



VERNONIA Loggers took on Knappa in Saturday night's basketball jamboree at Warrenton where the Loggers got their first taste of action for the season.



THE GRADE school basketball jamboree was held last Friday night at the SHS gym with six teams from Columbia County 7th and 8th grades competing. The 'Visitors' made up of teams from Clatskanie, Vernonia and Rainier beat the 'Home' teams of Scappoose and St. Helens. Above Kirk Kelly, Scappoose and a Vernonia player go up together for a rebound.

New Program For Leaders

A new Cub Scout leader development program will be launched in early 1974 by the Columbia Council, Boy Scouts of America.

Selection of volunteer coach-counselors who will be available to work with Cub Scout leaders is now going on under the direction of Robert Winder, chairman of the council Cub Scout training committee.

The Boy Scouts of America has been a leader in adult education related to the leadership of boys and young adults, and the new Cub Scout leader development program will use the newest techniques and materials to provide a modern and effective learning opportunity for all Cub Scout leaders.

"The principal technique of the program is to assume the primary responsibility of getting information to the leaders who deal directly with the Cub and Webelos Scouts - the den and Webelos den leaders," Winder said. "We feel that these important leaders must have this opportunity to gain knowledge, to improve their skills, and to build attitudes. Development is a process - it's not just participating in an event."

To prepare for the new concept of the leadership development program, an orientation of the coach-counselors is scheduled for Saturday, January 12, at 9:00 a.m., at Scouters' Mountain Training Center.

In addition to the den leaders who work with the 8-, 9-, and 10-year-old boys, the new leadership development program will also serve Cubmasters and assistants, den leader coaches, and pack committee members, Winder said.

Class Slated On Meatless Cookery

With meat prices soaring, most homemakers are searching for protein substitutes which take imagination and a good working knowledge of the nutritional values of foods.

Portland Community College will offer a six week course in Meatless Cookery this winter to help homemakers find solutions to the meat crisis.

The course, to be taught at Adams High School by Mrs. Dorothy Hixon, is a repeat by popular demand of one offered in October.

"Basic meatless cookery is a matter of awareness of the proteins that are present in almost all foods," explained Mrs. Hixon. "The trick is in combining foods in such a way as to make amino acids add up to complete proteins. That sounds hard but is not once you know what you are doing."

Various flours, cereals, beans, eggs, cheese, vegetables, meat extenders, and mock meat products will be used in producing delicious, well balanced, and economical meals. "All ingredients can easily be found in local grocery stores," Mrs. Hixon said.

Meatless Cookery will be offered from 7 to 10 p.m. on Thursday evenings at Adams High School, 5700 N.E. 39th, Portland, beginning January 10. The cost is \$11.00.

For more information, call Portland Community College, Community Services, 244-6111.

Food License Fee Deleted

As a result of current legislative changes in the Food Service Laws of Oregon, those temporary restaurant facilities operated by "benevolent organizations" are now exempt from submitting a fee for their license to operate. Previous to this change all temporary food booths were required to pay a \$17.50 restaurant license fee before operating. This change will no longer be made to benevolent organizations.

To be designated as such under these headings, the restaurant facility can only be operated for three(3) days or less duration at a time; for not more than thirteen (13) times a year; and, be a "benevolent organization" which is broadly defined to include all except those making personal or corporate profit.

However, it remains necessary that application be filed with the Columbia County Health Department, Division of Environmental Sanitation, Room 112, Courthouse, St. Helens, for the restaurant license and that the facility be made available for a sanitation inspection. This inspection will determine whether or not the operation and facility meet the minimum standards for safe food service and whether or not a certificate of sanitation can be issued.

In effect, all temporary restaurant undertakings are subject to this licensing procedure and inspection. However, those operations by benevolent organizations for non-profit purposes are not required to submit a fee for their license.

Trojan Plans Special Show

A special program to highlight "Oregon Energy Week" December 3-8, 1973 is scheduled for the Trojan Visitors Information Center. The "Understanding the National Energy Dilemma" program was developed through the center for Strategic and International Studies, Georgetown University, Washington, D.C. It shows interaction of the many energy supply and demand factors in a readily comprehensible manner.

Since Governor McCall has asked the educational system to devote a week to the study of energy problems, it is hoped that

this program will be especially appropriate for all high school students in Oregon. The one-hour program will be presented four times daily during the weeks of December 3 and December 10, 1973, at the Trojan Visitors Information Center. Groups should allow an additional hour for viewing the center's exhibits.

Auditorium seating capacity at the Visitors Center is limited to 100; thus prior reservations for classes are imperative. Reservations may be made by phoning the Center at 556-4741.

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4-H Training Meet Planned

A training meeting for officers of 4-H clubs throughout Columbia County will be held Saturday, December 8 at Condon Grade School in St. Helens from 10 a.m. to 12:30 p.m.

Many new 4-H clubs have been organized throughout Columbia County since the beginning of the school year. A large number of these clubs consist of boys and girls who have never belonged to 4-H clubs or any other organized youth club. There are also those established 4-H clubs that have elected boys and girls to hold offices for the coming year who have never held an office in a club. The training meeting is planned to give instruction, information and training of the club officers on the responsibilities and duties.

Those attending will meet in individual groups relating to their particular office. Each group will be in charge of an older 4-H club member who has attended training meetings in the past and has had the experience of being a 4-H club officer.

If an officer from a 4-H club cannot attend they may send a substitute club member and those 4-H clubs who have not yet elected new officers for the year may send their last year officers or substitute members. Group leaders for the meeting will be Mary Gift and Pam Gisi 4-H'ers from Scappoose for the President's and Vice-President's Group, Casey McConnell of Scappoose for the Reporter's Group, Melody Martin will be the leader of the Songs and Games Group and Jayne Purvis for Secretary and Treasurer Group.

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53¢ LB.

USDA CHOICE BONELESS POT ROAST	51 ¹⁸	SENTRY HIGH QUALITY REGULAR GRND BEEF	98¢
USDA CHOICE CHUCK STKS	89¢	ORGAN MEAT SUCED BACON	51 ²⁹
ARM CUT USDA CHOICE BEEF POT ROAST	98¢	ARMOUR STAR ALL BEEF WIENERS	12-oz 75¢
LEAN BEEF CORN STEW MEAT	51 ¹⁸	ARMOUR STAR ALL BEEF WIENERS	12-oz 69¢

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COTTAGE TOMATOES 5 16 \$1

LETTUCE 5 \$1 HEADS FOR

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FRESH LONG SLICING CUCUMBERS	EA. 10¢	FRESH HAWAIIAN PINEAPPLE	EA. 59¢

W/18 (W/ET 10oz) GROUND COFFEE	2 \$1.20	W/18 (W/ET 10oz) CHEESE 10% OFF	2 \$1.20	W/18 (W/ET 10oz) PULLMAN BUTTERFLY DINNER ROLLS	2 \$1.20
W/18 (W/ET 10oz) MARGARINE	2 \$1.85	W/18 (W/ET 10oz) PULLMAN CHOC. CHIP SUGAR REFING. COOKIES	2 \$1.57	W/18 (W/ET 10oz) PULLMAN CRESCENT DINNER ROLLS	2 \$1.39

CORN OIL MARGARINE 1/2 LBS. 55¢

PITTED DATES 2 LBS. 69¢

PAN DRY FRY DREAM WHIP 12 OZ. 71¢

FRESH GRADE AA LARGE EGGS DOZ. **69¢**

NALLEY'S TANG SALAD DRESSING 32 OZ. BTL. **59¢**

PINEAPPLE 4 13-1/4 \$1 (Sliced, chunks, crushed, hdbrts)

WALNUTS 4 oz PKG. **59¢**

PUMPKIN 2.49¢

C & H SUGAR 2 1 LB. PKGS. **44¢**

MORTON FROZEN DINNERS 2 FOR **79¢**

- CHICKEN
- TURKEY
- SALISBURY

FROZEN VEG'S 6 10 \$1

DEAL BREAD 3-3/4 10¢

FRENCH FRIES 4 10¢

CUP-A-SOUP 2 FOR 79¢

POWDERED CREAM 1/2 87¢

BLACK PEPPER 1/2 57¢

SALAD DRESSING 1/2 45¢

CAT FOOD 5 11¢

LAVENDER BAR SOAP 3 11¢

GRANULATED SOAP 2 79¢

MR. SALTY PRETZELS 39¢

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