

For main dish, salads and bread

Fresh herbs are a natural in the summer

by JUDE RAMSAY JENSEN

Fresh herbs are a natural in the summertime kitchen, combining equally well with fresh foods of all kinds to enhance the flavors of the fruit, vegetable, or meat. Use the ones recommended in these recipes, or branch out and experiment on your own. You may be surprised at the results.

Herbed fish in foil

Ingredients: 3 lb. cleaned whole fish (trout, bass, red snapper); 1 clove garlic, crushed, peeled; 1 cube butter, softened; 1 Tbsp. chopped lemon thyme; 1 tsp. chopped chives; 1 tsp. flour; ½ lb. shelled baby shrimp; ½ lb. small mushrooms,

sliced; juice of 1 whole lemon; ½ cup dry white wine; ¼ cup chopped parsley; freshly ground black pepper, to taste; grated lemon peel.

Preheat oven to 375 degrees. In small bowl, combine butter, garlic, pepper, thyme, chives, and flour; mix well. Place cleaned fish on double thickness of heavy-duty foil. Stuff fish cavities with half of the herb butter, half of the shrimp, and half of the mushrooms. Sprinkle stuffing with 1 tsp. lemon juice and 2 tsp. wine.

Dot remaining butter over top of fish; sprinkle remaining shrimp, mushrooms, lemon juice, and wine over top; garnish with parsley and lemon peel. Seal foil tightly by pulling sides up and over fish; roll down.

Fold ends upward a few times. Bake on cookie sheet for 45 minutes, or until fish flakes when fork-tested. Serve with pan juices sprinkled over fish. Serves 4-6.

Summertime fruit salad

Ingredients: 1 cantaloupe, cored, peeled, halved; 2 oranges, peeled, sectioned, quartered; ½ fresh pineapple, chopped; ½ fresh coconut, grated; 1 papaya, peeled, seeded, sliced; 2 red apples, cored, sliced, unpeeled; 3 bananas, peeled, sliced; 2 cups strawberries, hulled, halved; ¼ cup honey; ½ pint whipping cream; ½ cup strawberry yogurt; 1 Tbsp. minced lemon balm; 4 Tbsp. mint leaves, half minced, half whole; cinnamon to taste.

Prepare fruit; mix with honey in a large bowl; marinate for half an hour. Whip cream stiff. Stir lemon balm and mint into yogurt; gently fold yogurt mixture into whipped cream. Mix with fruit. Sprinkle with cinnamon and garnish with remaining mint sprigs. Serves 6-8 generously.

Stir fried snow peas

Ingredients: 1-1½ lbs. fresh snow peas; 2 Tbsp. water; 1 Tbsp. butter; 2 Tbsp. chopped basil; ¼ tsp. celery seed; soy sauce to taste.

Wash and stem peas; don't dry. Bring water to a boil in a wok or an even-heating skillet. Add peas; stir well; steam for 4-5 minutes. Add butter and herbs; stir-fry for a few minutes longer. Season with soy

sauce and serve hot. Serves 6-8.

Herb bubble loaf

Ingredients: 1 cup unbleached white flour; 1½ tsp. salt; 1¼ cups milk; 1 egg; 1/3 cup melted butter; 1 Tbsp. sesame seeds; ½ tsp. paprika; 2 Tbsp. sugar; 1 package active dry yeast; 2 Tbsp. oil; 2-2½ cups more unbleached flour; 2 Tbsp. grated Parmesan cheese; ½-1 tsp. garlic powder.

Preheat oven to 400 degrees. In large bowl, combine 1 cup flour, sugar, salt, and yeast. Heat milk and oil in saucepan over low heat until warm. Add egg and warm (not hot) liquid to flour mixture. Beat ½ minute with mixer on low speed, 3 minutes on medium speed. Stir in remaining flour gradually to form a

soft dough. Knead on floured surface until smooth and elastic, about 3 minutes. Cover dough; let rise in warm place until light and double, about 45-60 minutes. Punch down.

Pinch off walnut-sized pieces of dough and dip in melted butter. Place in a 2 qt. round, ungreased casserole dish, forming 1 layer. Combine cheese, seeds, garlic, and paprika; sprinkle half over top of bubbles. Repeat a second layer of bubbles; pour remaining butter over bubbles; sprinkle with remaining seasoning mix. Cover, let rise until light, about 30-45 minutes.

Bake 25-30 minutes, until top sounds hollow when lightly tapped. Cool 10 minutes; remove from pan. Serve this pull-apart warm.

SUHS class of 1975 makes reunion plans

The Sandy Union High School class of 1975 will celebrate its 10-year reunion Aug. 9-11.

On Friday, Aug. 9 at 11:30 a.m. there will be a women's no-host lunch at the Hearthstone in Gresham.

The reunion party will be Saturday, Aug. 10 at 8 p.m. at the Garden Room, Portland Airport Sheraton Inn. Cost is \$12.50 before Aug. 1. The cost will be \$15 the

night of the party. Items for the class memory book should be submitted by Aug. 1 as well.

A family picnic will be Sunday, Aug. 11 at noon at Rooster Rock, Area B1. The committee will provide beverages. Class members should bring their own lunches.

For more information call 668-7934 or 630-4398. Help locating classmates would be appreciated.

Oral Hull Foundation hosts School for Blind reunion

The Oral Hull Foundation for the Blind played host to the former students of the state School for the Blind earlier this month.

About 50 former students were in attendance. Dinner was served in Rainbow Lodge, after which a walk was taken down memory lane with the former students relating humorous and emotional memories from years gone by.

Awards were given to the person who had attended the longest ago, which went to Marie Webb, and to the

person who had traveled the farthest, which went to the Rev. Wilbur Lane of Spokane.

On Sunday morning there was a memorial service in the Rainbow Lodge in memory of those who have died. Hymn and message were by Lane.

"The joy of renewing friendships and reminiscing was great," said Webb.

Webb said that Evelyn Mathewson, chairman of the event, "did a magnificent job."

Hi, Matthew Harrison

Roger and Kathleen Harrison of Estacada welcomed Matthew Duane to the family June 5. He weighed 9 pounds, 2 ounces and measured 21 inches long.

He joins Steven, 4, and David, 3.

Grandparents are Mr. and Mrs. Duane Knapp of Sandy and Mr. and Mrs. Richard Harrison of Estacada.

Great-grandmother is Mrs. Helen Funk of Gresham.

Hashagens welcome girl

Mike and Jody Hashagen of Sandy recently announced the birth of their daughter, Jennifer Lee. She was born June 6. She weighed 7 pounds, 3½ ounces and measured 20½ inches

long. She joins a brother, D.J., 3½. Grandparents are Roland and Rose Powers of Sandy and Jack and Wanda Hashagen of Ontario.

Meeting theme is 'Rejoice!'

The Hoodland Women's Aglow Fellowship will hold its monthly luncheon meeting on Tuesday, June 25 from 11 a.m. to 2:30 p.m. at the Living Way Fellowship Hall in Sandy.

Baby-sitting will be available for

all ages. Please bring a sack lunch for your child or children. The theme is "Rejoice!" All women are welcome.

For more information, call 622-4526 or 668-4972.

The Sandy Post

(USPS 481-180)

MEMBER: Oregon Newspaper Publishers Association, National Newspaper Association and U.S. Suburban Press. Published weekly Thursdays by the Outlook Publishing Co., Box 68, Sandy, Oregon 97055. Second class postage paid at Sandy, Oregon.

668-5548

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Sandy Post, Sandy, Oregon 97055

No. 25

June 20, 1985

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Then as now, people followed Jesus around with lip service! Jesus is Lord of lords and King of kings and we should call Him Lord, just as King David of old did (Acts 2:34). However, saying that He is Lord must come from a truthful, sincere heart and be accompanied by actions that show our willingness to do what the good Lord teaches in the Holy Bible.

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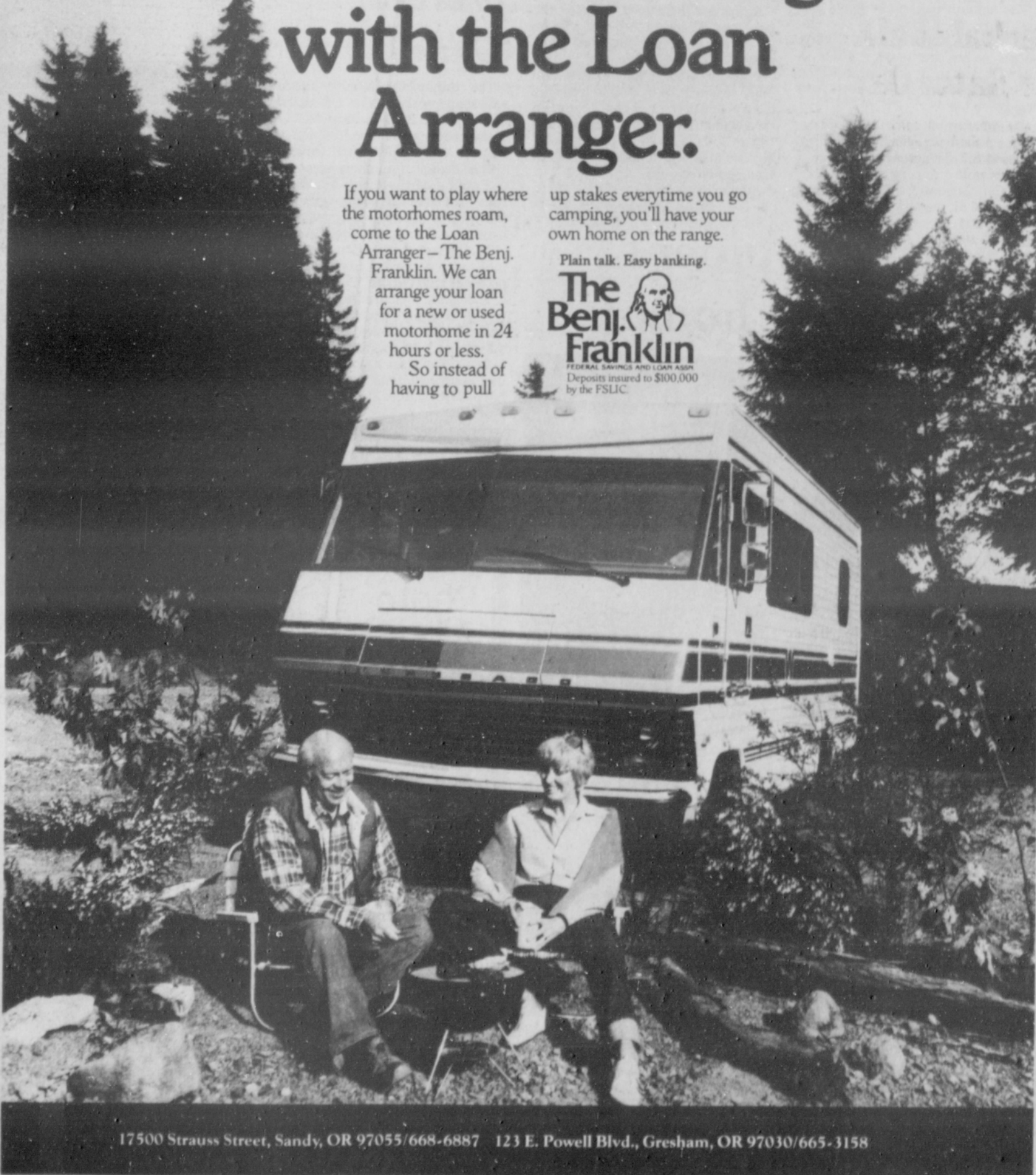
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