



THE ENGAGEMENT of Kathleen Ann Ulrich and Masa M. Miyake has been announced by her parents, Mr. and Mrs. Erhard Ulrich, Rt. 4, Box 765, Boring. The bride-elect was graduated from Oregon College of Education and is a third grade teacher in Salem Public Schools. Her fiancé, son of Mr. and Mrs. Kiyomitsu Miyake, Rt. 1, Box 804, Boring, is a senior majoring in secondary education at O.C.E. Both Miss Ulrich and Miyake are 1967 graduates of Gresham High School. A spring wedding in Sandy is planned.

What's Cooking?

BY SARA SEWELL

Easy Chicken Casserole

2 cans chicken rice soup
1 can chicken gumbo soup
1 can, jar or cup chicken or turkey (More if desired)
1 cup raw rice (not quick-cooking)
1 cube butter or margarine
Place in casserole in 250 degrees or 300 degrees oven for 1½ hours. Stir occasionally at first to mix melted butter. Serves 8.—From the files of Mrs. Geraldine Farnsworth, Portland. Geraldine is my friend who was President of the Lewis and Clark Mother's Club in 1969-70.

Easy Delicious Company Chicken

2 large fryers, cut up
1 pt. dairy sour cream
1 (16 oz.) box cheddar cheese crackers rolled into crumbs
¼ lb. butter or margarine
Worcestershire Sauce, onion and celery salt

Spread chicken pieces with sour cream, roll in crumbs. Melt butter in oven on large cookie sheet with sides. Lay pieces in melted butter and immediately turn buttered side up. Bake 1 to 1¼ hours at 325 degrees until tender. No turning is necessary. Serves 6-8.—From the files of Mrs. Liz Cradler, Lahambra, California.

The following recipe may be served as the main dish at a salad luncheon or as a salad at a dinner. I served it recently at a pre-Christmas bridal shower and had requests for the recipe.

Seafood Salad

2 (3 oz.) pkgs. lemon jello. Dissolve in 2 cups hot water and add 2 cans Hunt's tomato sauce. Allow to cool and add 1 cup chopped celery, 1 Tablespoon minced onion, 2 Tablespoons vinegar, 1 can small shrimp (or crab) which has been drained and rinsed well in cold water. Rub salad oil in 9" x 12" pyrex flat pan or mold. Put salad mixture in it and allow to congeal in refrigerator. (Serves 12).—From the files of Mrs. Harry Reed, Sandy.

Cashew Tuna Casserole

1 can (3 oz.) crisp Chinese noodles
1 can mushroom soup
¼ cup milk
1 can chunk tuna
4 oz. chopped cashew nuts
1 cup chopped celery
¼ cup chopped onion
1 Tablespoon Accent
Mix all ingredients and put in buttered casserole. Bake at 325

degrees for 25 minutes. Serves 4.—From the files of Mrs. J.V. Venables, Lake Oswego.

Chop Suey

1½ lb. veal and port, cut in 1" x ½" pieces
1 Tablespoon chopped onion
2 cups chopped celery
¼ cup chopped green pepper
1 cup cashew nuts
¾ cup uncooked rice
1 can mushroom soup
1 can cream of chicken soup
1 can mushrooms (whole or pieces)
1½ cups cold water
1 tsp salt

Mix together and bake for 2 hours at 300 degrees. Watch occasionally and add hot water if it seems dry. Serves 6-8.—From the files of Mrs. Muriel Smith, Portland.

Poppy Seed Cake

1 pkg. yellow cake mix (1 use lemon cake mix)
1 cup hot water
½ cup salad oil
1 pkg instant lemon pudding
4 eggs
¼ cup poppy seed
Heat oven to 350 degrees. Grease and flour 2 loaf pans. Blend cake mix, water, oil and pudding. Add 1 egg at a time. Beat at medium speed for 1 minute after each egg. Add poppy seed and beat 1 more minute. Bake 30-35 minutes. Turn out on cake rack and sprinkle top with powdered sugar.—From the files of Mrs. John Bye, Sandy.

CORRECTION: In the recipe for Apple Pudding instead of reading ½ teaspoon salt and then 1 rounded teaspoon salt, the last should read "1 rounded teaspoon soda".

Short Local

Pvt. and Mrs. Patrick R. Smith and baby daughter, Chrissy, have been visiting at the home of Mrs. Smith's mother, Mrs. Doris Steinman, of Rt. 1, Boring. The Smiths have been in San Antonio, Tex., where Pvt. Smith has been in training since August, at Ft. Sam Houston Medical Center. He left Jan. 4 for Ft. Lewis, Wash. where he will be stationed for the next couple of months. Mrs. Smith and baby

"Cradle Roll"

A daughter, Charlene Renee to Mr. and Mrs. Michael Hays, Rt. 1, Box 316, Boring, Dec. 22.



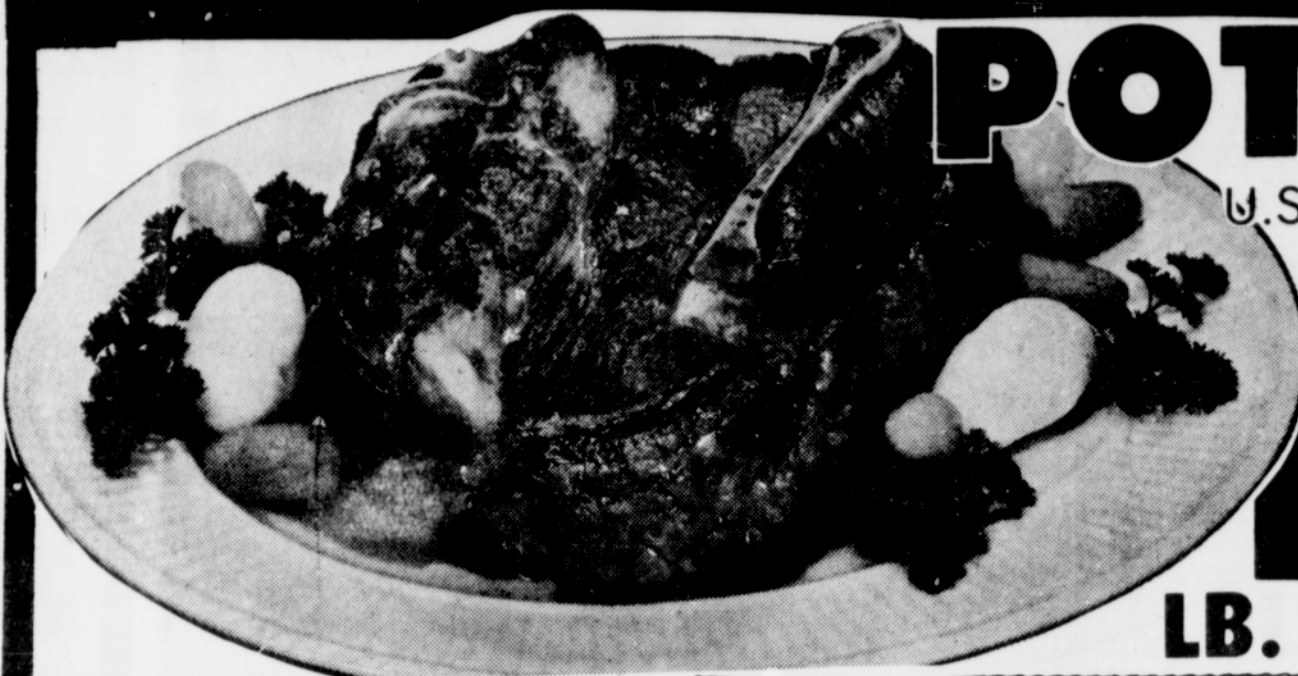
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Oliver Wendell Holmes

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FRESH, HIGH-QUALITY

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59¢

69¢

89¢

59¢

69¢

98¢

89¢

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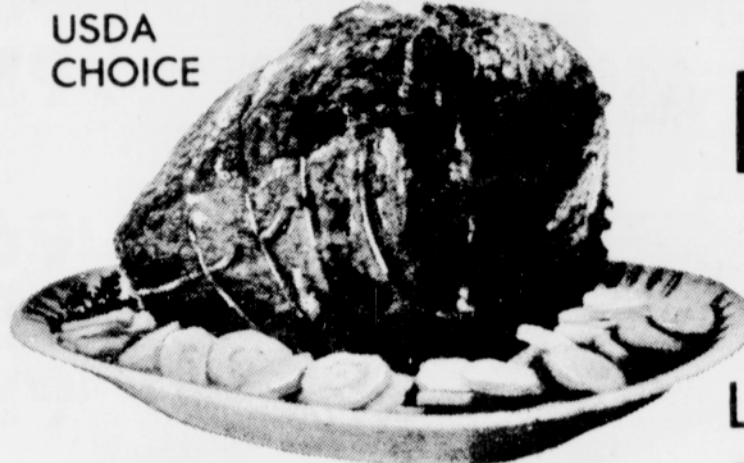
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PKG.

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SUNSHINE

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PKG.

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