

Use Whole Wheat Cereals In Daily Diet for Children

By MRS. GAYNOR MADDOX
NEA Service Staff Writer

For the home-maker on an economy food budget, large appetites are an energetic problem. The adolescent child, as well as active younger children, and voracious adults requires daily an enormous supply of nutrients for growth and maximum health.

Just bulk food is not enough. The food must be rich in nutrients, varied and also appetizingly prepared.

Begin the day with a nutrition rich breakfast that will "stick." Use whole-grain cereals, milk and also butter if possible. They are more economical that way.

Among them are whole-wheat flour, whole-rye flour, whole-corn meal, cracked wheat and rolled oats.

Whole-Corn Meal Waffles

(About 6 large waffles)
One cup sifted all-purpose flour, 1 cup unsifted whole-corn meal, 3 teaspoons baking powder, 1 teaspoon dark brown sugar, 2 eggs, separated, 14 cups milk, 3 tablespoons butter (or other shortening).

Combine sifted flour, baking powder, salt and sugar. Sift. Add unsifted whole-corn meal. Beat egg yolks well; combine with milk and melted shortening. Add to flour mixture; beat until smooth. Beat egg whites stiff;

fold into batter. Bake on hot waffle iron. Serve with molasses or cane syrup.

Whole-Wheat Dried Fruit Muffins

One cup sifted all-purpose flour, 1 cup unsifted whole-wheat flour, 3 teaspoons baking powder, 23 teaspoon salt, 2

Menu

BREAKFAST: Stewed prunes in orange juice, whole-corn meal waffles, molasses, coffee, milk.

LUNCHEON: Spaghetti and cheese, sliced tomatoes, baked apples, cookies, tea, milk.

DINNER: Braised stuffed flank steak, boiled potatoes with chopped parsley, creamed celery, lettuce salad, steamed fig pudding, foamy sauce, coffee, milk.

tablespoons dark brown sugar, 1 egg, 1 cup milk, 3 tablespoons butter (or other shortening) melted, 3 cup raisins (or chopped dried dates or figs).

Pour boiling water over dried fruit. Stand 3 minutes; drain. Mix sifted all-purpose flour, baking powder, salt and sugar; add unsifted whole-wheat flour.

Beat egg well; add milk and melted shortening. Add to flour mixture. Stir only enough to mix. Add dried fruit. Fill greased muffin tins 2/3 full. Bake in hot oven (425 degrees F.) for about 25 minutes.

Lots of Variety Offered In Range of Seafood Dishes

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The great variety of fish and shellfish in our American rivers and oceans could become an abundant source of high grade protein at low cost if we included fish in our menus more than once a week.

When American families learn to take advantage of this source of delicious food our national cost per person of adequate diets will be materially decreased. So long as we continue to use fish only on Friday, the cost of fish will remain relatively high.

Part of our drive for American economy in the home should be to urge our families and our friends to use American fish more frequently.

The Fishery council has just published a booklet which will help American women buy, judge and cook fish and sea food. It's called "The Fish and Shellfish Cook Book." Write to

potatoes. Turn into greased baking pan. Cover with top of mashed potato. Bake in hot oven (400 degrees F.) for about 12 minutes.

Planked Fish

Two lbs. fillets or steaks about 5-8 inch thick, 4 tablespoons melted butter, 1 teaspoon pepper, 1 tablespoon grated onion, cooking oil, salt.

Use a plank of oak or aluminum provided with grooves that hold juices from fish and basting liquid. Serve fish at table on this same plank. Place plank in cold oven and gradually preheat oven to very hot (450 degrees F. to 500 degrees F.). Make a salt solution in proportion of 2 tablespoons salt to 1 cup cold water.

Soak fish in salt solution for 3 minutes, drain, and thoroughly brush with cooking oil. Remove hot plank from oven, oil thoroughly and place fish on plank skin side down. Sprinkle with grated onion and return plank to top rack of oven. Cook for 15 to 20 minutes, basting twice with melted butter mixed with pepper. About 5 minutes before fish is cooked, surround with mashed potatoes and other vegetables.

NO ANSWER

PORTLAND, Oct. 18 (AP)—Major Gen. George A. White's only comment yesterday on reports the 41st national guard division will be moved to Hawaii soon was that he "didn't know" whether the troops would remain at Camp Murray, Wash., throughout the year.

Fish Pie

(Serves 4 to 6)

Two cups large cooked fish flakes, 1 teaspoon salt, 1 cup peas, 1 tablespoon grated onion, 1 tablespoon minced green pepper, 1 cup well-seasoned mashed potatoes, 1 cup medium thick white sauce.

Heat 2 tablespoons butter in saucepan, slowly stir, 2 tablespoons flour. Cook 2 minutes, add salt and slowly add 1 cup milk. Stir until creamy. Add all other ingredients except mashed

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Prophets' Profit



The 61st Annual Veiled Prophet Ball in St. Louis recently showed a handsome profit by making Rosalie McRee, above, 19-year-old St. Louis beauty, their queen. Her coronet consists of 55 diamonds, 18 oriental blue sapphires, 12 oriental pearls and a large, pear-shaped blue sapphire.

BAY RESIDENT APPEARS TO PAY FINE IN BIBER

BIBER—Salvatore Marino came from San Francisco to Biber to straighten out some complications that followed a dove hunt without a license.

Game Warden Don Chipman filed complaint last month against Marino, Paul Traba and Gene Louis Lanza. Traba pleaded guilty and paid a fine of \$10. Marino put up cash bonds of \$25 each for their appearance before Justice W. B. Philliber here Sept. 30.

They did not show up at that time and Philliber sent them word that their bail would be forfeited if they did not appear within 90 days and they were subject to arrest and penalty besides.

Marino appeared in court Monday and pleaded guilty for himself and Lanza. Justice Philliber fined them \$12.50 each, which Marino paid out of the bail money. He took a receipt and said he would ask the warden for the guns back.

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Blackberries, Hillsdale, No. 10 tin	49¢
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Sour Pitted, No. 10 tin	49¢
Gooseberries, Wilamet, No. 10 tin	49¢
Loganberries, Wilamet, No. 10 tin	49¢
Huckleberries, Wilamet, No. 10 tin	49¢
Peaches, Del Monte, No. 10 tin	49¢
Peaches, Highway, No. 10 tin	55¢
Pears, Rio Rita, No. 10 tin	49¢
Pineapple, Del Monte, No. 10 tin	75¢
Pineapple, Summer Isle, No. 10 tin	59¢
Prunes, Merrimac, No. 10 tin	39¢
Youngberries, Wilamet, No. 10 tin	49¢
Boysenberries, Wilamet, No. 10 tin	49¢
String Beans, Three Sisters, No. 10 tin	45¢
Pork & Beans, Van Camps, No. 10 tin	43¢
Beets, Three Sisters, sliced, No. 10 tin	39¢
Corn, Del Monte Golden Bantam, No. 10 tin	65¢
Peas, Del Monte Early Garden, No. 10 tin	69¢
Spinach, Gardenside, No. 10 tin	39¢
Tomato Juice, Sunny Dawn, No. 10 tin	29¢
Tomatoes, Glenn Oak, No. 10 tin	39¢

STATE PER CAPITA INCOME INCREASES

WASHINGTON, Oct. 17 (AP)—Income per capita in Oregon amounted to \$545 in 1939, compared with \$536, the per capita income of a national per capita department announced Thursday. Mississippi was lowest with

\$203 and New York highest with \$825.

The \$536 average for the nation compares with \$515 in 1938; \$679 in 1929, the peak prosperity year, and \$376 in 1933.

The 1939 per capita income of \$545 for Oregon compares with \$519 in 1938, \$664 in 1929, and \$347 in 1933.

Improvement shown in the last year was not evenly distributed, ranging from an increase of 1 per cent in total income in

Kansas to 11 per cent in Michigan.

Salaries and wages accounted for 60 per cent of total income for the nation.

The 1929, 1933, 1938, and 1939 per capita incomes for nearby states were:

Washington—\$728, \$385, \$574, \$606.
Idaho—\$529, \$285, \$434, \$453.
California—\$978, \$546, \$726, \$753.

Watch the Classified Page

BIEBER MAN NIPS THEFT ATTEMPT

BIEBER—"Unhand my Sunday clothes," yelled Dick Walton, and nipped a chunk of ballast at a youth who was climbing a boxcar ladder on a freight train pulling rapidly out of Bieber railroad yard at dawn. The rider yipped a sack he was carrying. Walton told police. Walton found in it his

other suit, shoes, pants, watch, 60 pennies and other belongings that were missing when he returned from work to his home near Nubieber Tuesday, as was also a young stranger he had hired to help him cut fence posts.

Roman Sandwiches

Centuries before the English Earl of Sandwich, the Romans ate sandwiches, knowing them under the name of "offula," a diminutive form of "offa," which means a bit or morsel.

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Chickens Stewing Birds Lb. 19¢

BEEF
Prime Rib Roast 25¢
Swiss Steak 25¢
Lb.

FISH
See Safeway markets first for the best variety of Fresh Fish
Sliced Salmon 19¢
Lb.
Fillet of Sole 19¢
Lb.

PORK
Choice cuts from tender Young Porkers
Pure Pork Sausage 25¢
2 lbs.
Pure Pork Link Sausage 19¢
Lb.
Pork Steak 15¢
Lb.
Pork Chops 25¢
Lb.
Pure Lard 29¢
4 lbs.

LAMB
Shoulder of Lamb 22¢
Lb.
Leg of Lamb 27¢
Lb.

Flour Kitchen Craft 49-Lb. Sack \$1.29
Flour Drifted Snow 49-Lb. Sack \$1.39
Shortening Royal Satin 3-Lb. Can 39¢
Baking Powder Clabber Girl 2-Lb. can 20¢

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Luxurious, Strengthful, High Grade Coffee
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Hills, Maxwell House, MJB Golden West Coffee
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Cherub Milk is Delicate in TASTE
Tall Cans 6 cans 35¢

Produce Prices Effective Friday and Saturday, October 18th and 19th

Endive Extra large green bunches Bu. 5¢
Celery Utah variety, crisp and tender 2 stalks 13¢
Cauliflower Large snowy heads Ea. 10¢
Potatoes U. S. No. 2 Netted Gems 50-lb. sack 35¢
Onions U. S. No. 1, Yellow Danvers 4 lbs. 10¢
Parsnips Local, Sweet and white 3 lbs. 10¢
Green Peppers Thick seeded all green 3 lbs. 10¢
Squash Marblehead, yellow or green Hubbard, Banana Lb. 1¢
Sweet Potatoes Smooth, even sizes 5 lbs. 19¢

Apples Large Fancy, Delicious Jonathans, Romes or Winesaps 6 lbs. 25¢
Apples Faced and filled, Jonathans, Ortley Delicious, Winter Bananas, Grimes Golden Box 89¢
Cabbage Sweet and firm Lb. 2¢

Rice River Brand Fancy Blue Rose 2-lb. ctn. 10¢
Jell Well Assorted Flavors 3 pkgs. 11¢
Matches Favorite Ctn. of 6 Boxes 13¢
Su-Purb Granulated Soap 8-oz. pkg. 2 - 15¢ 24-oz. pkg. 15¢ 50-oz. pkg. 29¢
Tombato Soup 10 1/2-oz. cans 3 for 20¢
Pork & Beans Newport No. 2 1/2 cans 3 for 29¢
Sunbrite Cleanser 3 cans 10¢
Seedless Raisins 4-lb. pkg. 20¢
Marshmallows Fluffiest 1-Lb. Ctn. 10¢
Soda Crackers Snowflake 2-lb. pkg. 27¢

Crisco Shortening 3-lb. Can 43¢
Crystal White Soap Reg. Bars 5 for 14¢
Sierra Pine Toilet Soap 3 bars 17¢
Van Camp's Hominy No. 300 cans 3 for 19¢