

Hoodland Happenings

by FRAN NORTHRUP

AND THE RAINS CAME. And the snow. But that's OK too. This probably won't cause much of a stir in the skiing circles, but this is the season I'm coming out of retirement and making my grand return to the ski slopes. That is if I can borrow enough of the proper ski clothes to keep from freezing. Friends tell me that my ancient, baggy ski pants just aren't chic anymore. Apparently that also goes for wooden skis and bamboo ski poles. Which reminds me of a little ploy in a thing called gamesmanship. But the way I ski, it's no doubt best to look as inconspicuous as possible.

COMING UP: THANKSGIVING DAY NOVEMBER 28. That's just in case your relatives forgot to remind you.

THE WOMEN'S CLUB PRIZE NIGHT is this Friday night Nov. 22, at Bowmans. Buffet starts at 6:30.

THE HOODLAND WOMEN'S CLUB CHRISTMAS BAZAAR will be Nov. 29 and 30 at the Hoodland Park Building from 10 a.m. to 5 p.m.

AROUND THE MOUNTAIN: THE FREE FLU SHOT CLINIC sponsored by the Mt. Hood Lions and the Lions Auxiliary last Wednesday night was considered a success when over 220 persons showed up to get a flu shot. The whole program zipped along very smoothly with hardly a tear to be seen. Stan Lythgoe, where were you... we waited in vain!

MICKEY AND CHARLIE SPERR were twice feted last week upon the event of their recent marriage. On Wednesday evening The Barlow Trail Inn served an elegant buffet in a beautifully decorated dining room to a large group of friends who showed up to wish them well. A huge punch bowl and cake and hors d'oeuvre table was set up in the lounge, and there was Rich Jewett at the organ providing great music for dancing and listening.

On Sunday afternoon and evening the scene shifted to Government Camp where more friends gathered at the Thunderhead Lodge for a champagne reception.

THE MT. PLAYERS second time out Saturday night with "Ye Olde Vaudeville Show," was another smash judging from the reaction of the S.R.O. audience who seemed reluctant to leave even after the last curtain came down. Mark Thornberg, who sings and plays guitar, appears to be acquiring quite a following. Terry Redding is a one man show by himself, and Betty Popiano... well she gets it on pretty good too. That's just a sampling of what to expect. The next show will be Saturday night, Dec. 7. Tickets are on sale.

SHOPPERS AND EMPLOYEES at the Hoodland Park Plaza were certain someone had dropped the big bomb last Saturday afternoon. Actually it was a pick-up truck crashing through the front of the grocery store. The hapless driver turned out to be Jerry Beach, whom I'm sure, wishes the whole thing would just go away. Fortunately no one was hurt... enough said.

PEGGY HERGERT in the hospital for surgery on a slipped disc in her neck.

A PARTY was held at Timberline Lodge last Friday for Peggy Ellwood who is retiring from her job as head of the gift shop, a position she has held for many years. Walt Aepli entertained on the accordion. (Mt. Players, book him!)

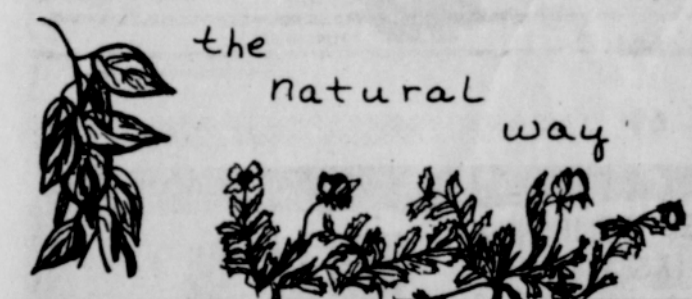
FIRESIDE ENTERPRISES, the brain child of Molly and Rick Smith, is a new business in the Hoodland area. It features flowers for all occasions, such as corsages, potted plants, table arrangements, planters, wedding decorations, etc. Their number is 622-4838. We wish them much success.

FOREST AND JUANITA ANLIKER out Saturday night with family and friends celebrating their 25th wedding anniversary, which included taking in the vaudeville show.

THE TRAVEL BUG is biting again. Leann Kasch and Nancy Hutchins back from eight days in Hawaii. Bob and Shirley Hopwood also just returned from a week in Hawaii. Dave Yates back from a week in London and Paris. Bob and Kay Brett left Sunday for New Zealand. They will be gone for two months and will be visiting their daughter and son-in-law who live there.

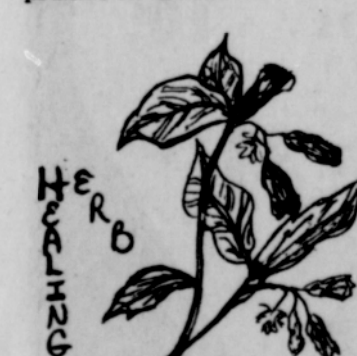
FRANK is home from Boise, Idaho.

THAT'S IT FOR NOW. Back next week. Bye, bye.



In past weeks we've told you about honey, helpful herbs, and how to's for curing various ailments. But this week we want to introduce you to the healing herb known more commonly as comfrey.

Comfrey is one of the most useful indigenous herbs known today. It has been used for all sorts of healing from a cure for diarrhea to an excellent poultice for fractures.



This herb can be found growing on low lands and in moist places. (Guess all Oregon flatlanders would be overruled with this lush plant if it wasn't for all that concrete they have down there.)

The stem is hollow and leafy, having a greater number of leaves at the bottom and thinning out towards the top of the plant. Unlike many non-poisonous plants, the stem is covered with bristly hairs. The root, used in medical remedies, is black on the outside with a whitish mucilage inside.

One easily recognizable feature of this herb is its flowers which are paired, one-sided clusters of drooping yellow or purple buds. Comfrey makes a pretty addition to those indoor plants you might be planning on cultivating this winter. It will be a good producer for you, yielding 4-6 crops per year. Remember, if you do want to use the leaves for medicinal purposes they should be picked just before the plant begins to flower for best results.

Comfrey can be put to its most beneficial use right now to help get rid of that nasty autumn cold. Since it is an excellent source of vitamins C, B-1, B-2, B-12, and A, not to mention its iron and protein content, it can only aid in relieving those cold miseries. The leaves, when dried and made into a hot tea, help soothe red, inflamed throats. I've always made a tea mixture of comfrey, rose hips, and yucca flowers to have around the house for cold season.

The black root of the comfrey plant can also be used as a healing agent. Cut the root into small pieces. Take a heaping teaspoonful and place into a cup of boiling water for about 20 minutes to a half hour. When it gets cold drink one or two cups a day.

A known folklore use of comfrey is as a gentle cure for diarrhea using either the cold tea recipe above or a hot tea combination.

The root of the plant has also been used as an application for bruises, burns, open sores and fresh wounds. A soft, heated root placed on the wound, etc., and covered by a warm cloth is supposed to aid in the healing of these problems. Comfrey's varied vitamin constituents must be the reason for its many healing powers.

When you do plan on using this herb, whether as a poultice, tea remedy or just as a nice warm winter drink, you might find that it's not quite as interesting and tasty as you might want it to be. Don't run to your cupboard for that bland, non-nourishing white sugar that cost you so much last week. Instead use some type of natural, raw honey to satisfy your sweet tooth and give you a little nourishment on the side.

Peaches came to Persia from China and were called peaches from the persicus or Persian tree.

Lots happening at Hoodland Preschool

This year's Mt. Hood Preschool Cooperative is in full swing with an enrollment of 15 three-year-olds and 10 four-year-olds.

Already the group of young adults have participated in field trips ranging from a visit to a dairy farm to a pumpkin pick. Trips to the post office and library are upcoming.

Teachers at the preschool are Joan Berger, four-year-olds, and Cecily Thompson, three-year-olds. Both highly qualified teachers reside in the Hoodland

area and volunteer their time. Parents of the school's children serve as active participants in the organization and operation of the cooperative school. Mrs.

Bomb threat phoned by local youth

An 8-year-old Sandy youth was caught in the act of delivering a bomb scare to Pacific Northwest Bell this Sunday. According to Sandy Police reports, a threatening

telephone call was traced to the youth.

The toddler bomb scarer was referred to juvenile authorities, and probably received a sore fanny from his father.

Meredith Closser of Hoodland, is this year's elected chairwoman for the Mt. Hood Preschool Cooperative.

A new rug for pre-schooler comfort has recently adorned the school, located in the Hoodland Shopping Center. A fund raising pot-luck supper for skiers is currently in the planning stage.

For further information regarding enrollment or fund raising projects persons may stop by the school or call 622-3495 or 272-3254.

Man killed near

Gov. Camp

A Portland man, David H. Winegar, was killed on Highway 26 seven miles east of Government Camp near mile post 62 in a head-on collision Sunday.

Driver of the car in which Winegar was riding, Carol Zartman, also of Portland, was pinned behind the steering wheel.

An emergency crew from the Sandy Fire Department assisted Sandy Ambulance's

rescue of the woman with a special Hearst power tool.

Mrs. Zartman was treated and transferred to Good Samaritan Hospital in Portland.

Winegar, a hitchhiker, had been picked up by the woman just down the highway from the fatal wreck.

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In 1852 the mouth of the Yellow River in China moved 500 miles to another gulf.

Prices Effective Wed thru Sat., Nov 20-23

AG FOOD STORES

Hoodland PARK PLAZA

Highway 26 at Welches Road Wemme, Oregon

Pre-Thanksgiving Food Sale*

BEST FOODS

MAYONNAISE

FIRST QUART **\$1.39** Additional at regular Price

DOLE

PINEAPPLE

• CHUNKS • CRUSHED • SLICED **4 8 oz. TINS \$1**

EARLY CALIFORNIA

RIPE OLIVES

MED. SIZE, 6 OZ. POTTED SIZE **39¢**

BANDON, CHEDDAR

CHEESE

MEDIUM 2 LB LOAF **2.39**

IMPERIAL, VEGETABLE OIL

MARGARINE

PKG. OF 4 CUBES 1 LB. PKG. **69¢**

WHOLE OR JELLIED CRANBERRY

SAUCE

WESTERN FAMILY 16 OZ TIN **29¢**

HI-HO

CRACKERS

SUNSHINE 1 LB BOX **59¢**

PAPER

NAPKINS

"SILK" PKG OF 60 **15¢**

HYGRADE OR WESTERN FAMILY BONELESS

Hams \$1.29

1/2 OR Whole LB. Water Added for Tenderness & Flavor

PORK LOIN CHOPS

FAMILY PACK (END CUT) **98¢**

SIRLOIN END (3 LB. AVG.) **98¢**

LAND O' FROST (WAFER-SLICED) **3 3 OZ PKGS. \$1**

MRS. SMITH'S, FROZ.

PUMPKIN PIES

26 OZ PIE **79¢**

WESTERN FAMILY

ORANGE JUICE

6 OZ TINS **5 \$1**

FLAV-R-PAC, FROZEN

PEAS OR CUT CORN

10 OZ PKGS. **4 \$1.09**

IDAHO GEM, FROZEN

POTATOES

FRENCH FRIES OR CRINKLE CUTS **3 1 LB PKGS \$1**

FRESH, CRISP Celery 19¢

Stalk

FRESH CRANBERRIES

OCEAN SPRAY 1 LB. BAG **29¢**

MED. SIZE SWEET POTATOES OR

RED YAMS LB. **15¢**

GREEN ONIONS OR

RADISHES 2 BN. **29¢**

HOME-GROWN

BROCCOLI LB. **29¢**

MOUNTAIN GROWN

Folger's Coffee 2 LB TIN **2.28**

YUBAN Coffee 1 LB. TIN **1.39** 2 LB TIN **2.44**

BETTY CROCKER, INST., MASHED

Potato Buds 16 1/2 OZ BOX **98¢**

COTTAGE, ALL GREEN SPEARS

Asparagus 14 1/2 OZ TIN **73¢**

WESTERN FAMILY, 3-SIEVE

Fancy Peas 16 OZ TIN **35¢**

PRINCELLA, SOUTHERN

Golden Yams 29 OZ TIN **59¢**

LIBBY'S, SOLID PACK

Pumpkin 16 OZ TIN **29¢**

PILLSBURY, STRUESEL SWIRL

Cake Mixes 28 OZ PKG. **99¢**

SEVEN SEAS, CREAMY GREEN GODDESS

Salad Dressing 8 OZ BTL. **59¢**

KELLOGG'S

Croutettes 7 OZ PKG. **49¢**

STEINFELD'S, GENUINE

Dill Pickles 22 OZ JAR **59¢**

REYNOLD'S, HEAVY DUTY

Aluminum Foil 18"x25' ROLL **69¢**

PHILADELPHIA

CREAM CHEESE

(PLAIN ONLY) 8 OZ PKG. **39¢**

WESTERN FAMILY

POTATO CHIPS

"TRIPLE PACK" 9 OZ BOX **59¢**

RESER'S

CHIP DIPS

ASST'D. VARIETIES 7 OZ CTN. **49¢**

ITALIAN SWISS COLONY

WINES

BURGUNDY, ROSE OR CHABLIS HALF GAL **\$2.39**

Andre or Jacques Bonet

CHAMPAGNE

FIFTH **1.89**

POLAROID

T-88 "SQUARE SHOOTER" COLOR PACK EA. **3.49**

POLAROID

T-108 COLOR FILM PACK EA. **4.39**