



A CHEESE TRAY, flanked with shiny fresh fall fruit is an important addition to your holiday informal buffet snack table. Interesting slices (plain or fancy), wedges, cubes, finger and triangles of cheese speared with party picks create an especially pretty picture. A cheese tile or cheese-cutting board placed nearby with a cheese knife will provide opportunities for each guest to cut for himself the size pieces of cheese he prefers. An assortment of salty crackers and glasses of chilled cider are good accompaniments for the cheese tray. Photograph is courtesy the Wisconsin Gouda Cheese Foundation.

### Officials Inspect Ski Facilities

MOUNT SHASTA—Philip Googins, mayor, and Elmer Kennedy, president of the chamber of commerce, were among the Mount Shasta delegation spending a week-

end inspecting ski facilities at Squaw Valley last Saturday and Sunday.

Accompanying them were Ray Chinca, Guy Schar Schmidt, Fletcher Hoyt, Wallace Walte, secretary of the chamber, and George Schra-

der, secretary of the ski development committee.

Mr. and Mrs. John Jeffry and R. W. Mallory of Weed, Mr. and

Mrs. Chapman Wentworth and Mayor Fred Lloyd of Dunsmuir completed the party.

A great deal of first hand knowledge was obtained. Schrader reported. Alex Cushing, owner of Squaw Valley Lodge, generously shared his experience in developing Squaw Valley and pointed out the various sources of financial gain.

### Parakeets

If you had no teeth, you would be handicapped when meal time rolls around. That's what happens to your parakeet when he is not supplied with an ample amount of proper gravel, according to G. Buell Culver of French's Pet Bird Institute. Your bird eats bits of gravel that he uses in his gizzard to grind food into a soft, easily-digested form.

Research has discovered that grit should supply "teeth" for the bird but not extra minerals. All mineral supplementation, with the possible exception of calcium, may or may not be included in the food ration, but it is preferred that it be supplied separately in the form of cutaneous. In this way the bird may select calcium at will in order to balance the ration.

Some fanciers say that parakeets should have brown gravel rather than the white given to canaries. The brown gravel contains iron and other minerals. There seems to be no justification for this. Iron is a trace element that is readily supplied by the food

portions of the proper parakeet diet.

No supplementation should be required except in cases of anemia and certain other infections. Excessive iron supplementation may lead to disturbances in the nutrition of the bird.

Using a gravel with oyster shells or charcoal is debatable. With cuttlebone available, oyster shells are unnecessary since cuttlebone supplies the bird's need for calcium and provides means for sharpening its beak.

Poultry nutritionists frown upon the use of charcoal in poultry rations because it has been shown that it interferes with normal pigmentation of shanks, beaks, and skin.

Uniform range of particle sizes and shape edges are the important requirements in good gravel for your parakeet. It should be thoroughly sifted, washed, and sterilized. Feed it to your pet bird in a separate seed cup and also spread it on the floor of the cage

to help keep it dry and easier to good gravel is that it helps keep clean. An additional advantage in the bird's feet in condition.

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**Sunshine Hi-Ho Crackers** lb. 25¢

**Peaches** Bagley No. 2 1/2 cans 4 for \$1

**Cocktail Cracker Assortment** Sunshine 10 1/2-oz. pkg. 49¢

**Pears** Bagley No. 2 1/2 cans 4 for \$1

**CHOCOLATE CHERRIES** lb. 65¢

**FRESH EGGS** Grade "AA" Large dozen 59¢

**CLOROX BLEACH** Qt. 18¢ 1/2 Gal. 31¢

**TOMATOES** Stockton Hand Peeled! 2 cans 35¢

**KLEENEX FACIAL TISSUE** 200's 2 for 33¢

**CHICKEN SOUP** Rancho-Cream of Chicken or Chicken Rice. Large 2 1/2-oz. cans 19¢

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**SNOW'S CLAM CHOWDER** 15-oz. tins 2 for 49¢

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**Cranberries** lb. 17¢

**No. 1 Smooth Sweet Potatoes or Even Size** 3 lbs. 25¢

**Yams** Fresh, Crisp lb. 5¢

**Celery** Fresh California lb. 25¢

**Dates** No. 1 Sweet Spanish 3 lbs. 10¢

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