



POPCORN

Everything else has its "week" or "month" and we were glad to see a release stating that National Popcorn Week fell over the Halloween weekend this year.

It is sponsored by the Popcorn Institute which has offices in Chicago and this is the sixth annual observance.

The institute recommends five simple rules for popping perfect popcorn:

Warm the popper, heavy pan or heavy skillet, with lid.
Put in one-fourth cup of favorite cooking oil or shortening.
Let the oil get hot—about 3 minutes. Drop in three or four kernels. When they begin to spin in the hot oil, it's time to start popping.

Pour enough kernels from can to cover the bottom of popper or skillet.
Cover and shake gently. When you hear the last few "pops," remove pan from heat and empty contents into a large bowl. Pour in melted butter and salt to taste. Serve immediately.

CLEAN CAN OPENERS

Good food hygiene includes keeping all can openers clean and sanitary. If yours is mounted on the wall, just lift it off the hinge for regular washing in hot soapsuds, then rinse and dry.

IT'S POOLE'S FOR TOYS

The year 'round Toy Store
222 So. 7th

DOING YOUR NAILS can be fun when you relax and take plenty of time. Your manicure will last longer, too, if you have all the necessary products and don't try to improvise. Right now two cosmetic houses are offering a combined special of five necessary products for professional home manicure. They are Chip-proof Nail Polish, Oily Cuticle Remover, Oily Polish Remover and Emery Boards, all by Cutex; plus the all-round cosmetic necessity, Coats.

Medo-Land Flavor Treat for November...



A Thanksgiving treat that can't be beat!

MEDO-LAND

Chocolate Fudge Nut ICE CREAM



Only Medo-Land makes sweet, Chocolate Fudge ice cream with such a creamy-smooth texture... and then adds oven-roasted nuts for extra flavor.

This is a deluxe desert that is a special treat every time you serve it from the red, white and blue carton. **BETTER BUY TWO QUARTS...**
IT DISAPPEARS LIKE MAGIC!



MEDO-LAND CREAMERY CO.

"Oregon's leading winner of gold awards for dairy products"

Good Winter Health From The Ground Up

When the thermometer takes a dive, and snow and sleet cover the ground, sniffles and other assorted winter aches become the bane of our existence. Medical men say that much of this misery needn't be, if we just remember that good winter health starts from the ground up - with proper care of the feet.

If you're interested in the unhappy details - not only colds, but also poor circulation, frostbite, chilblains, scaly skin and rheumatic pains are among the ills that often result from poorly cared for feet.

So if you want to stay in the pink this winter, look to your feet and take a few simple precautions.

To begin with, doctors have traced a lot of winter ills to shoes that fit badly or that are made with inferior materials. Most people don't realize that ill-fitting shoes may impede blood circulation and bring on a case of chilblains or frostbite quicker than a trip to the Arctic. That's one rea-

son why doctors recommend the wearing of all-leather shoes, fitted with plenty of toe-wiggling room to prevent restriction. The millions of tiny pores in every inch of leather permit fresh air to circulate around the foot. This layer of air acts as an insulator, keeping body warmth in and cold out.

Oddly, quite a lot of trouble develops from trying to over-protect the feet. By all means keep them dry, but don't suffocate them by wearing galoshes or overshoes on heated buses, autos or trains, since such footwear does not permit the feet to breathe. Warm too many hours at a time, rubbers will raise foot temperatures inside the shoe, causing excessive perspiration, swelling and skin sensitivity. That's an open invitation to the common cold.

Proper care of your shoes will pay dividends in good health, too. Don't wear the same pair two days in a row - give them a

chance to air out. And if you do get them wet, let them dry at room temperature. Never try to hurry the process by putting them in the oven or on the radiator.

You'll benefit by giving your feet a nightly soaking in warm water, followed by a cool rinse and a dusting with a foot powder. Follow these recommendations, and you'll get through Winter's snow and slush with a minimum of the discomforts you had last year.

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NOVEMBER is... BETTER BREAKFAST Month!

KEEP 'EM WELL AND STRONG WITH FINE FOODS FROM -

PIGGLY WIGGLY

START THE DAY RIGHT WITH A HEARTY MEAL!

Margarine	All Sweet	2 lbs.	55¢
Flapjack Flour	Alber's 2 1/2-lb. pkg.		35¢
Syrup	Karo, Red, Blue or Green Label, Quart Decanter		49¢
Coffee	Folger's, Drip or Regular	lb.	99¢
Sego Milk	Tall Tins	2 for	27¢
Sugar	C&H Pure Cane	10 lbs.	96¢
Bran Flakes	Kellogg's Giant Pkg.		21¢

PIGGLY WIGGLY	Phone 5251
MILLER'S MARKET	
Veal Shoulder	
STEAKS	USDA "Choice" 39¢ lb.
Morrell's Pride Slob	
BACON	We Slice It Free! 49¢ lb.
PORK LOIN	
ROASTS	Corn Fed Pork 49¢ lb.
Colored Roasting	
HENS	39¢ lb.
Fresh Alaskan King Salmon -	
Fresh Oysters	

Van Camp's	TUNA 19¢	Swift's	PREM 39¢	Humko	SHORTENING 65¢
No. 1/2 Cans		12-oz. tins		3-lb. Tins	

Gold Medal	FLOUR 89¢	Shortening	CRISCO 79¢	Glamour Toilet	SOAP 39¢
10-lb. Bag		3-lb. Tin		8-Bars in re-usable Plastic Bag	

Mazola Oil	Qt. 65¢	CAMAY		Joy	Liquid Detergent 7-oz. 31¢	17-oz. 69¢
		TOILET SOAP		Lava Soap	Medium size	12¢
		3 Reg. Size 27¢		Spic 'N Span	Large Size	27¢
		2 Bath Size 27¢				

FRUITS AND VEGETABLES	
Squash	Hubbard lb. 5¢
Potatoes	U.S. No. 1 10 lbs. 19¢
Cauliflower	Large heads each 19¢
Apples	Standard Delicious Box 2.79 5 lbs. 39¢
Cranberries	Plump & Tangy bag 23¢

IVORY SOAP	
Personal Size	5¢
Medium size	3 for 25¢
Large Size	14¢
IXL CHILI CON CARNE	
5 cans	\$1

DUZ OXYDOL CHEER	Large Size 31¢
TIDE - DREFT	
Ivory Flakes, Ivory Snow	

Wear-Ever	Aluminum Foil 25 ft. roll 25¢
Roman Meal	Cereal pkg. 37¢
Niagara	Laundry Starch pkg. 19¢
Shortening	Golden Fluff 3-lb. tin 89¢

Bagley Freestone	
Peaches	3 for 69¢
No. 2 1/2 cans	

PIGGLY WIGGLY
7th and Pine
Open Sundays and Evenings