



Traditional sweet potato pie

Bring on the sunshine with Sunshine Sweet potato Pie. It's perfect for any day and is a delicious substitute for the standard pumpkin pie. This traditional Southern favorite has a touch of grated orange peel which adds an extra taste treat.

The crust is special because it's prepared with corn meal. The flavor and texture of enriched corn meal produce a pastry that is uniquely delicious.

The creamy sweet potato filling is enhanced with the fragrant hint of orange and nutmeg. Either fresh cooked or canned sweet potatoes can be used. Sunshine Sweet Potato Pie can be prepared the day before and refrigerated overnight. And you can make it quickly in the microwave oven.

Serve warm or chilled with vanilla or butter pecan ice cream. Or top with whipped cream flavored with orange peel, nutmeg or brandy. Make Sunshine Sweet Potato Pie the bright spot in your menu.

SUNSHINE SWEET POTATO PIE
1 cup all-purpose flour
1/2 cup enriched corn meal
1/2 cup vegetable shortening
3 to 4 tablespoons cold water

Filling:
1 - 1/2 cups mashed cooked

sweet potato (one 18 oz can, drained)
3 eggs
1/4 cup firmly packed brown sugar
One 5 1/2 oz. can (3/4 cup) evaporated milk
1/2 cup butter or margarine, melted, cooled
1 to 2 teaspoons grated orange peel
1/2 teaspoon salt
1/2 teaspoon nutmeg

Corn Meal Crust:

For corn meal crust, combine flour, corn meal and salt; cut in shortening until mixture resembles coarse crumbs. Sprinkle water by tablespoonfuls over flour mixture, stirring until dough holds together. Shape to form ball; roll out on lightly floured surface to form 13 inch circle. Fit loosely into 9 inch pie plate; trim. Fold edge under; flute. Prick pastry with fork. Bake at 425°F about 10 minutes. Remove from oven; reduce oven temperature to 350°F.

For filling, combine all ingredients in large bowl; beat until smooth. Pour into partially baked crust; bake at 350°F for 50 to 55 minutes or until set. Serve warm or chilled with whipped cream or ice cream, if desired. Makes 9 inch pie.

Budgeting for clothes

People who want to get the most from their clothing dollars should plan their clothing needs and expenditures.

The first step is to develop an overall spending plan which includes all the family expenses for a season or year, says Ardis Koester, Oregon State University Extension textiles and clothing specialist.

That means making a list of the major budget items such as rent or mortgage payments, utilities, installment payments, taxes and insurance. Then estimate the variable expenses such as food, medical and dental costs, household supplies and repairs, transportation, clothing and savings.

As part of an overall household budget, it may be helpful to record expenditures for a month or two. (These records are valuable for insurance purposes in case of fire, theft or property destruction.)

A clear look at the entire family budget will give a better perspective on how clothing needs can be accommodated.

The amount budgeted for clothing must be balanced with the individual's clothing needs. To determine each family member's clothing needs, consider the person's daily activities and interests. This includes such things as work, leisure time pursuits such as sports and hobbies, and personal likes and dislikes about clothing.

Also take a careful look at each person's present wardrobe. Then make a list of the clothes each member of the family wants. Decide whether these are actual clothing needs or simply additional items that supplement clothes already in the closet.

Figuring out the cost-per-wearing is an interesting way to decide whether or not to buy an item of clothing. This is easy to calculate.

simply divide the cost of the garment by the number of times it is likely to be worn. For example, a winter coat might be worn five days a week for five months for three years, or 300 times. At that rate, a \$75.00 coat will cost 25 cents each time it is worn.

On the other hand, a dressy outfit for dinner and parties for one or two years is likely to have a higher cost-per-wearing. A \$40.00 outfit that is worn only 10 times costs \$4.00 each time it is used.

"Figuring out the per use cost of clothes can be used to decide when to buy expensive, quality clothes or something less expensive," says Mrs. Koester.

It is a good idea to spend more money on garments which will be worn frequently.

The cost-per-wearing can also be used to decide how many items of clothes to buy. For children, buy fewer items of clothing so they receive as much wear as possible before they are outgrown. For adults, buy clothes that they will feel comfortable wearing for several years before they get tired of them or the styles change.

It is a good idea to take the shopping plan along when buying clothes. Sticking to the plan prevents impulse buying. If an item on sale is not on your plan, it isn't really needed and won't be the bargain it appears to be.



The protein content of an avocado is greater than that of any other fruit.

Women plan History Tea

The Oregon Association of Colored Women's Clubs in recognition of Black History Month will present its annual Black History Month program of Art, Music, Dance, drama and exhibits featuring local talent, Sunday, February 17, 1980 at Matt Dishman Center, 77 N.E. Knott Street 2:00-5:30 P.M. The program presentation will be at 3:00 p.m.

Music will be rendered by Mr. Ira Mumford, Miss Julianne R. Johnson, Calvin Allmon, Mrs. Ada Jackson, Mrs. Amelia Lanier, Allen Temple Youth Choir. Original poetry will be presented by Mrs. Mary Jean Berry, musical accompaniment by her son, Ken Berry; African dances by The Talking Drum Dance Troupe; George Lawson, who will render numbers in

memory of his mother, Mrs. Nancy Lawson Thomas, a past OACWC president and dedicated club woman.

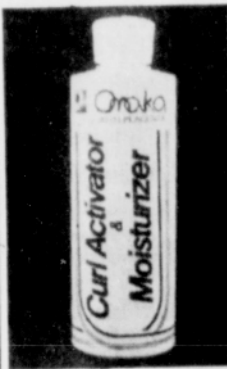
Exhibitors include: Mrs. Chonita Smith, artist; Mrs. Judy Madden, artist; Bobbie Fauther, designer/artist; The Black Educational Center; Henry Frison, artist; Boise School students and OACWC history.

Mrs. Harrie Belle Paris is OACWC President; Mrs. Lucille Gordon, program Chairman; Mrs. Rosalee Carson, Historian. Mrs. Mable Neal is Mistress of Ceremonies. Committee members include Mrs. Lirlean Anderson, Mrs. Maud Burks, Mrs. Amelia Lanier, Mrs. Lavera Smith, Mrs. Pauline Bradford and Mrs. Betty Thompson.

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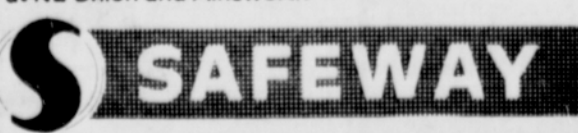
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