

Drink For Breakfast

Are you a "breakfast skipper"?—treat for a roll and cup of coffee? If so, you are cheating yourself and your employer. This is unnecessary and can be avoided if you simply drink a nourishing breakfast.

There is really no excuse for omitting breakfast. For not eating an adequate breakfast, according to nutritionists, breakfast should account for one-fourth to one-third of the day's food needs. Without a good breakfast, neither child nor adult can do his best at work and play—irritability and nervousness often result.

Good breakfasts are no accident. The plan for breakfast begins when the market order is written. Breakfast menus for the school and work days—five days in most families—should be planned.

Like any other meal of the day, breakfast should be planned around a good protein. Eggs are one good answer—tailored by nature to fit the special requirements of breakfast needs.

For those family members who "breakfast" at different times, those who feel rushed, or those who say "I'm not hungry," breakfast preparation should begin the night before. This is a real time-saver for those who only have time to drink their breakfast. Attractive glasses and refrigerator flasks add interest to breakfast. Here are two easy "Drink Your Breakfast" suggestions:

ORANGE EGG
1 egg
8 ounces (1 cup) fresh orange juice

Beat with rotary beater or mix in blender several seconds until well blended. If desired, sweeten. Serve chilled. Makes one serving.

VARIATIONS
1. Substitute 1/4 to 1/2 cup frozen orange juice and six ounces 1/4 cup cold water.
2. Substitute other juices for orange juice. Flavor with sugar, lemon juice, or salt according to taste and individual taste.

GLAZED COTTON
To restore sheen to cotton chintz curtains, add a small piece of wax about the size of a walnut to one pair of curtains to a hot starch solution. Stir in the wax thoroughly before dipping the curtains.

EGGNOG
1 egg, or two yolks
1/2 to 1 tablespoon sugar
Few grains salt
1 cup milk
1/2 teaspoon vanilla extract, optional

Beat with rotary beater or mix in blender several seconds until well blended. If desired, sweeten. Serve chilled. Makes one serving.

VARIATIONS
1. Substitute 1/4 to 1/2 cup frozen orange juice for an equal quantity of milk.
2. Add up to 1/2 cup fruit—canned, cooked, fresh or frozen (partially thawed). If necessary, remove skins, pits, seeds, etc. before blending with other ingredients. Decrease or increase sugar, add lemon juice, etc. to taste.
Note: If calorie reduction is important and sugar is added to the above recipe, use a non-calorie sweetener.



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Rosarita MEXICAN FOOD



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Fresh Killed **COLORED HENS** 29¢ lb.
Fully Cooked, Ready To Eat **SMOKED PICNICS** 39¢ lb.
Half or Whole - Sliced Free **PORK LOINS** 59¢ lb.
Lean and Tender **STEWING BEEF** 69¢ lb.
Highest Quality Lowest Price

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FLICKS 3 for 25¢
Jewel **Shortening** 3 lb. 69¢
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GHIRARDELLI'S INSTANT CHOCOLATE FLAVORED DRINK 2 1/2-lb. can Holiday 79¢

Potatoes 2 lbs. 25¢
Margarine 3 lbs. 49¢

Grade "AA" Medium Local Ranch EGGS Doz. 45¢
Garden CATSUP 2 Bottles 25¢

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\$25 or more - Given away every day at OREGON FOOD

FREE - No Obligation, Nothing To Buy! Just register every day at Oregon Food!

This week's Results:
Nov. 13th - Maurice Miller-\$25; not registered that day.
Nov. 14th - Mrs. W. W. Thompson-\$35; not registered that day.
Nov. 15th - Bob McClurg - winner - \$45 jackpot.
Nov. 16th - Sunday - No Drawing.
Nov. 17 - Mrs. J. W. Burger - \$25; not registered that day.
Nov. 18th - Geon Peters - \$35; not registered.
Nov. 19th - Geo. Knight - Winner - \$45 Jackpot.
Remember, if there is no winner, \$25 is added to the pot for the next days drawing. Register every day!

HEN TURKEYS 39¢ lb.
Average 8 to 14 Pounds
California Perfecto Birds

Swift's Premium Fresh Frosted "Butterball" Turkeys 37¢ lb.
Plump, broad-breasted and Tender eating!

Beef Roasts 55¢ lb.
All Cuts

Hens 39¢ lb.
Fresh Stewing

Fryers 39¢ lb.
Fresh! Soran's Finest - Cut-up, Pan Ready

Long Island Ducklings 59¢ lb.

Tomato Sauce 12¢ F
Hunt's 8-oz.

Margarine 6¢ F
Delrich Colored Cubes

Cake Mix 4¢ F
Pillsbury - Except Angel

Cranberry Sauce 5¢ F
Royal Club No. 300 Tins

Syrup 79¢ 24-oz. Bottle
Market - Maple Flavor 1/2 Gal.

Pepper 39¢ 8-oz. can
Nightingale, Pure Black

Tissue 29¢ 4 Roll Pack
Guest Ranch

COFFEE 89¢ 6-oz. jar
Royal Club Instant

Preserves 39¢ 20-oz.
Market, Strawberry

Corned Beef 39¢ 12-oz.
Bravo

Cranberry Sauce 5¢ F
Royal Club No. 300 Tins

Fruit Cocktail 5¢ F
California Queen No. 303 Tins

Peaches 5¢ F
Ligo No. 303 Tins

Pears 5¢ F
Market No. 303 Tins

Pork & Beans 5¢ F
Market No. 2 1/2 Tins

Peas 5¢ F
Del Monte No. 303 Tins

Spinach 5¢ F
Hunt's No. 2 1/2 Tins

Peaches 6¢ F
Treasure No. 300 Tins

Green Beans 6¢ F
Diamond A Cut No. 303 Tins

Corn 6¢ F
Del Monte - Cream Style No. 303 Tins

Peas 6¢ F
Hunt's No. 300 Tins

Tomatoes 6¢ F
Hunt's Solid Pack No. 300 Tins

Stewed Tomatoes 6¢ F
Hunt's No. 300 Tins

Your Choice - Mix or Match

Pineapple Juice 9¢ F
Market No. 2 Tins

Pork & Beans 9¢ F
Market No. 300 Tins

Mix or Match - Your Choice!

CARNATION MILK 8¢ F
Tall Tins

Mix 'em or match 'em!
SPAGHETTI & MEATBALLS - Market - 2 1/2 Cans
OYSTERS - Market Small - 8-oz. Tins
LUNCHEON LOAF - Redwood - 12-oz. Tin
CORNED BEEF HASH - Market - No. 1 Tins
PINEAPPLE Sliced - Market No. 2 1/2 Tins

Hey Look!
Saturday, Nov. 22
11 A.M. to 7 P.M.
JET PUPS 10¢

Prices effective Thursday thru Wednesday - We reserve the right to limit!

Delicious!
A Tasty Hot Dog, Dipped In Batter and French Fried!

at Oregon Food Store No. 3 - 4480 So. 6th

Pancake Flour 89¢ 8-lb. Bag
Crescent all purpose

Flour 10¢ 10-lb. Bag

Mayonnaise 49¢ qt.
Oregon Food, Fresh!

Salad Dressing 39¢ qt.
Oregon Food, Fresh!

Eggs 55¢ doz.
Large "AA", Nylade, farm fresh!

Coffee 69¢ lb.
Market, drip or regular

Mince Meat 49¢ 28-oz.
Nalley's

Snowdrift 3¢ 3-lb. tin
Shortening

Butter 65¢ Lb.
Swift's Brookfield

Dog Food 8¢ for \$1
Tall Tins

Apple-Cranberry Sauce 7¢ F
303 Tins

Applesauce 7¢ F
All Green, Muselman Dietetic No. 303 Tins

Asparagus Tips 7¢ F
Bountiful Picnic Tins

Kidney Beans 7¢ F
Market No. 303 Tins

Corn 7¢ F
Party Time - Whole Kernel No. 303 Tins

Corn 7¢ F
Market - Golden Cream No. 303 Tins

Spinach 7¢ F
Hunt's No. 300 Tins

Mix 'em or match 'em

Green Beans 8¢ F
Double Luck No. 303 Tins

Peas 8¢ F
Party Time No. 303 Tins

Vienna Sausage 8¢ F
Old Times No. 1 1/2 Tins

Crushed Pineapple 10¢ F
Market 8-oz. Tins

New Potatoes 10¢ F
Hunt's No. 300 Tins

Pumpkin 10¢ F
Hudson House No. 2 1/2 Tins

Your Choice!

POTATOES 10¢ 10-lb. Bag
U. S. No. 1 Klamath Netted Gems at a Price Like This!

We Feature the Complete Line of Whitlatch Farms Quality Potatoes - Every day at Oregon Food!

Sweet Potatoes or Yams 4 lbs. 49¢
U. S. No. 1, Fancy Quality, Smooth, even sizes

Apples 4 lbs. 39¢
Delicious Romes - for Cooking or eating.

Brussel Sprouts 19¢ Top lb.
Quality!

Fresh Cranberries - Competitively Priced!

Bigger! Deeper! 40% More Fruit!
EXTRA LARGE SIZE 9" FROZEN FRUIT PIE 59¢ each

Apple, Cherry, Peach, Pumpkin, Boysenberry, Mince.

Wyandotte Ripe Olives 4 for \$1
Pitted

If you're not shopping here, you're spending too much!

OREGON FOOD STORES
1315 OREGON AVE. • 2410 So. 6th • 4480 So. 6th

YARDLEY

Most of the leg-work and much of the guess-work can be removed from your Christmas shopping, says Yardley of London, when your choice is fragrance and bath luxuries for her and good grooming aids for him. Personal gifts such as these always please and are available at a single counter. Yardley backs this suggestion with news about its wide variety of Christmas gifts.

English Lavender preparations, favorites any time of year, are presented in new, bright blue and gold patterned gift packaging for the happy holiday season. Making its first Christmas appearance is the new Lavender Spray Mist featured with dusting powder and two tablets of soap. Spray Mist now comes in a trim golden cylinder with its atomizer concealed under a brightly colored cap. To impart the fresh feminine feeling that is the unique promise of Lavender.

There is sure to be a woman on your Christmas list who loves the dewy scent of red roses. Yardley suggests you remember her with new Red Roses cologne and matching dusting powder. Another gift of roses, as authentic in fragrance as the natural bloom and much longer lasting, features three tablets of guest-size soap and two tablets of guest-size soap. Yardley always remembers dad, brother, and best beau with assortments of high quality shaving and grooming aids in handsome gift packages. Whether his preference is for a brush, brushless, or electric shave, there is a gift tailored to his needs. Men who like a streamlined shave the aerosol way will welcome a quartet of Shaving Foam, Invisible Talc, new improved After Shave Lotion, and Cologne For Men. Shaving lotion and the gleaming metal shaver with Deodorant For Men, a smart stick deodorant with convenient push-up applicator, Or, for the same price there is a striking single item, After Shaving Lotion in a 16-ounce bottle checked in "gold" and topped with a massive walnut wood cap.

Men like stocking-fillers too, a fact Yardley considered in designing the Travel Tric presenting small editions of After Shave Powder, After Shaving Lotion, and Hair Tonic. This extensive gift line offers other famous Yardley toiletries, the wooden shaving bowl, Shower Shampoo, Pre-Shave Lotion for the electric shaver, and brilliant, in gift combinations too.

These Yardley gifts, and many others, will be available early in leading department and drug stores for your Christmas shopping.

Cleaning magic for rugs
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UPHOLSTERY RUG CLEANER

WORLD'S RICHEST FLAVORED OLIVE
WYANDOTTE RIPE OLIVES

Richer in olive flavor. Famous Mission Variety... Picked at peak of tree-ripened richness. Potentially cured... Delicious!

SHAMPOO FOAM LIKE PROFESSIONALS USE - DO IT YOURSELF AND SAVE!
Gentle, odorless, safe. Doesn't soak - dries quickly, leaves no ring. 1 qt. can clean a 9 x 12 rug. Try it!

MERRY CHRISTMAS is easy to say if you say it with Yardley gift items. Shown is a Yardley set of men's toiletries. Sets for the girls are available too, such as an assortment of Yardley Lavender preparations gift packaged in a Christmas box of blue and gold. One set includes Spray Mist in its new gold metal atomizer container, dusting powder and two tablets of soap, all in the refreshingly young Lavender fragrance.

Full of love because he's loved so well

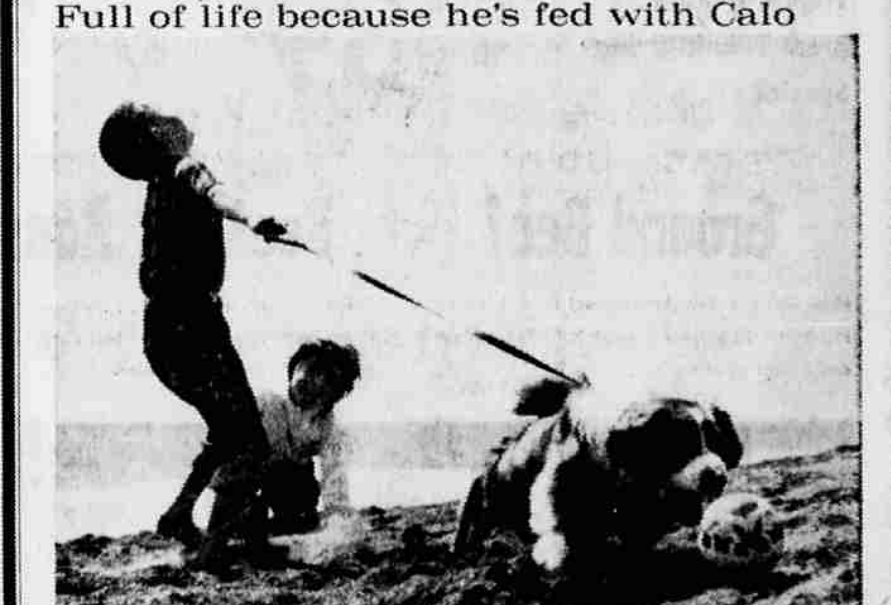
Full of life because he's fed with Calo

CALO DOG FOOD
... good fresh meats—and more!*

It's the balanced diet for your dog!

Good fresh meats—and every essential needed for health, growth and stamina. No need to vary foods, for Calo is a complete diet—all your dog needs each day to keep him healthy, happy and handsome.

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