

Back to school

First day greeted by sigh of relief

By NANCY BARKER
Staff Writer

For most kids, Tuesday, Sept. 4, marks the first day in a nine month long battle of the books. Their mothers are apt to view it as D-day: D for deliverance.

Some mothers can be heard chanting feverishly, "no more swimsuits, nor more sand, no more children's dirty hands," while they try to remember what color their kitchen floors were before acquiring a coat of sand, cookie crumbs and lemonade.

Others try to coax one more ice cube from a refrigerator which has reached its 1,000,000 cube limit for the summer, and has decided to end it all. "Hang in there, it's only a few more days," they whisper encouragingly.

Many mothers have grandiose plans for their impending leisure. One intends to watch "As the World Turns" five days in a row, nine months straight, without once having someone

switch channels to "Perry Mason" reruns. Another will use her time creatively, making her own furniture from the 876,983 popsicle sticks (someone threw one away) she collected over the summer.

With these and other inspiring prospects in mind, no mother will resent the extra effort required to get ready for the big day. And it is an effort. Just separating grubby jeans from a grubby boy in order to wash either, is the reason many mothers watch Jack LaLanne. Not to mention the effort required to drag one (boy) to the barber, a task equalled only by dragging one's husband away from the world series in order to take out the garbage.

Girls are easier to get ready. That is, they don't mind sprucing up for the first day. They actually like it, especially the agonizing (for mother, not them) decision between the two new outfits they have conned their mother into buying because "all the kids are wearing these." It's hard to decide since in the end, they

don't want to look "just like everybody else." They will generally go for an old favorite in the end, hoping no one will identify it as last year's Halloween costume.

And then there are school supplies. It's easier to shop at a store which has a list of requirements for each grade. Even so, many mothers discover, upon arriving home with the bags of necessary gear, that this is not foolproof.

Somehow, one child ends up with four boxes of crayons, 16 erasers, and no pencils, while another has mysteriously acquired three Mad comic books, along with three rulers, six compasses, but no paper.

Naturally, after all this, any mother worth her salt will accompany her offspring and all their paraphernalia to school on the first day.

It may be an extra chore, but it forestalls phone calls from her forlorn darlings who can't do their assignments without the pencils or paper they have forgotten. It also provides an opportunity to meet the

teachers, beautiful people every one, who come to the rescue nine months a year.

It is wise to use a little restraint with these wonderful

but sensitive creatures. Hand kissing and other overly effusive expressions of gratitude are out. These can have a disastrous effect, especially upon new teachers. One such unfortunate beginner looked up the first day to see a mother advancing upon him. She fell on him with a fond embrace, and delivered her child along with lists of allergies, favorite foods, and a pair of extra galoshes. "See you in June," she called out to her child, as she floated merrily out the door. The teacher, overcome with emotion, backed out an open window, and no one has seen him since.

Once the children are safely in school, mother can relax with that second cup of coffee, and cry over Winnie Winkle in peace. The day is hers.

Until the school bus arrives in the afternoon.



TRINA STAIGLE, who attends Estacada High, has chosen two appropriate school outfits from Decker's Cedar Plaza. Trina works at the Sandy Sports Center next door.

(Post Photo)



A PLAID pantsuit like this one from the Cat's Meow, is something every college or high school girl should have, according to Darlene Aschbacher, salesgirl at Cat's Meow, and June graduate of Sandy High.

(Post Photo)



AARON POSTON is all ready for school with an armful of supplies from Sandy Rexall Drugs. Aaron will attend Sandy Grade School.

(Post Photo)



A WARM coat such as this one modeled by Tommy Chestnut at Decker's Cedar Plaza store, will be welcome on cold fall mornings.



TYPICAL FIRST day of school scene shows Jeff and Sue Youngbluth bidding farewell to dog Moose, before leaving for the hallowed halls of learning. Jeff will be a

freshman at Sandy High, while Sue will be in the eighth grade at Sandy Elementary this year.

(Post Photo)

Change of taste: box lunch ideas

By SARA SEWELL
BACK TO SCHOOL LUNCHES

Although the schools of the Sandy area have excellent school lunches, sometimes for variety, and sometimes for economy, you may want to pack school lunches. It is with this in mind, I write this column with ideas for packed lunches.

Long before you saw the ad saying "Peanut butter has gone bananas", this was a favorite sandwich in the South, in fact, I used to take it in my lunch to school, and that's been quite a few moons ago.

"GONE BANANAS"

SANDWICH

Lightly spread white bread with either mayonnaise or butter. Spread with peanut butter and cover with rings of sliced banana. Top with other slice of bread and cut in half. Place in either a sandwich bag or wrap securely in wax paper. This keeps the sandwich fresh.

Of course, the peanut butter and jelly or peanut butter and strawberry jam sandwich is a favorite with children of all ages.

PINEAPPLE SANDWICH

Spread white bread lightly with mayonnaise. Place well-drained pineapple halves on half slices of bread and top with bread. A crisp piece of lettuce may be added if desired.

TUNA FISH SALAD SANDWICH

Drain oil from chunks of tuna and flake it with a fork. Chop about three sweet pickles and one stalk of celery into bowl with tuna. Add about 1/4 cup of mayonnaise or enough to make of right spreading consistency. This makes a delicious sandwich with some crunch to it. The extra ingredients are also meat stretchers.

I always use lettuce on this sandwich and I prefer to use either wheat, cracked wheat,

Roman meal, or rye bread for it. My children didn't know there was such a thing as a plain tuna sandwich until they went away to school and it came as quite a shock. Aren't family traditions fun.

Wait until you hear this one from the Earl Meier family! Earl's favorite is a sandwich spread with peanut butter and cheddar cheese and grilled. This would be good for a Sunday night supper.

CRANBERRY-TURKEY SANDWICH

This one was a prize-winner a few years ago. It is a great combination. Spread bread lightly with either mayonnaise or butter. Place slices of turkey on bread and top with well-drained cranberry sauce and a crisp lettuce leaf. A word of warning! Send this in a packed lunch only if it can be stored in a cool place or in a refrigerator as turkey spoils in a warm place and can cause food poisoning.

CORNED BEEF SANDWICH

On prepared bread slice place a slice of corned beef and top with slices of sweet or dill pickles as desired. Add a lettuce leaf and bread.

This same idea can be used with all kinds of sliced lunch meats such as bologna, salami, ham and Thuringer. Sliced left-over roast beef also makes delicious sandwiches. Buddig's wafer-sliced beef and corned beef also makes very good sandwiches.

Keep packed lunches from being dry by adding hors d'oeuvres of carrot sticks, celery stuffed with pimento cheese or peanut butter, radishes, and cucumber slices.

Slices of cake or pie are nice in lunches if you will get the plastic reusable covered containers to put them in. They are available at the variety and hardware stores.

Each day pack either an apple, orange, or pear at the bottom of the lunch, then the container with cake, pie or cookies, ending up with the sandwiches on top. This way the heavy items stay put and the sandwiches do not get mashed.

Cookies and special sweet breads add variety. Here are some recipes.

CHEWY OATMEAL COOKIES

1 cup flour
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 cup shortening
1-1 1/2 cups packed brown sugar
2 eggs
1 teaspoon vanilla
2 cups oats, uncooked
1 cup raisins (optional), or dates.

Sift together flour, soda, salt, cinnamon and nutmeg into bowl. Add shortening, sugar, eggs and vanilla; beat until smooth, about 2 minutes. Stir in oats and raisins. Drop by heaping teaspoons onto greased cookie sheets. Bake in preheated 350 degree oven 12-15 minutes. Makes 3 1/2 dozen. From the files of Miss Sue Youngbluth.

Special breads are an excellent suggestion for the "something sweet" in lunches.

GUMDROP BREAD

1/2 cup boiling water
1 1/4 teaspoon salt
1/4 cup sugar
1/2 cup shortening
1/2 cup evaporated milk
1 pkg. dry yeast
1 cup spiced gumdrops cut in fourths
3 1/2 cups sifted flour
2 eggs, beaten
1 cup and chopped nuts; Mix 2-3 cup powdered sugar, 1 tablespoon evaporated milk and 1/2 teaspoon vanilla. Mix. Pour over baked loaves and

add nuts.

Method: Pour boiling water over salt, sugar and shortening in large mixing bowl. Stir until shortening is melted. Add milk. Dissolve yeast in lukewarm water. Add to first mixture. (Both mixtures should be lukewarm.) Toss gumdrops with 1/4 cup flour to coat. Save left-over flour. Stir eggs and flour from gumdrops into milk mixture. Add 1/2 of flour plus flour from gumdrops. Beat to blend well. Add remainder of flour. Beat until smooth. Let

dough rise in warm place until double in size. Beat dough again. Divide dough in half and spread on 2 lightly greased 8 1/2" x 2 1/4" pans. Let rise until double (1 hour longer). Bake 375 degrees 25 minutes. Bake in 1 303 tin can and 1 oz. tin can cleaned and 1 Remove from pans and 1 icing and nuts. From the 1 of Miss Sue Youngbluth.

..MENU..

SANDY ELEMENTARY

SCHOOL MENU

TUESDAY, Sept. 4

Hot dogs

Buttered mixed vegetables

Chocolate Pudding

Milk

WEDNESDAY, Sept. 5

Macaroni & Cheese

Green Beans

Bread & Butter

Sunshine Cake

THURSDAY, Sept. 6

Tuna Sandwich

Carrot Sticks

Apple Crisp

Milk

FRIDAY, Sept. 7

Chili Beans

Corn Bread & Butter

Orange Jello

Milk

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A nonconformist on the highway is headed for trouble. The Portland Traffic Safety Commission advises you to stay with the pack...neither too fast or too slow...the idea is to not surprise the other drivers.

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