



Southern Vegetable Medley with leftover pork goes well with acorn squash, fresh relishes popovers.

## Main dishes are souped up

Most everywhere you turn today, the hot topics of conversation are the sagging dollar, the slumping economy and the rising cost of living. Besides complaining, there is something you can do to stretch your food dollars.

And here are two cent-sational ideas for turning available and economical food ingredients into sensational time- and money-saving ideas.

A pinch of this, a touch of that... that's the secret behind these soup-ed up dishes. They're based on what's on hand in the pantry and refrigerator. Contemporary cooks know that making the most of what's around is the key to balancing the budget.

Southern Vegetable Medley is an earthy combination of canned chunky vegetable soup, eggplant, shell macaroni and cooked pork. It's a perfect way to stretch a little leftover pork or another variety of meat. One-half pound of meat combined with canned chunky soup will serve four with ease. Best of all, the preparation and cooking take only 30 minutes. Acorn squash, fresh vegetable relishes and popover complete the meal.

Chicken Paprika Pot is a simple dish that gets maximum flavor from a minimum number of ingredients. Prepare it in 15 minutes with food from the freezer or kitchen shelf: canned chunky chicken soup, Parmesan cheese, frozen peas and paprika. Serve over toast, rice or noodles. Add a cucumber salad, applesauce and ice cream for a fast meal.

Cooking with canned chunky

soups couldn't be easier, faster or more convenient. Served straight up, they're a hearty meal for two, and with additional ingredients, they'll make a satisfying entree for four.

### SOUTHERN VEGETABLE MEDLEY

- 4 cups diced eggplant
- 1 medium clove garlic, minced
- ½ teaspoon basil leaves, crushed
- ¼ cup butter or margarine
- 1 can (19 ounces) chunky vegetable soup
- 1 cup diced cooked pork
- 1½ cups cooked shell macaroni

In saucepan, cook eggplant with garlic and basil in butter until tender. Add remaining ingredients. Heat; stir occasionally. Makes about 4 cups, 4 servings.

### CHICKEN PAPRIKA POT (Not in Photo)

- ½ cup diagonally sliced green onions
- 1 teaspoon paprika
- 2 tablespoons butter or margarine
- 2 cans (19 ounces each) chunky chicken soup
- 1 package (10 ounces) frozen peas, cooked and drained
- ¼ cup grated Parmesan cheese
- Toast

In saucepan, cook onions with paprika in butter until tender. Add remaining ingredients except toast. Heat; stir occasionally. Serve over toast. Makes about 6 cups, 4 servings.

## Trail mix for trips or at-home snacks

You're whistling as you're swinging along the open road enjoying nature's beauty. You're breathing easy. You're especially happy this camping trip, because you had the foresight to think of everything. You brought along Hiker's Trail Mix, and you even thought to pack it in individual plastic bags.

And soon you'll want to sit a spell and enjoy it in the shade. Soon you'll be digging into this delectable combination of cinnamon life or life cereal (or a combination), coconut, coarsely chopped nuts, sunflower nuts and raisins or dates. You choose wisely when your snack begins with a cereal that supplies protein, thiamine, riboflavin, niacin, calcium, iron and phosphorus. There's plenty of nutrition in this combo.

Hiker's Trail Mix will power you over hill and down valley. You'll be fortified for virtually anything when Hiker's Trail Mix is your summertime snack choice!

### HIKER'S TRAIL MIX

- 3 cups cinnamon life or life cereal (or a combination)



- 1 cup flaked or shredded coconut
- ½ cup coarsely chopped nuts
- ½ cup sunflower nuts
- 1 cup raisins or chopped dates

### Trail Mix

Heat oven to 325°F. Combine all ingredients except raisins in 13 x 9-inch baking pan. Bake for 10 to 15 minutes or until coconut is light golden brown. Stir in raisins; cool. Store in tightly covered container in cool dry place. Serve as a snack. Makes about 6 cups.

## Doing MORE...With LESS!

by the staff of THE MOTHER EARTH NEWS

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### FOOD CO-OPS SAVE YOU MONEY!



More than likely there's at least one food co-op operating in your hometown. These democratic, consumer-owned businesses had a heyday in the 70's... and by 1980 it was estimated that there were over 3,000 separate groups of people in the U.S. getting together to buy their food.

Folks may form "victual fellowships" to obtain groceries inexpensively (co-op members often save from 15 to 50% on food items!)... to secure healthful, wholesomely grown eats... to practice participatory democracy as a first step in taking political control of their own lives... to share and experience cooperation... or for some combination of such goals. Food co-ops can be as small as the four-family Morgan City Buying Club in Louisiana or as large as California's 96,000-member Consumer Co-op of Berkeley.

The reason for this diversity is simply that food co-ops are consumer owned. Their guiding purpose is "food for people, not for profit". And that motto also describes the basic advantage of participating in a food co-op: The members themselves create, shape, and regulate their organization. As a result of this membership control, each individual co-op becomes a unique food-buying institution.

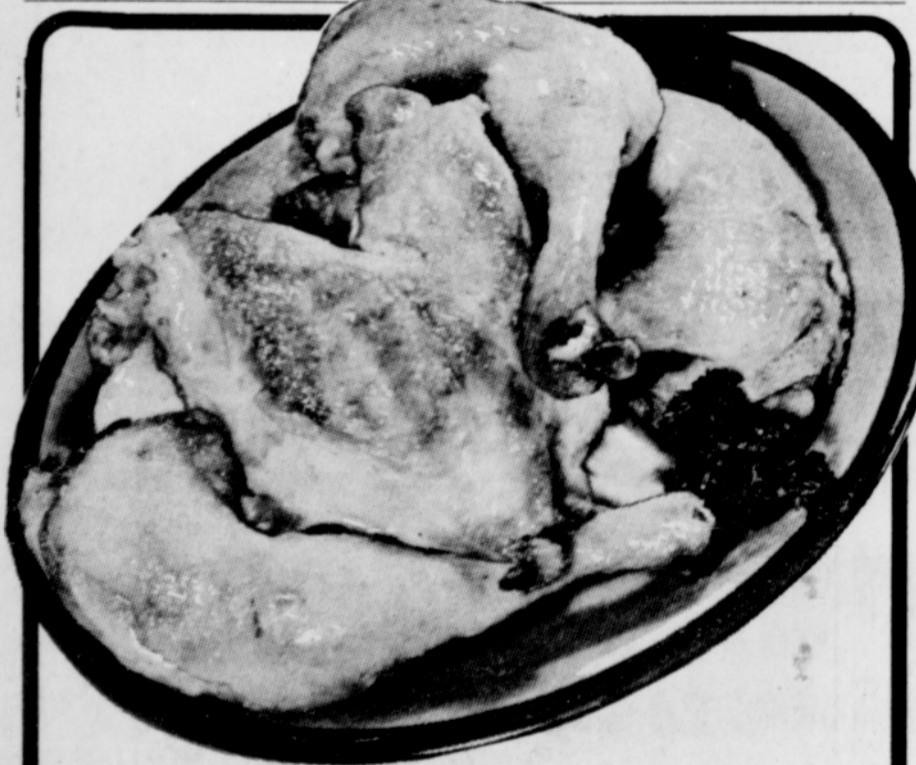
In Atlanta, Georgia, for example, there's a co-op named Sevenanda, and it's perhaps the largest food buying cooperative in the southeastern United States. The store provides over 4,000 weekly shoppers with an amazing array of victuals. Sevenanda (the unusual name is the Sanskrit term meaning "Service is Blessedness") was founded on the ideals of nutritional and spiritual service. On the other hand, Weaver's Way, a prosperous middle-class food co-op in Philadelphia, was established solely to provide bargains. Jules Timmerman, Weaver's founder, created the money-saving members-only food store through a lot of dedication... an ability to corral new membership fees to cover ongoing debts... and a remarkable talent for finding suppliers of inexpensive food.

Most food co-ops are not such prosperous, large-scale institutions as Sevenanda and Weaver's Way. Many serve smaller groups of people out of part-time storefronts. For example, Tahlequah Foods Co-op, an Oklahoma operation, is made up of a self-described "scratching to get by" membership... in a town so rural that bears occasionally stroll down Main Street.

The simplest, most economical, and perhaps most truly "cooperative" manifestation of the food co-op movement is the small buying club. Such organizations are almost "invisible co-ops"... because they don't operate a storefront at all. Instead, the clubs consist of groups of people (sometimes as small as four families) who pool funds so that they can buy food in quantity.

If you're not already a member of a food co-op, look into the possibilities offered in your neighborhood. And if there isn't such an organization in operation, you may want to think about starting one. It's not always simple, but anytime people can get together to save themselves money, and have more control over their lives, it's usually worth the effort!

For FREE additional information on food co-ops or on THE MOTHER EARTH NEWS magazine, send your name and address and ask for Reprint No. 913 "Cash in on Co-ops". 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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TRADEWELL

## Turkey casserole stars fresh zucchini

### TURKEY ZUCCHINI CASSEROLE

- 1 small green bell pepper, chopped
- 3 tablespoons butter or margarine
- 2 cups sliced zucchini, cut ¼-inch thick
- 3 tablespoons flour
- 1 cup small curd cottage cheese
- 2 eggs
- 2½ tablespoons minced onion with green onion flakes
- 1 teaspoon seasoned salt
- 1 teaspoon pinch of herbs
- ¼ teaspoon garlic powder with parsley

- 3 cups cooked, cubed turkey
- 1 cup grated Cheddar cheese

In large skillet, saute green pepper in butter, stirring until tender. Add zucchini; cover and cook until bubbly; remove from heat. In large bowl, blend together cottage cheese, eggs, seasonings and turkey. Gently combine with vegetable mixture. Place in greased 2½-quart baking dish and sprinkle with cheese. Bake, uncovered, in 350° oven for 30 to 40 minutes. Let stand 5 minutes before serving. Makes 6 servings.

## Kool-Aid...On A Stick

BRAND SOFT DRINK MIX

### Frozen Suckers

- 1 envelope KOOL-AID® Unsweetened Soft Drink Mix, any flavor
- 2/3 cup sugar
- 1 quart water

Dissolve soft drink mix and sugar in water. Pour into plastic ice-cube trays or small paper cups. Freeze until almost firm. Insert wooden stick or spoon into each. Freeze until firm. Makes about 20.

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