What's cooking?

Mountain high raspberry pie

BY SARA SEWELL

ROUND STEAK IN CHILI SAUCE

1 large or 2 small round steaks

Season with salt and pepper and a little garlic salt if desired. Dip in flour, brown and sear in greased skillet but do not let burn. Add 1 large onion, chopped, 1 can cream of mushroom soup, 1 can water, ½ can tomato soup, 2 teaspoons chili powder, 2 bay leaves. Bake in covered pan in 325 degree oven for 1-1½ hours until meat is tender and sauce is of gravy consistency. This is very good served with a rice dish or scalloped potatoes. Serves 4. — From the files of Mrs. John (Jean) Anderson, Albany, Oregon. Delicious!

BRUSSEL SPROUT SALAD

1 pkg. frozen brussel sprouts
¼ cup vinegar
¼ cup oil
1 Tablespoons Chervil
Salt and pepper to taste
3 or 4 diced tomatoes to be added just before serving

Cook brussel sprouts, drain and marinate in mixture of remaining ingredients (except tomatoes) for 12 hours. Drain, add diced tomatoes. Sprinkle with parsley. Serves 4-6. — From the files of Marion Andrew, Wilsonville, Oregon.

Good fresh spinach is available in the markets now. You might enjoy a spinach salad for variety in your winter menu.

SPINACH SALAD

Dressing:
¼ cup white wine vinegar
2 Tablespoons dry white wine
2 teaspoons imported soy sauce
1 teaspoon sugar
1 teaspoon dry mustard
½ teaspoon curry powder
teaspoon salt and pepper
¼ teaspoon crushed garlic
Add 2/3 cup oil in a stream.
1 lb. fresh spinach, washed well
¼ lb. sliced mushrooms
Topping:
¼ lb. crumbled fried bacon
2 hard boiled eggs

Mix the spinach and mushrooms and toss with dressing. Top with crumbled bacon and 2 chopped hard boiled eggs. Serves 4-6. — From the files of Pat Hungerford, Moscow, Idaho.

GOOD VEGETABLE BAKE

1 (20 oz.) pkg. frozen cauliflower; cook, drain
1 (20 oz.) pkg. frozen cut broccoli; cook, drain
1 (17 oz.) can cream style corn
1 (17 oz.) can whole kernel corn, drained
2 cups shredded Swiss cheese (8 oz.)
1 (10 oz.) can cream of celery soup, undiluted
1 (4 oz.) can sliced mushrooms, drained
1½ cups soft rye bread, (2 slices)
2 Tablespoons butter, melted

Cut up any large pieces of vegetables. Combine both corns, cheese, soup. Fold in cooked vegetables and mushrooms. Turn into buttered 13 x 9 x 2" baking dish. Toss bread crumbs in melted butter. Sprinkle on top. Bake uncovered at 350 degrees for 30-35 minutes. Let stand 10 minutes before serving. Serves 10-12. — From the files of Betty Clayton, Forest Grove, Oregon.

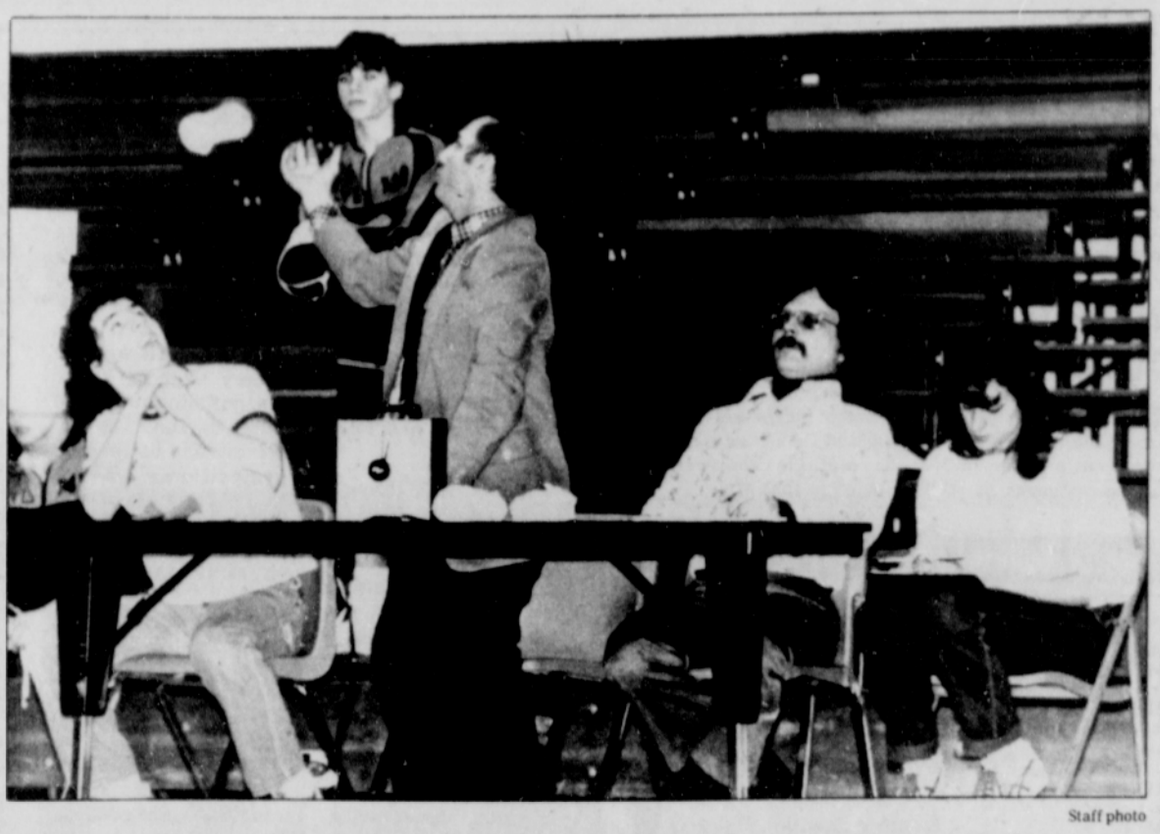
MOUNTAIN HIGH RASPBERRY PIE

2 egg whites
1 pkg. frozen raspberries
1 cup sugar
1 Tablespoon lemon juice
1 cup heavy cream, whipped

Beat egg whites until fluffy. Add berries, sugar and lemon juice and beat at high speed for 15 minutes. Fold in whipped cream. Pour into baked pastry shell. Freeze. Thaw slightly before serving. Serves 6. — From the files of Kathryn Cheyne, Sun City, Arizona. Given to me by Mary Van Lierop, Sandy, Oregon.

BLUEBERRY DESSERT

In double boiler melt 30 marshmallows in ½ cup milk, cool. Then fold in ½ pt. whipped whipping cream. In another pan cook: 1 cup sugar, 4 Tablespoons cornstarch, ½ cup water. Stir until thickened (10 minutes). Add 3 cups fresh or frozen blueberries to cornstarch mixture with 2 Tablespoons lemon juice. Cook 2-3 minutes longer. Cool. Mix together 1½ cups graham cracker crumbs with ½ cup melted butter (reserve ¼ cup). Press graham cracker mixture into pan. Add blueberry mixture. Top with marshmallow mixture, then sprinkle with remaining graham crumbs. Refrigerate 24 hours. Serves 8-10. — From the files of Anne Hutton, Vancouver, B.C.



Staff photo

When two wrestling mats are used, which was the case Thursday night against Molalla, a rolled-up towel is used to let wrestlers know when the periods are up. Ed Hug, SUHS science teacher, is pictured catching the towel as it is being returned by the referee. Also pictured is Jim Page, SUHS social science teacher, student Mo Contreras, at left, and an unidentified Molalla statistician.

Strawberry short courses are offered

About 45 classes will be offered to students and community at Mt. Hood Community College in the third annual Strawberry Short Courses day Feb. 27.

All Strawberry Short Courses will be free and will be offered from 8 a.m. to 5 p.m. Course lengths will vary from one hour to four or five hours, with the majority lasting about two hours.

"All instruction on that day is 100 percent volunteer," said Margaret Gratton, associate dean of community education at MHCC. Faculty, administration, classified, students and community members will teach the courses.

Except for one Strawberry Short Course, an auto part salespersons class which will be offered Feb. 25 from 7 to 10 p.m., "all other courses will occur on Saturday," Gratton said.

No pre-registration is required; the courses will be offered on a first-come, first-served basis. There will be a few limited entry courses in which people will take a number when they arrive, allowing for a cut-off point.

Courses will cover a wide variety of subjects, including crafts and hobbies, self-improvement courses, cooking and sewing demonstrations, a planetarium show and a full morning of activities entitled "Focus on the Child." Representatives from local businesses and industries will speak about job opportunities in a job fair.

"I call it our mid-winter gift to the community," Gratton said. "It gives people the chance to enjoy an open house atmosphere.

Flyers listing course descriptions and times are available in the community. For more information about the Strawberry Short courses or requests to be put on the mailing list, contact Margaret Gratton at 667-7313 at Mt. Hood Community College.

Class set to teach children social skills

For a variety of reasons, some children have difficulty learning appropriate skills for getting along with others.

Frequently, the most significant problem is in peer relationships. Some children are so quiet and shy that they are not included in group activities while others are outspoken and dominate other children.

However, children can learn better ways to interact with peers. Dr. Mary Rinsky, Clinical Psychologist at the Willamette Valley Family Center, P.C., will begin a new series of social skills classes for children ages 7 to 10.

Group sessions are highly structured, focusing on assertive behaviors. Participants will be encouraged to practice skills both in sessions and real-life situations.

The group will meet for 12 sessions, each approximtely one hou long.

The group will meet on Monday afternoons, beginning in February, from 4 to 5 p.m. Enrollment is limited. There is a $20 fee per session per child. For further information, call 657-7235.