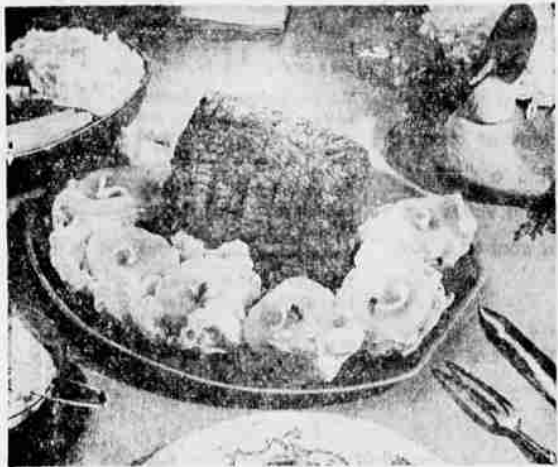




INDIVIDUAL SERVINGS of Chips and Dips, particularly for a small party, make a welcome first course on TV tables in the living room before a dinner party. Use your tiniest dishes for the dip or divided plates which can hold a serving of olives as well. Everybody is observing October Potato Chip Month this year.



HARVEST PEACHES are convenient canned cling peach halves simmered in a maple-flavored spicy syrup. Serve them hot or cold with your favorite roast and a side of tangy horseradish cream to top the peach halves.

COLD FEET

"Cold hands, warm heart," they say. But nobody ever found anything romantic about cold feet.

In fact cold feet are associated with practically everything — from a runny nose to a bad disposition — that is calculated to discourage romance.

Now, when your feet begin to miss the effect of summer's fresh air and exercise is the time when they begin to show signs of wear. The thing to do is to resolve upon a regime that will keep them stepping lively. A walk a day is one of the easiest, cheapest and pleasantest of beauty treatments.

If you're out of the habit of walking, it might be because of the shoes you wear. Walking comes easy if you're wearing the proper shoes.

That means roomy, well-fitting shoes with soft supple leather uppers and flexible leather soles. Leather supports your feet without constricting them. And its millions of tiny pores make sure that your feet as well as your lungs are getting healthful fresh air. You'll also want a heel that gives you good support and doesn't pitch you forward on your toes.

And don't put on galoshes every time there's a cloud in the sky. Shoes with leather linings and a leather welt, that is a flexible strip of leather uniting sole and upper, will keep your feet dry in all but the worst weather.

Foot exercises at night will also warm up your feet and keep the circulation humming.

Try turning the pages of a telephone book with your bare toes. (It might come in handy some day when your finger nails are drying. Or do the old trick of picking up marbles with your toes.)

After you've done your exercises and taken your bath, be sure to dry your feet thoroughly and massage them with lanolin. Lanolin and regular use of a shoe horn will prevent that ugly roughened heel "spur" that often comes with winter.

PARTY TOUCH

At cocktail time, Pineapple-Bacon Crisps will bring a happy but unexpected flavor as a hot hors d'oeuvre. Dip pineapple chunks in soy sauce and then wrap in bacon strips (cup lean bacon into strips lengthwise). Fasten with colored picks. Broil about 3 minutes on each side. Serve crisp and hot as an appetizer.

Tax Roundup TONIGHT, 8 p.m. FREMONT SCHOOL



MODERATOR — Ben Goddard
Panel Members: Richard Eymann, Executive Secretary of Oregon State Tax Comm.; Richard Lucke, Industrial Realtor, Portland; Wayne Giesey, State Representative, Monroe; Lew Wallace, Former State Senator and Portland Insurance executive.

Sponsored by Non-Partisan Tax League

CHIPS AND DIPS

Tiny Scandinavian dishes, designed to be used as dinner table ashtrays, spark the idea for individual servings of potato chips and dips to accompany a pre-dinner beverage.

The beverage may be chilled tomato juice (with clam juice and scraped onion added if you wish), hot consomme in a cup or your own favorite drink.

Refills for the small dishes are recommended, especially if the dip is a blend of sour cream, deviled ham and subtle seasonings.

CHIP DIP DEVILED

Makes about 1 2-3 cups of dip
1 can (4 ounces) deviled ham
1 cup commercial sour cream
Few drops of onion juice
2 teaspoon chopped capers
1 1/2 tablespoons chopped pimiento
1/2 teaspoon black pepper
Dash of Tabasco

Combine all ingredients. Pour into serving bowl. Garnish with pimiento and capers and chill thoroughly before serving.

OREGON FILBERTS

This year's crop of Oregon filberts is about two weeks early and is the second largest in history. Both the quality and size of the nuts themselves are exceptional and, to make a good story even better, they are priced at a "good buy" level this year. Filberts differ from their "native" cousin, the hazelnut, in that they are grown commercially while hazelnuts grow wild. Commercial filberts are grown only in the Pacific Northwest, where favorable soil and climatic conditions are combined with controlled cultivation to produce a nut which is much larger and more distinctive tasting than the hazelnuts our grandmothers used. Most filberts are sold in shell. One pound of filberts in shell will yield about 1 1/2 cups of nut meats. Because there is no carry over of in-shell domestic nuts in this country, housewives can buy with confidence, knowing they are getting nuts from this year's fresh crop.

KIPPER SNACKS

Arrange pieces of flaked Norway kipper on toast strips or crisp crackers. Sprinkle with a little lemon juice, and serve.



Will it always be too big for Bobby?

Bobby will be the happiest boy this side of heaven the day he gets that M.D. after his name. But right now things don't look too promising.

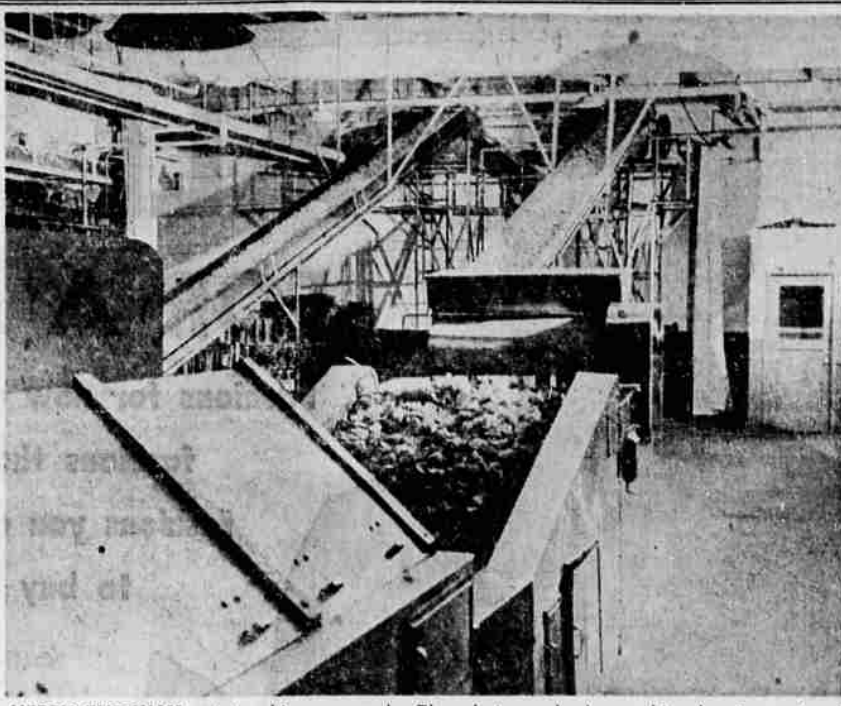
Bobby lives in a community where there's a serious shortage of classrooms, teachers and good schoolbooks. That means less schooling for Bobby than he needs.

Let's see that this doesn't happen in our schools. You can help by supporting our School Board, by attending PTA meetings and school conferences.

For more information write to:
BETTER SCHOOLS
9 E. 40th Street, New York 16, N. Y.

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HERE'S THE WAY potato chips are made. The photograph shows chips leaving vats of hot vegetable oil and being carried on conveyors past salting machines and to packaging rooms in a typical potato chip plant. Per capita consumption of potato chips has doubled in the last six years. Northwest Potato Chip Industry is observing its second annual October Potato Chip Month.

KIPPER "KIBITZER" — toast or square crackers place a thin slice of cheddar cheese. Broil Here's a kipper "kibitzer" that thin slice of tomato. Flake over until cheese has melted. Serve is ideal at partytime. On melba Norway kippers and top with a hot.

JOCK'S SUPER MARKETS PRESENT THIS WEEK'S BEST

FOOD BUYS

Swift's ... for Salads!

Jewel Oil full 1/2 gal. 87¢

Log Cabin Family Size

SYRUP

btl. 98¢

National Biscuit Soda

Crackers 2-lb. box 53¢

SPRECKELS

SUGAR

10 Lb. Bag 85¢

Tide Giant Size 73¢

QUICK

Quaker Oats

2-lb., 10-oz. Box 39¢

**Simple Simon
Frozen Pies**

Apple, Peach, Boysenberry,
Pumpkin

Your Choice Each 49¢

Extra lean - USDA GOOD

RIB STEAKS

lb. 69¢

Lean Red Beef - USDA GOOD

ROUND STEAK

lb. 69¢

USDA GOOD

PORK STEAK

lb. 49¢

SHORT RIBS

Lean, Meaty 19¢ lb.

Green Peppers

Large, Fancy

3 lbs. 25¢

Stalk Celery

Large Stalks, Crispy Green

2 for 25¢

Soup

New flavors by CAMPBELL

Chicken Vegetable Turkey Noodle Minestrone Mix 'em up!

6 cans \$1

BORDEN'S CHATEAU

Cheese 2 lbs. 79¢

Miracle Whip

Salad Dressing Quart

49¢

Heinz or Gerber - Strained

Baby Foods 11/99¢

15-oz. Cans Nalley's Hot

Chili Con Carne

4 for 99¢

Party Time - 303 cans

PEAS

7 for \$1

Party Time - 303 cans

Green Beans

7 for \$1

Party Time Whole Kernel

CORN

7 for \$1

Party Time Cream Style

CORN

7 for \$1

Del Monte

Hot Sauce

12 for \$1

Mary Ellen - 1-lb., 12-oz.

Apricot Jam

2 for 99¢

Mary Ellen - 1-lb., 12-oz.

Apr.-Pineapple

2 for 99¢

Play Fair

Cat Food

11 for 99¢

Nalley's Regular

Chili Con Carne

4 for 99¢

Tropic Isle Crushed

Pineapple

5 for 99¢

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JOCK'S SUPER MARKETS

No. 1 - TULELAKE

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