

Father's Day SPECIALS

Frigidaire Why settle for less?

FRIGIDAIRE. All our Jet Cone washers clean better than the best-selling brand's best washer.



- Flexible 1-18 lb capacity
- Special see-through washer lid
- Knits/Permanent Press/Regular wash cycles
- Infinite water level selector
- Automatic Dry and Timed drying cycles
- 4-position Fabrics selector



Excellent For All Ways Of Cooking!

JENN-AIR

The Range/Oven that cooks Turkeys, Roasts and Hams up to

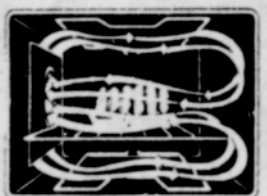
30% FASTER at 50° LOWER Temperature!

and that's just part of it... JENN-AIR is the do-everything range... with pop-in modules on top for the smokeless grill, shish-kebab, griddle, rotisserie, french fryer... conventional or ceramic top cooking... and the world's first power vented oven!

ROAST, BAKE, BROIL this new & better way

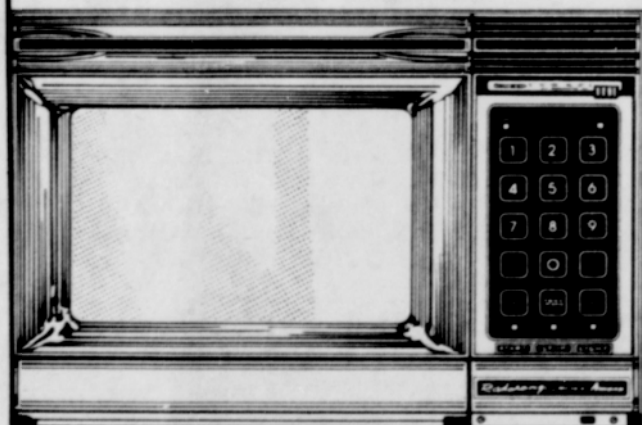
Now an open-fire, open air taste for oven-cooked meats! Meats with a caramel brown coating that traps rich juices inside. Meats taste better and juicier because they are cooked in a whirl of hot, fresh air... and they cook faster at cooler temperatures saving time, money and power!

CONNECTED OVEN AIR FLOW



Amana Radarange
MICROWAVE OVEN

The Perfect Gift!



ALLOWS YOU TO SPEND MORE TIME WITH DAD!

MODEL RR-9

- The first microwave oven with a memory. The Radarange Touchmatic Brain.
- Amana COOKMATIC Power Shift™ puts you in full control of everything you cook.

- A full 675 watts cooking power.
- Digital clock displays the time of day when not in an operating cycle.
- Stainless steel interior, virtually immune to rust.
- Cooks most everything with 50% to 75% less electricity. A real energy saver.
- Pull down, see-through door and interior oven light make it easy to keep an eye on the food you're cooking.
- Automatic defrosting to defrost frozen food in minutes.
- Removable glass tray catches boilovers and spills.
- Large oven capacity is big enough for family size turkey.

Buy one of these
Amana Radarange
and get the exclusive
Amana Radarange
POPCORN POPPER
FOR NO EXTRA CHARGE!

Amana Radarange Microwave Oven Popcorn Popper—made exclusively for use in any 575-watt Amana Radarange POPS CORN FASTER... WITHOUT ANY OIL... THAN ELECTRIC POPCORN POPPERS... WITHOUT ANY SHAKING, STIRRING OR TURNING!



PLUS—
• Light, fluffy popcorn with fewer calories
• No greasy container
• No heating up the kitchen
• Dishwasher safe

A \$34.95 VALUE

RIEGELMANN'S

Sales & Service

301 E. Powell Open Mon. & Fri. Nites Til 9:00 P.M. 685-4158



It's a scoop

OLD-FASHION ICE CREAM comes to Sandy with the recent opening of Wendy's Old-Fashioned Ice Cream Parlor located next to owner Phyllis Rader's Curl Shop on Proctor Boulevard. The named after daughter Wendy, features an authentic ice cream fountain from the 1920's, old-fashioned soda, solid oak, brass railing and antique leaded glass

doors. There are 15 flavors of hard ice cream on the menu, with hot dogs, sandwiches, salads, sundaes, parfait and milkshakes other specialties. Here makes an ice cream cone for co-worker Bernice Byer. Sister Terry Rader also works at the shop. Arrival of a huge wall mirror and old-fashioned pictures will complete the decor.

(Post photo)

Indoor plants need fresh air

After spending the winter in the house, indoor plants often seem to benefit from being placed outside for the summer.

But when putting houseplants outside, keep their light needs in mind. No indoor plants should be put where they will be in full sunlight all day.

Plants whose leaves have streaks, marks, or patches of different colors don't tolerate a great deal of light. They should be placed in dense shade along with those plants that are recommended for low light intensities when indoors.

These low light plants include Chinese evergreens, jades, sansevieria, English ivy, bamboo, and parlor palms and pewter plants. If unsure about other low light plants, consult an indoor plant book or experts at a

local plant store.

Plants requiring intermediate light intensity will do well in partial shade. Examples include rubber plants, heart-leaf and fiddle-leaf philodendrons, several types of dracaena, asparagus ferns, and dumbcane.

Once indoors, the soil in the pot is likely to dry out faster than indoors. Hatch advises keeping a close check on soil moisture and perhaps watering more often than when the same plants are in the house.

Spaces open

Spaces and tables are now available for the Sandy Mountain Festival Flea Market at the Adventist Church Center, slated July 9 from 8 a.m. to 8 p.m.

Extension Calendar

June 8 — Forest Fire Prevention, State Forestry Headquarters, Molalla, 7:30-9:30 p.m.

June 10 — 4-H and FFA sheep feeding contest weighing, Canby fairgrounds, 8-10 a.m.

June 10-11 — Oregon Poultry Industries, Inn at Otter Crest, 9 a.m.

June 10 — 4-H Competitive Trail Ride, Eagle Creek.

June 14 — 4-H Livestock Advisory, 7:30 p.m.

Clackamas Com. College.

June 12-17 — 4-H Camp, 1st session, Colton.

June 12-17 — 4-H Summer Week, OSU Campus.

June 17 — Reforestation of small places, Car Tour, Meet at Sandy H.S., 9:30 a.m.-3:30 p.m.

June 19-23 — 4-H Camp, 2nd session, Colton.

June 21 — 4-H Horse Advisory, Clackamas Com. College, 7:30 p.m.

June 28 — 4-H Horse Tack Swap, Fairgrounds.

June 28 — 4-H Camp Evaluation Committee.

What's Cooking? Yogurt-Jello Pudding Dessert

by Sara Sewell

Yogurt-Jello Pudding

Make any flavor Jellatin and chill until firm. Put half plain yogurt, half Jellatin in blender and blend for about 10 seconds, until all one color.

You can add a banana while blending or any other fruits during or after blending. Refrigerate in serving sized containers until set — about 30 minutes. It also makes a nice drink fresh from the blender before it sets. From the files of Peggy West, Aims.

Cannelloni

Ingredients:

Crepes (your favorite recipe) or egg roll wrappers (easier — buy from a Chinese market)
2 tablespoons salad oil
2 tablespoons chopped onion
½ teaspoon minced garlic
½ of 10 ounce frozen, chopped spinach, thawed and dried

1 tablespoon margarine
½ pound ground beef
2½ tablespoons Parmesan cheese
1 tablespoon heavy cream
1 egg, lightly beaten
¼ teaspoon oregano
salt and pepper to taste
Besciamella sauce (recipe below)
tomato sauce (16 ounce)

For filling: Heat olive oil in skillet. Add onions and garlic and cook until soft but not brown. Stir in spinach and cook, stirring three or four minutes. When all liquid is gone, put spinach in mixing bowl. Melt butter in same skillet and lightly brown ground meat, stirring to keep in very small pieces. Add meat to spinach.

Put in Parmesan, cream, eggs and oregano. Mix gently, but thoroughly. Season to taste with salt and pepper.

Put tablespoon or so of filling on crepe or egg roll wrapper and roll-up.

Set oven to 375 degrees. Put just a thin layer of tomato sauce in the bottom of a 10 by 14 inch baking dish. Lay cannelloni side by side in dish.

Spoon the rest of the tomato sauce on top. Sprinkle cheese (one tablespoon Parmesan) and 1 tablespoon margarine on top. Bake 20 minutes. To brown top, slide under broiler for a few seconds. Watch constantly.

Besciamella Sauce

3 tablespoons margarine
3 tablespoons flour
½ cup milk
½ cup heavy cream
½ teaspoon salt
dash of white pepper

In heavy saucepan, melt margarine over moderate heat. Remove from heat and stir in flour. Pour in milk and cream slowly, whisking with wire whisk until smooth. Then return pan to heat and cook, whisking until it comes to a boil. Simmer and stir for 2-3 minutes longer. Stir in salt and pepper. Remove from heat.

Although this recipe takes a while to make, it is well worth the effort. The whole dish can be prepared ahead of time and kept in the refrigerator or freezer until ready to be baked.

From the files of Debbie Meis, Portland.

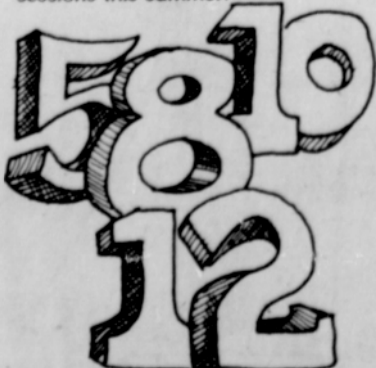
SUPER SUMMER SESSION

Mt. Hood Community College

Got a summer job and still want to take some classes? There is a variety of classes in the early morning, afternoon, and evening hours. Whether you work day or night, you can still take advantage of courses this summer.

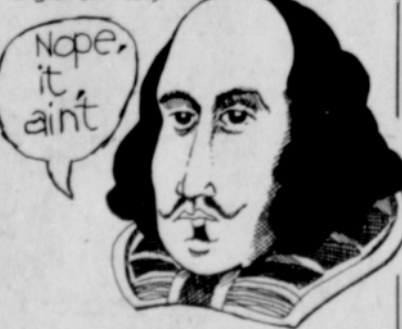


Like variety in your education? Select from five, ten, or twelve week class sessions this summer.



The trouble with "Summer School" is just that; it is school in the summer. What we've done at MHCC is make it possible for you to attend college and have a great summer vacation too. Take a minute to read some of the unique things we've done to turn plain old summer school into Super Summer Session.

Take a refresher course or two this summer, because English ain't easy.



Want to have a summer vacation? You can still get a complete course of study in only five short weeks during summer session and still have ample time for that trip to the mountains, the beach, or Et. Lauderdale.



Developmental Skills

A good understanding of basic skills in reading, writing, mathematics, spelling, grammar and vocabulary is essential for everyone. Use this Summer to further develop your skills.



Instructional Dates —

First 5-week session,
June 19 to July 21
Second 5-week session,
July 24 to August 25
Ten week session,
June 19 to August 25

Registration Dates —

Monday through Thursday from
8:30 a.m. to 7:30 p.m. and
until 4 p.m. on Fridays

For More Information Call:
Campus 667-7390
Maywood Center 256-3430

Fruit tree crops off

Fruit crops on home orchard trees may be light this year. With the unusually warm weather in early spring, most fruit trees bloomed from one to two weeks earlier than normal.

While conditions were good for blossom emergence, they were not ideal for pollination. Consequently some trees set no fruit at all and others set partial crops. Still others may have set fruit that were only partially pollinated.

Fruit that was not fully pollinated will often begin to form, then as the weather warms and systems in the tree begin operating the partially pollinated fruit is dropped.

Pollination of the fruit can be checked by cutting one of the fruits and looking for the young developing seeds. In an apple, for example, the seed cavities of a properly pollinated fruit will each have one or more young seeds. A poorly pollinated fruit may have hollow cavities, or only several forming seeds.

Cherries that have dropped due to pollination deficiencies will often be smaller in size and the kernel will be hollow. Apricots, peaches, and plums will also have hollow seeds or deformed kernels.

During the summer while the tree has no crop, it will be storing reserves and developing fruit buds for next year. Take some extra care of the tree this summer by pruning out suckers, removing damaged limbs, developing stronger scaffold limbs, and in general getting it prepared for a large crop next year.