

Watch That Meat In Summer Heat

Keep your meat away from summer heat. The refrigerator is the place for it both in the markets and at home.

This warning is sounded by Dr. M.L. Houston, supervisor of the Oregon Department of Agriculture's meat inspection service, as summer temperatures push upward and the season for picnics and cookouts moves into full swing.

Reminding that temperatures inside an auto shoot up rapidly in summer heat, Dr. Houston's advice is "purchase meat just before going home" and "don't leave picnic baskets with meat in the trunk of the car long enough for the meat to heat."

He pointed out that rising temperatures increase the number of microorganisms, and these plus natural enzymes in fresh meat can result in "spoiled" meat that causes food poisoning.

Houston also had a word of warning on canned meats, noting "fully cooked" does not mean it is processed to the point it is sterilized, only that it has been heated to at least 148 degrees.

Summer months also mean extra care should be given poultry. Immediately after slaughter it should be chilled and then kept cool until "ready for the pan."

A wedding anniversary just celebrated? Phone a news item in to The Post. Phone MU 7-2781.

On the cooking of meat, Dr. Houston pointed out this means thorough heating, not just singed on each side and reminded that regardless of the season pork should always be adequately cooked to guard against trichinosis.

Head Start For Brides

Many June brides, just back from their honeymoon, are about to tackle the serious job of starting housekeeping. A number of them are holding down other jobs, too, which means they'll be counting their housekeeping minutes to leave time for pleasure. Mrs. Helen McDowell, Clackamas County Extension Agent, offers these suggestions.

First—avoid clutter. There may not be a speck of dust in your house but if clothes aren't hung up, newspaper picked up, and other things in fairly good order, it won't look neat and comfortable. This doesn't mean a homemaker has to be a perfectionist either.

To save time you need to plan your storage, and also develop habits of putting things in their place as you go along. When you come home from work hang up clothes, put away purse, etc. Try never to handle anything twice, if once will do.

The same goes for working in your kitchen. Arrange supplies so they are convenient for you. Here again, clutter is one of the biggest enemies of good housekeeping.

Brides who want to get a fast start toward good housekeeping, with more time for themselves, can get help from their county extension office. Ask for three bulletins: "Better Clothes Closets," "Better Kitchen Storage," and "Work Smarter Not Harder."

The Extension office can answer questions and supply bulletins regarding other homemaking tasks.

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MR. and MRS. DONALD EUGENE TOOKE
(Lorraine Ops Marshall)

Sandy Girl Becomes Bride in Gresham

The marriage of Miss Lorraine Ops Marshall of Sandy and Donald Eugene Tooke of Boring was solemnized May 8 at First Baptist church of Gresham.

The bride is a daughter of Mr. and Mrs. Elmer Marshall, Rt. 2, Box 570, Sandy. Mr. and Mrs. Dexter W. Tooke, Rt. 1, Box 868, Boring, are parents of the bridegroom.

Rev. W. Berkeley Ormond, performed the double ring ceremony and organ music was by Mrs. Ausby Bishop. Flower girl was Julie Kay Chaffee and ring bearer was Michael Edward Chaffee, niece and nephew of the bridegroom.

Mrs. Gloria Jeanne Chaffee of Tacoma, sister of the bridegroom, was matron of the bridegroom, and bridesmaids were Leanne Browne and Connie Pullen. They wore pink brocade satin gowns and carried bouquets of white and pink carnations.

Ernest E. Marshall, brother of the bride, was bestman. Ushers were Vernon Check, Keith Garner and Richard Marshall, bride's brother.

The bride, given in marriage

by her father, wore a white gown of Chantilly lace and net over satin detailed with white sequins. It featured bouffant skirt and fitted bodice with scallop neckline and sleeves coming to a point on the hands. A floral headpiece detailed with seed pearls held her elbow length veil of illusion. She carried a bouquet of white carnations and pink rosebuds.

A reception for 100 guests followed the ceremony. Helen Proctor and Edith Huck cut and served the wedding cake. Maxine Hane served punch and Cleo Farley poured. Adeline and Hyacinth Grassl assisted at the gift table and Cathy Proctor presided at the guest book. Hil-da Cohrs and Mary Mitchell arranged decorations.

The newlyweds are at home at Rt. 1, Box 868, Boring. The bride was graduated from Sandy high school and is employed by the Clackamas County Bank. The bridegroom is a graduate of Gresham high school and attended Oregon State university and is employed as a nurseryman.

Short Locals

Ginger Kirk from Tacoma, Wash. is here visiting Al and Leona Perkins. Her folks visited here shortly and left for a trip to Las Vegas, Mexico and Calif. They will return for a longer visit later.

Mr. and Mrs. Verdon Fritzsche and daughters, Caroline, Julie Ann and Barbara Lee, have returned home from a two week vacation trip. They visited relatives in Minnesota, Montana, and South Dakota. Also visited during their vacation journey were Yellowstone Park and the Black Hills.

Pfc Willard Wallace, son of Mr. and Mrs. Leslie Wallace of Sandy, is stationed in Yokosuka, Japan. He is aboard the USS Prairie on its six month Far East cruise. His wife resides in Van Nuys, Calif.

Going fishing? Good luck! Hope you bring home a nice catch. But please be careful with your matches, smokes and campfires. Let's Keep Oregon Green.



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OSU Issues Family Food Cost Guide

How much does it cost to feed your family? You can compare your weekly food bill and estimated average expenditures for Western families with the aid of a recently-revised circular published by the Oregon State University Cooperative Extension Service.

The circular, written by Velma Seat, OSU extension food marketing specialist, provides estimated costs of one week's food for individuals in a family of four, based on low-cost, moderate and generous plans.

Low-cost diet was estimated on the basis of a family income of \$2,000 to \$4,000; the moderate diet on an income of \$4,000 to \$6,000; and generous, \$6,000 and up.

Individual weekly food costs ranged from a low of \$3.30 a week, for a child less than one-year-old on a moderate food plan, to more than \$10 per week for men and women in their 20's and 30's.

The circular was revised to reflect food prices as of January 1965.

Single copies of Extension Circular 686, "Your Weekly Food Bill," may be obtained free from the Bulletin Clerk, Department of Printing, Oregon State University, Corvallis.

What's Cooking?

BY SARA SEWELL

Recipe section of my column will be brief this week as I am enjoying a vacation from the kitchen and housekeeping duties while attending the OBA (Oregon Bankers' Association) with Howard at the Gearhart Hotel.

Since the recent fire in a few rooms on the upper floor of the hotel the front is being remodeled and decks are being added.

Several new units are being added to the lovely Surf Side Motel which is located right on the ocean's edge. Today's luncheon is to be held in their dining room. Mrs. Doris Bounds, executive Vice President of the Inland Empire Bank, Hermiston and Curator of the Peace Pipe Museum there will address the ladies on "Feathers, Beads and Buckskin." She has collected Indian artifacts for years and studied their culture. Last year in Victoria I went with her to search the shops for additional finds. Doris is a very vivacious person and "buried" in her subject so I look forward to hearing what she has to say.

Tonight's After Dinner entertainment, "Stereo Vision Sound O-rama" will be presented by Dr. Don Hunter of the Audio Visual Dept. of The University of Oregon.

The ladies are invited to Tuesday morning's session when the whole convention will hear James Whitaker, first man to conquer Mt. Everest, speak and show colored slides. Dr. Richard M. Emerson, Associate Professor of Sociology and Nursing at the University of Washington who went on the expedition as a "participating observer," will also lecture on his study of the processes of communication under stress. He was particularly interested in the changing pattern of optimism and pessimism expressed by the men during the climb. The Convention ends

Nell's Notes

By NELL HOWE Hood-Land Reporter

Wonder what Jim Rogan is going to do with the two cans of Metreol, he won at the Christmas Party. I'm sure it is the last thing he needs. Jim left the first of the week for Montana, where he will attend a family reunion.

Rosalie Collier and Helen Cook, hostesses a Baby Shower for Mary Ellen Stauffer. Many lovely gifts, delicious cake and ice cream, and all the goodies that go with going to a shower, plus very enjoyable people.

Alice Spath was working in her rock garden when she slipped and fell and broke her left arm, just above the wrist. She slid down on her left side, and has a beautiful shiner, plus many painful bruises. She is home from the hospital, although still in quite a bit of pain.

It makes the mountain seem more normal, when we can watch Gloria Gauke and Amigo go by. Gloria home with her new pickup plus she looks like a million.

Rudy and Pat Kasch and Naomi and Walt Blaisdell, went to the big city for dinner, on the Kasch's anniversary. They also came home quite early. Our anniversary is the same

day, and as usual I had forgotten all about it. If our daughter hadn't brought us out a card and gift, I wouldn't have remembered it at all. Dave always waits to see if I am going to remember, and I don't. Just proves it isn't always the husbands that forget. It was also Rosemary and Don Avery's anniversary. Guess the first of July was a popular day, way back then.

Went down to the Lions Hall for their usual delicious breakfast. From the looks of the people there, this year, they must have done a whale of a business. So nice to have the weather cooperate.

Did my usual job of counting cars, that had gone down to watch the fireworks. This year counted up to 540 before I quit. There were a few stragglers, but if I remember right, this is the biggest count we have had. My mother counted up to 500 one year, but I am sure this was the largest. Which just proves that the fireworks are appreciated and enjoyed by a great many people. Included in the count were 3 Hondas (or reasonable facsimiles), but they had two people on each, so counted them also.

Was invited to a picnic, on the Fourth, at Pat and Andy Reckmans, of Sandy. Included were Mr. and Mrs. Warren Johnston, of Estacada, Mr. and Mrs. Bob Whitlock, Mr. and Mrs. Alan Fielesman and Nan, Mr. and Mrs. Verle Fielesman and Julie, Kelley Reckman, who came home from Corvallis, where she is attending Summer school, at OSU.

Kelley and I went swimming in their large pond, had a huge tractor inner tube to amuse ourselves with. When we got out, Warren curled up in the tube, and we attempted to roll him down the hill, but he kept falling over. Florence made some daisy chains, and put them on Katy. Warren had made two freezers of homemade ice cream, and was it good, somehow they both got emptied. A delicious meal, and wonderful people to enjoy it with. Decided we had a very safe and slightly insane Fourth.



OFFICE COLOR CHOICES
A survey of 500 American executive offices found seven basic color preferences for decor: beige, pale yellow, off-white, green, blue yellow and orange. The study disclosed that the color choice was most often made by the company president.

Sandy Seventh-day Adventist

Elder Ira D. Follett

Saturday
Sabbath School 9:30 a.m.
Church Service 11:00 a.m.
Youth 4:00 p.m.
Phone MO 5-0424

Community Presbyterian Church

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Westminster Fellowship
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Rev. Ernest Jackson
Ph. MU 7-2912
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Sandy Assembly of God

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