

Dairy Council celebrates 50th

The Oregon Dairy Council recently celebrated its 50th anniversary. The council was formed in November, 1931, following a public meeting of dairy processors, producers, civic and religious leaders, and the Department of Agriculture.

Charlene Moore, the executive director for Nutrition Education Services/Oregon Dairy Council is a registered dietician with an extensive background in community health programs and administration. She said, "The public needs good nutrition education programs." And the purpose of her office is to provide those programs.

The Nutrition Education Services/Oregon Dairy Council has a full staff available to offer assistance to the general public in nutrition. Ann Dustrude works with the food habits of students. Ann Halenkamp works with physicians, den-

tists, nutritionists, and other health professionals on their nutrition education programs, and Nancy Robb, an experienced home economist, conducts consumer nutrition education programs.

The newest program offered by the Council is a school lunch program, "Taste Your Choice in its 50th year, 1982." There will also be a class offered in January 1982 on eating slim. For more information contact the Council at 229-5033.

When it comes to cake baking, shiny metal pans are best, because they reflect heat away from the cake and produce a light brown, tender crust.

Strawberries are an excellent source of Vitamin C and calcium and also include riboflavin and iron.

Richard J. Brown
Photographer

10 N.E. Ainsworth
Portland, OR 97211
By appt: (503) 289-0707

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Charlene Moore, Executive Director for Nutrition Education Services/Oregon Dairy Council, makes presentation to Lyle Hammack, the second President of the Oregon Dairy Council.

PINEAPPLE-COCONUT PIE

- 1 package (3 oz.) orange flavor gelatin
- 3/4 cup boiling water
- 1/4 cup rum (or use 1 1/2 teaspoons rum extract)
- 2 cups ice cubes
- 1 container (8 oz.) frozen whipped topping, thawed
- 1 can (8 oz.) crushed pineapple in juice, drained
- 1/2 cup flaked coconut
- 1 baked 9-inch graham cracker crumb crust, cooled

Dissolve gelatin completely in boiling water, stirring about 3 minutes. Stir in rum. Add ice cubes and stir constantly until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice. Using wire whip, blend in whipped topping; then whip until smooth. Fold in pineapple and coconut. Chill, if necessary, until mixture will mound. Spoon into pie crust. Chill 2 hours. Garnish with additional coconut, if desired.

NOTE: Some of the drained pineapple may be reserved for garnish.

MINTED PEAR PIE

- 1 package (3 oz.) lime flavor gelatin
- 3/4 cup boiling water
- 2 teaspoons finely chopped mint (or use 2 tablespoons dried mint leaves)
- 2 cups ice cubes
- 1 container (8 oz.) frozen whipped topping, thawed
- 1 1/2 cups coarsely chopped peeled fresh pears
- 1 baked 9-inch chocolate cookie crumb crust, cooled

Dissolve gelatin completely in boiling water, adding mint and stirring 3 minutes. Add ice cubes and stir constantly until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice. Using wire whip, blend in whipped topping; then whip until smooth. Fold in pears. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish with chocolate curls, if desired.

Chocolate Cookie Crumb Crust. Combine 1 1/4 cups chocolate cookie crumb crumbs, 1/4 cup sugar and 1/4 cup melted butter or margarine. Press firmly on bottom and sides of 9-inch pie pan. Bake at 375° for 8 minutes. Cool.

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