

*What's cooking?*

## Spaghetti stretches budgets

Hamburger has been a good buy recently. This recipe offers a delicious way to stretch the family meat budget.

**"From Scratch" Spaghetti Sauce**

- 2 pounds hamburger
- 2 medium onions, chopped
- 1 large green pepper, chopped
- 1 button of garlic, chopped fine
- 1/2 teaspoon flaked oregano
- 1 1/2 teaspoons salt, pepper to taste
- 1/4 cup red wine vinegar with garlic
- 1 tablespoon sugar
- 1 (6 ounce) can tomato paste with 2 cans water
- 2 cans tomato sauce

Brown hamburger and drain grease off. Add vegetables until sauteed, then add liquids and seasonings. Allow to simmer from 30 minutes to two hours, stirring occasionally.

Serve over a package of spaghetti cooked according to directions. (I prefer to break it before putting it in the water, unless you are of the roll-it-around-the-fork persuasion.)

Serve the hot spaghetti from a bowl, then pass bowl of hot sauce and can of parmesan cheese. This is good served with cabbage slaw or a green salad, and a green vegetable. Serves 8-10. -From the files of Mrs. Una Sewell, Gadsden, Ala.

**Broccoli Casserole**

- 2 packages frozen broccoli spears
- 1 can cream of chicken soup
- 1 medium onion, chopped fine
- 1 cup mayonnaise
- 1 cup grated cheddar cheese
- 2 eggs, slightly beaten
- Salt and pepper to taste

## Check cookware before changing for microwaves

Before you buy new cookware for your microwave, check what you have on hand.

Many cookware items already in the cupboard will work just fine in a microwave oven. Materials made of metal aren't usable because microwaves can't penetrate metal. However, most of the glassware you currently own can be used safely and effectively.

Glass and ceramic glass cookware can be used as containers, trivets and covers for all microwave functions, according to Janice Weber, Oregon State University Extension family resource management specialist. Glass is a good choice because it cleans easily. It also won't chip or break during use, because it withstands the high temperatures required to cook many foods.

"Wood in the form of cookware or picks and skewers may be used for short-term heating or cooking," Weber noted. Wood shouldn't be used for thawing or long-term cooking because the heat dries out and overheats the wood. Fires may result.

Paper is a valuable microwave material in a number of ways.

It can be used to cover or as a container for foods, or as absorbent material for greases. Don't use recycled paper products because they may contain metal particles which could heat and ignite the paper.

Paper towels which contain nylon or other synthetic fibers could have the same

problem.

Paper plates work well if the food being cooked on them does not produce a great deal of fat or liquid. Excessive liquids can spill into the oven making cleanup necessary.

Plastic cookware can be used as containers, racks and trivets, but special care should be taken. Not all plastics have the same composition and some may be more appropriate for microwave cooking than others.

For example, some of the polycarbonate or polypropylene plastics become misshapen when subjected to hot fat or grease from meats or casseroles. Their use should be restricted to foods with low fat and sugar content.

In contrast, polysulfone plastic is capable of withstanding high cooking temperatures and is also resistant to food stains.

If you're unsure of the type of plastic in some of your containers, experiment with them in your oven for a short period of time using low-fat low-sugar meats.

Plastic wrap and wax paper are excellent for use as adjustable covers for containers that don't have lids or for covering items that have uneven shapes. They shouldn't be used for items that reach extremely high cooking temperatures.

Think creatively about the many possible uses of supplies and utensils you already have. You may not need any new cookware accessories for your microwave.

**Cracker crumbs**

Cook broccoli in boiling water until just thawed. Mix all other ingredients, except cracker crumbs. Place slightly-cooked broccoli in a large buttered casserole and cover with other mixed ingredients. Top with cracker crumbs and bake at 375 degrees for 45 minutes. Serves 8-10. -From the files of Mrs. Ronda Dahlenberg, Camp Hill, Ala.

If you have rhubarb stored in the freezer, here is a great way to use it.

**Rhubarb Custard Pie**

Cover five cups of cut-up rhubarb with cold water. Add 1/2 teaspoon soda. Bring to boiling point. Drain.

Mix one and three-fourths cups sugar, pinch of salt with two rounded tablespoons flour. Put on top of rhubarb.

Beat three eggs and put on top of rhubarb and stir. Stir in one-quarter teaspoon ground nutmeg. Put into nine-inch unbaked pastry crust. Dot with two tablespoons butter.

Bake at 450 degrees for 10 minutes and at 350 degrees about 30 minutes until custard tests done.

Remove from oven and while still hot put on a meringue made of three egg whites, one-half teaspoon baking powder and three tablespoons powdered sugar. Seal to edge of pastry.

Bake at 350 degrees for 12 to 15 minutes until light golden brown. Cool. Serves 6. -From the files of Mrs. Velma DeShazer, Zigzag.

## Juices great for summertime thirsts

"Fruit juices are a good beverage choice for hot summer days," says Marilyn Lunner, Clackamas County Extension agent. "They're nutritious as well as thirst-

quenching." In contrast to soft drinks, most juices contribute vitamin C to the diet. Grapefruit and orange are good examples. In addition,

vitamin C is commonly added to other processed fruit juices including pineapple and cranberry.

When selecting fruit beverages, look for those labeled "juice." By law, these must contain 100 percent natural fruit juice.

Fruit "drinks," on the other hand, are diluted. For example, a "nectar" can range from 33 to 50 percent juice. An "ade" contains at least 25 percent juice.

Some fruit-flavored beverages contain as little as 10 percent juice. These products are high in water and sugar. Although they appear to be less expensive, you're getting less for your money.

Juice can be made easily at home when summer fruits are plentiful. If a steam juice extractor is not available, the fruit pulp can be drained through a jelly bag. To can, process the juice in a boiling water bath.

## Make-it-with-wool sets district competition

Plans are underway for the 1981 Make It Yourself with Wool contest.

The District 2 competition, which includes residents of Clackamas, Columbia and Washington counties, will be held Saturday, Oct. 31, at the Beaverton Mall.

Contestants between the ages of 10 and 24 are eligible to enter the competition. Pre-teen contestants, 10-13 years of age, enter the district contest only, but winners of the juniors, 14-16, and seniors, 17-24, will compete in January at the state contest at the Clackamas Town

Center. There, state winners will be chosen to compete in the national contest.

Guys as well as girls are eligible. In fact, last year's national junior winner was Robert Hyatt of Ridgefield, Wash.

Garments entered must have a minimum of 60 percent wool.

Entry blanks are available at county extension offices, at many fabric and yarn stores, or from the district director, Margaret Hesse, Route 1, Box 958, Beaverton, OR 97007. Her telephone number is 628-1415.

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