

The Sandy Post Home & Garden

Peanut butter good on sandwiches, kids

Mothers and summertime can clash if one is not prepared for the other. I try to have plenty of band-aids and peanut butter on hand because they seem to cover most situations.

I've never tried them together deliberately, but they seem to find one another within a short time. I should try to save more time and just coat the kids with peanut butter from the elbows down and the neck up first thing in the morning. Peanut butter must have great healing qualities because when it's mixed with a little mustard and my kids are smeared with it they seem to be at their healthiest. I no sooner get them all washed off and they find all the previously concealed scratches and boo-boos.

I spread so much peanut butter some days I strongly consider changing my political party. I can't understand how children can consume so much of the stuff and still be able to talk. I eat one cracker with a dab of peanut butter and my tongue is glued to the top of my mouth. They can eat it on pancakes, toast, sandwiches, candy and bananas and still yell loud enough to be heard over the blender and vacuum cleaner.

Every munchkin seems to have his or her own variation of the peanut butter sandwich. Around noon each day I wait with knife in hand for the migration of mouths. No one really knows where the kids come from or who they belong to, but they all seem to get hungry at the same time.



Margaret Schmale's
Bits and pieces

Only a few like the traditional combination of peanut butter and honey or jelly. The majority want blends of peanut butter with pickles, raisins, granola, chipped beef, and celery. One little girl brings her own home-ground peanut butter, but she likes my jam. Some prefer smooth to crunchy or old fashion to extra crunchy.

I threatened to close down the free lunch counter one day and a sticky-faced person threatened to picket my house. I asked the restless crowd if maybe we could negotiate a trade, weeding for feeding. They immediately started to chant, "Down with child labor." I gave up and asked who had the peanut butter on rye.

Some must have painted a large red-cross on my house because I also have a steady line of bruised and bleeding youngsters trailing into my bathroom. Their ailments don't amount to much, but kids don't buy that bit about spitting on their sores or getting a kiss any more.

They've seen so much paramedic treatment on TV that they expect something more clinical. Two kids came in yesterday, one escorting another with a cut on her finger. As I washed off the scratch the escort said, "I think you should start an I.V. with a saline drip and give her some of that D5W."

I pointed out that my bathroom was not Rampart General nor did it resemble the emergency truck of Squad 51. A simple band-aid was going to have to do.

Sometimes the kids step from the first aid line over to the lunch line without leaving the house. One of my patients was quick to point out that the band-aids didn't stick very good. After he showed Bobby, Jim and Sharon his sore and the stick'em was all gone. I gave him his sandwich and after he took a big bite he wiped his mouth off with the back of his hand. When I offered him a napkin he said, "Don't need it."

As Andy Griffin says, "Anything tastes good when it sticks to a wrist."



TWO-MONTH-old filly and mother are framed by shade trees on a balmy day last week. Owners are the Harold Berends of Damascus.

Whats' Cooking?

Vegetable medley, strawberry cake

Vegetable Medley

- 1 can sliced green beans, drained
- 1 (4 ounce) can sliced mushrooms
- 1 can water chestnuts, drained, sliced thinly
- 1 jar marinated artichoke hearts with dressing
- 1/2 can cream of mushroom soup

Mix all ingredients together. Place in casserole. Put 1/4 cup buttered bread crumbs on top. Bake at 350 degrees until hot and bubbly. Serves eight.

From the files of Mrs. Robert (Betty) Anderson, Salem. This is a different and very tasty hot vegetable dish for a company dinner.

Paradise mango cake

- 3 1/2 cups flour
- 3 teaspoons baking powder
- 1 1/2 teaspoon soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 2 cups sugar
- 1/4 cup oil
- 4 eggs
- 3 cups mango, mashed (approximately 3-4 mangos)
- 2 teaspoons grated orange rind
- 1/2 cup shelled walnuts, chopped

Sift dry ingredients together into a large bowl. Add remaining ingredients, and mix thoroughly. Pour into a greased and floured 10-inch bundt pan. Bake at 350 degrees for 50-60 minutes, or until toothpick comes out clean.

Cottage cheese-chive omelet

- 1/4 pound dry cottage cheese
- 1 teaspoon chopped chives
- 1/4 teaspoon pepper
- 2 tablespoons margarine
- 2 cups egg substitute

Combine cheese, chives and pepper. Set aside. Melt 1 tablespoon margarine in a 9-inch skillet over medium heat until bubbly. Add 1 cup cholesterol-free egg substitute. When bottom is set, lift edges to let uncooked portion flow underneath. Sprinkle 1/2 of the cheese mixture over top. When bottom is browned, fold over and onto a serving dish. Repeat with remaining ingredients to make second omelet. Makes four servings.

Lime wine sherbet

- 1 envelope (1 tablespoon) unflavored gelatin
- 2 cups milk
- 1 one-third cups sugar
- 1/2 teaspoon salt

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'The Green Scene':

Root weevils destroy rhododendron roots

Every year, plant diseases take their toll of vegetable and fruit crops. In addition, they disfigure or destroy ornamental trees, shrubs and flowers.

"People can reduce losses and combat plant diseases by following a number of practices that call for a minimum use of applied chemicals," said Ray McNeilan, Oregon State University Extension home gardening coordinator.

He makes the following suggestions:

— Select a suitable location for planting. Some plants like sunny locations while others prefer more shade. Avoid extremely wet soils since they promote many root diseases. Improving drainage by adding organic matter will help.

— Practice rotation in the garden plot and, if possible, change the location of the garden occasionally. This will help prevent the buildup of disease-causing organisms.

— Select disease-resistant varieties where they are available and use only disease-free seed and transplants. Buying from a

reputable seed company, greenhouse operator, or nursery is recommended.

— Do not overcrowd plants. Overcrowding results in high humidity beneath the plant canopy, which favors certain diseases such as downy mildew and Botrytis blight.

— Water properly. Maintain an even water supply and avoid dry-wet fluctuations. Watering late in the day favors disease conditions. Too much moisture will favor several root and foliage diseases.

— Control weeds in and near the garden. Weeds promote a micro-climate that is ideal for development of fungus and bacterial diseases.

— Remove and destroy diseased tree and shrub branches before a disease spreads. Sterilize pruning equipment between cuts (use rubbing alcohol, or household bleach at a rate of one part bleach to nine parts water).

— Be alert to leaf diseases that occur nearly every year on certain trees such as willow, sycamore, hawthorn and apple.

MHCC schedules design conference

The Second Annual Oregon Design Conference is scheduled for Mount Hood Community College Saturday and Sunday, June 22 and 23.

The conference is sponsored by the college in association with the Designers' Roundtable of Portland to promote professionalism in communication design.

Professionals in the fields of graphic design, advertising, printing and photography will address this year's theme, The Designed Communication. The guest speaker for the conference will be Henry Wolf.

Wolf has been art director for "Esquire," "Harper's

Bazaar," and "Show" magazines as well as several advertising agencies. He currently heads his own firm in New York City.

The weekend events include a series of mini-workshops conducted by Northwest professionals, panel discussions and an awards banquet with Wolf as keynote speaker.

The Darg Awards for innovative, bold, non-traditional but successful designed communication in print media will be presented during the conference.

For more information about the Oregon Design Conference, contact Linda Vest-Markwart, MHCC Art Mall Gallery coordinator, at 667-7309.

County requires building permits

Although many farmers are unaware of it, Clackamas County requires building permits for barns, sheds and other agricultural buildings.

The reason, says Environmental Services Coordinator Ardis Stevenson, is to protect farmers from future problems.

Stevenson said the permit requirement for agricultural buildings was adopted two years ago in response to problems farmers or farm purchasers faced when barns covered septic tank drainfields or were built too close to property lines.

"It's almost a consumer protection thing," she said. "It keeps people from getting stuck later on."

No fee is charged for the agricultural building permit and no building plans are required. The county

requires a plot plan, no larger than 8 1/2 inches by 14 1/2 inches, showing lot dimensions and locations for buildings and drainfields.

Stevenson said a call to the planning department will determine required setback from property lines.

Agricultural building permits apply to buildings for storage or care of crops, livestock or machinery and for sales of agricultural products. Structures smaller than 150 square feet are exempt.

Oregon law excludes agricultural buildings from the requirements of the state building code. The county requirement applies only to the location of the building, not the construction.

For more information or an application, call the permits section of the Department of Environmental Services at 655-8521.

Shoppers find uses for mushrooms

Mushrooms can be purchased in a variety of forms: canned, frozen or dried. But for most shoppers, fresh mushrooms represent the top of the line.

"Surprisingly, the cost of fresh mushrooms is usually less than the canned product," said Velma Seat, Oregon State University Extension food marketing specialist.

Since mushrooms are grown indoors under controlled conditions, seasonal changes and weather are not a problem. Shoppers benefit by having a fairly even supply throughout the year.

When mushrooms are fresh, the rounded knob of the cap is tightly closed around the stem and the mushrooms are firm and somewhat moist. When they start to dry out from aging or storage, the cap flares open and the fan-like gills are visible at the top of the stem.

Europeans are known to favor open-capped mushrooms. Although the storage life is shortened once the cap has opened, the mushrooms are perfectly good eating, Seat said.

Mushrooms with small brown spots are good, too. However, mushrooms with dark brown discoloration, soft surfaces or sliminess should be avoided.

There are no special differences in age, taste, or quality between small and large mushrooms. Generally, large mushrooms are preferred for stuffing, medium size might be classified as "all-purpose," and small ones are excellent for salads and vegetable dips.

Buying extra mushrooms when they are on sale does not pose a storage problem. They keep for several days in the refrigerator in a paper bag or air-vented, pre-packaged container.

To prepare mushrooms for meals, rinse them quickly in water or wipe with a damp paper towel to remove any surface dirt, Seat suggested. Avoid soaking mushrooms in water, or they can become water-logged.

Pat the mushrooms dry with a paper towel and cut a thin slice off the stem end if it seems dry. To retain flavor and minerals, do not peel the mushrooms.

Mushrooms are a treat when sliced raw into a salad. They are also good with dips. Whole and stuffed with a savory filling, they become a culinary masterpiece.

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