

lobster Ready in Hurry



ceramic or real sea shells for serving jiffy lobster newburg. It's designed for after five o'clock dinners but is easily adapted to a less expensive version by substituting tuna or cold left-over cooked fish. The secret of the speed and tempting flavor is cream of mushroom soup. Sherry or lemon juice are added to pique the flavor, crumbs and cheese go on top.

BY NANCY MORRIS
Food Editor, The Oregonian
... busy mothers and almost all other women need to prepare in a hurry many times a week. To make these appetizing and economical dishes, we hope these suggested menus and preparation tips will be helpful.

For those with budgeted are entitled to have suppers without having to ahead. A well-stocked "emergency" shelf is a great to everyone, but especially to the moment company through their time at home.

There is a menu that one can in a half an hour's time doesn't entail a spending at the grocer's en route either.

JIFFY LOBSTER NEWBURG
2 1/2 cups canned, cubed lobster (about 2 cans)
2 10 1/2-ounce cans condensed cream of mushroom soup, undiluted
4 tablespoons sherry or lemon juice
1 cup soft bread crumbs
2 tablespoons melted butter
1/2 cup grated sharp cheese
Combine lobster, soup, and sherry or lemon juice. Spoon into 3 shallow individual baking dishes or shells. Top with bread crumbs. Sprinkle with melted butter and grated cheese. Bake at 325 degrees 15 to 20 minutes. Serves six.

Success Dress
Alt-Size Find



Marian Martin

... slim and smart every you go this season in this dress and its smart fit! No alteration problems. The pattern is designed for shorter-waisted, fuller figure. Add frosty white collar.
Item 9125: Half sizes 14 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size dress and jacket 5 1/2 yards fabric; 3/4 yard contrast. An easy-to-use pattern gives a perfect fit. Complete, illustrated chart shows you every step. Add 35 cents in coins for this form—add 5 cents for each pattern for first-class mailing. To Marian Martin, care of Oregonian Pattern Department, post office box 6740, Portland, Ore. 97208. Print your name, size, zone, size, style number.

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accompany the newburg, a tossed green salad liberally sprinkled with blue cheese and bread sticks is good. Add a green vegetable if you wish—green lima or peas, for instance.
For dessert, combine cubes of fresh or canned pears with frozen pineapple and orange segments. Add slices of pound cake or cookies if you wish. Now for the preparation plan and quick lobster newburg recipe.

PREPARATION PLAN
Add spices and lemon to tomato juice and let simmer over low heat. Prepare lobster newburg and put in oven to heat. Set table. Heat water for coffee or tea. Cook vegetable if serving one. Combine green for salad. Don't add dressing until just before serving. Prepare fruits and chill in serving dishes. Serve dinner.

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For help with food problems and recipes, call CO 2121 or write Nancy Morris, Oregonian Hostess House, The Oregonian, 1328 S. W. Broadway, Portland 1, Or.

OES Chapters Date Visitation

Mrs. Irene McKinley of Portland, worthy grand matron of the grand chapter of Oregon, Order of the Eastern Star, will begin her third week of official inspection of chapters in the Portland area with a joint meeting of Benita and Parkrose chapters Monday night at Oriental hall, 618 S. E. Alder street. Tuesday night she will meet with Tualatin and Forest chapters in Hillsboro, and Wednesday night with Wisteria and Mizpah chapters in Rainier. Thursday Victory and Mt. Scott chapters will meet at 5811 S. E. 92d avenue for Mrs. McKinley's inspection, and the Friday meeting will find Rose City, Rose Croix and Camella chapters meeting at the Masonic temple, 1119 S. W. Park avenue. Saturday Mountain and Mountaineer chapters will participate in a meeting at the Estacada Masonic temple.

BOOK REVIEW DATED
Mrs. J. P. Sawyer will review Madeline Babcock Smith's "Lemon Jelly Cake" at a luncheon of the women's auxiliary to the American Society of Civil Engineers Tuesday. The luncheon, planned for 1 p. m., will be at Mrs. Guy Taylor's home, with Mrs. Henry Steinbrugge in charge of reservations. Mrs. Sawyer, the speaker, is a member of the Argus Toastmistress club and the Portland Woman's club.

POLISH DOESN'T SCRATCH
Use a fine silver polish to clean the nickel and chromium parts of your refrigerator to prevent scratches.

FRIDAYS..
10-10:30 A.M.
the Oregonian
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In Top Job



MRS. A. J. CHURCHILL
She serves at Sunnyside

PTA Leader Long Active

Mrs. A. J. Churchill, who is serving as president of Sunnyside Parent-Teacher association this year, is no newcomer to PTA work! She claims 12 years of experience, all told, in two associations, Richmond and Sunnyside.
At Richmond she was a room mother, chairman of cafeteria, of membership, of ways and means, and both second and first vice president. At Sunnyside she was a room mother and first vice president before becoming president.
A daughter, Sondra, is a junior at Franklin high school so Mrs. Churchill also is a member of that PTA. A son, Bobby, a third-grader at Sunnyside, is the very good reason, she says, for her active membership there.
Mrs. Churchill's emphasis this year has been concentrated on more parent participation in activities planned by the PTA. Besides a series of successful study groups, there has been a smorgasbord dinner, a play at Christmas presented by the parents. Currently in the planning stage are three one-act plays to be directed and produced by the parents and faculty for the school and community.

YOUNG OREGONIANS

Take a Dog

Male toy shepherd, 17 months old, would appreciate country home. Fond of children. Call UN 0507.

Our Who's Who

Kathryn Bellinger
Ruth Ann Brown
Jack E. Grier
Carolyn Hammer
Carol Ann Herget
Marlene Herget
Kay Jagodnik
Susan Jagodnik
Clinton E. Keller
Clifford Myers
Edward Myers
Joanne Palmer
Bessie Pierson
Janet Pierson
David Remington
Hazel Jean Riggs
Jane E. Russell
Pamela Schulenberg
Ken Scoville
Patricia Thompson
Donald Townsend
Robert Twest
Ronald Twest
Jack Van Meter
Linda Van Meter
Patty Van Meter
Sandy Voim

HARRY SCHEDULE FOR MONDAY
Accordion class, 4-6 p. m.

Sorority Initiates

Beta Iota chapter of Iota Phi Lambda, national business and professional sorority for women and girls initiated four pledges into full membership at the annual dinner Sunday at the home of the dean of pledges, Mrs. Belvin Williams, 2403 N. E. 7th avenue. Mrs. Mary Duncan Holliday is president of the chapter, one of nine in the far western region which includes Oregon, Washington, California, Idaho, Colorado and Montana.

Protein Food Halts Hunger

Moderate Meals Hike Metabolism

BY IDA JEAN KAIN
Noted Diet Expert

On the surface, it might seem that only what you do not eat can help you reduce your weight. If this were strictly true, dieting would indeed be grim.

It's pleasant to know that the mere act of eating uses calories. The effect of food in raising the metabolism is termed its specific dynamic action, and of all foods proteins have the greatest effect. The power of protein to build slimmness is made startlingly clear when you realize you can reduce faster on a diet that includes extra protein (extra means more than the amount needed for repair work) than you can on a diet containing exactly the same number of calories but less protein.

Don't overlook the advantage of eating three moderate meals a day, rather than having a large evening meal. Again it is elevated metabolism: when three meals are eaten, the specific dynamic effects keep the metabolism raised for 12 to 16 hours. Also there is a better carryover of energy when a complete protein is included at each of the three meals, starting with breakfast.

Research Lights Way

More recent research stresses the part liberal protein plays in the control of hunger. As everyone knows, it is next to impossible to keep on a diet that leave you feeling all-gone. Hunger control appears to hinge on keeping blood sugar levels steady. When blood sugar goes down, energy wanes, resulting in hunger sensations. Experiments show that it's the protein food—eggs, meat, fish, fowl, milk, cheese—which help maintain blood sugar levels, sustain energy and stave off hunger.

It really is good news that you can lose 2 to 3 pounds a week, without going hungry.

Horse Sense

Bridge

BY SAM GORDON
The Minister

Some bridge players believe that jump bids will be higher next year. Others insist they will be used with a plunging neckline. It all depends on what popular expert they are following.

It does not seem to occur to such players that their expert is wrong else no change would be necessary. The cards do not change. Nor do the sound rules which come from correct basics. Play with the north hand you see here:

North
♦ K 9 8
♥ K 7 5 2
♦ A Q 8 2
♠ A 4

Your partner in south has started with an opening bid of one spade and it is up to you to make your first response. What do you do and how do you determine what you should do?

In the first place you would not bid at all unless you had more than two tricks. Having more than two tricks, you bid. And bids are guided by the order of choice in T-A-N; takeout, assist, no-trump.

You have a biddable diamond suit for a takeout. You have the adequate support for an assist in spades. You have enough high cards to make a no-trump response. Which do you do first? Takeout.

So, your first response will be in diamonds. Now you look to see whether you bid in diamonds with a jump or without a jump. When will you jump? Only when you see tricks enough to help make a game.

If your jump is immediate you also promise two sure tricks. So, in this or any other deal in the world you follow the same policy. Make an immediate jump response with enough for game and two sure tricks.

An opening one bidder promises five tricks. Your hand counts six. Your six and his five are 11; enough for a game. Your two aces are two sure tricks. Your first response is a jump to three diamonds.

This jump is a signal that the bidding must not stop short of game. So, you will have a chance to bid again. What will be your next bid? Depends on the second bid you hear from opener.

This is the Money evening for the start of advanced Horse Sense bridge lessons at Cavenish club, open to the public.

Figure Consultant



Kay Johnson, one of the leading Figure Consultants in the Pacific Northwest, is active in the operation of the well-known Johnnie Johnson Slenderizing Studios. Kay, the mother of two small children, and at one time forty pounds overweight, can readily understand and help you solve your figure and makeup problems. Call Johnnie Johnson Studios, GA 0065. Correct your figure faults with Kay, the easy way.

See How You Save at SAFEWAY

Wonderful for "Morning Pick-Up"

Tomato Juice

SUNNY DAWN BRAND

FANCY QUALITY

2 46-oz. cans 45¢

CHILI CON CARNE

With Beans 16-oz. can

29¢

FRESH BREAD

Mrs. Wright's White or whole wheat 1 1/2-lb. loaf

24¢

Quality Mayonnaise

NU MADE or BEST FOODS

Save 10c a Quart Now!

Qt. Jar 59¢

Dial Shampoo

Deodorant 3 1/4-oz. size

67¢

Beef Stew

Dinty Moore 24-oz. can

43¢

Cat Food

Puss 'n Boots 2 16-oz. cans

27¢

Crisp - Crinkly HEAD LETTUCE

lb. 15¢

Green Onions or Radishes

Fresh and Crisp

2 bun. 15¢

Lemons

Sunkist lb. 19¢

Grapefruit

Arizona Seedless 8-lb. bag

59¢

Apples

Delicious 4-lb. cello 55¢

Apples

Winesaps 4-lb. cello 55¢

Romaine

bun. 19¢

Pears

D'Anjou lb. 15¢

Rhubarb

Extra Fancy Hotthouse lb. 29¢

Potatoes

Prem. 6 to 8 Bulk 14-oz. lb. 5 1/2¢

Potatoes

U.S. No. 1 Econ. 10-lb. 39¢

Orange Juice

MINUTE MAID

Concentrated 6-oz. can 19¢

Tuna Fish

BILTMORE BRAND

Fancy No. 1 Seasoned can 35¢

Cream of Mushroom Soup

Heinz 3 11-oz. cans

55¢

Cream of Tomato Soup

Heinz 2 11-oz. cans

25¢

Chicken-Noodle Soup

Heinz Brand 3 11-oz. cans

55¢

Heinz Dill Pickles

Kosher Variety 25-oz. jar

39¢

Heinz Chili Sauce

Add zest to your meat dishes 12-oz. bottle

37¢

CLOROX BLEACH

Qt. Bot. 19¢

1/2 Gal. 31¢

SIRLOIN STEAK

U.S. GOVERNMENT "CHOICE" GRADE

Cut from the same choice loins as our juicy T-bones.

lb. 89¢

T-Bone Steak

U.S. choice lb. 98¢

Swiss Steak

U.S. choice lb. 79¢

Round Steak

U.S. choice lb. 85¢

RIB STEAK

U.S. choice lb. 83¢

BEEF STEW

Boneless lb. 69¢

GROUND BEEF

lb. 39¢

SLICED BACON

Standard lb. 69¢

FRESH OYSTERS

Pint 59¢

PRICES EFFECTIVE THRU WEDNESDAY, FEB. 17

SAFEWAY

This ad applies to Safeway Stores in Portland, Beaverton, Tigard, Oswego, Oregon City, Gresham, Milwaukie, Hillsboro and Vancouver.