ACA, UMW

(Continued from pg. 1, col. 6)

Albina Family and Community Service 73 N.E. Morris, 288-9145. Personal Counseling, Marriage Counseling, Hot-Line Crisis.

filed against Tom Walsh Construction Company, which is building HUD financial housing projects in Albina – Martin Luther King and Matt Dishman Plazas. Hoffman Construction Company has been awarded the contract for construction of the federal building in Portland.

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Apple Stuffed Pork Chops

4 5-ounce pork chops, well trimmed
Salt, pepper and garlic powder to taste
1 medium apple, peeled, cored and diced
1 cup chicken bouillon
1 cup cooked enriched rice
Dash cinnamon
Dash poultry seasoning
1 teaspoon dehydrated onion flakes

Season chops with salt, pepper and garlic powder. Place on a rack and broil about 4 inches from heat until chops are brown on both sides. Remove from broiler. Combine apples and bouillon in a saucepan and cook until apples are tender. Drain, and place in mixing bowl. Add rice, cinnamon, poultry seasoning, onion flakes, salt and pepper to apples and mix thoroughly. Divide stuffing mixture into 4 even portions and place ¼ of the stuffing on each chop. Bake at 375° F. about 15 to 20 minutes or until stuffing is brown. Makes 2 servings.

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(Class Listings)

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Emanuel Hospital
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Extended Care Building
Thursday 7:00 pm

Carpenters Hall
2225 N. Lombard
Mon. 7:00 pm & Thurs. 9:30 am

NORTHEAST PORTLAND
Maranath Church
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Oysters furnish low-cost lunch

Quick – Hurry! Think of an entree for lunch or brunch that's nourishing, quick-to-fix, delightful-to-eat, and easy on the budget – all at the same time! Don't give up, take heart because such entrees to exist and fill all the requirements that today's hurried homemaker could demand. It's a large order but clever gals know how to do it, they choose the main ingredient first and take it from there. Frequently they rely on seafood products because they know that fish and shellfish provide superb nourishment and require little preparation or cooking time.

Many of the nutrition-and-budget-wise homemakers choose frozen oysters to have on hand for any occasion that might arise. Oysters may be stored in your freezer until ready to use and are as tender and succulent as when they were shucked and quick frozen. Oysters solve the dietary dilemma too because they are loaded with easily-digested protein as well as providing many other valuable nutrients. Also important is that they save your precious time because oysters require only minutes of cooking – just until the edges curl.

"Creamy Oysters On Club Rolls" is a treasure of an entree that provides a meal to remember. Sauteed celery and onion join the oysters in a flavorful sauce highlighted with tarragon and lemon juice. This tasty mixture is served over tomato wedges on lightly toasted club roll halves. Mugs of hot coffee and peach slices on lettuce complete the menu and you are ready to say "Come and get it!"

There are a number of varieties of oysters raised on oyster farms or harvested along the shorelines of this nation. Any variety is delightful to eat and may be used in the "Creamy Oysters On Club Rolls" recipe. Most people prefer to fry the large Pacific oysters, however, and use the smaller varieties for soups, stews, souffles, or other oyster entrees. They are available almost everywhere either fresh, frozen, or canned, and are particularly plentiful during the fall months.

Creamy Oysters on Club Rolls

2 cans (10 ounces each) frozen oysters
1 package (8 ounce) brown and serve club rolls (6 rolls)
½ cup sliced celery
¼ cup sliced green onion with part of tops
3 tablespoons margarine or cooking oil
1 cup half and half (half milk, half cream)
2 tablespoons flour
½ teaspoon salt
¼ teaspoon tarragon
1 tablespoon lemon juice
1 large tomato, cut into 12 wedges
Minced parsley (optional)

Thaw frozen oysters; drain. Cut rolls in half lengthwise; place on baking sheet, cut side up. Heat in hot oven, 400° F., for 8 to 10 minutes or until lightly toasted. Meanwhile cook celery and green onion in margarine or cooking oil until onion is tender, but not brown. Add oysters; cook until edges curl. Mix half and half, flour, salt, and tarragon until free of lumps. Add to oyster mixture; cook, stirring carefully, until sauce is thickened. Stir in lemon juice. Arrange 2 tomato wedges on each roll. Spoon an equal amount of oyster mixture over each. If desired, sprinkle with minced parsley. Makes 6 servings.

PDC fails

(Continued from pg. 1, col. 3)

may remove it and charge the contractor. If the contractor does not do the job in a reasonable time, the owner may have the work done and deduct the cost from the contractor's pay. These actions must be approved by PDC. Homeowners are not aware of these recourses and are often made to wait for weeks or months for the contractor to finish the work.

Homeowners have found that they have no where to turn. When they go to PDC staff members for help in dealing with the contractor, they are told that this is a contract between the homeowner and the contractor and that PDC cannot intercede. Legal protection is provided by the law, but it is not extended to the homeowners.

The U.S. Department of Housing and Urban Development Handbook (RHA 7375.1, October 1968) provides for "initiation of appropriate action in the event of a dispute between a homeowner and a contractor to see that the homeowner is satisfied before making any payment to the contractor." (Chapter 14, page 4, subhead 4a.)

Homeowners not only feel that they have not recieved the service, but state that they have been informed by PDC staff that their refusal to pay the contractor, even though they are dissatisfied, could result in a lien being placed on their property by the contractor. Ray Wilson, Rehabilitation Supervisor, told the **Observer** that it is the practice of PDC Rehabilitation Specialists to so inform those homeowners who are reluctant to sign the checks for payment to the contractors.

"No payment shall be made on construction contract until the Contractor has completed the corrections." (Chapter 20, page 2, subhead 1a.) No homeowners felt they had received this service, but that they were pressured to pay the contractors for unsatisfactory work.

The law requires that "The Public Body (PDC) shall (after the final inspection) make an additional call on the property owner to see if there are complaints. This inspection shall be made within 60 days to verify the validity of the complaint, and they shall assist the property owner in obtaining prompt corrective action from the contractor." (Chapter 20, page 5, subhead 4.) None of the homeowners contracted had received follow-up visits.

Article 20 states "The Contractors shall remedy any defects due to faulty materials or workmanship and pay for any damage to other work resulting therefrom which shall appear within a period of one year from the date of Substantial Completion as defined in these General Conditions, and in accordance with the terms of any special guarantees provided in the Contract. The Owner shall give notice of observed defects with reasonable promptness. All questions arising under this Article shall be decided by the Commission subject to arbitration, notwithstanding final payment."

Homeowners are unable to get consideration from PDC staff once the checks are signed. Some individuals stated that they have repeatedly called the PDC office over a period of months and "were given the runaround."

The one-year guarantee on the work is of no consequence if PDC staff refuses to investigate the complaints and then order the work corrected. Such things as leaking pipes, curling linoleum, sticky and ill-fitting doors and windows, and faling plaster are commonplace.

"Food Safety" Class begins

Have you ever wondered about the additives that are in foods today? Or, if pesticide residues remain on food at the market?

If you have, you're not alone. Many homemakers have been concerned lately about the safety of the food supply.

To better understand some of the current concerns with food, Oregon State University Extension Service has developed a four-lesson correspondence course on the subject of "Food Safety".

Those who wish to take the course will be mailed a lesson every two weeks. The lessons will include assignments but there will be no worry about grades.

Those who would like to take the correspondence course should register soon, says Betty Burkhart, County Extension Agent, as enrollment will need to be limited.

In addition to food additives, the course will cover foodborne illnesses, and information on natural and organic foods. Tips for safe home canning, plus free bulletins that can be ordered for further information are also part of the course.

Interested persons may enroll in the free course or get further information by telephoning the Multnomah, Washington or Clackamas County Extension offices before October 10, 1973.

Carousel

(Continued from p. 1 col. 9)

Peterson has a talk show Saturday evenings and a religious music show Sunday evenings on KLIQ-FM. He is a student in broadcasting at Portland Community College and plans to make a career in radio and television.

Carousel rides are available during the marathon. Fans can also participate by guessing the length of time that Peterson will remain on his "horse". A $25.00 gift certificate will be presented to the winner and entries must be sent in writing to the station.

Peterson urges his supporters to drop by the carousel at Jantzen Beach Center this weekend to give their encouragement.

When your freezer stops

If you own a freezer, you're probably taking advantage of grocery store specials and freezing them for later use. You may also be freezing fruits and vegetables while they're plentiful. But what if your home freezer stops? Temporary power failures or a mechanical breakdown could mean a large loss of valuable foods unless you know what to do and act promptly.

What To Do When Your Home Freezer Stops, a leaflet from the Department of Agriculture, outlines steps you should take to protect frozen goods. Copies of the six-page leaflet may be ordered for 20 cents from Consumer Product Information, Pueblo, Colorado 81009.

According to the booklet, if the freezer stops, first try to estimate how long it will be before it's working again:

- If power is off, try to find out how long it will be off.
- If there seems to be a mechanical problem, read the instruction book to determine if there is someting you can do to put the freezer back into operation, or
- Try to find out how long it will take a serviceman to repair the freezer.

Next, estimate how long your food will stay frozen. With the freezer closed, food will usually stay frozen in a fully-loaded cabinet for two days; in a cabinet less than half full, not more than a day. How long the food will stay frozen also depends on:

- the kind of food. For example, a freezer full of meat will not warm up as fast as a freezer full of baked goods.
- the temperature of the food. The colder the food is the longer it will stay frozen.
- the freezer itself. A well-insulated freezer will keep food much longer than one with poor insulation.
- the size of the freezer. The larger the freezer, the longer the food will stay frozen.

If it looks as though the freezer will be stopped for some time, there are several steps you can take:

- Keep the freezer closed.
- If possible, move the food to a locker plant. It is good to make advance arrangements with a local locker plant to take care of food in an emergency. Then, if an emergency occurs:

1) Call the locker plant to see if it is operating and, if so, whether it has room for your food.

3) If space is available, wrap the food in newspapers and blankets or use insulated boxes to take the food to the plant as quickly as possible.

- Another approach is to use dry ice to keep foods frozen. Twenty-five pounds of dry ice should hold the temperature of a half-full 10-cubic foot cabinet below freezing for two or three days. Food in a fully loaded cabinet will stay frozen three to four days if you put dry ice in soon after the freezer goes off. Put heavy cardboard directly on the packages of frozen food and then put the dry ice on top of the cardboard.
- If current failures are frequent and last long periods of time, you may wish to invest in a standby generator.

Occasionally, frozen foods are partially or completely thawed before you discover that the freezer is not operating. Partial thawing and refreezing does reduce the quality of foods, particularly fruits, vegetables, and prepared foods. Red meats are affected less than many other foods.

"Men tire themselves in pursuit of rest." (Laurence Sterne)

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