

The Pauper Gourmet



Potato Pancakes

For the Pauper Gourmet who has eaten instant mashed potatoes one too many times this semester, try this novel idea for using potato flakes or fresh potatoes in a side dish for breakfast, lunch or dinner. At 95 calories and 3 grams of protein per cake, the yield is 9-10 servings per recipe.

Ingredients:

2 cups finely grated ground or shredded raw potato (pulp, not liquid) or 2 cups reconstituted instant potatoes
1 tablespoon grated onion (optional) 1/4 teaspoon baking powder
2 eggs (beaten) 1 teaspoon salt
3 tablespoons flour oil for griddle
1/4 cup milk 1/4 teaspoon nutmeg (optional)

Add flour, baking powder, and salt to the beaten eggs. Pour over grated potatoes and onions. Stir and cook as a pancake. Cook slowly until browned and crisp.

For those gourmets sophisticated enough to own a blender, the following method can be used:

Blender Method: Scrub, do not peel, 4-6 medium-sized potatoes. Cut into cubes about 1 inch in size. Break eggs into container. Add flour, and other ingredients and 1/4 cup potatoes. Cover and start at high speed. With appliance running, add remaining potatoes as rapidly as possible. Use 1/4 cup for each pancake.

A service of the University Student Health Center. Call Willette Rude, nutritionist, for further information. Monday thru Friday, 8:30-10:30 a.m. 686-4441 ext. 22.

Fuji dance troupe plans classes, concerts, films

Mieko Fuji, one of Japan's leading choreographers, will be on campus today, Friday and Saturday to perform, teach classes and discuss Japanese traditions and art.

A 14-member dance team will accompany Fuji on this trip to the United States. The troupe will perform some of Fuji's leading works: *Seiza*, a 60-minute piece which consists of three scenes — the world of light, the world of darkness and a blue world; *Four Pieces From Japan*, which uses Japanese traditional folk music; and *Wind*.

Concerts are Thursday and Friday at 8 p.m. in the Dougherty Dance Theatre. *Seiza* will be performed Thursday, and *Four Pieces From Japan* and *Wind* are on the program for Friday.

Fuji and the dance department faculty will teach classes Friday and Saturday in 353 and 354 Gerlinger Annex. Films and discussions about Japanese culture are also planned for the Japanese dancers' visit.

Individual classes are \$3, concert tickets are \$3.50. Admission to the entire program can be purchased for \$15, which includes four classes, four films, a discussion on Japanese performing arts and two concerts.

For further information, call Janet Descutner, department of Dance 686-3386 or 686-3387 or Mary Seereiter, 686-4149.



Mieko Fuji Dance Company

Hear and Now is edited by Judy Emerson. Please submit items for Out and About by Friday before publication. Artwork and poetry are being accepted for publication in Hear and Now during Winter quarter.

Local artists pool talent in area open land benefit

Ken Kesey, the Merry Band of Pranksters (a band), Ken Babbs and other local personalities will perform together in Groundswell, a series of benefits tonight, Friday and Saturday nights in support of virgin dirt.

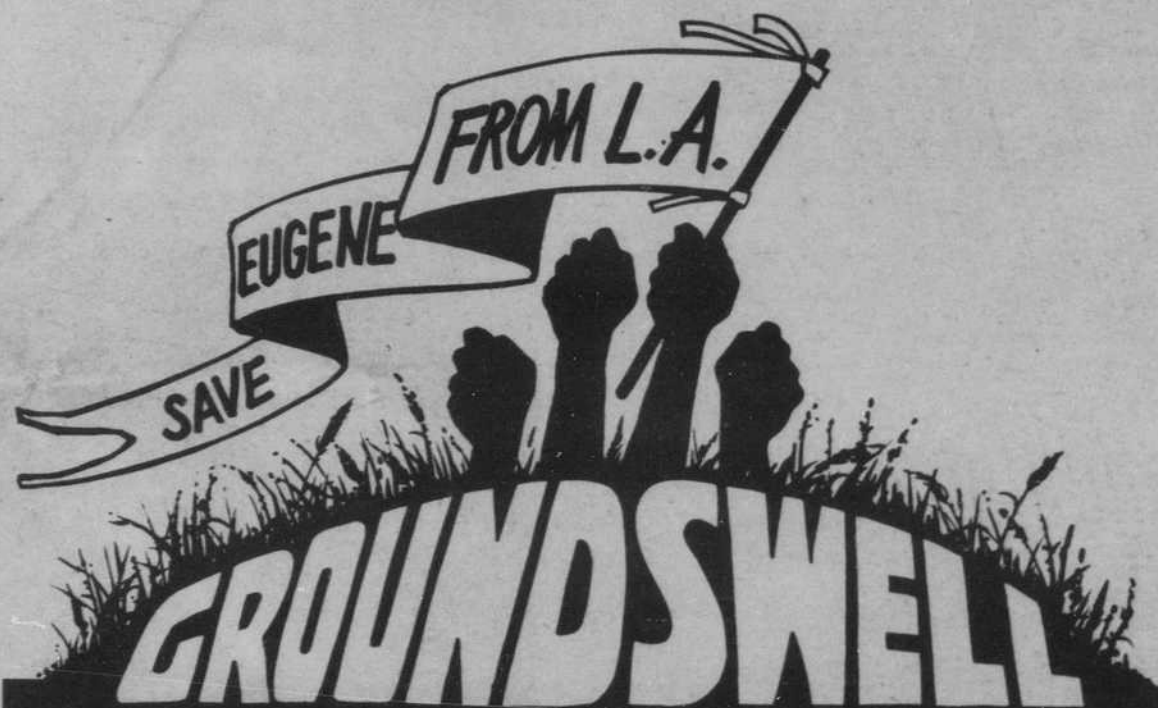
The People to Preserve Agricultural Land hope to use profits from Groundswell to promote open land around Eugene. The organization in the past has fought to keep the 390 acre Cone Breeden property outside Eugene in its natural state.

"We have \$11,000 in legal fees from the Cone Breeden effort to pay off," explains organization member Cynthia Wooten, "and we hope to expand our services to help others around Eugene who are fighting overdevelopment."

The performances will be

strewn over the three nights. Tonight the Merry Band of Pranksters, The Flying Karamazov Brothers, members of Oregon Repertory Theatre, Ken Babbs and Randi Douglas, and the Northern Broadcasters will appear. Friday, Kesey will read from his work in progress and the Steve Wolfe group will play. Saturday Randi Douglas will read from James Joyce's *Molly Bloom*, the Party Kings will play, and the group will hold an Irish music workshop. Wine and beer will be served all three nights.

The performances begin at 8 p.m. at the Olde Dexter Theatre. Tickets are \$5 each night or \$12 for three nights and may be purchased at the Eugene Hotel, the Sun Shop or the Olde Dexter Theatre. By Jock Hatfield



a performance benefit for people to preserve agricultural land

NOV. 30 —

The Merry Band of Pranksters
The Flying Karamazov Brothers
Members of Oregon Repertory Theatre
Ken Babbs/Randi Douglas
Dance to the Northern Broadcasters

DEC. 1 —

KEN KESEY reading from work in Progress
Still Dreaming
Steve Wolfe Group

DEC. 2 —

James Joyce's *MOLLY BLOOM* / Randi Douglas
Irish Music Workshop
Dance to the Party Kings

The Olde Dexter Theatre

Highway 58 East to the heart of Dexter 8:00 p.m.

Tickets: \$5 each night / \$12 three nights

Wine and Beer will be served

Tickets Available:

Eugene Hotel Sun Shop Olde Dexter Theatre

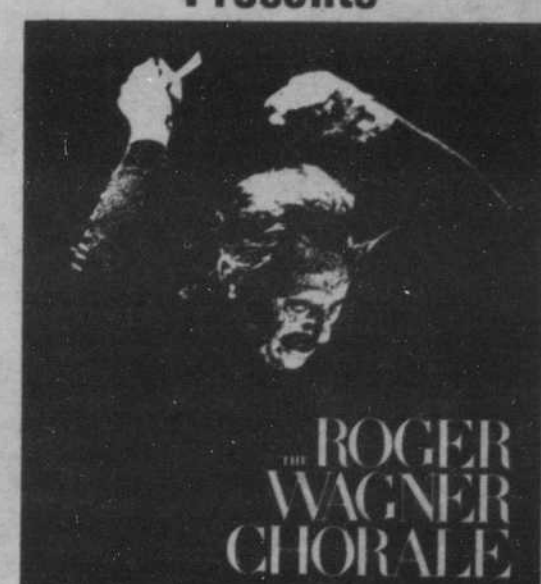
GROUNDSWELL: 670 WEST 10TH AVE EUGENE, OR 97402 CYNTHIA WOOTEN 687-6732/RANDI DOUGLAS 345-5663



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Music Association

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South Eugene High School
19th & Patterson

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(\$7, \$6 or \$5)

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