



FOR THE TEEN-AGER an appropriate fragrance is Houbigant's classic Quelques Fleurs, a soft, distinctive floral blend, now available in this new travel-wise kit which contains toilet water, hand lotion and foam bath essence.

Tips On Fragrance For The Teen-Ager

Almost every little girl enjoys fragrance right from infancy. Freshly scented lotions and powders add to her comfort and well being in the early stages of her life.

MACARONI WEEK

Once again, it's National Macaroni Week. The dates chosen for this year are October 20-29.

Year after year, macaroni foods continue to hold an important place in American menus. Perhaps one of the basic reasons for this is the versatility of the product.

Macaroni foods are among the most adaptable on the kitchen shelf. They appear at the table in main dishes, soups, hearty salads and even desserts. New dishes are constantly being developed, using macaroni foods in flavorful combinations with cheese, meats, seafoods, poultry, vegetables, eggs and fruit.

Homemakers, especially, give macaroni foods a big vote of popularity. High on their list of reasons is convenience. These good wheat foods are always handy on the kitchen shelf. They require no special storage. They're quick and easy to prepare. Finally, homemakers find that low cost macaroni foods stretch limited supplies of other more expensive foods like meat and cheese.

Youngsters, also, are fond of this go-with-everything food item. Good thing, too, for macaroni, noodle or spaghetti casseroles are mighty good sources of nutrition for growing bodies.

Add up all these points in macaroni's favor and you'll see why food people set aside a special "week" to honor it.

DRINK MORE MILK

Teen-agers come in all sizes — regular and king-size, slim or fat — but they all need milk, many of them more than they're drinking now.

While today's teen-ager eats far better than those in previous generations, proof comes persistently from research reports that America's "younger set," as a group, still do not consume adequate nutrients. In other words, their eating habits rate a poor grade on the mealtime report card.

How much milk should they drink? According to Dr. Zoe Anderson, Director of Research and Nutrition Service, National Dairy Council, it would take at least 12½ billion pounds of milk per year — about 10 per cent of present annual production — to give teen-agers the nutrients they need from milk.

Why do teen-agers need milk? Principally, for calcium. Their need for this mineral is great, and essential to proper growth and development. Recent Iowa State College studies, for example, showed that calcium is particularly lacking in the diets of teen-agers in that state. The pattern is similar in many parts of the United States.

Then, too, overweight teen-agers tend to have the poorest eating habits. Their problem stems from a poor selection of foods.

All told, these young people need more nutritious and protective foods, such as milk, meat and fresh fruits and vegetables — fewer high calorie snacks.

WASHABLE

Any toy that can be washed with soapuds is always safer for a child to play with than one that can't be washed.

there's only one

SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!

LOW IN PRICE



By Bessy, the Basin Bossy Oh, but this is a swell time of the year. The leaves are turning and there's that extra something in the air only Autumn has.

And it usually means some extra special kinds of eating, too.

The harvest is coming in 'long about now, and there's a bounty of corn and squashes and pumpkins and potatoes and other things. Apples and other fruits are plentiful now, too.

If you haven't tried canning, might try it right now. It's just the right time, and you'll be surprised how the budget will manage with those canned fruits to draw from during rush breakfasts and snacks.

This is a time for festivities, too. Halloween, Thanksgiving and the coming Yule season.

Here are some quaint ideas for use on these occasions. Take it from me and try them:

Give your party guests place cards they can eat. Make them of cookie dough rolled thus, cut calling-board size and bake, with the names written in icing on each one.

For nut cups, any dime store has a counter with play pots and pans in miniature. Wonderful for decor — is a specific theme.

When you "float" flowers in brandy snifters and such, put a little green food coloring in the water. A lovely setting for the blooms.

Now, you must admit there's at least SOMETHING in the above to help you with a specific problem this Fall season.

If it isn't there, just remember that by using milk drinks — in the variety of possible ways they can be served, you will insure party success every time. You can take it from me.



Congratulations to Ray Stone of Spokane and Emil Albrecht of Klamath Falls on their new Low Cost Super Market.

Dick & Duffy

Simple Simon BEEF or CHICKEN Individual Size PIE 19¢	PINEAPPLE Hillsdale Broken Slices No. 2½ cans 25¢
MARGARINE Flavor Sweet 2 lbs. 35¢	Pumpkin Libby's Nation's Favorite 2½ Tin 15¢
Tomato Juice Campbell 46-oz. can 19¢	Jewel Oil Special Pack Price 2 qts. 83¢
Corn Cream or Whole Kernel 10¢	Preserves Mary Ellen Plum 28-oz. jar 39¢
Coffee S&W Limit lb. 79¢	Applesauce North Coast 303 cans 2 for 25¢
Peanut Butter Standby 60-oz. jar \$1.39	Fruit Cocktail Del Monte 303 Tin 19¢
Orange Juice Libby's Unsweetened 46-oz. can 29¢	Tuna Party Time Grated Light Meat ½ Size Tin 19¢
Butter Top Quality lb. 59¢	Pet Dry Milk 12 Qt. Size 69¢
Tomatoes Meco 2½ Tin 15¢	COTTAGE CHEESE Pt. 23¢
Margarine Parkay Color Cubes lb. 29¢	ICE MILK ½ Gal. 59¢
Morsels Nestle's 6-oz. bag 19¢	DEMONSTRATION OF CRATER LAKE RUBBER MASKS Req. 39¢ and 49¢ While They Last 19¢
APPLE CIDER Hood River Gal. 59¢	ROYAL CLUB MINCE MEAT 24-oz. jar 35¢
DOG FOOD BONNIE 3 tins 29¢	S&W COFFEE Featured Here
RAISINS ROYAL CLUB 4-lb. bag 59¢	
Klamath's Own Crater Lake CHEDDAR CHEESE 2-lb. loaf 98¢	
PEACHES Del Monte—Halves or Sliced 2½ tin 25¢	

FOR BETTER NUTRITION

EAT MORE VEGETABLES

Our Produce is the Finest in Town. Always Fresh and Clean and Priced to Sell.

U.S. No. 2

Potatoes Snohay Sunkist Juice 50 lbs. 69¢	Oranges Large Fresh 5 lbs. 39¢
Peanuts Blue Lake's Finest lb. 33¢	Green Beans lb. 23¢
Carrots 2 Cello Bags 15¢	Squash lb. 5¢
Tomatoes 14-oz. tube 19¢	

Ready to Cook—Hubbard or Banana

CHOICE MEATS

Don't be fooled by low priced Commercial and Economy Beef. We are proud to sell only U.S. Good and U.S. Choice. We mark the grade on every package. KNOW WHAT YOU BUY!

Fryers Grade Good Pan Ready 43¢ lb.	Cube Steak Grade Good 89¢ lb.
Chuck Roasts All Beef 45¢ lb.	Ground Meat Young Lean 3 lbs. \$1
Pork Steak Pureka Shoulder 39¢ lb.	Picnics Fully Cooked 35¢ lb.

ICE MILK
½ Gal. **59¢**

BIG VARIETY OF HALLOWEEN CANDY and TREATS

RUBBER MASKS
Req. 39¢ and 49¢
While They Last
19¢

ROYAL CLUB MINCE MEAT
24-oz. jar
35¢

S&W COFFEE
Featured Here

ROYAL CLUB FOOD STORE

Open Evenings and Sundays

MARKET BASKET

9th and Pine We Reserve the Right to Limit Quantities—No Sales to Dealers Phone 3167 - 3168