

**What's cooking?**

**Five bean baked beans**

by SARA SEWELL

The season for picnics is approaching and baked beans are always a welcome addition to the menu. Try this recipe, which is a little different.

**Five Bean Baked Beans**  
 1 can pork and beans  
 1 can butter beans  
 1 can kidney beans  
 1 can navy beans  
 1 can Garbanzo beans or chick peas  
 1/2 to 1 pound bacon, cut in small pieces  
 1 large onion, diced  
 1 tsp. garlic powder  
 1 cup brown sugar  
 1/2 cup vinegar  
 Mix all ingredients together and bake at 350 degrees for three to four hours in a covered pot.  
 Serves 12 to 16. From the files of Mrs. Thane Hollington, Gadsden, Ala.

The following recipe for Lemon Bars would

be a good dessert to take on a picnic or for a coffee hour. They are so good, there won't be any leftovers.

**Easy Cheesy Lemon Bars**  
 1 package lemon cake mix  
 1/2 cup melted butter or margarine  
 1 egg  
 1 package lemon frosting mix  
 1 package (8 ounce) softened cream cheese  
 2 eggs  
 Preheat oven to 350 degrees. Grease bottom only of 9 X 13-inch pan. Combine cake mix, butter and one egg. Stir until moist. Put into pan.  
 Blend frosting mix into cream cheese. Reserve a little more than 1/2 cup for frosting baked bars. Add two eggs to remaining frosting mixture. Beat 3 to 5 minutes at high speed. Spread over base.  
 Bake for 30 to 40 minutes. Cool, frost and cut into bars. Refrigerate before serving.  
 Makes 36 bars. From the files of Sally Richey, Portland.

**Vegetables require space**

Garden vegetables need room to grow and even though thinning the garden means pulling and discarding seedlings, it must be done if the other plants are to have enough space to fully develop.

Many gardeners plant too much seed and then become so proud of how well their garden is doing that they don't do enough thinning.

Failure to give plants enough growing room in the row can result in stunted, poorly developed vegetables, or no vegetables at all. Most seed packets indicated proper spacing between plants and the instructions should be followed carefully.

Onions, carrots and beets are vegetables that need space to grow both above and below the soil surface. The leaves of these plants are essential for gathering the sunlight the plant needs to manufacture the carbohydrates that are stored in the edible root or bulb.

Onions should be three inches apart in the row; car-

rots and beets, two inches.

Lettuce is another crop that should be thinned. Head lettuce should be spaced 12 inches apart in the row. Leaf lettuce requires six inches of space and should be thinned in stages. If it is, the thinnings can be used in salads.

Recommended minimum spacings for other vegetables are radishes, 1 inch; bush beans, 2 to 6 inches; broccoli, 12 inches; Brussels sprouts, 24 inches; cabbage, 24 inches; Chinese cabbage, 6 inches; cauliflower, 24 inches; sweet corn, 9 to 12 inches; slicing cucumbers, 24 inches; leeks, 2 inches; parsnips, 3 inches; peas, 2 inches; peppers, 12 inches; potatoes, 12 inches; tomatoes, 24 inches; and turnips, 2 inches.

Gardeners should be careful not to damage the roots of the plants when removing seedlings from the row. Hold the soil firmly with one hand while pulling the neighboring plant with the other. If the soil is very dry, water the plants

thoroughly after thinning to perk them up.

Thinning is important to establish adequate space between plants in the row. However, a wide space between rows of vegetables is not necessary.



Cornmeal Cheese Puffs are an easy alternative to bread, rice or potatoes.

**Cheese puffs can sub for bread or potatoes**

Cornmeal Cheese Puffs are a stylish, yet simple alternative to bread, rice or potatoes. They provide a nice change from traditional barbecue fare. Made with fresh milk, the cheese puffs complement a variety of grilled meats, chicken and fish.

**Cornmeal Cheese Puffs**

1 1/4 cups milk  
 3 tbsps. butter  
 1/4 cup yellow cornmeal  
 1/2 tsp. oregano  
 1/4 tsp. salt  
 3/4 cup grated monterey jack cheese  
 4 eggs, separated  
 2 tbsps. chopped green onion  
 Combine milk, butter and cornmeal. Cook over medium heat, stirring until mixture thickens and mounds, about five minutes. Stir in oregano, salt, cheese, egg yolks and green onion.  
 Beat egg whites until stiff. Fold into cornmeal mixture. Turn into four greased 12-ounce individual crocks. Place in pan of hot water.  
 Bake in 350 degree oven for 25 minutes or until set when gently shaken. Makes four servings.

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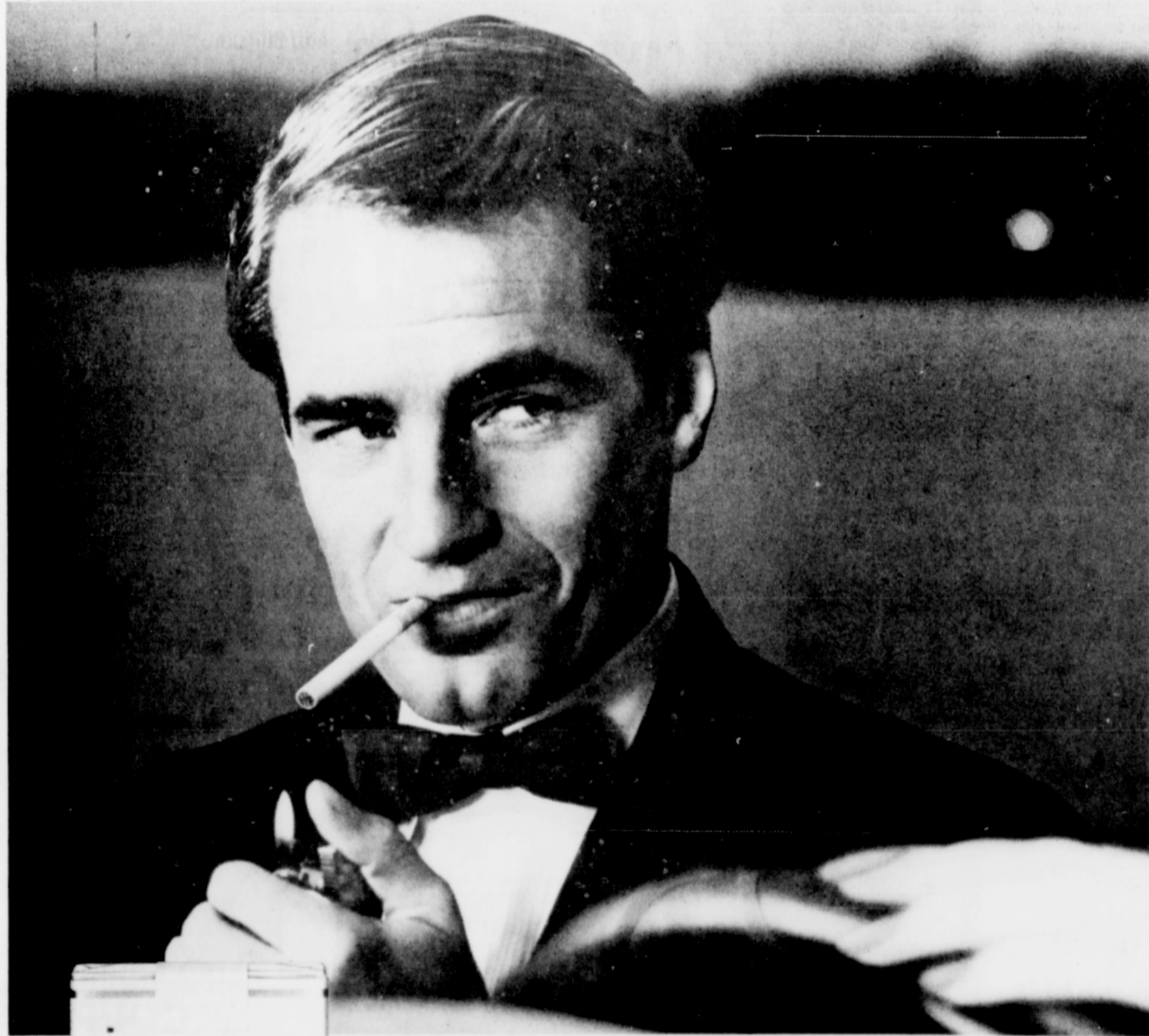
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**Plan canning ahead**

Persons planning to can food at home this summer should gather the necessary equipment now.

The right equipment is essential for safe, high quality products.

Many pieces of canning equipment are a one-time investment. Pressure canners and water bath canners fall into this category. There may be specials on those items in upcoming weeks.

A pressure canner is needed to process low-acid foods, such as meat, fish, poultry and vegetables. Two basic types are available. One has a dial-type gauge to regulate pressure; the other has a weighted device. Both work satisfactorily when the directions are followed.

Dial gauges must be tested for accuracy before each canning session.

A boiling water bath canner is needed for canning

fruits, pickles and jams. Be sure to take along a quart jar when making a purchase. The canner should be deep enough to allow two or three inches of water to boil over the tops of the jars. A pressure canner (without gauge) can double as a water bath canner if it is deep enough.

Canners should take a jar inventory and decide whether or not you need to purchase new jars this summer. Inspect canning jars for nicks and cracks, especially around the top edge where a good seal is vital. Old canning jars become brittle with age and can break under pressure and heat.

Watch for specials on jars at stores or garage sales.

Reliable canning instructions are available free at the Clackamas County office of the Extension Service in Oregon City.

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