

Community Directory and profiles

Ads On This Page Are Of Local Businesses That Are Helping Build A Better Community

Professional Services

AUTO JENKINS AUTO SERVICE Complete engine overhaul Quality service guaranteed 3946 N. Williams Portland, Oregon 284-3061	SPORTSMAN'S Hair Design Center Loretta Jenkins - Manager, Janice Hart Shella Johnson 3606 N. Williams Portland, OR 97227 249-3865	OSBORN'S CLEANERS Open 8am - 6pm Mon-Fri. 1633 N. Killingsworth Portland, OR 97211 287-7273	CHARLEY'S Where the best in leather hangs out. 10% off with coupon 1081 Lloyd Center Portland, Oregon 97232 284-4086	ELECTROPEDIC OF OREGON 825 N.E. Broadway 249-1761 Best-built electric Adjustable Bed	HUNAN RESTAURANT Unique Chinese Cuisine • specializing in spicy dishes from the Hunan & Szechuan Provinces. 515 S.W. Broadway Portland, Oregon 97206 224-8083	JASPER L. AMBERS ATTORNEY AT LAW General Practice 716 N. Alberta Portland, Oregon 503-284-0804	Travel Roberts 3415 N. E. Broadway Portland, OR 97232 ROBERT A. BUTLER (503) 287-1746	NORTH PORTLAND FAMILY PRACTICE & INDUSTRIAL CLINIC Health is our first priority. 189 N. Killingsworth Portland, Oregon 97217 285-3883
COMPLETE AUTOMOTIVE REPAIRS Jackson's Automotive 2105 N. Killingsworth Portland, Ore. 97217 285-7338 <i>Carl Patten Glenn Olson</i>	Make this directory work for you call 283-2486	ACME CLEANERS & CUSTOM TAILORS Mon-Fri 7am - 6pm Sat. 10am - 6pm We clean on Saturdays 1001 N. E. Broadway 284-7647	FISH MARKET Gold Eagle Fish Market Fresh Seafoods • Meat • Oriental Groceries Wholesale Louisiana Fresh Fish Specialist by air Mon. 10-6, Sun. 12-5 5626 N.E. Union (503) 287-2060	JEWELRY PATON JEWELERS Diamonds • Gold • Silver • Jewelry • Watches • Watches • Jewelry • Repair 1001 N.E. Broadway • 284-3001	TOWN SQUARE RESTAURANT \$2.00 BREAKFAST SPECIAL 4908 N.E. Union	Protect your child's smile with regular dental check-ups! <i>Cynthia E. Hodge, D.M.D.</i> 1535 N.E. 41st Portland, OR 97232 289-8992	PROJECT STOP Outpatient alcohol treatment for individuals and families special program for women. 1826 Northeast Broadway Portland, OR 97232 (503) 284-9004	VANN'S MORTUARY There is no doubt When you call Vann, with us courtesy is a tradition. 5211 N. Williams Ave. Portland, Oregon 97217 281-2836
ROTH & MILLER AUTOMOTIVE Complete body, fender repairs & wheel alignment, painting, auto glass & frame repairs, insurance approved Drive in estimates 3900 N. Mississippi Ave. Portland, Oregon 97227 288-5244	CHAE'S WIGS Introduces BONNIE HOWE (Formerly Eastport Plaza) FREE comb-out with purchase of a new wig and...located in: Newberry's Lloyd Center 288-3086	ELK CLEANERS & LAUNDRY Established in 1912 and still providing quality dry cleaning at reasonable rates. 1014 N. Killingsworth 500 N.W. 23rd Avenue	GROCERS SAM and OLLIE'S Restaurant & Market Open: 9:00 A.M. 1144 N. E. Prescott 284-8485	Make this directory work for you call 283-2486	DEVLIN'S CAFE Open 5:00am to 7:00pm Food to go 1332 Skidmore Phone: 288-0880 Jim Sassaio Owner	BOOKER T. LEWIS, JR. D.D.S. If unable to keep appointment, kindly give 24 hours notice. 34 N.E. Killingsworth Portland Oregon 97211 281-3010	DR. CHARLES TONEY Walnut Park Dental Center Serving the community with quality work/quality service 5315 N. Vancouver Portland, Oregon Ph. 281-8110	Kenneth C. Dixon ATTORNEY AT LAW Reliable • By appointment or call 3536 N. Williams Ave. 503-281-6566
Make this directory work for you call 283-2486	ROTH & MILLER AUTOMOTIVE	KNOTT ST. GROCERY Grocery-Cold Beer and Wine 284-7490 2709 NE 7th	MISCELLANEOUS PHIL'S SCHWINN CYCLERY 701 N. E. Broadway Portland, Oregon 97232 281-4036 PHIL'S SCHWINN CYCLERY	Place your ad here Call 283-2487	Make this directory work for you call 283-2486	SHOES SOLE DESIGNERS OF PORTLAND Sportshoes our specialty. Retaining and resoling. 5600 NE Union (503) 287-0693	DR. Samuel J. Brown Jr. & Dr. Carlos L. Weekly, DENTIST Family and preventive dentistry 8-8 P.M. - 9-3 Saturday 2208 NE Killingsworth Portland, Oregon 97212 282-7543	
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CHUCK'S CAR STEREO Sales/Service/Installation 630 N.E. Union Ave Ph. 231-8108 Hours 10-6 M-F 10-5 Sat	FRIDAY'S BEAUTY SUPPLY Wholesale and Retail. We carry products as seen in Jet and Ebony. 4554 NE Union 287-8256 3512 NE 15th 249-0363	HOME APEX UPHOLSTERY Free estimates-Quality Work Antiques Restored Low Prices!!! 282-8609 2417 NE Union	TERRY'S PHARMACY Serving your pharmacy needs with diligence, quality prod- ucts and service. Call or visit us today! 1719 N.E. 16th 288-4646	B&R Family Shoe Store We have top name brand shoes. Nike, Adidas, Tiger, Puma, N.E. 29th & Alberta 281-5819 Shoes & Apparel	WOODLAWN PHARMACY Prescriptions We accept All Medical Cards Pets & Veterinary Supplies. "WE CARE" 2 N Killingsworth Portland, Oregon 97217 281-4940	TAVERN PEGGY'S HIDEAWAY Come in and shoot a game of pool, relax or just enjoy the music! 2 N Killingsworth Portland, Oregon 97217 281-4940	DOMESTIC House cleaning by the hour. Experienced - 283-3075.	
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A UNISEX SALON 6720 N.E. Union Avenue Portland, Oregon 97211 (503) 289-4470	MRS. C'S WIGS Hats-Scarves & Accessories Styling 707 NE FREMONT 281-6525	VERA'S HAT BOUTIQUE Beautiful hats and accessories Men's • Women's • Children 1119 N.E. Broadway Portland, Oregon 97232 (503) 282-9453 Vera J. Thomas	OREGON RUG & MATTRESS CO. Since 1932 1868 N. Lombard Portland, OR 97217 Ph. (503) 285-9564	TASTE TICKLER Submarine Sandwich, 11-5 Mon.-Fri. 12-5 Saturday. 14th & NE Broadway Phone Orders 282-3881	JOHN REED BOOKSTORE Interested in current books about African Liberation? Dekum Building Sixth Floor 519 S.W. 3rd Ave. Portland, Oregon 227-2902	Interstate Tax Service Are you paying too much to have your income tax return prepared? We offer competent service at economical prices. • Personal Returns • Business Returns • Out Of State Returns		

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SLOW COOKING IN NATURE'S KITCHEN

Jim McClarin recently told us how he found out that his compost heap could slow-cook food... without electricity. One evening, when his refrigerator went on the blink, Jim decided to make yogurt rather than let some fresh milk go sour. He had heated the milk, cooled it down, and added a helping of already-made yogurt to get the recipe started when he was unexpectedly invited out to dinner. Jim says that at this point he remembered reading that the ancient Chinese sometimes cooked eggs in compost. So, he placed the cooking container filled with yogurt-to-be in his backyard heap, hoping it'd keep warm enough to work. When he lifted the lid the next day, though, Jim found not yogurt but a crude cheese!

He guessed that his humus pile had been too hot for the job, so after that first experiment Jim decided to be more picky. McClarin reports "since my initial attempt, I've learned to probe carefully in the 'working' mound until I find a spot with just the right warmth to create successful compost-cooked yogurt... a dish that has become a regular part of my diet."

Jim's next cooking effort involved a nice fresh egg safely enclosed in a plastic bag. He found a "just right" hot spot in the compost, dropped in the sack with a rope attached, and covered it over again.

"Then early the next day, I peeled and ate the most mouthwatering hard-boiled egg of my life... except, of course, the taste treat hadn't been boiled. Now, whenever I hanker for a real breakfast treat, I drop a few eggs into the compost heap in the evening and look forward to a morning feast."

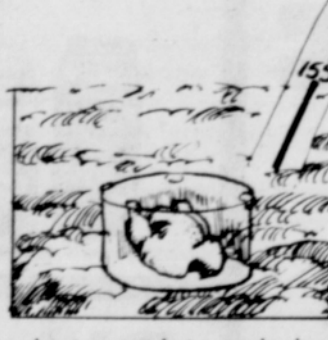
Before long, Jim got around to trying to cook meat dishes in his organic "oven". The first roast, alas, was a failure. His newly built compost pile hadn't warmed up enough yet, and the established heap was a bit too cool. Undaunted, Jim bought another roast... along with a meat thermometer. Once the new heap had gotten "up to heat", a second piece of beef was placed inside the yogurt pail (to keep it sealed against bacterial) and buried in the hottest part of the pile (where Jim tested out the temperature at 155°F).

"Thirteen hours later," the experimenter says, "a brief taste of the meat trapped in its own broth convinced me that compost is the only way to roast! I served the tender, juicy viand to friends at lunch that day, and they all agreed it was superb."

"In no time at all, a duck with orange juice and apricots found its way into the hot heap. It stayed buried in its sealed container for 23 hours at 155-165°F... and was perfect when I served it with wine and wild plum sauce."

Jim has found that there are some limitations to this unusual cooking method, however. Soybeans and pinto beans never really softened, and he had no better luck with potatoes and carrots.

But, if you work it right, your compost mound can provide lots more than the organic fertilizer it's famous for. It can cook your supper for you!



For FREE additional information on compost power or on THE MOTHER EARTH NEWS magazine, send your name and address and ask for Reprint No. 1145 "Cow Power". Mail to Doing MORE...With LESS!, P.O. Box 70, Hendersonville, N.C. 28791, or in care of this paper. Copyright 1982 THE MOTHER EARTH NEWS, Inc.

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