

The Sandy Post

Home & Garden

What's Cooking?

Crab Casserole, beet salad recipes offered

BY SARA SEWELL
CRAB CASSEROLE
 2 cups cooked rice
 2 cups crabmeat (shrimp or chicken may be substituted)
 1/2 cup chopped green pepper (optional)
 4 eggs, beaten

Salt and pepper to taste
 2 cups grated cheese
 2 cups milk
 Mix rice, crabmeat, green pepper, cheese, salt and pepper and put into a greased casserole. Mix eggs and milk and pour over other ingredients.

Bake hour covered in 370° oven. Heat 1 can mushroom soup and a small can of mushroom buttons (or 3/4 Lb. fresh sauteed), and pour over all at serving time. Serves 8.—From the files of Opal Ramey, Portland, Oregon.

I ate this recently at a birthday luncheon. It is very good. With it, the hostess served the following tangy salad.
BEEF AND PINEAPPLE SALAD
 1 pkg. (3 oz.) strawberry gelatin
 1 pkg. (3 oz.) raspberry gelatin
 1 pkg. (3 oz.) cherry gelatin
 4 cups boiling water
 2 can julienne beets
 1 No. 2 can crushed pineapple
 1/2 cup sweet pickle juice
 1/4 cup lemon juice
 Dash of garlic or onion juice and marjoram.
 Dissolve gelatin in boil-

ing water. Cool until it starts to thicken and add other ingredients. Place in refrigerator to set. Serve with the following dressing:
 1/2 cup sour cream
 1 cup mayonnaise
 1 teaspoon minced green onion tops

Alternative: Use equal parts sour cream and mayonnaise, thin with lemon juice and powdered curry powder (to taste).

1 teaspoon minced celery
 1 teaspoon green pepper (minced)
 1/2 cups avocado, mashed

Spring time for rust, red-thread to appear

The arrival of spring gets home lawns growing again, but also makes lawn grasses susceptible to the fungus diseases red-thread and rust.
 Lawn grass infected with red-thread may have a red or pink cast instead of the normal green color. The disease often starts with a series of irregular shaped yellow patches that gradually take on a dead look. The blades of affected grass may be bound together with a pinkish web or covered with a tiny red horn-like growth.
 "Red-thread usually occurs during wet, humid weather in winter and early spring, especially on fine fescue lawns," says Ray McNeilan, Oregon State University extension home gardening agent.
 Lawn-grass rust is present when yellow, orange-red or dark-red pustules

appear on individual blades of grass. Like red-thread, rust is caused by the wet and warm conditions typical of spring in western Oregon.
 Another lawn problem home owners may notice in the spring is the light green color of new growth in lawn grasses.
 According to McNeilan, a loss of nitrogen from the soil is usually the cause of this lighter-than-normal color because nitrogen is the greening element lawn grasses need for healthy color and vigorous growth.
 "Nitrogen is a mobile element and can be flushed out of the root area with water," says McNeilan. "Soil nitrogen loss occurs frequently over the winter months, especially when rains are heavy."
 All of these problems can be brought under control with a balanced fertilizer

program. Mow the lawn closely and rake off and dispose of the clippings as soon as weather permits.

For all your Building and Remodeling needs:

M & F Construction
 19900 E. Summertime
 Sandy, OR 97055

Jim McCord - 622-5293
 Bob Frays - 777-8068

Kitchens
 New Const.
 Sheds
 Siding
 Roofs
 Repairs

FREE ESTIMATES
 Licensed, Bonded & Insured

HYPNOSIS

Clinic and Private

FOR:

- STRESS
- FEARS
- SPORTS
- SMOKING
- BEDWETTING
- NAILBITING
- WEIGHT
- MEMORY
- SELF-CONFIDENCE

Call 668-4221
 Billie McNutt, PH.D., Certified Union Hypnotherapist

COOL MILLION QUIZ

Win 1,000 CASH!

over \$1 MILLION in cash and product prizes
 Ask for your FREE Quiz Card for 2 ways to win!

Bresters 33 FLAVORS
 Ice Cream Shop
 Gresham Fred Meyer Cr., 2469 E. Burnside, 667-5474

ALOHA DAYS

 BONELESS BEEF CHUCK ROAST USDA CHOICE \$1.68 LB.	 FRESH PACIFIC OYSTERS 10 OZ. JAR \$1.58	 CENTER CUT RIB PORK CHOPS BAR-S, LOIN CUT \$1.68
 COUNTRY STYLE PORK SPARERIBS OUR OWN PURE PORK SAUSAGE POLISH OR SMOKED HILLSHIRE SAUSAGE FRESH PACIFIC BLACK COD FILLETS	 BONELESS WHOLE HAM BAR-S (5 TO 8 LB.) HALF HAMS \$1.98 LB.	 VALCHRIS BONELESS TURKEY ROASTS 3 1/2 to 5 lbs. BONELESS CHUCK STEAKS USDA CHOICE BEEF LIVER YOUNG STEER HALF OR WHOLE PORK LOINS

 GOLD N' SOFT MARGARINE FIRST 1 LB. TUB 49¢	 PURE CANE SUGAR FROM HAWAII FIRST 5 LB. BAG 99¢	 DOLE JUICE PACK PINEAPPLE SLICED, CHUNK, CRUSHED 20 OZ. TIN 59¢
--	--	--

SPECIAL Thurs.-Fri.

Now through April 9, 1982 ONLY

Stuffed Chicken Breast Dinner!

COMPLETE DINNER including braid of bread, salad, vegetable, rice pilaf
\$5.95

ONLY

ALSO FEATURING:

- Prime Rib Dinner . . . \$7.95
- Crepes . . . \$4.75
- Quiche . . . \$4.50
- Sandwiches & More!

Weigh Station RESTAURANT
 EST. 1979
 Dinners Tues. thru Sat.
 Lunches Mon. thru Sat.
 38786 Pioneer
 Sandy 668-6642

 SLICED BACON BAR-S 12 OZ. PKG. \$1.18	 SALAME CHUBS 8 oz. \$2.49	 BISCUITS 10 oz. 59¢	 AMERICAN SLICES 12 oz. \$1.98	 COLBY CHEESE 2 LB. \$4.79
 MORRELL SLICED LUNCH MEATS ASSORTED VARIETIES 12 OZ. PKG. 99¢	 OSCAR MAYER BEEF FRANKS OR ALL MEAT WIENERS 1 LB. PKG. \$1.99	 ORANGE JUICE 32 oz. 99¢	 MARGARINE CTN. of Two 8 oz. TUBS \$89¢	 CHEESE TILLAMOOK MED. CHEDDAR RANDOM WEIGHT LB. \$2.59

 PINEAPPLE JUICE DOLE 46 oz. 99¢	 POTATO CHIPS HAWAIIAN STYLE NALLEY'S 5 oz. 89¢	 MACADAMIA NUTS MAUNA LOA 3 1/2 oz. \$2.29	 PAPER TOWELS CORONET 125 Ct. 69¢	 FIRE LOGS CASE OF SIX 18" 5 LB. LOG \$1.49
 COFFEE MJB 3 LB. TIN \$6.99	 ABC'S COFFEE CHEF BOY AR-DEE WITH MEAT BALLS OR FRANKS 15 oz. 86¢	 CUP O' SOUP LIPTON'S ASSORTED VARIETIES 4 PACK 89¢	 CRISPY WHEATS GENERAL MILLS 18 oz. \$1.59	 THRIFTWAY WILLIAMS "WE CARE MORE... WE OWN OUR STORE" 17450 Meinig, Sandy 668-4240 Prices effective Wed. thru Tues., March 24-30