

Princess Colleen sings milk's praises

Colleen Meier, 18, is a singer. She'll leave June 30 for a tour of Europe with the U.S. Honor Choir, but before she does she'll sing the praises of dairy products as Clackamas County Dairy Princess.

Colleen was a member of the All-State Choir when asked to audition for the national group. She was selected on the basis of a tape of "The Way We Were."

The 1976 Sandy High School graduate sang the part of Chava, the intellectual daughter in "Fiddler on the Roof." She was also a member of the Pionettes dance team, vice-president of Future Business Leaders of America and a member of National Honor Society.

Colleen was named dairy princess April 10, but her interest in the dairy started well before then. She is the daughter of Trudy and Earl Meier of Meier Dairy. The milk from the family's 150 Brown Swiss cows is sold under the Meier Dairy label.

It is a family operation. Partners with the Earl Meiers are his brother and his wife, Larry and Arabel Meier.

Two sons, Curt, a recent graduate of Oregon State University in agriculture economics, and Ken, who studied at Mt. Hood Community College, are also in the business.

"The business is mostly family now," Colleen, who helps out with the bookkeeping and answering a busy telephone, said.

She doesn't stay completely out of the barn, however. She has shown Brown Swiss cattle in 4-H for 10 years. Last year she was grand champion all-around showman at Clackamas County Fair, which meant she had to be able to show beef, sheep and swine, too.

"I had to show a goat," she said with a smile.

Colleen has a scholarship to Linfield College where she plans to study home economics and business. Her sister, Carol Croy, is also a graduate home economist and works in business for Standard Asphalt in San Francisco.

Colleen thinks she might be interested in becoming a clothing buyer and fashion coordinator.

"I've been sewing in 4-H as long as I've been showing dairy cows," she said.

One of Colleen's most pleasurable experiences so far as public relations person for the dairy industry has been to speak at Boring Grade School's career days.

"I told them what it was like to be in the dairy business," she said.

Other duties will include speaking to Sandy Chamber of Commerce, Kiwanis Club and Christian Women's Club.

She was also in the Canby parade.

"I always thought how corny it was to sit up there and wave at everybody, but once I started doing it, it was a lot of fun," Colleen said.

Colleen is probably more comfortable with a calf than a crown, but she takes her responsibilities seriously.

"I always walk around the house in a long dress and crown this early in the morning," she joked.

Earl Meier, who was named Oregon Dairyman of the Year, said there are fewer dairymen today but they have bigger operations.

"The number of dairy cows has gone down but production has gone up," he said.

Meier Dairy processes the raw milk right on the farm near Boring, but the processing of the pasteurized milk and other dairy products is done in Portland.

Besides the milk routes the dairy maintains, there is an additional retail outlet. Colleen's cousin, Gale Meier, is the owner of Sharon's Food King in Sandy.

The Boring area is becoming suburbanized and the dairy farmers homes are no longer the only ones on the hill.

"It makes it rough on us farmers because we pay taxes according to the higher evaluations," Earl said.

"We get along fine with our neighbors, though," Trudy said. "Most people move out here because they like the rural atmosphere."

Colleen is of Swiss descent on both sides and has inherited the love of good food—using dairy products, of course.

She has collected a mini-cookbook of recipes from area women through the Clackamas County Dairy Wives organization.

The recipes range from rhubarb cake to Oregon cheese bread to milk drink.

Colleen's seventh grade teacher, Marjorie Stafford, shared this recipe for ice cream.

Marjorie Stafford's Ice Cream

5 eggs, beaten
2 1/4 cup sugar
1 quart half 'n' half
1 cup whipping cream
6 teaspoons vanilla
1 quart milk

Add sugar to beaten eggs slowly. Add rest of ingredients and freeze. For chocolate ice cream, mix one-half to two-thirds cup cocoa with hot water to moisten; let cool and add to vanilla mixture.

Mrs. Fred Morgan Sr.'s Bread Pudding

1 1/2 cups diced bread (at least 24 hours old)
1 1/2 tablespoons butter
3/4 cup sugar
One-third teaspoon salt
3 cups milk
2 egg yolks or 1 egg
1 1/2 teaspoons vanilla
Nutmeg

Scald milk and add crumbs and butter. Let stand at least 10 minutes then stir in flavoring, salt and beaten egg, beaten and mixed with sugar. Transfer to greased baking dish. Bake for about 40 minutes at 350 degrees; do not let it boil. Serve it hot or cold with cream, milk, lemon or other sauces.

Margaret's Meatballs and Gravy

2 pounds hamburger
1/2 cup finely ground bread crumbs
2 tablespoons finely chopped onion
1/2 cup milk
1 teaspoon salt
1/2 teaspoon nutmeg
1/4 teaspoon pepper
3 cups milk

Mix ingredients until well combined. Shape into meatballs about 1 1/2 inches in diameter. Roll meatballs in



COLLEEN MEIER is promoting dairy products as Clackamas County Dairy Princess. Colleen, a graduate of

Sandy High School, will study home economics business at Linfield College.

cornmeal and brown all over in large skillet, (a cast iron Dutch oven is perfect), which has about two tablespoons melted butter in it. When meatballs are browned, pour about 3 cups milk over them, cover and simmer for about 1 hour, or they can be cooked in the oven. More milk may be added to keep a nice gravy bubbling.

Margaret's Tea Loaf Surprise

1/2 cup butter
1/2 cup cream
1/2 cup honey
3 teaspoons cinnamon
2 cups finely-chopped walnuts
3 1/2 cups flour
3 cups granulated sugar
2 teaspoons soda
2 teaspoons salt
1 teaspoon nutmeg
2 cups grated raw carrots
1 cup cooking oil
3/4 cup water
4 eggs

Line two 9 by 5 pans with foil; grease. Combine in saucepan butter, cream, honey and two teaspoons cinnamon; bring to boil and cook 1 minute. Stir in 1 1/2 cups walnuts; cool.

Combine flour, sugar, soda, salt, 1 teaspoon cinnamon and nutmeg in large mixing bowl. Stir in carrots and 1/2 cup walnuts. Combine oil, water and eggs; add to dry ingredients. Mix only until all dry particles are moistened.

Place 1 cup batter in each loaf pan; top with 1/2 cup nut mixture. Cover with 1 cup batter, then 1/2 cup nut mixture. Top with remaining batter. Bake at 350 degrees for 65 to 75 minutes until center of crack is dry to touch. Cool 15 minutes. Remove from pan. Store overnight before slicing. Excellent to freeze.

Lorraine's Cottage Cheese Cake

1 cup butter
1 cup white sugar
1 cup brown sugar, firmly packed
2 eggs
3/4 cup small curd cottage cheese
Two and two-thirds cup cake or all-purpose flour
1/4 cup cocoa
1 teaspoon salt
1 teaspoon baking powder
1 1/4 cup buttermilk
1 cup chopped nuts
Cream butter and sugar. Add eggs and cottage cheese; beat well. Sift dry ingredients together and add alternately with buttermilk. Fold in nutmeats.

Bake in 13 by 9 by 2 inch pan, which has been greased and floured, in 350 degree oven for 45 to 50 minutes. If cheese used is quite moist, sometimes a little additional flour is necessary.

It needs no frosting, but may be dusted with powdered sugar.

Lorraine's Ambrosia Topping

2 cups dairy sour cream
1/2 cup maraschino cherry halves, well-drained
1 3/4-oz. can flaked coconut
1 11-oz. can mandarin orange segments, drained
Mix together.

Margaret Aschoff's Rhubarb Cream Pie

1 cup granulated sugar
1 cup sour cream
1 egg
3 tablespoon instant tapioca
3 cups rhubarb, cut-up
Pastry shell
Mix sugar, sour cream, egg and tapioca. Pour over rhubarb in uncooked 8-inch pastry shell. Bake at 400 degrees for 15 minutes and 30 minutes at 350 degrees.



EARL MEIER shares the dairy industry spotlight with daughter, Colleen, Clackamas County Dairy Princess. Earlier he was named Oregon Dairy Farmer of the Year.

Grad tab correction

In the graduation tabloid of last week's issue, a student was incorrectly identified. We would like to apologize to Bryon Baldock whose name appeared under Steve McCormick's picture. We regret any embarrassment this may have caused.

Preservation hotline ready

The Oregon State University Extension Service is offering a "food preservation hotline" to answer questions about canning, freezing, pickling and drying.

Residents of the tri-county local calling areas may call 238-9768 or 238-9769 between 8:30 a.m. and 5:00 p.m. Monday through Friday until Oct. 8.

Rising food prices and an increasing interest in gardening, has created renewed interest in food preservation.

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We have a large truck selection of pick-ups, vans, sport vans. Suburbans plus all the 4 wheel drive model Suburbans and Blazers. Remember — the only changes in the Chevrolet truck line for 1977 will likely be approximately 6% or more so why deprive yourself the pleasure of a new Chevrolet by waiting until October when the same truck will cost you much more.

The only changes in the '77 Chevrolet cars will be in the Impala and Caprice models. The big car and the big wagon are going the way of the convertible. If you do need a big, roomy car, now is your last chance. The rest of the line stays the same; all except the price, that is.

We have a quantity of Nova Medalists, Vega and Monza Cabriolet models and Vega and Monza "Spirit of 76" models on which the factory gives as much as a \$180.24 price reduction. This is in addition to Carlson Chevrolet's consistently lower prices. We even have a few "Bonanza" factory savings of \$188 on certain pickups. We always pass on to our customers every possible factory price savings.

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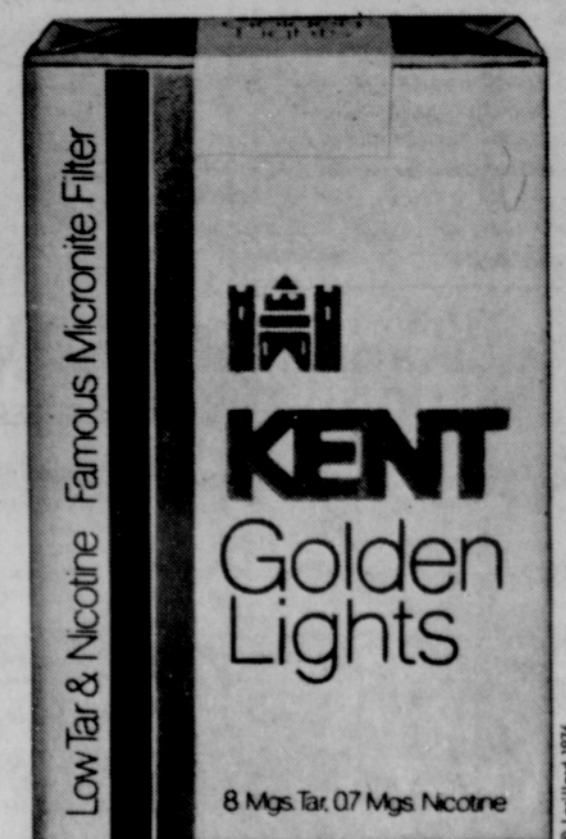
HERE'S HOW THE U.S. GOVERNMENT RANKS ALL THESE CIGARETTE BRANDS.

(COMPARE YOUR BRAND WITH KENT GOLDEN LIGHTS.)

Filter Brands	Type	Tar (mg/cig)	Nicotine (mg/cig)
KENT GOLDEN LIGHTS	king size	8 mg.	0.7 mg.*
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Vantage	king size	11 mg.	0.7 mg.
Multifilter	king size	13 mg.	0.8 mg.
Winston Lights	king size	13 mg.	0.9 mg.
Marlboro Lights	king size	13 mg.	0.8 mg.
Raleigh Extra Mild	king size	14 mg.	0.9 mg.
Viceroy Extra Mild	king size	14 mg.	0.9 mg.
Parliament	king size box	14 mg.	0.8 mg.
Doral	king size	15 mg.	1.0 mg.
Parliament	king size	16 mg.	0.9 mg.
Viceroy	king size	16 mg.	1.1 mg.
Raleigh	king size	16 mg.	1.1 mg.
Virginia Slims	100mm	16 mg.	1.0 mg.
Parliament	100mm	17 mg.	1.0 mg.
L.M.	king size box	17 mg.	1.1 mg.
Silva Thins	100mm	17 mg.	1.3 mg.
Marlboro	king size box	17 mg.	1.0 mg.
Raleigh	100mm	17 mg.	1.2 mg.
Marlboro	100mm	17 mg.	1.1 mg.
Benson & Hedges 100's	100mm	18 mg.	1.1 mg.
Viceroy	100mm	18 mg.	1.2 mg.
Marlboro	king size	18 mg.	1.1 mg.
Lark	king size	18 mg.	1.2 mg.
Camel Filters	king size	18 mg.	1.2 mg.
Eve	100mm	18 mg.	1.2 mg.
Winston	100mm	18 mg.	1.2 mg.
Winston	king size box	18 mg.	1.2 mg.
Chesterfield	king size	19 mg.	1.2 mg.
Lark	100mm	19 mg.	1.2 mg.
L.M.	king size	19 mg.	1.2 mg.
Tareyton	100mm	19 mg.	1.4 mg.
Winston	king size	19 mg.	1.3 mg.
L.M.	100mm	19 mg.	1.3 mg.
Pall Mall	100mm	19 mg.	1.4 mg.
Tareyton	king size	21 mg.	1.4 mg.

Source: FTC Report Apr. 1976
*By FTC Method

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