



By B.J. Price

One dormie lived with a box of them in his room...songs about about them...and the newspapers are full of them — peanuts.

"Pea-nuts, pea-nuts, oh-oh-oh-oh..." an old song, dating back to the '60's. Too bad the lyrics didn't go on to clarify the worth of the lowly legume. Peanuts are high in protein, phosphorus, potassium and niacin. A point any school person knows. The peanut has supplemented many a vegetarian's diet, and is basically enjoyed by everyone. How many times have you heard a bemoaned tale spoken by a true peanut person, relating the woes of bloated followed by a peanut eating orgy? Who can eat just one?

Peanuts are not for adults only. Although they appear in many a bar and tavern, either in the shell or nude, children grow up with the stuff. Mixed with jam, bananas, coconut, mayonnaise or raisins, a peanut butter sandwich can become more than a sandwich. It is a meal in a minute, and a welcome member in any family.

Homemade peanut butter avoids the age old decision between creamy and chunky — and even super chunk. You can blend it to your own personal preference. Just take a couple of cups full of shelled nuts, without skins, place in a blender, and gradually drizzle in oil until the mixture is creamy.

Now that you have real, honest-to-goodness homemade peanut butter, you'll want to use it in a few recipes. The first offering comes from the East Indians. The recipe is a snap, and takes the boredom out of the usual beef dinner. It has a definite Eastern flavor, for those with a hankering for curries.

#### Indonesian Beef Cubes

- 1 lb. beef (round steak)
- 1/2 c. peanut butter
- 1/2 c. soy sauce
- 1/4 c. lemon juice
- 1/4 c. brown sugar
- 1/2 t. hot pepper sauce
- 2 cloves garlic, minced

1. Cube beef into 3/4-inch pieces.
2. Combine peanut butter, soy sauce, lemon juice, brown sugar, hot sauce and garlic. Marinate beef cubes for one hour.
3. Broil beef to desired doneness, turning once and basting.

This dish goes well with brown rice.

For dessert, here's a quick pick-me-up confection, full of good ingredients and energy. Peanut Butter Dandies also help the frazzled mother or father, trying to find a wholesome treat for their offspring.

#### Peanut Butter Dandies

- 1/2 c. peanut butter
- 1/2 c. honey
- 2 t. nutritional yeast
- 3/4 c. wheat germ
- 3/4 c. powdered milk

1. Mix ingredients in a bowl.
2. Roll into little balls.
3. Refrigerate for a few hours.
4. Roll them in either coconut, sesame seeds or ground nuts of your choice.

Yum!!

## Barbara Rodeway exhibits paintings at Gallery West

By PETER DURYEA  
Of the Emerald

The paintings of Portland artist Barbara Rodeway are currently on display at Gallery West, 1597 Oak street.

Her works fall into two distinct styles. First there is a series of collages made from an assortment of subdued colors and finely textured papers pasted onto a beige backdrop.

In one of this series entitled "Beach Birds" the simple shapes represent a big boulder and bird while the surrounded beige has a few flakes in it providing a visual similarity to sand.

Each of these is put together in a manner reminiscent of the Chinese characters, in that each is a symbol that tells a story. One such collage actually has a strip of Chinese newsprint pasted into it.

Rodeway's other works are acrylic landscapes with just enough detail to be recognized for what they are: a "Pond Reflection" or a "Summer Breeze." Yet her emphasis transcends the necessary particulars to capture an exaggeration of color, forsaking form by allowing it to blur as in a hallucination.

"Pond Reflection" is a visual explosion. The unadulterated orange and dirt brown are definitely Fall colors. These colors are diluted in the reflection on top of the pond, whereas the form is matched on the water in an appropriately diminished size.

All this is not extraordinary as they are natural occurrences. What is peculiar to the painting is its mixture between the fine foreground detail of cat-tails and thistles and its colorfully exaggerated background, where trees more or less 'melt' into color.

The depth is fantastic.

The pond's reflection absorbs the point between

the forest and the trees. The distinction is rooted clearly enough in landscape so as not to be abstract as this painting is a visual delight.

"Summer Breeze" has the same effect yet is executed in accordance to the wind. Catching the wind isn't easy without a sail, yet she does an alluring job of it.

Again the essential clues are supplied as the blades of grass are bent to reveal what is an otherwise invisible force. The grass is brought into fine focus in the bottom and middle of the picture, giving a distorted depth of field. Everything in-between is yellow and greens, mellowly giving way to their many hues in a patternless blur.

The concave curvature of the grass is accented in the painting. This forces the viewer into maintaining a specific angle of vision 'to see.' But it is hung in the left corner of the gallery and this accents the convex nature of the bent grass contrary to the composition.

It is a small point but one that either lets the piece of art be easily appreciated or hinders its success.

One last digression about a piece that asks for it by its very nature. It's entitled "Spring Thaw" and is an interesting set of two identical rectangular frames, each containing half of the whole.

The kinetic aspect is implied by the two frames and brings to mind the Zen adage, "You can't put your hand in the same river twice."

Well "Spring Thaw" is a point of delineation between the frozen and the free-flowing. Is it before or after? Or is it during the process?

Mu. The question can not be asked. It (simply) is.

Barbara Rodeway's works will continue to hang at Gallery West until May 1.

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## Auditions held

Auditions will be held tonight and Friday night for the musical production, *Camelot*, the first of two back-to-back summer musicals to be produced this summer in Eugene by a newly formed theater company.

The *Camelot* auditions will be held at 7:30 p.m. both nights at the Sheldon High School theatre. Persons interested in auditioning should have a three-minute musical number prepared for singing.

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An accompanist will be provided.

*Camelot*, the Lerner and Loewe musical, will be produced at Sheldon Theatre on June 29-July 9 by W&W Theatre Enterprises, a new production group formed this year by David Weinkauff and Henry Willis, both of Eugene.

Director Kathy Witthar says she will use a cast of about 35 people, ranging in age from 18 to 60. Prior theater experience is desirable, but not necessary.