

The Sandy Post Home & Garden

What's Cooking?

Chicken salad recipe offered

Chicken Salad Supreme

Approximately 4 cups diced cold chicken
 1 1/2 cups thinly sliced celery
 1 1/2 cups seedless grapes
 3/4 cup sliced or chopped browned almonds
 2T minced parsley
 1 1/2 tsp. salt
 16-oz. can pineapple tidbits drained
 1 1/2 cups mayonnaise
 3/4 cup sour cream
 2 envelopes Knox gelatin
 6 T water
 3/4 cup chicken stock

PUMPKIN SPICE DESSERT

1 cup Bisquick
 1/2 cup oats
 1/2 cup brown sugar
 1/4 cup margarine or butter

Mix and press in 9"x13" pan. Bake at 350° for 10 minutes. Cool slightly. Combine the following and pour over the crust: 1 can (16 oz.) pumpkin 1 large can (13 oz.) evaporated milk 2 eggs 3/4 cup sugar 1/2 teaspoon salt 1 teaspoon cinnamon 1/2 teaspoon ginger 1/4 teaspoon cloves

Bake 20 minutes. Mix the following ingredients until crumbly and sprinkle over filling: 1/2 cup pecans, chopped (or walnuts) 1/2 cup brown sugar 2 Tablespoons margarine or butter

Soak gelatin in cold water 5 minutes then dissolve in hot chicken stock. When cold fold in mayonnaise and sour cream. Stir until thick and fold in remaining ingredients.

This fills a 2 1/2 qt. mold or can be made into individual molds. Allow at least 3 hours for gelatin mixture to set. May be made day before needed.

from Madeline Knapp Sandy, Ore.

Return to oven and bake 15-20 minutes or until set. Cool completely. Serve with whipped cream. — From the files of Mary Van Lierop, Sandy, Oregon. This is a good dessert for a cold evening.

History of aloe vera exotic, misleading

Aloe vera is the name of a common house plant with a long exotic history, says Marilyn Lunner, Clackamas County extension agent.

Recently, the plant and its juices have become big business in the do-it-yourself health field.

The "Aloe" in Aloe vera means medical plant. Aloe vera has long had a reputation as a beauty aid and handy first-aid treatment for cuts and burns.

The Food and Drug Administration has recently become concerned about the widespread distribution of Aloe vera products because they are being promoted as a catch-all treatment for several human maladies, according to Margaret Bakke, Oregon State University extension

nutrition specialist. Exaggerated and unsubstantiated claims are being made that these products can cure or alleviate a variety of unrelated conditions. These include colitis, bursitis, asthma, glaucoma, hemorrhoids, boils, arthritis, colon problems, acne, anemia, poison ivy, tuberculosis, cancer, diabetes, depression, multiple sclerosis, stretch marks, varicose veins and even blindness.

These claims do not appear on the product, but may accompany sales literature or are a part of the sales promotion, says Bakke. The FDA cannot remove Aloe vera products from stores where they are sold because there are no health claims directly on the product label.

Tussock moth virus being manufactured

A virus is being manufactured in Corvallis for use in combatting the Douglas-fir tussock moth in Oregon and Washington.

Supplies of the virus may be manufactured in sufficient quantity in time to use in controlling future infestations of the tussock moth, according to Jeff M. Sirmon, Pacific Northwest regional forester, USDA Forest Service.

The virus, fatal only to the Douglas-fir tussock moth in its larva (or caterpillar) stage, builds naturally at infrequent intervals in the moth's life cycle.

Sirmon said Forest Service entomologists have isolated this virus, produced it under laboratory condition, and registered it with the Environmental

Protection Agency. The Forest Service has now started production at Corvallis to stockpile a supply of the virus.

One of the most serious defoliators of timber stands in the western United States, the Douglas-fir tussock moth has a life cycle that causes outbreaks of the insect every nine to 18 years.

Natural control of a tussock moth epidemic normally will not happen before widespread damage has occurred.

The last major outbreak of the tussock moth occurred in eastern Oregon and Washington in the early 1970s, and ended in 1974 with the application of DDT on 421,000 acres of timber land.

Roots protected during planting

Burlapped trees get off to faster start

Many types of trees available at garden centers for transplanting in the home landscape come from the store balled and burlapped.

"A balled and burlapped tree has its roots covered with a ball of soil that is then covered with burlap," explains Ray McNeilan, Oregon State University extension home gardening agent. "This is done to protect the tree roots during transplanting and to lessen transplant shock to the tree."

Balled and burlapped transplants available in

garden stores now are evergreens such as conifers, pines and firs, and evergreen shrubs, such as rhododendrons.

Balled and burlapped trees usually get off to a faster start than bare-root transplant trees because roots aren't disturbed much in planting.

However, even though the roots of the trees are covered, they are very susceptible to damage during transportation from the store and during storage.

McNeilan recommends protecting a balled and

burlapped transplant tree or shrub from the wind and sun even when transporting it a short distance.

After getting the tree or shrub home, plant it as soon as possible. Balled and burlapped trees and shrubs that can't be planted right away should be "heeled in," which involves digging a shallow trench that the plant is put in. Be careful to place the plant in an upright position and then cover its burlapped portion with moist soil.

The planting hole for the tree or shrub should

be one foot wider and the same depth as the root-soil ball. When choosing a location for the transplant, remember that most trees and shrubs grow best in well-drained soils.

If drainage is a problem, plant the tree or shrub on a built-up berm or mound of soil. This will raise the transplant's root system above a high water table.

Place the tree or shrub directly in the hole, taking care to handle only the ball, not the trunk of the plant. Then untie all twine from the base of the

trunk and lay back the burlap so that none extends above the soil level.

If the ball of soil around the roots is tight, the burlap can be removed before placing the plant in the hole. If the soil ball is loose, the burlap may be loosened but don't remove it. Then pack the soil around the roots more tightly before putting the plant in the hole.

"Ordinary commercial fertilizer should not be put in the planting hole," warns McNeilan. This type of fertilizer may cause burn injuries to the plant roots.

McNeilan recommends the use of a slow-release fertilizer, "starter fertilizer," which is less likely to damage roots.

Press the soil around the roots as you fill in the planting hole. Do not compact the soil by pressing down or stepping on it. Such compaction may injure the roots.

Water enough to soak the entire root area but take care not to over-water. Delay watering until the soil is dry or just slightly damp if the soil is still wet from a recent rain or previous watering.

APRIL SHOWER OF SAVINGS

 <p>REGULAR GROUND BEEF NOT TO EXCEED 30% FAT CONTENT 99¢ LB. LIMIT: 5 LBS.</p>	 <p>CHICKEN LIVERS FROZEN 58¢ LB.</p>	 <p>JENNIE-O TURKEY BREASTS GRADE A, FROZEN \$1.38 LB.</p>
 <p>LEAN GROUND BEEF NOT TO EXCEED 25% FAT CONTENT \$1.58 LB.</p>	 <p>CUT-UP FRYERS FRESH FROM FOSTER FARMS OF CALIFORNIA 78¢ LB.</p>	 <p>BONELESS PORK WILSON'S "RECIPE READY" \$2.98 LB.</p>
 <p>HAM SLICES CENTER CUT \$1.98 LB.</p>	 <p>TURKEY ROASTS HIND-QUARTER (FROZEN) 59¢ LB.</p>	 <p>BONELESS PORK CHOPS \$3.68 LB.</p>
 <p>CHICKEN STICKS FRYSON'S "CHICKEN QUICK" \$2.88 14 OZ. PKG.</p>	<p>RED SNAPPER FRESH FILLET \$1.68 LB.</p>	 <p>MEAT PATTIES ASSORTED VARIETIES \$1.68 LB.</p>


 <p>CAMPBELL'S TOMATO SOUP FIRST THREE 10 3/4 OZ. TINS 19¢ EA.</p>	 <p>JIF PEANUT BUTTER CREAMY OR CRUNCHY 1.39 FIRST 18 OZ. JAR</p>	 <p>MD BATH TISSUE FIRST TWO 4-ROLL PKGS. 69¢ EA.</p>
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 <p>JENNIE-O TURKEY WIENERS 12 OZ. PKG. 58¢</p>	<p>HYGRADE, SLICED LUNCH MEATS ASSORTED 12 OZ. PKG. \$1.18</p> <p>OSCAR MAYER WIENERS OR FRANKS ALL MEAT OR ALL BEEF 1 LB. PKG. \$1.99</p> <p>BORDEN, SINGLE-WRAPPED AMERICAN SLICES 12 OZ. PKG. \$1.88</p> <p>TILLAMOOK, SHARP CHEDDAR CHEESE RANDOM WEIGHT LB. \$2.79</p> <p>FANCY, CUBED DARIGOLD BUTTER 1 LB. PKG. \$1.93</p> <p>MARGARINE CORN OIL 1 LB. PKG. 79¢</p>	<p>MORE MONEY SAVERS</p> <p>HILLS BROS. COFFEE 3.18 TIN \$6.99</p> <p>BETTY CROCKER, MASHED POTATO BUDS 13 1/2 OZ. \$1.29</p> <p>NALLEY'S NOODLE-CHICKEN DINNERS 14 1/2 OZ. 89¢</p> <p>JAKE'S CLAM CHOWDER 15 OZ. \$1.19</p> <p>NABISCO (REG. OR WHEAT) FIG NEWTONS 14 OZ. \$1.39</p> <p>STEINFELD'S, WHOLE SWEET PICKLES 22 OZ. \$1.33</p> <p>NALLEY'S IMITATION MAYONNAISE 32 OZ. \$1.35</p> <p>CREAMETTE, DUMPLING EGG NOODLES 16 OZ. 99¢</p> <p>SMUCKER'S TOPPING BUTTERSCOTCH OR CARAMEL 12 OZ. 89¢</p>
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<p>WHITE SATIN SUGAR GRANULATED 10 LB. BAG \$3.29</p>	<p>GOLDEN GRAIN NOODLE RONI ASSORTED VARIETIES 6 OZ. 79¢</p>	<p>DENNISON'S CHILI WITH BEANS REGULAR OR HOT 4 OZ. \$2.15</p>	<p>WESTERN FAMILY, LONG THIN SPAGHETTI 22 OZ. 79¢</p>	<p>CORONET PAPER TOWELS 25 SHEETS 12 1/2 CT. ROLL 79¢</p>
<p>CHEF BOY-AR-DEE SPAGHETTI AND MEAT BALLS OR BEEF RAVIOLI 40 OZ. TIN \$1.99</p>	<p>BETTY CROCKER, FUDGE BROWNIE MIX 21 1/2 OZ. \$1.39</p>	<p>DUNCAN HINES CAKE MIXES ASSORTED VARIETIES 18 OZ. 99¢</p>	<p>LA SAUCE BAKING SAUCE BAR-B-Q OR SWEET AND SOUR 31 to 31.2 OZ. \$2.19</p>	<p>THRIFTWAY HOODLAND Welches Rd., Wemme, 622-3244 Prices Effective Wed. thru Tues., Apr. 14-20</p>

Got a home improvement project in mind?

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