200 college scholarship. This particular allotment will be dependent on the quality of records, and each winner will be given equal ranking within the award group.

The food preparation project is conducted jointly by the extension services of state agricultural colleges, the U. S. department of agriculture and the national committee on boys and girls club work. It is open to all 4-H club girls between the ages of 15 and 21. Awards are on the basis of the most outstanding records made by the entrants in planning, preparing and serving of food throughout the present year. This includes proficiency in balancing budgets, and menus; the fine points of purchasing food, and the modern methods of preserving it.

Other awards offered in the project are: A trip to the 19th National 4-H Club congress to be held in Chicago November 29 December 7, 1940, to state winners; and gold medals to county winners.

Those who have carried on into graduate study include 10 times as large a proportion of radicals as those who have barely finished the eighth grade.—Prof. Goodwin Watson, Columbia.

Liberty is not a fixed condition, but the constant upsetting of old ways and opening up of new conditions so that all kinds of people may find a new and better way of life.—Rev. Robert Russell Wickes, dean of the chapel, Princeton.

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SAFeway's BACK TO SCHOOL SALE!

Prices Effective Friday, Saturday, Sunday and Monday, September 13 - 14 - 15 and 16
Klamath Falls, Chiloquin, Merrill, Dorris and Tulelake

In this week's FAMILY CIRCLE
Julia Lee Wright's article gives new ideas and complete information on SCHOOL LUNCHES

COFFEE			
AIRWAY			
1 Lb.	12c	3 Lbs.	35c
EDWARDS			
1 Lb.	20c	2 Lbs.	39c
		3-lb. Can	75c

Savings on Hershey's Candy

Honey Almond, Milk Chocolate, Almond Bars, Bittersweet, Krackel Bar. All 15c sizes
2 bars 25c
Mr. Good Bar, Mild and Mellow Bar 10c size
2 bars 15c
Nougat Almond, Krackel Bar, Hershey Nut, Hershey Milk, Mr. Good Bar, Mild & Mellow All 5c bars
3 for 10c

SAFeway NATIONAL DOG WEEK

"EVERY dog needs a good home"—and proper feeding! Give him the balanced ration, that costs less to feed!

Friskies

4 1/2 Lb. Bag **47c**

Free BATTER SPOON
with one bag of two 5-lb. bags of ALBERS FLAPJACK FLOUR
ALBERS FLAPJACK FLOUR LARGE Pkg. **19c**

Sanka Coffee 1 Lb. Can **28c**
Flour Kitchen Craft, 48-lb. sack Sack **\$1.39**
Rancho Soups 10 1/2-oz. cans Each **5c**

Tomato Juice Sunny Dawn, 48-oz. can **2 for 35c**
Peas Lindy, No. 303 cans **2 for 15c**
Green Beans Standard No. 2 cans **2 for 15c**

Tall Cans **6 cans 35c**

- SALT, Maximum, plain or iodized, regular pkg. Pkg. 7c
- BAKED BEANS, B&M, No. 2 tall can Ea. 16c
- BROKEN RICE 3-Lb. Pkg. 15c
- BORAX SOAP CHIPS, 22-oz. pkg. 22c
- GRAPEFRUIT, Glenn Aire, No. 2 can Can 10c
- PEARS, Medford fancy pack, No. 2 1/2 can Ea. 19c
- SLICED PINEAPPLE, Del Monte, No. 1 1/4 can 10c
- SYRUP, Sleepy Hollow, 12-oz. 26-oz. can 29c
- TANG, Cudahy's Prepared Luncheon Meat 12-oz. can 19c

Produce Items for Friday and Saturday Only
September 13 and 14

String Beans

Extra fancy Blue Lake. Buy them for **4 lbs. 10c**
canning at the low price

- BANANAS, fancy golden fruit Lb. 5c
- CANTALOUPE, Medium sized pink-meat 3 for 10c
- GRAPEFRUIT, large 100 size Sunkist 6 for 15c
- SEEDLESS GRAPES, fancy girdled 3 Lbs. 10c
- GRAPES, Red Malaga, Rablers, Lady Fingers, Muscats and Tokays 3 Lbs. 14c
- POTATOES, U. S. No. 1 White Rose 10 Lbs. 13c
- APPLES, Fancy Red Delicious 5 Lbs. 25c
- ORANGES, Fancy Sunkist 288 size 2 Doz. 29c
- SWEET POTATOES, U. S. No. 1 fancy Jersey Sweets 5 Lbs. 23c
- YAMS, Extra fancy even sizes, ideal for baking or serving candied with ham 4 Lbs. 23c
- CABBAGE, Solid crispy heads Lb. 3c
- CELERY, Labish White variety 2 for 15c
- Labish Utah Green variety 2 for 15c
- DRY ONIONS, Yellow Danvers 3 Lbs. 10c
- SQUASH, Marblehead variety, 1/2 or whole Lb. 1 1/4c
- By the piece Lb. 2 1/4c
- Danish Squash for individual servings 3 for 10c

Watermelons Rattlesnake variety, Lb. **1/2c**

- CORNED BEEF, Anglo, 12-oz. can 17c
- HONEY, Stewart's 3-lb. can 39c
- WHITE MAGIC BLEACH, 1/2-Gal. Jug 17c
- PUREX Gallon Jars 37c
- SALAD DRESSING, Duchess Qt. Jar 28c
- DILL PICKLES, Columbia No. 1 1/4 can 10c
- QUAKER OATS, Quick or regular Lge. Pkg. 20c
- CREAM OF WHEAT Pkg. 23c
- WHEATIES and CORN KIX 2 Pkgs. 21c
- CHEESE, mild cream Lb. 19c
- 100% BRAN, N.B.C. Pkg. 10c
- REAL ROAST PEANUT BUTTER 2-Lb. Jar 23c
- MATCHES, Searchlight Ctn. 20c
- CAMELS, CHESTERS, OLD GOLDS 2 Pkgs. 27c
- RALEIGH and KOOL CIGARETTES 2 Pkgs. 27c

ROYAL SATIN **Shortening** 3 Lb. Can **39c**

The new speedy-mix shortening that's already a favorite among housewives. Buy a can today with our money-back guarantee!

- Corn Standard, Golden Bantam, No. 303 2 cans 15c
- Tomatoes Josephine No. 2 1/2 cans 3 for 25c
- Peaches Castle Crest, No. 2 1/2 cans 2 for 29c
- Tuna Fish White Star, No. 1/2 cans Each 15c
- Syrup Karo, Blue Label 5 Lb. Can 37c

FLUFF-I-EST Marshmallows
Sold only in the box
Absolutely FRESH or your money back
1-Lb. Carton **10c**

Swansdown Cake Flour
Lge. Pkg. **19c**

Albers Corn Flakes
Reg. Pkg. 3 pks. **10c**
Now Try a FRESH BREAD
Julia Lee Wright's White or Wheat 1 1/2-Lb. Loaf 13c
Gold Medal Flour
49 Lb. **\$1.59**
24 1/2 Lb. **89c**
Bag

Meat Items Saturday Only, September 14, 1940

Salmon

Extra fancy Columbia River Chinook—By the Piece, Lb. **11 1/2c**
Sliced Lb. 13 1/4c

- Steaks** Sirloin, Round or Rib Lb. **29c**
- Oysters** Fancy Grade "A" Pt. **25c**
- Baby Beef Liver** Pound **15c**
- Pure Lard** 4 Pound Package **29c**
- Swift's Sliced Bacon** Pound **25c**
- Link Sausage** Made From Pure Fresh Pork Lb. **19c**

Chickens
Dry picked. Excellent for fricassees or to serve with dumplings.
Lb. **16 1/2c**

Pork Roasts
Picnic style. Cut from choice Klamath county grain-fed young porkers.
Lb. **12 1/2c**

- Crystal White 5 Giant Bars** 16c
Cleans Faster—Lasts Longer
- White King Soap** 3 cakes **14c**
Mild, Fragrant Toilet Soap
- Crisco** 3 Lb. Can **45c**
Sure-Mix Shortening
- Zee Tissue** 4 rolls **15c**
Tinted or White
- Ovaltine** 14-oz. can **59c**
For Quick, Restful Sleep

SAFeway Su-Purb Granulated Soap 24-oz. pkg. 18c 50-oz. pkg. 31c

New Ultra-refined CLOROX makes House Cleaning more efficient than ever!

...IN LAUNDRY ...IN KITCHEN ...IN BATHROOM

When it's CLOROX-CLEAN it's hygienically clean!

THE most efficient cleaning goes beyond removing visible soil...it makes homes hygienically clean. Ultra-refined Clorox has intensified germicidal action...deodorizes, disinfects, removes numerous stains from tile, enamel, porcelain, linoleum, wood surfaces. It assures greater home health security, not only in Fall house cleaning but in everyday cleaning and in laundering. And Clorox is effective yet gentle for its many personal uses. Simply follow directions on the label.

IN NEW SLENDERIZED BOTTLE WITH EASY-OFF CAP!

AMERICA'S FAVORITE BLEACH AND HOUSEHOLD DISINFECTANT
Ultra-refined CLOROX BLEACHES - DEODORIZES - DISINFECTS REMOVES NUMEROUS STAINS Even Scorch and Mildew

Oregon's Own and Only Sugar Salutes CORVALLIS and Oregon's State College

In the heart of the great Willamette Valley lies the beautiful city of Corvallis and Oregon State College, which is the largest and best equipped technical college in the Northwest... with a total investment of \$9,000,000! Corvallis and the College are primarily interested in Oregon agriculture... a common bond linking the sugar beet farmers of eastern Oregon with this community.

Principal agricultural crops include prunes and apples, walnuts and filberts, wheat, grain, field seeds, vegetables and hay. Her factories include large lumber, planing and flour mills, creameries, brick works, canneries, and four hatcheries that ship more than two million chicks annually.

Guaranteed for Canning

FACTS ABOUT CORVALLIS
Population, including O. S. C. students, over 14,000. One of the nicest home cities in America and one of the fastest growing cities in Oregon. Has highest producing dairy cattle in the world!

WHITE SATIN SUGAR