

### Poetry reading set at MHCC

Yakima poet Thomas Brush will read some of his works Nov. 21 in room 110 in the library at Mt. Hood Community College.

The noontime reading is part of the Mountain Writers' Series sponsored by MHCC which features readings of poets and writers from throughout the Pacific Northwest.

Brush who is currently a

teacher at Kent-Meridian High School in Kent, Wash., studied at the University of Washington and Central Washington State College. He has had his works included in publications including "New Voices in American Poetry: An Anthology," "Shenandoah," "Poetry Northwest," and "Crazy Horse."



MUSICIANS PREPARE for next week's concert at Sandy Union High. The performance begins at 7:30 p.m. Nov. 25.

## VINTAGE YEARS ANTIQUES

Connie Warnock, Proprietress

Located Just East of The Inn Between

Furniture ☆ Primitives

Antique Accessories

Graniteware  
Glass and China  
Copper and Brass  
Tinware  
Pictures

(Special 10% Discount With This Ad)

Wed. thru Sat., 12:30-4:30 p.m.  
Other Days By Chance or Appointment  
622-3295

## What's Cooking?

By SARA SEWELL

**EASY DAY CASSEROLE**  
2 Lbs. beef stew meat  
1/2 to 1 package dehydrated onion soup mix  
1/2 cup red wine or sherry  
1 can undiluted mushroom soup  
1/2 lemon squeezed over meat (opt.)

Mix all ingredients in casserole. Cover and bake for 3 hours at 265 degrees. Add mushrooms if desired, and a package of frozen mixed vegetables near the end of cooking time. (I prefer to add a can of mushrooms, and prepare and serve the vegetables separately.)—From the files of Mrs. George P. Sewell, Gadsden, Ala. The meat is delicious served with either rice or potatoes.

**GREEN AND YELLOW RICE**  
3 cups boiled rice  
1/4 cup butter or margarine  
4 beaten eggs  
1 Lb. grated cheese (sharp)  
1 cup milk  
1 pkg. frozen chopped spinach, cooked and drained  
1 Tablespoon chopped onion  
1 Tablespoon worcestershire sauce  
1/2 teaspoon each salt,

marjoram, thyme and rosemary.

Melt butter, add to rice. Beat eggs with grated cheese, add milk to eggs, then add cheese mixture to spinach. Mix well, but gently. Add onions, worcestershire sauce and seasoning. Set aside after placing in 2 quart casserole. Bake uncovered in pan of hot water at 350 degrees for 45 minutes.—From the files of Mrs. Philip Rees, Milwaukie.

**SUMMER SQUASH CASSEROLE**  
2 lbs. yellow summer squash, (Sliced 6 cups)  
1/2 cup chopped onion  
1 can condensed chicken soup  
1 cup sour cream  
1 cup shredded carrots  
1 (8 oz.) pkg. herb-seasoned stuffing mix  
1/2 cup melted margarine

In sauce pan cook sliced squash and chopped onion in boiling salted water for 5 minutes, then drain. Combine cream of chicken soup and sour cream. Stir in shredded carrots. Fold in drained squash and onion. Add margarine to stuffing mix. Spread half of stuffing mixtures in bottom of greased baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing mixture over vegetable. Bake for 30 minutes in 350 degree oven. Serves 6. Serve with pride.—From the files of Mrs. Ausie Smothers, Albertville, Ala.

**WATERGATE CAKE**  
1 box white cake mix (dry)  
1 box pistachio instant pudding mix (dry)  
3 eggs  
1 cup cooking oil  
1 cup club soda (other, 7-Up, etc.)  
1 cup chopped nuts

Beat 4 minutes at medium speed. Bake in greased and floured 9" x 13" pan at 350 degrees for 30-35 minutes.

Topping: 2 packages dessert topping, 2 cups milk. Beat until it peaks; add 1 package instant pudding mix. Spread on cake. Keep in refrigerator. Improves with age.—From the files of Mrs. James DeShazer, Lincoln, Neb.

### MENUS

#### Sandy Grade School

**MONDAY, NOV. 17**  
Hamburger Pie with Potato Topping  
Bread & Butter  
Sliced Peaches  
Brownie  
Milk

**TUESDAY NOV. 18**  
Rice & Cheese Casserole  
Buttered Corn  
Biscuit with Honey Butter  
Fresh Apple  
Milk

**WEDNESDAY, NOV. 19**  
Beef Burrito with Sauce  
Buttered Peas  
Celery Sticks  
Apricot Crisp  
Milk

**THURSDAY, NOV. 20**  
Hot Dog on a Bun  
Mustard  
Mixed Vegetables  
Pickle Chips  
Pear Half  
Oatmeal Cookie  
Milk

**FRIDAY, NOV. 21**  
Lasagna  
Tossed Green Salad  
French Dressing  
Hot Whole Wheat Bread  
Jello with Whipped Topping  
Milk



CONNIE JOHNSON, former assistant publisher of The Outlook Publishing Co., publishers of the Sandy Post, and his wife Burrell were honored at a party Saturday at the Foothills Inn.



## Sandy Senior Center NEWS

Diabetic screening tests will be available to the public on Thursday, Nov. 20, 9:30 - 11:30 a.m. The Clackamas County Health Department will be conducting the tests at the Sandy Senior center. There is no age restriction.

Participants please eat the following breakfast before arriving for your test. Plan to arrive at the testing center 1 1/2 hours after you finish eating.

Breakfast meal  
2 slices toast, 2 tablespoons jelly, 1 egg (optional), 1/2 cup grape juice or 1 cup orange juice with 2 teaspoons sugar added and 1 cup milk.

In addition to the above foods you may have the following as desired:  
Butter or margarine, vegetables and tea or coffee with cream, but no additional sugar.

Do not eat or drink anything except water, tea or coffee (without sugar) between the time you eat your meal and the time you have your test.

The remainder of the Loaves and Fishes activity calendar for November is:

Nov. 13 Golden Age Club Potluck, Nov. 14 Quilt tying, Nov. 17 Willis Luncheon, Nov. 18 Open Recreation, Nov. 19 Tom Gould Medicare Discussion, Nov. 20 Gary Land Direct Deposit-S.S., Nov. 21 Quilt Tying, Nov. 25 Open Recreation, Nov. 26 Free Blood Pressure, Nov. 27 Thanksgiving Day (closed) and Nov. 28 November Birthday Party.

We extend our gratitude to everyone involved in the Golden Age club flea market for a job well done.

Remember the Arts and Crafts sale at the Senior Center Saturday, 9 a.m. - 5 p.m. For table reservations call 668-5569. There is no admission charge.

The Loaves & Fishes Steering Committee meets Monday, Nov. 17, 9 to 10 a.m. at the center.

Your input is needed in center decisions. Plan now to attend.

#### SANDY SENIOR CENTER PROGRAM

November 13 - 19

November 13

Thursday

8:30 a.m. - 11:30 a.m. drop in

11:30 a.m. - 3:30 p.m. Golden

Age Club potluck

3:30 p.m. - 4:30 p.m. drop-in

November 14

Friday

8:30 a.m. - 11:30 a.m. drop-in

11:30 a.m. - 1:00 p.m. Loaves & Fishes

1:00 p.m. - 3:30 p.m. quilt tying

7:30 a.m. - 4:30 p.m. drop in

November 15

Saturday

9:00 a.m. - 5:00 p.m. Arts & Crafts sale

November 16

Sunday

closed

November 17

Monday

8:30 a.m. - 11:30 a.m. drop-in

10:00 a.m. - 11:00 a.m. Bible Study

11:30 a.m. - 1:00 p.m. Loaves & Fishes

1:00 p.m. - 3:30 p.m. Pinochle

1:30 p.m. - 4:30 p.m. drop-in

November 18

Tuesday

8:30 a.m. - 11:30 a.m. drop-in

9:30 a.m. - 11:00 a.m. mixed media art class

11:30 a.m. - 1:30 p.m. Loaves & Fishes

1:30 p.m. - 4:30 p.m. drop-in

November 19

Wednesday

8:30 a.m. - 11:30 a.m. drop-in

9:00 a.m. - 11:30 a.m. ceramics

11:30 a.m. - 1:30 p.m. Loaves & Fishes

1:30 p.m. - 3:30 p.m. Nursing Home Program

3:30 p.m. - 4:30 p.m. drop-in

# NOVEMBER CLEARANCE SALE



SAVE 1/3 to 1/2

Starts Thursday . . . great savings in both stores. Our big sale event of the Fall season . . . sweaters, pants, shirts, jeans, tops, jackets and sportswear coordinates in wide assortment for both misses and junior sizes. Coats, dresses, and pantsuits too, all at substantial reductions . . . great looking clothing for fall and winter months ahead!

## GLASS BUTTERFLY

Hood Center  
Mon. thru Fri. 9:30 until 9:00  
Saturday 9:30 until 6:00

Sunday (Hood Center Only) Noon until 5:00

Downtown  
Mon. and Fri. 9:30 until 9:00  
Other weekdays & Sat. 9:30 until 6:00

We've Moved  
**Krause Furniture**  
New Location  
604 N.E. 8th Gresham  
In The Flav-R-Pac Warehouse  
665-1103

**Warehouse Sale**  
**Prices**

Come In and Save



Hours 9:30 to 5, Six Days A Week