

# More recipes

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bananas. Add marshmallows, then pour gelatin over all.  
In saucepan, thicken stirring constantly:  
1 cup pineapple juice  
2 tsp. corn starch  
1/4 cup sugar  
1 egg yolk  
Whip 1 package of whipped topping according to instructions. Fold into thickened glaze. Spoon evenly over gelatin and fruit.  
Grate Monterey Jack cheese and sprinkle over top. Refrigerate 2-3 hours and serve.

Judie Smay

## LASAGNE

1 Lb. ground beef  
1/2 cup chopped onion  
2 cans tomato sauce, 8 oz.  
1 tsp. sugar  
3/4 tsp. salt

1/4 tsp. garlic powder  
1/4 tsp. pepper  
4 cups or one 8 oz. box uncooked constantine lasagne noodles  
1 cup cream style cottage cheese  
8 oz. cream cheese, softened  
1/4 cup dairy sour cream  
1/4 cup shredded Parmesan cheese  
In a large skillet, cook meat and onion until meat is lightly browned and onion is tender. Stir in tomato sauce, sugar, salt, garlic powder and pepper. Remove from heat.  
Meanwhile, cook noodles according to package directions and drain.

Combine cottage cheese, cream cheese and sour cream. Spread half the noodles in an 11 X 7 X 1 1/2 inch baking pan; top with cheese mixture. Add remaining noodles and meat sauce. Sprinkle with Parmesan cheese.

Bake at 350 for 30 minutes.

Connie Wright

## CHOCOLATE ORANGE DROP COOKIES

1 cup shortening (part butter)  
6 oz. cream cheese, softened  
1 cup sugar  
2 eggs  
2 cups flour  
2 tsp. grated orange peel  
2 tsp. vanilla  
12 oz. package chocolate bits  
Heat oven to 350. Mix shortening, cream cheese, sugar, eggs, orange rind and vanilla thoroughly.  
Measure flour, stir into shortening mixture. Stir in chocolate pieces, mixing thoroughly. Drop dough by teaspoonfuls about 1 inch apart on lightly greased baking sheet.  
Bake 15 minutes, or until lightly browned on bottom of cookie.

Rene' Aschoff

## EASY LEMON FREEZE

2 tbsp. butter or margarine  
1 cup graham cracker crumbs  
1 can lemon pie filling, 21 oz.  
1 can sweetened condensed milk  
1/2 cup lemon juice  
1 1/2 cups whipped topping  
Lemon slices (optional)  
In small saucepan, melt butter and stir in crumbs, reserving one tablespoon for garnish. Pat crumbs on bottom of buttered 8 X 8 inch pan; set aside.  
In medium bowl, combine pie filling, sweetened condensed milk and lemon juice; mix until smooth. Spread into prepared pan. Top with whipped topping and reserved crumbs. Freeze three hours.  
If desired, garnish with lemon slices before serving.

Charlotte Pierce

SWEET AND SPICY

## PORK CHOPS

6 pork chops, 1 inch thick  
2 onions, sliced  
2 cups orange juice  
2 tbsp. lemon juice  
4 tbsp. brown sugar  
2 tsp. ginger  
1 tsp. poultry seasoning  
1 tsp. marjoram  
1 cup raisins  
4 stalks celery, chopped  
1 Bell pepper, sliced  
Salt and pepper to taste  
Render a small amount of fat from pork chops in a heavy skillet; brown pork chops. Remove from pan, add onions, celery and Bell pepper and cook until soft. Return chops to pan with remaining ingredients; salt and pepper to taste.  
Cook, covered, until pork chops are tender and thoroughly cooked—about 1 hour.

Janet McCormick

## PONCHETRAIN DESSERT

Remove labels from two or three cans of sweetened condensed milk. Lay unopened cans on side in a kettle of boiling water and keep just at boiling for three hours. Allow to cool and place in refrigerator until ready to use. Each can will make a caramelized sliced pudding base for six to eight servings of the following dessert.  
Open a can of the cooked, sweetened condensed milk (now a caramelized pudding) and slice into six to eight slices (the thickness of a pineapple slice).

On individual serving plate put one slice of pudding, 1 slice of drained pineapple, top with whipped cream, then a Maraschino cherry.

Sara S. Berger

## Health awareness week set by Hood college

Mt. Hood Community College is putting on a Health Awareness Week which will continue through Jan. 30.  
The fair began Monday with booths and displays that will open to the public through Thursday, Jan. 22. The following groups will have booths:  
Gresham Athletic Club: Exercise equipment, demonstrations, and exercise counseling.  
Weight Watchers, Inc.: Information and counseling.  
Multnomah County Public Health Dept.: Display and information on venereal disease.  
Oregon Heart Association: Information.  
American Cancer Society: Information and self examination instruction.  
Morrison Center: Youth and family services information.

Magic Mill: Information and demonstrations on grinding whole wheat flour for homemade bread. Samples can be purchased.  
Portland Naturopathic Clinic: Information, counseling, alternatives, aspects of eye and vision care discussed and demonstrated by Dr. Rocky Kaplan.  
MHCC Dental Clinic: Information, dental screening and oral exams.  
Western States Chiropractic Clinic: Information, counseling, spinal and posture evaluations.  
A number of other topics and seminars are set for the following week.

Is It For You?" Discussion and slide presentation by Dr. Jeff Klaus, 10 to 11 a.m., College Theater.  
"Whole Person Health Care" Special guest will be Dr. Mark Tager, author of book by the same title. 12 p.m. to 1 p.m., College Theater.  
"Fitness Is More Than Jogging" Dr. Michael Tichy, Portland State University Health and Physical Education Department, will discuss the benefits of participating in a physical fitness program. 1 to 2 p.m., Town and Gown.  
"Fat Or Fit?" Discussion, slides and a personal caliper test by Anna Mae Tichy from Allied Health, MHCC, will help determine your fitness status. 2 p.m., Town and Gown.

Wednesday, Jan. 28  
"How To Survive In Multnomah County On A Limited Budget." Janet Bowman and Peter McLean from Multnomah County's Public Health Education Department will lead discussion. 11 a.m. to noon, Town and Gown.  
"Hypnosis, Is It For You?" Jerry Juve, specialist in individual, family and marital counseling, will discuss hypno-therapy. 12 to 1 p.m., Art Mall theater.  
"Booze Blues" Dr. Karen Erde, in conjunction with the Gresham Care Unit, will present view of drinking. 1 to 4 p.m., Town and Gown.

Monday, Jan. 26  
"Eat, Drink And Be Wary." Nutritionist Jane Abbott will show a film and give tips for the consumer 12 to 1 p.m. in the Art Mall theater.  
"Into 1981 With Human Sexuality" Discussion by Claudia Webster, educator for Planned Parenthood. 1 p.m., Town and Gown.  
"5-Day Stop Smoking Clinic" A Monday through Friday workshop for kicking the habit. Tom Geddis. 7:30 to 9 p.m., Town and Gown.

Thursday, Jan. 29  
"Red Cross Blood Drive" 8 a.m. to 4 p.m., Town and Gown.  
"Stress And Revitalizing" Dr. Michael Giammetto, marriage and family counselor, will lecture. 12 to 1 p.m., College Theater.  
Friday, Jan. 30  
"Gresham Hospital, Will It Play A Role In Your Future?" John Grotting, administrator for Gresham Hospital, will discuss the hospital's plans for relocation and expansion. 12 to 1 p.m., Town and Gown.

## MHCC selected for small business training

Mt. Hood Community College has been selected to participate in a national small business training network coordinated by the American Association of Community and Junior Colleges (AACJC).  
Network colleges, assisted by the AACJC, will work with U.S. Small Business Administration field offices to improve the quality and quantity of short-term management training offered to small businesses.  
The MHCC program in small business management

is headed by Dave Polito at the college's Maywood Park Center. 256-3430.  
The national network will link 159 community colleges and is part of a five-year project to encourage college efforts in community economic development.  
Participating colleges will receive, without charge, technical assistance through two regional staff development workshops, newsletters, and access to new small business training resources.

## Americans smoking less

Americans are smoking less and believing more that cigarettes are indeed a health hazard.  
At least, that is the opinion reached by the American Cancer Society after its five-year study, "Target Five."  
Forty percent of the total adult population smoked in 1964. That figure was down to 33 percent in 1979. It was in 1964 that the Surgeon General of the United States issued that famous report on smoking and health.  
It is estimated that

smoking among men has been reduced from 52.4 to 37 percent and among women from 40 to 25 percent.  
The report also reveals that 80 percent of the people who do smoke agree that it is harmful. Another 70 percent felt that smoking causes disease and death.  
Cigarette smoking is still considered the biggest single American health problem. A person who smokes two packs a day could add eight to 10 years on their life by quitting.

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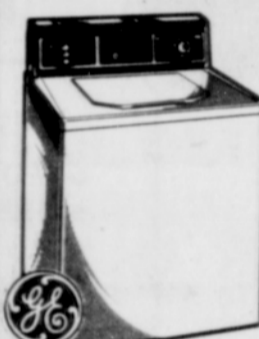
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