

The Sandy Post

Home & Garden

Newspaper's
recipe contest
deadline nears

The deadline for the Sandy Post recipe contest is just around the corner.

All recipes must be submitted to The Post no later than noon, Monday, Jan. 19. Recipes submitted by mail should be postmarked by Saturday, Jan. 17.

Anyone may enter the contest and there is no limit on the number of entries you may submit. The Post welcomes all kinds of recipes, from main dishes to salads, vegetables, desserts, drinks, snacks or old family secrets.

Contest participants may bring a prepared version of the recipe to The Post for photographic purposes, although it is not necessary to prepare the item to enter the contest.

The first prize will be \$25 in cash. Second and third prizes will be merchandise from Sandy-area shops.

Post staff members will serve as judges.

Send your original recipes to The Sandy Post, RECIPES, P.O. Box 68, Sandy, OR, 97055.

Program set

The Oregon Museum of Science and Industry is offering a free seminar on Mt. St. Helens. It will be held Jan. 28 at 8 p.m.

For more information, call OMSI at 248-5900.

What's cooking?

Flounder - vegetable dish

FLOUNDER-VEGETABLE SKILLET

1/2 cup margarine
1 tablespoon dillweed
2 cups thinly sliced potatoes
1 cup sliced onion
1 pkg. (9 oz.) frozen green beans
1 lb. flounder fillets
1/2 cup water
1/4 cup lemon juice
1/4 teaspoon salt
pepper to taste

Melt 1/2 cup margarine in skillet, stir in dillweed. Layer potatoes, onion and green beans in skillet; top with flounder. Sprinkle with water, lemon juice, salt and pepper. Dot with remaining margarine. Cover and simmer until potatoes are tender, about 30 minutes. Serves 4.—From the files of Sara S. Berger, Sandy. Given to me by Standard Brands, Inc.

White fish seems to be a good buy right now and it is an excellent source of protein. This recipe offers a colorful, tasty and quick way to prepare dinner. Just add a green salad and a light dessert and dinner is ready.

BEAN SPROUT AND SPINACH SALAD

2 cups fresh bean sprouts
1/2 lb. fresh spinach (2 bunches)
1/2 cup sliced water chestnuts

Dressing:
1/2 cup sesame seed oil
1/4 cup (or less) soy sauce

2 tablespoons lemon juice
1 1/2 tablespoons toasted sesame seeds
1/2 teaspoon sugar
1/2 teaspoon pepper

Pour boiling water over bean sprouts. Heat briefly — do not boil. Drain and soak in cold water. Thoroughly clean spinach and discard stems. Dry leaves and chill. Prepare dressing and let stand at least one hour before assembling salad and tossing. Serves 6 to 8. — From the files of Helen Lindsay, Bellevue, Wash. Given to me by Mary VanLierop, Sandy.

STRAWBERRY CAKE

1 white cake mix
plus 5 tablespoons flour
One-third cup oil
1/2 cup water
4 eggs
1/2 cup strawberries (mashed)
1 small pkg. (3 oz.) strawberry gelatin
Mix all above ingredients in a bowl and beat for 4 minutes. Bake in three layers or a large 9" X 13" pan as directed on the cake mix package.

Frosting:
1 pkg. powdered sugar, sifted
1 cube butter or margarine
1/2 cup strawberries, crushed
Mix in bowl and beat with mixer. Frost the cake.
Another suggestion for a quicker frosting which is good and pretty is frost with Cool Whip and put strawberries on top. Serves 12-15. — From the files of Mrs. Cheryl Doughton, Spokane, Wash.

Erasable ink eases sewing

Water-erasable, ink-marking products are one type of shortcut product to make sewing easier and faster.

These shortcut products allow persons to transfer darts, tucks, seam allowances and other construction marks from patterns to fabrics easily.

The marks "erase" with cool water once you've finished stitching. These new sewing products, which resemble felt tip pens, come in pastel shades.

The new pens are easy to use, but require some precaution. The "erasing" feature works only in cold water. Hot water and detergents or soaps have a tendency to set the mark in the garment, staining it. A damp sponge or clean cloth can often be used successfully to remove the mark.

Comparison testing has shown that some fabrics are more receptive to the pen markings than others. The

marks do not show up well on bulky or pile fabrics such as corduroy, fleecy wool, or velvet.

On polyester double knit, the mark leaves a slight residue on the reverse side, which resembles a grease spot. However, the stain does not show through the cloth. Other manufactured fiber fabrics may have similar reactions.

It may be a good idea to test the pen on a sample scrap of the garment's fabric before using it on the garment. After you have marked the scrap, wash it in the same way the garment is laundered. When the garment dries, check it for any spots or stains remaining where the pen mark was made.

If the pen mark is not completely removed before laundering, it may reappear as a stain after the garment is washed.

Other marking choices

which the home fabricator may prefer depend upon the type of garment being made and the time he or she wants to invest.

Time honored tailor tacks using thread are time consuming, but preferred methods when constructing a garment that requires care and precision in sewing. This may also be the best method when the sewing will be done over a period of time.

Tracing paper used with a marking wheel is also accurate. There are wax papers that are best removed by warm water and detergent. The marks of other papers are removable with cool water.

Some tracing papers mark better on one particular type of fabric while the marks of other papers hardly show enough to be useful.

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Knowing cuts saves pennies

One way to get the most for your meat money is to really know the individual meat cuts.

One cut to consider is round steak. It has very little waste, plenty of lean meat and can be prepared in a variety of ways.

Round steak has the lowest percentage of fat of all the beef steaks. It is considered a less-tender cut from the round section of the beef carcass, but tenderness of its different parts vary.

These characteristics make round steak a fairly popular cut, which also means it is relatively high priced. However, it is frequently a special, often with a savings of as much as \$1 a pound.

Round steak is sold either as a full round steak or cut into its different parts. There are three distinct parts to every round steak — top round, bottom round and eye-of-the-round. These parts differ in tenderness because they contain different muscles, and they are priced accordingly if sold separately.

The most tender section is the top round section, easily identified because it is the largest section of the full round steak.

If the top round steak is a USDA choice grade, it can be broiled or pan broiled. If it is a lower grade, it should be braised.

For greatest tenderness, broil only to the medium rare or medium stage.

The bottom round is the least tender section and must be cooked with moist heat. The bottom round is the

second largest section and is the part closest to the bone. It's also often sold with the eye-of-the-round attached.

Bottom round can be used for Swiss steak or it can be cut into cubes or slices for stews extended with vegetables. If very thinly sliced, it can be successfully used for quick cook, stir-fry dishes.

The eye-of-the-round is the smallest section of the round steak and is circular in shape. Though it's not quite as tender as the top round, it can also be broiled or pan

fried if it is USDA choice grade.

When sold separately, the eye-of-the-round is usually the most expensive of the round steak sections.

To save money on round steak, consider full round steak, the least expensive cut of round steak. If you can't use that much steak for a meal for your family, buy it anyway and cut it into three different sections for three different meals. A two-pound round steak would provide ample meat for two people for three separate meals.

Here's a sensible
weight loss program
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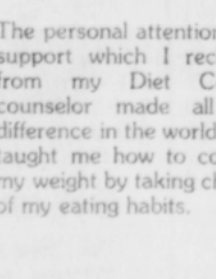
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