



ALONG WITH businesses sprucing up the downtown area in preparation for Jamboree visitors is the city crew, busy painting crosswalks and curbs in the downtown area.

**An ice-cream wrapper weighs  $\frac{3}{16}$  of an ounce.**



How come it's too heavy to carry to a litter basket?

CLEAN & Beautiful, Inc., Seattle, Washington

## CLEAN Urges Public Care

"An ice-cream wrapper weighs  $\frac{3}{16}$  of an ounce. How come it's too heavy to carry to a litter basket?"

That question posed by the above illustration is one that is being asked by CLEAN and Beautiful, Inc. in its campaign to help rid the state of litter.

CLEAN is the public service litter prevention agency sponsored by business, industry and labor in Washington and Oregon. "If each person visiting a beach or a park would carry his few ounces of litter to the nearest litter receptacle, the landscape would remain uncluttered for all to enjoy," John Christianson, vice president of CLEAN declared.

Calling attention to the many summer outdoor events drawing large crowds, Christianson said, "Litter is always a greater prob-

lem where people gather for a short period of time. Last year, for instance, it took two men one full week to clear nearly 38 tons of litter from the scene of one hydroplane race, and it took 16 men two full days to remove nearly 15 tons at another course."



"HERE'S an easy way to help handicapped people," says Phyllis Diller. "When you give to GOODWILL INDUSTRIES the things you don't need, you help provide work experience and job training for the handicapped. You also help by shopping in GOODWILL STORES. I do. Please help GOODWILL INDUSTRIES."

## Home Canning Tips Offered By Economist

It's time to get ready for the canning season, reminds Judith Forest, extension food and nutrition specialist at Oregon State University. If you plan to can vegetables, you will need a pressure canner.

If you don't have one, you may be able to borrow or rent one, or buy one new, or perhaps second-hand.

Each year the canner needs to be checked over thoroughly. If it has a dial pressure gauge, have it checked for accuracy. Ask the dealer or your county extension home economist where to have it checked.

An accurate gauge is essential to the safety of home canned foods. If the gauge is off five pounds or more, you'd better get a new one. If the gauge is not more than four pounds off, you can correct it as explained in the bulletin, "Home Canning of Fruits and Vegetables," available free from your county extension office.

If the canner has a weight gauge, it must be thoroughly cleaned. Clean the openings of the safety valve and the petcock which closes it by drawing a string or narrow strip of cloth through them.

Wash the canner kettle. Wipe the cover clean with a damp cloth. Take the gasket out, wash it and turn it over before putting it back.

The boiling water bath methods is used for canning fruits and tomatoes and for processing pickles. The water bath canner or other container used must be deep enough to allow two to four inches of water above the jars.

Good canning jars are also necessary. Mrs. Forest emphasizes. You may get some second-hand; but they must be checked carefully for nicks on the rims. Nicked jars that do not seal perfectly could allow foods to spoil. The same problem might occur with jars in which food comes from the grocery. These are not designed for home canning and may not seal properly.

## Oregon Guard Pilot Program

Oregon's Adjutant General, Colonel Richard A. Miller has announced that the Oregon Army National Guard has been selected as one of 16 states to pilot a ninety-day test, starting July 1, of a new enlistment option for Non-Prior Servicemen.

The option, referred to as the REP-63 (3x3) Enlistment Option, will permit nonprior service personnel to enlist for six years with the option of serving three years in an Army Guard unit and three years in the Individual Ready Reserve (IRR) Control Group for Annual Training only.

The purpose of this test is to determine if there would be any significant increase in the number of enlistments as opposed to the present straight six year enlistment program of the Reserve Forces. The six year program will still remain in effect. Test results will be evaluated at the end of each 30 day period to determine results.

Colonel Miller stated that the Oregon Army National Guard has an authorized strength of 6,446 officers and enlisted members and is currently at 6,020 members, 93.39 percent of authorized strength.

Oregon was chosen as a result of its outstanding increase in strength since January 1, 1973 while operating in a voluntary Army concept.

He also stated that "The citizens of Oregon can be proud of the record of our Army and Air National Guard units and members in their support of not only the Reserve Readiness Posture but of the many and varied community activities in which the Guard is participating in daily."

## Four-H Co. Fair Results

**HORSE SHOWMANSHIP**  
Champion - Christie Heacock, St. Helens  
Reserve Champion - Sharon Love, Clatskanie  
Blue Awards:  
Donna Willard, Vickie Pitt

**Red Awards:**  
Scott Fleck, Kathy Kretschmer, Gary Fleck, Shelley Wilcoxen, Donna Shinn

**PONY EQUITATION**  
Blue Awards:  
Vickie Pitt, Donna Shinn  
**WESTERN EQUITATION**  
Junior Champion: Raelynn Young, Scappoose

Reserve Junior Champion: Shereen Proper  
Senior Champion: Regina Housley, St. Helens  
Reserve Senior Champion: Christie Heacock, St. Helens  
Blue Awards:  
Gary Fleck  
Red Awards:  
Donna Willard, Shelley Wilcoxen, Scott Fleck

**ENGLISH EQUITATION**  
Champion: Jayne Purvis, Scappoose  
Reserve Champion: Sandy

Young, Scappoose  
Red Awards: Scott Fleck

**TRAIL HORSE**  
Junior Champion: Carma Bernard, Rainier  
Senior Champion: Christie Heacock, St. Helens  
Blue Awards:  
Gary Fleck, Vickie Pitt, Scott Fleck

**White Awards:**  
Shelley Wilcoxen, Donna Shinn  
**GROUND TRAINING - Yearling**  
Red Awards: Gary Fleck

**GROUND TRAINING-2 year old**  
Blue Awards:  
Kathy Kretschmer

A handful of cash is better than a garage full of "stuff."

LET WANT ADS WORK FOR YOU

## Eagle Want Ads Get Results

Vernonia Eagle  
4 THURSDAY, JULY 26, 1973



LAST FRIDAY afternoon was Senior Citizens Day at the 1973 Columbia County Fair and pictured above are several of the fair-goers following the 1:30 p.m. program honoring the Seniors.

NOW AVAILABLE AT  
**CLIFF'S SENTRY MARKET**  
VERNONIA



THE FOOD AMERICA HAS BEEN ASKING FOR. NATURALLY GOOD. NO ADDITIVES... NO PRESERVATIVES

HAVE A "TURKEY DAY" IN JULY!

**TURKEYS**  
FROZEN ARMOUR GRADE 'A' 10 TO 14-LB.  
**69¢**  
LB.

**CHUCK STEAK**  
U.S. CHOICE BEEF  
**89¢**  
LB.

GREAT FOR THE BARBECUE!

**TOILET TISSUE**  
FAMILY SCOTT (IN 4-RL PKG)  
**12 \$1**  
ROLLS FOR

SENTRY STORES HAVE MORE VALUES!

U.S. CHOICE, BONELESS CHUCK ROAST	\$1.19	BONELESS BEEF CURBS STEW BEEF	\$1.09
U.S. CHOICE, ARM CUT SWISS STEAK	.98¢	BATH ALL BEAT WIENERS	.89¢
LEAN & MEATY PORK SPARERIBS	.98¢	FRESH 1/2 OR WHOLE SILVER SALMON	\$1.39
U.S. CHOICE BRAZE CUT CHUCK ROAST	.79¢	FRESH SILVER SALMON STEAKS	\$1.79

**SUPER BLEACH**  
PUREX GAL  
**39¢**

MEDIUM CHEDDAR **BANDONS CHEESE** 2-LB. LOAF **\$1.88**

WESTERN FAMILY PINEAPPLE/GRAPEFRUIT **JUICE DRINK** 3 46 OZ. **\$1**

WHITE & LEMON, LIQUID DETERGENT **CRYSTAL WHITE** 48 OZ. **48¢**

CHUN KING, DIVIDER PAK **CHOW MEIN** 42 OZ. **99¢**

**KRAFT PARKAY** 4 LBS. FOR **\$1**  
VEGETABLE MARGARINE

CARESS, BATH OIL **DEODORANT SOAP** 3 3/4 OZ. BARS **4 \$1**

KRAFT SING. WRAP AMER. **SLICED CHEESE** 8-OZ. **49¢**  
WESTERN SHORES, BLUE DETERGENT 49-OZ. **54¢**  
CRESCENT GROUND **BLACK PEPPER** 4-OZ. **39¢**  
HUNT'S **TOMATO SAUCE** 3 12 OZ. **\$1**  
DIAMOND A, 12" x 25" **ALUMINUM FOIL** 2 FOR **49¢**

KIKKOMAN **SOY SAUCE** 10-OZ. **49¢**  
NALLEY'S **BEEF STEW** 2 15 OZ. **98¢**  
NALLEY'S **RAVIOLI** 2 15 OZ. **79¢**

**FROZEN FOOD VALUES**  
**FRUIT DRINKS** 12 6 OZ. **\$1**  
M.C.P. ASS'D. FLAVORS  
KUBIA KHAN, SHE SPARRER, SUKIRAI **CHINESE DINNERS** 12-OZ. **59¢**  
WHOLE WHITE OR WHEAT **BREAD DOUGH** 18 18 79¢  
**ORANGE JUICE** 4 OZ. **\$1**

THOMPSON SEEDLESS **GRAPES** RIPE, SWEET 3 LBS. FOR **\$1**  
CALIFORNIA **HONEY-DEW MELONS** 19¢

LOCAL GREEN **CABBAGE** 9¢  
**SWEET CORN** 5 EARS 49¢  
FROM YAKIMA  
**PEPPERS** CALIF. GREEN BELLS EA. **10¢**

**SENTRY Markets**

AD PRICES EFFECTIVE JULY 26-27-28

**Cliff's**  
MEMBER UNITED GROCERS, INC.  
735 JEFFERSON AVE.  
VERNONIA, OREGON  
U.S.A. AUTHORIZED FOOD STAMP STORE

<p>INSTANT COFFEE 4-OZ. <b>\$1.15</b></p> <p>WALLEY'S REG. HOT TRICK <b>CHILI W BEANS</b> 2 15-OZ. <b>88¢</b></p> <p>HUNGER JACK COMPLETE <b>PANCAKE MIX</b> 24-OZ. <b>57¢</b></p> <p>SUNSHINE <b>KRISPY CRACKERS</b> 16-OZ. <b>39¢</b></p> <p>GOLDEN GROUND <b>MAPLE SYRUP</b> 24-OZ. <b>79¢</b></p> <p>AUTOMATIC <b>DISHWASHER ALL</b> 35-OZ. <b>65¢</b></p> <p>CALGON <b>BUBBLE BATH</b> 16-OZ. <b>78¢</b></p> <p>FORMICA FLOOR SHINE <b>FLOOR POLISH</b> 32-OZ. <b>\$1.65</b></p>	<p>SAVE NOW ON <b>LISTERINE ORAL ANTISEPTIC</b> 32-OZ. BOTTLE <b>\$1.48</b> EA.</p>	<p>VASELINE, INTENSIVE CARE, REG. 11.69 <b>LOTION</b> 15-OZ. <b>\$1.48</b></p> <p>VASELINE, INTENSIVE CARE, REG. 11.19 <b>BATH BEADS</b> 18-OZ. <b>98¢</b></p> <p>SINEX <b>SINUS SPRAY</b> 1/2-OZ. <b>\$1.18</b></p> <p>HEAD &amp; SHOULDERS LOTION, REG. 11.78 <b>SHAMPOO</b> 7-OZ. <b>\$1.48</b></p> <p>Eye Drops <b>VISINE</b> 1/2-OZ. <b>\$1.48</b></p>	<p>SEA &amp; SKI TUBE <b>SUNTAN LOTION</b> REG. \$1.00 2 OZ. <b>88¢</b></p> <p><b>PAIN RELIEF TABLETS BUFFERIN</b> 100 CT. <b>\$1.24</b> SAVE!</p>
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