

USDA

NOVEMBER — DECEMBER

DISTRIBUTION DATES

November 7, 8, and 9	Main Distribution
November 15	1:15 PM to 4:30 PM
November 22	1:15 PM to 4:30 PM
November 29	1:15 PM to 4:30 PM

The following recipes were used at the September distribution. They allow you to save time and money.

SHAKE AND BAKE MIX

2 cups dry bread crumbs
¼ cup flour
2 Tablespoons paprika
4 teaspoons salt
¼ cup shortening
2 teaspoons sugar
2 teaspoons onion powder
2 teaspoons ground oregano
½ teaspoon garlic powder

Mix dry ingredients thoroughly. Cut in shortening until mixture is crumbly. Store in tightly covered container. Use about one-third cup per pound of meat. Makes about 2 and two-thirds cups of mix. Can use on chicken, beef or fish.

TACO SEASONING MIX

1 Tablespoon finely chopped onion
1 teaspoon chili powder
1 teaspoon oregano
1 teaspoon salt
1 teaspoon garlic salt
1 teaspoon cumin
1 teaspoon paprika

Mix ingredients together and store in tightly covered container. Use in place of packaged taco seasoning that you buy from the store.

TORTILLA MIX

10 cups flour
1 cup powdered milk
2 Tablespoons salt
¼ cups lard or shortening

Combine the dry ingredients and mix well. Cut in shortening until the mixture looks like coarse cornmeal. Store in container which has a tight fitting lid.

MISSOURI MIX RECIPE

9 cups sifted all-purpose flour
1/3 cup double-acting baking powder
1 cup plus 2 tablespoons nonfat milk solids
4 teaspoons salt
1¾ cups shortening

Stir baking powder, dry milk and salt into the sifted flour. Sift all dry ingredients together until well mixed. Cut or mix fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal.

This mix can be used in place of Bisquick or product that you would buy in store.

During the month of November, Wynona Harrison, the Nutritionist from Chemawa will be discussing the complementing of proteins. A bean hot dish will be the featured recipe.

HAMBURGER DINNER SAUCE MIX

¼ cup flour
1 tablespoon grated Parmesan cheese
2 bouillon cubes or 2 teaspoons instant bouillon
1 tablespoon nonfat dry milk crystals
2 teaspoons dehydrated onion
pinch garlic salt

Mix ingredients. Wrap tightly in aluminum foil. Store in airtight container.

Yield: enough for one skillet dinner.

To save time, prepare enough for several dinners. Then when mealtime arrives, just add a packet of sauce mix to one pound of ground beef, some water, or a can of condensed soup, and your choice of a macaroni, rice, or noodle product.

You can also use cut-up, leftover beef, pork, or poultry instead of ground beef.

Cream of mushroom, celery, asparagus, or chicken soup adds a delightful flavor if you substitute for part of the water.

For variation, try one of these dinners.

DECEMBER 12, 13, and 14	Main Distribution
DECEMBER 20	1:15 P.M. - 4:30 P.M.
DECEMBER 27	1:15 P.M. - 4:30 P.M.

Beef 'n Macaroni Skillet: Brown 1 pound ground beef and drain. Add 2 cups water, 1 cup tomato juice or tomato sauce, 1 cup uncooked macaroni and the above sauce mix. Stir and heat to boiling. Reduce heat and simmer uncovered until macaroni is tender (about 10 to 15 minutes). Makes about five servings.

Beef 'n Rice Skillet: Brown 1 pound ground beef and drain. Stir in 3 cups water. Add ¾ cup uncooked rice and packet of sauce mix. Stir and heat to boiling. Makes about five servings.

Beef 'n Noodles Skillet: Brown 1 pound ground beef and drain. Stir in 3 cups water. Add 1-1/3 cups uncooked noodles and packet of sauce mix. Stir and heat to boiling. Reduce heat and simmer uncovered until noodles are tender (about 10 minutes). Makes five servings.

TORTILLAS (Using Mix)

4 cups Tortilla Mix
1 cup lukewarm water (add more water if necessary)
Mix together the tortilla mix and water. Blend well. Turn out onto lightly floured board and knead about 50 strokes. Divide dough into 12 to 16 equal sized pieces. Form each piece into a ball. Cover with cloth and let stand 15 minutes. Roll each ball into a round tortilla, 8 inches in diameter. Cook on a moderately hot ungreased skillet until golden brown in spots. Turn once, being careful not to break the bubbles.

Mix 1 can chicken with taco seasoning mix and put in refrigerator overnight. Use as filling for tortillas.

NEW ENROLLEES:

Martha N. Villegas
Billy D. Moore, III
Ivory O. Pearson
Robb L. Pearson
Brian G. Pearson
Michael P. Pearson
Kristy M. Pearson
Clayton M. Pearson
Daryllyne M. Terry
Trinity A. Hall
Gina M. Hall

Daniel A. Pearson
Deanna L. Pearson
Dusty M. Pearson
Angela C. Sondenaa
Annette C. Sondenaa
Kimberlee R. Thomas
Mato L. Havranek
Bryan D. King
Jacob B. Brock
Rachel M. Johnson
Scott H. Johnson

Answer to Puzzle on Page 2

WORDS RELATED TO INDIAN BASKETRY

. T . . . G T E K S A B X R E H T A E F
. E L . W . . C S
. K . C . . . A . A E Q F
. S . . . A . . . D D T W . U . I
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T A K . O I . . L X W . R U T G . . . A
O L A O . . L I D I S A . I S . H . . P
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R S A G A S . S R . . . H . . .
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E X L O . . . E . . . M .
C E V A E W X N E P O O . . . T . . . P
U Y U R O K . Z L . . . K
R A . B Z T E L I S
P H . B U R D E N X B A S K E T
S O
. M A I D E N X F E R N

MISSING MOCCASINS

ARDEN, Clayborne W.
ARDEN, Clinton A.
ARTIAGO, Angeline A.

BACAK, Walter
BAKER, Gilbert F.
BALLIE, Sandra (Larsen)
BARNETT, Sheryl A.
(Warren)
BELLINGER, Cynthia K.
BELLINGER, Gregory P.
BENNETT, Elsie L. (Zosel)
BRENTS, Carolyn J.
(Belgard)

CALLAHAN, Henry A.
CARTER, Regina A.
(Campbell)
CHARMICHAEL, Barbara
J. (Klamath)
COMBS, Duane L.
COMBS, Gene A.
CONN, Henry E.

DAY, Donald B.
DE POE, Suzanne L.
DOWNEY, Kay L.

FERNANDEZ, Richard A.

GAGE, Charles
GIRARD, Mary J.
GIRARD, Raymond
GOLSH, Mildred (Griggs)
GREENWELL, Jacquelyn
W.

HEDRICK, Virginia M.
HEDRICK, William P.
HENRY, Frances D.
(Shriner)
HUDSON, Mary E.

JACKSON, Joseph
JOHNSON, Roxanna F.

KAPS, Pamela K.
(Klamath)
KENTTA, Arlen R. Sr.
KENTTA, Rosalie G.
KERR, Cindie L.
(LaChance)
KNOX, Mary M. (Hedrick)

LA CHANCE, Carrie S.
LA CHANCE, Kevin R.
LAFFERTY, Vera E.
(Wallace)

LANIER, Lois L.
LARSEN, Franklin
LARSEN, Victor
LEE, Charles L.
LEE, Larry L.
LEE, Patricia A.
LOGAN, Cherine
LOGAN, Larry
LONG, Alfred

MILES, Charles

PRESTON, Maxine
(Washington)

RAYA, Phillip T.

SERVICE, Diane L.
SERVERSON, Lori M.
SHERIDAN, Theo F.
(Butler)

SHORT, Robert E.
SHRINER, David J.
SMITH, Benjamin D. Jr.
STUTZMAN, Esther
(Waters)

TAYLOR, Sonia R.
TORRES, Margaret
(Washington)
TOWNER, Leah L.
TRONSON, Audrey A.

VAILLE, Angella D. (Raya)

WALLACE, Rhonda C.
(Williams)

WARREN, Daniel J.
WARREN, Donald G.
WASHINGTON, Celeste K.
WASHINGTON, Joan M.
WEDER, Carol A. (Tyler)
WILCOX, Ina I.
WILKERSON, Josephine
(Lee)
WILLIAMS, Charmaine J.
WILLIAMS, Willie N.
WILSON, Kenneth H.
WOODS, Daniel R.

ZOSEL, Norman E.

Please contact the Enrollment Dept. at: Siletz Area Office, P.O. Box 670, Siletz, OR 97380, or call (503) 444-2536, if you know the whereabouts of any of the above persons. Any questions on I.D. cards can be answered through the Enrollment Dept.

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