

TELL OUR ADVERTISERS YOU SAW
THEIR AD IN THE PORTLAND OBSERVER

Computer Chatter for Women

Bert's cookery



Alberta Polk

A succulent, sweet berry, the little wild black berry, grows along the roadsides, in the fields and over the hills in southern Oregon and the Portland Area. The vines grow profusely over stumps, logs and fences, free to the ambitious housewife who choose to wear an old sweatshirt and a pair of heavy jeans and enjoy the unbeatably fresh air that Portland has to offer.

There are many things that can be done with this little tempting berry, the common black-berry (*Rubus vitifolius*). Some are the size of garden loganberries, some tiny, some long and slender, while others are large and round like cultivated boysenberries. No matter what the size they are sweet and juicy and make the most tempting jams, jellies, delicious pies, cakes and other delectable baked goods and mouthwatering desserts.

Blackberry can be frozen dry in jars or cartons, with or without sugar, and can be thawed when ready to use.

Here are a few tempting, delicious recipes to use with Little Black Berries.

Wild Blackberry Lemon Jam

2 lemons, coarsely ground
1-1/2 cups water- 6 cups black
berries 7 cups sugar, cook
ground lemons and water 20
minutes or until mixture thicken
Pour into hot jars and seal.

Wild Blackberry Muffins

2 cups biscuit mix- 4 tbsp. sugar
2 tbsp. soft butter 3/4 cup milk
1 cup washed berries
Mix ingredients (first four) and
beat vigorously, add washed,
drained blackberries and mix
thoroughly into batter. Fill
muffin cups 2/3 full. Bake 15
minutes at 400 degrees.

Wild Blackberry Pie

Fill an unbaked pie shell with
fresh washed blackberries that
have been mixed with 1 cup
sugar, 1/3 cup flour and 1 tsp
cinnamon. Dot with butter,
cover with slitter top crust
and crimp the edge. Sprinkle
lightly with milk and also
lightly with sugar. Bake 15
minutes at 450 degrees and
45 min. at 350 degrees.

Some of the nation's finest
"old growth" forests now
cover mountainsides that were
blackened by natural forest
fires in over-ripe timber dur-
ing the time of early Western
settlers, Georgia-Pacific
Corp. reports.

Pairs of dirty lungs

By James L. Mack, M.D.,
Finding a "clean" pair of
lungs in anyone past the age of
12 is almost impossible.

One pathologist at the Uni-
versity of California School of
Medicine, Dr. Russell Sherwin,
has examined thousands of lungs.

He thinks nobody over 12 has
clean lungs. But, much more
chilling he speculates that
everyone above this age also has
some degree of emphysema.

Because of pervasive air pol-
lution.

Speaking about emphysema,
Dr. Sherwin says, "It's just a
question of when it becomes
clinically significant. I believe
everyone over 12 has it. I know
I can't find a normal lung in any-
one that age."

Not all doctors agree with the
pathologist's statement. But
many chest specialists are con-
cerned about the effects of air
pollution on the lungs. A recent

study shows that illness and
death from respiratory disease
would be reduced by 25 percent
if air pollution in big cities could
be cut in half. The combination of
air pollution and cigarette
smoking also drastically
increases the incidence of
emphysema.

Emphysema is a chronic dis-
ease that develops gradually and
causes damage to the air sacs of
the lungs that cannot be
reversed. But the lungs must be
heavily damaged before ab-
normalities appear in routine
lung function testing. "The real
problem in air pollution, as I
see it," Dr. Sherwin says, "is
what's going on before disease
becomes clinically manifest."

To find out more about dis-
eases of the lungs--as well as
air pollution--check with your
local tuberculosis and respira-
tory disease association. It's
a matter of life and breath.

Nixon's

Aid speaks

A news conference for Miss
Hanford is scheduled for 10 a.m.
Thursday, April 8, in the
Galleria Room (No. 1) of the
Portland Hilton Hotel.

You are, of course, invited to
attend all of the sessions, and if
you wish to talk with some of the
other visiting speakers, please
check with Professor Jack
Taylor, co-director of the con-
ference, or Christa Butzlaff,
who will be at the Registration
Desk opposite the ballroom, and
he or she will make ar-
rangements for you.

Chinese Art

show

Original Chinese Art by the
late Bong Wai Chen. Spring

watercolors and pen & ink. Show
opens April 5 and run thru April
29.

The Golden Legend Gallery is
located at 159 "A" Avenue. Lake
Oswego. Hours: Mon-Sat 10-8,
Sun 12-6 p.m. Phone 636-2363



The Ebony Soul Strudders from Grant High School will be performing soon. Watch the OBSERVER for the next performance.

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