

Home and Garden

Bits and Pieces

Who needs maps?

by Margaret Schmale

Have you ever noticed how most city people and a great many rural folks can travel around with ease? They all seem to know exactly where they are going.

Likewise, most people can tell that I am one who does not know where she is going when I am behind the wheel. I do just fine on established routes, it's finding new addresses that throws me into a state of confusion. After all, mailmen have been finding new addresses for years, so why can't I?

I never quite got the hang of figuring out the system of addresses in Portland. So in lieu of addresses I devised my own system of finding a given dwelling. I was like a detective with his snitches: some sources could be depended on and others left something to be desired.

I found that detailed instructions from a 5-year-old could put you within 50 miles of Kookamonga which was at times a little out of the way. Also I noted that you had to watch out for those who did not drive. Their instructions, although quite clear, could lead the long way around town. It seemed to defeat the purpose of driving a car when I had to follow a Tri Met bus route.

I loved jotting down the instructions; they always sounded like a new board game by Mattel. The starting point was always the stop sign at the closest main street. I could make it that far without much trouble.

I tried to keep my notes simple by concentrating on large focal points along the way. They usually read like, "Take a left at the red warehouse and go 8 blocks, watch for the maple tree that was struck by lightning. Turn left again at the 'Y' just past the cemetery and at the 4 way stop make a right turn past the donut shop. Watch for the side street under construction, there is a 4 block detour here. Double back around the car wash and turn down the alley behind the adult book store. Watch for the pile of culverts in front of a small white house with a cat on the porch and three bicycles in the yard. It's not that house, it's the grey house next door." I always feel like the winner when I get to my destination.

I've had such great success with my system in the city that I have modified it to rural living. Even the mailmen in the country find the box and route numbers and challenge. I have repeatedly tarveled a short section of road looking for a box number only to find that a run of numbers of missing. They show up on some small side road that looks like a driveway.

Night driving in the country is the next best thing to a snipe hunt. There is no lighting, no road signs, and the boxes are either smashed by vandals or have no visible numbers on them. Only the postmaster and the owner know the secret box number. As one peers through the night at shadows of boxes the common phrase comes to mind, "Seek and you shall find." The Lord only knows I have spent a lot of time seeking.

My system, now near perfect, does take considerable more paper to list rural directions. I have found that a dry run in the daytime to a new address makes an evening visit appear to have been no trouble at all. My husband informs me my system has long been perfected by others in the form of road maps and I would be wise to invest in one or stay off the road.



STRAWBERRY PICKERS are back in the fields despite the controversy and bad weather that has plagued Northwest growers this season. Pickers can

expect to earn between seven and 10 cents a pound for their efforts.

Smart consumers beat inflation

Instead of reacting with anger to increasing food prices, Oregon consumers should view inflation as a challenge and use every resource to get the best buy, according to Linda Baker, consumer affairs advisor for the Oregon State Department of Agriculture.

"There are many ways a smart consumer can take the edge off the grocery bill," she said. There are nine good techniques which consumers should use at the food market place.

Unit pricing — the listing of the cost of a grocery item according to a specific unit of measurement — is an excellent means of judging the relative cost of food store items which are either identical to each other, or at least similar in nature.

It's most effective when a shopper needs to know the price per unit of measurement of merchandise which is packaged in different sizes.

Since May 1, Oregon law has specified that most consumer commodities offered for sale in major grocery stores must have the unit price either on the item, or on a nearby label or placard.

Ms. Baker said that the direct marketing system — purchasing food items directly from the producers

— is receiving more intense attention this year.

In most of the western counties of Oregon, the county extension offices are offering free maps and directories indicating producers who sell directly from their farms or ranches. The commodities can either be picked by the consumer, or purchased soon after the producer does the harvesting.

Specific information also is offered free by the county extension offices on how best to process and store the direct-marketed commodities.

Purchasing directly from the producer can offer considerable savings by eliminating much of the harvesting cost of the "middle-man" expenses which this year are especially high in the food production and marketing chain, Ms. Baker said.

Other consumer techniques are of the sort which should always be used, but they're especially important when costs rise as they have in recent months.

They include: — Careful meal planning and checking the best buys and specials; building family meals around the items offered at the best price can cut dollars from the weekly food bill.

— Close scanning of

market advertisements to spot the "loss leaders." Those items, usually meat, are priced intentionally low to lure shoppers to the store. Purchasing such items in quantity and freezing them for future use is helpful on the budget.

— Wise storage and use of leftovers is like having money in the refrigerator, especially if meals are well planned.

— Avoiding gimmicks and prepared foods can save considerable cash, because those highly processed items generally reflect the highest cost per unit of measure. A little household planning can

produce excellent meals without the need for highly processed and prepared food items and in the same time.

— Using sound nutritional principles which means that for most of us we can get by with less. A quarter pound of meat and a half-cup of vegetables are nutritionally acceptable serving portions for most of us.

— Purchasing store brands which are generally lower in cost, but still offer acceptable quality.

— Basing purchasing decisions on a cost-per-serving basis, which keeps a consumer more conscious of the relative value of items at the supermarket.

What's cooking?

Coffee cake

by SARA SEWELL

Streusel Coffee Cake

Filling:

½ cup brown sugar
2 teaspoons cinnamon
2 tablespoons flour
2 tablespoons butter (melted)
Mix together with fork and set aside.

Cake:

1½ cups sifted flour
3 teaspoons baking powder
¼ teaspoon salt
¾ cup sugar
¼ cup shortening
1 egg
½ cup milk

Sift dry ingredients. Cut in shortening and blend in well beaten egg mixed with milk. Spread half in greased and floured pan (8 by 8 inch square or 8 inch round). Sprinkle with half of the streusel mixture.

Add remainder of the batter and sprinkle the rest of the streusel over top. Bake at 375 degrees for 25-30 minutes. This is a quick, easy and delicious coffee cake to serve for breakfast or brunch. You may add peaches or blueberries for variety.

From the files of Debbie Meis, Portland.

Marinated mushrooms

½ pound small fresh mushrooms
½ cup dry white wine
½ lemon
¾ cup oil
½ teaspoon tabasco sauce
1 teaspoon salt — dash pepper
1 tablespoon finely chopped onion
¼ teaspoon garlic, chopped fine (or garlic powder)
1 whole clove
one-third bay leaf
1½ tablespoons finely chopped fresh parsley

Wipe mushroom caps with dampened kitchen towel and drop them into a deep bowl. Pour in wine; turn mushrooms with a spoon to coat them evenly. Cover with foil or plastic wrap and marinate in refrigerator for at least 1 hour.

With a small sharp knife, score the lemon by cutting V-shaped grooves from one end of the lemon to the other — spaced about ½ inch apart. The slice the lemon crosswise into ¼ inch rounds.

In a mixing bowl, beat the oil, tabasco sauce, salt and pepper with a wire whisk. Add onions and garlic and stir well, then drop in lemon slices, clove and bay leaf. Drain the wine for mushroom caps and add oil mixture in its place. Turn the caps gently with a spoon until they are evenly coated. Transfer entire contents to a jar with a tight-fitting lid. Cover and refrigerate at least two days. Sprinkle with parsley before serving. These are also delicious heated and served on toothpicks.

From the files of Debbie Meis, Portland.

Adventure trips set

A series of "Adventure Trips" is being offered to children and adults this summer by the Mt. Hood Council of Camp Fire.

These supervised bus trips depart from Oregon City on Thursdays for destinations which include the Zoo, OMSI, Ft. Vancouver, Salem, The

Enchanted Forest, Trillium Lake, and Champoe State Park.

Participants bring their lunches and are supervised by the Mt. Hood Council staff. For more information and a free brochure, call 653-2600.

Whole lamb purchase saves consumer money

With this year's Oregon lamb crop on its way to market, the time is right for buying a whole lamb.

"Many local farmers are willing to sell lambs directly to the consumer," says Dave Thomas, Oregon State University Extension animal scientist.

Buying directly lowers the cost-per-pound to some extent, he noted. The savings will be dramatic on such favorite cuts as lamb chops and leg of lamb. On the other hand, the "rough cuts" from the breast, shank and flank are likely to cost less if bought separately in the store.

Consumers have two types of lamb to choose from: spring lambs and old crop lambs.

Spring lambs were born this year and will weigh about 100 pounds when ready for market, Thomas explained. Old crop lambs were born during the previous year's lambing season and range in age from 12 to 15 months.

They are lambs that did not make market weight by the time the pastures gave out last summer. They have been kept through the winter and put back on pasture in the spring.

"Old crop lambs are good, healthy lambs and are definitely not mutton," Thomas points out.

As a rule, old crop lambs are heavier than spring lambs, with market weights of 120 to 130 pounds. Many lamb fanciers prefer old crop lambs because they tend to be more flavorful than spring lambs.

"However, if your taste for lamb is just developing, spring lambs have a milder flavor that may be preferable," Thomas said.

Lamb is sold on the basis of its live weight. Expect to pay five or ten cents a pound

above the current market price to cover the cost of readying the lamb for slaughter and taking it to the packing plant, the animal scientist said.

In addition, the buyer must pay for slaughtering, cutting and wrapping. This will add \$15 to \$20, depending on the weight of the lamb.

An added bonus to buying a whole lamb is the pelt, which can be tanned at home. Thomas suggests checking with the person who slaughters the lamb about the disposition of the pelt.

The time to buy a whole lamb is now through the fall, depending on local pasture conditions, Thomas concluded.

HOME BUYING HINTS



Look For Quality . . .

Two Homes Which Look Alike Today and Cost the Same May Be Different Tomorrow!

DO:

1. Check doors and windows for proper installation. Open sliding doors and windows slightly. The distance between frame and jam should be the same at top and bottom.
2. Check framing of the walls. If properly framed, sole plate or bottom plate will bear evenly on the subfloor, eliminating drafts and settling of walls.

DON'T:

1. Take builder for granted. Your house will be neither permanent nor satisfactory if not soundly constructed.
2. Overlook the fact that the framing of a house is more important than the finishing. Otherwise, time will tell how well it was constructed.

"They Don't Build Homes The Way They Used To?"

Don't Believe It! Ask A Skilled Union Carpenter!

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Leo Larsen, Financial Secretary

SUPER SUMMER SESSION

Mt. Hood Community College

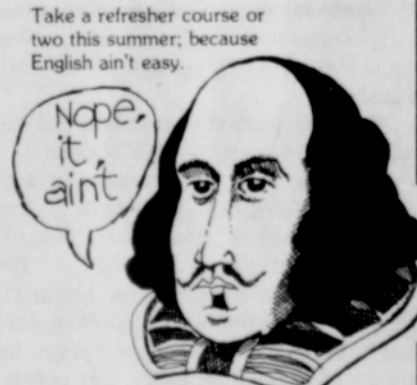
Got a summer job and still want to take some classes? There is a variety of classes in the early morning, afternoon, and evening hours. Whether you work day or night, you can still take advantage of courses this summer.



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.



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