



Ethel's Cookery

by Ethel Moore

CHICKEN COSTA
 2½ to 3 pounds chicken parts
 1½ teaspoons Seasoned Salt
 1 medium onion, grated
 ½ cup chopped celery
 ½ teaspoon Seasoned Pepper
 Sweet basil
 1 package (1½ oz.) Spaghetti
 Sauce Mix with Mushrooms
 ½ cup sauterne
 Water
 4 large carrots, cut into ½-inch pieces
 4 medium potatoes, peeled quartered
 ½ teaspoon Lawry's Seasoned Salt

Rub chicken with Seasoned Salt. Heat ½ cup salad oil in Dutch oven. Fry chicken until golden brown, removing pieces as they brown. Add onion, celery, seasonings, spaghetti sauce mix with mushrooms, sauterne and 1½ cups water; blend thoroughly. Bring to boil and reduce heat. Return chicken to Dutch oven and add carrots, potatoes and seasoned salt. Cover and simmer for about 45 minutes or until tender. Makes 4 to 6 servings.



Chicken Costa: Good for any meal

Woman enters metal trade through apprenticeship

Betty Gould, 28, who used to work as a receptionist, is now in her second year of apprenticeship training at Portland Community College as a sheet metal worker.

"I really didn't know much about it before I started," Mrs. Gould said, "except that I like to build things and the money is good. And how do I like it? I love it. I've never been happier. There's new things to do everyday. I like the people I work with. It's a challenge. It's a heavy trade and it's a hard trade. And I like that, too."

Mrs. Gould, whose husband Bruce is also a sheet metal apprentice at PCC, said a good friend of the couple talked her into trying out for the trades.

"He is a press operator and he kept coming over and telling me how there aren't enough women in the apprenticeships," Mrs. Gould said. "He kept encouraging me and telling me just to go ahead and try it."

Mrs. Gould, who has an associate of science degree from Tacoma Community College, said she had never considered working in the trades before.

"Unless you go to a trade oriented high school like Benson, you don't even hear about it," Mrs. Gould said.

After studying science courses like chemistry, anatomy and physiology in community college, Mrs. Gould took a job as a receptionist for four years.

The beginning salary for sheet metal apprentices averages twice the salary Mrs. Gould earned as a receptionist and journeymen's wages at the end of four years of successful apprenticeship are three to four times higher than beginning secretarial salaries.

Now Mrs. Gould works at Streimer Sheet Metal, 740 N. Knott Street and studies two nights a week at Portland Community College apprenticeship training classes learn-

ing to fabricate and install sheet metal items like heating systems, air conditioning systems, food processing equipment and pollution control equipment for industries and residences.

The metal ducts which carry heat from furnaces to the rest of the building are common pieces of sheet metal work which most people have in their homes, Mrs. Gould explained.

Sheet metal workers use patterns to cut the pieces out from flat sheets of metals, the construct the parts needed.

"The layout is a lot like using pat-

terns to do cutouts in sewing," Mrs. Gould said. "You use a specific pattern for a part."

But the work is heavy and also involves math skills.

"I work on a press brake right now and you basically form angles on a piece of metal. It's a heavy trade and a hard trade. I don't do anything special to get into physical condition to do the work (like lifting large sheets of metals and heavy tools). You just work the job everyday and just build up to it. You get help if there's something heavy, just like the guys do."

"You have to be committed to the

job because it is hard and it is dirty," she said. "But it is also very interesting."

Mrs. Gould keeps a busy schedule to meet the job and school requirements as an apprentice. She is up at 5 a.m. for work, in classes in the evening until 10 p.m. and still finds time for hobby interests like photography and flower arranging.

"I've cut back on my schedule a little this year, but I'm still very busy," she said.

For more information about apprenticeship training programs which cooperate with Portland Community College call the PCC Stadium Center.

Beating inflation

This is the first of a series of helpful hints to beat inflation.

- Shop once a week with a very defined grocery list...always on a full stomach. Last minute shopping trips before dinner tend to lead to expensive snack foods and other extras which simply put you over-budget.

- Shop on Friday nights after the dinner hour. Stores are generally stocked for Saturday selling and there are fewer customers shopping, so your trip is faster and hassle-free.

- There can be a wide variation among supermarkets. Set aside a day to visit supermarkets in your area. Take your time comparing prices of various products and produce. Make notes it will help you remember. It's likely you'll find as much as a 30 percent difference in pricing, certainly making your trip worthwhile.

- Become a unit pricing expert. Your expertise will mean significant savings and it's easy. Unit pricing refers to a product's cost per ounce. To get the unit price you simply divide the number of ounces into the

price of the product.
 Example: One brand of canned tomatoes sells at 54¢ for 10 ounces. A second brand costs 56¢ for 12 ounces. Which would you buy?

If you compute the unit price, you will discover that the 12 ounce can cost about 4.7¢ an ounce while the 10 ounce can costs just 5.4¢ per ounce. Obviously, the 12 ounce can is a better buy.

- In addition to computing the unit price, check the label for nutritional information. If brands are a few cents apart, but the more expensive product contains twice the nutritive value, it may be a better buy.

- Buy foods by weight, not by package size. You may be getting more air in the package than you bargained for by choosing just for size.

- The large economy size isn't always the best buy. If you're purchasing an often-used product for three or four people, chances are the large size is a good buy. But before getting to the checkout counter, be sure to compute the unit price to see if the large economy size does indeed cost less per ounce than the

regular size.
 • Figure the cost per serving when you are deciding between two or more cuts of beef. Boneless or semi-boneless cuts may give you more for your money.

- Always calculate the difference between a supermarket special and a best buy. A special might not be the best buy. For example, chicken breasts may be on special, but once you've compared prices, the whole chicken might still be the better buy.

- Check supermarket bargain tables. Overripe bananas can be used immediately in shakes, breads or cakes; bruised apples in applesauce and pies.

- Always buy food in whole form. This includes everything from chicken to turkey, cheese to lunch meat and stew vegetables to cabbage for cole slaw. It's cheaper and easier to do the cutting and shredding yourself.

- Buy fresh fruits and vegetables at the peak of their seasons.

- Take advantage of the good buys in canned goods and frozen vegetables in the summer before processors start to can or freeze the new crop of fruits and vegetables.

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