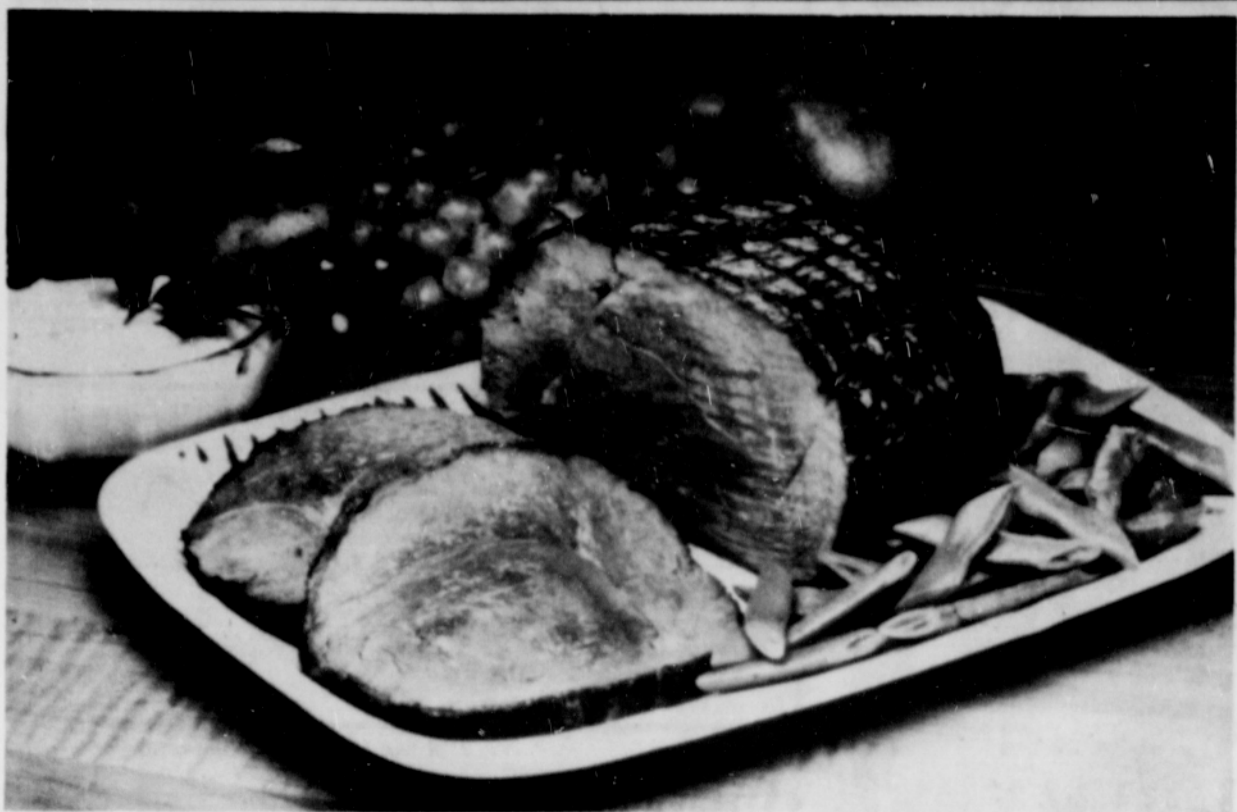




The simplified round tip roast

(or other tender beef roast)

1. Place roast, round side up, on rack in roasting pan.
 2. Insert meat thermometer into center of roast. Do not add water or cover meat.
 3. Roast in slow oven: 300-325 deg. F. until meat thermometer registers 5-10 deg. below desired doneness: 140 deg. F. for rare, 160 deg. F. for medium, and 170 deg. F. for well done. Allow about 25-30 minutes per pound for rare.
 4. remove from oven and let "set," loosely covered, 15 minutes before carving. Roast will continue to cook while setting.
 5. Carve roast into slices and serve with Oven Basted Potatoes.
- Oven Basted Potatoes:** Cut baking potatoes lengthwise into quarters. Do not peel. About 45 minutes before roast is done, brush potatoes with roast drippings and place on roasting pan. Bake 45 minutes, brushing every 15 minutes with drippings.

Red Spirit Creations offers array of Indian art

by Bob Lothian

Since September of 1983, Red Spirit Creations at 214 N.W. Couch has provided Portland area Indians with an outlet for their traditional arts and crafts.

"It's doing what it's supposed to be doing, and I'm very pleased," said Barbara Aehli, manager of the non-profit store. "We've got a pretty good consistent supply of artists."

What the store is supposed to be doing, she said, is provide Indians with a place where they can purchase

materials inexpensively and market their creations while avoiding exploitation by galleries.

"The galleries were eating Indians alive," said store worker Dian Million, a poet and member of the Athabaskan tribe from Alaska. Some local artists were having bad experiences with galleries that bought their art at low prices and then sold it at very high prices, reaping profits denied to the Indian creators, said Aehli. "And the Indians didn't get zip out of it," said Million.

The store now contracts with artists for so many items per month, providing them with a supplemental income. Others work on consignment. Profits are turned back into the store in the form of beads, leather and other art materials, according to Aehli, who said that about 45 artists are now involved in the store.

Aehli, a Cherokee-Creek from Seattle, does bead work, drum making, drawing and silver work. Other store offerings include blanket coats (Sioux), bead purses, painted hides (Klamath), moccasins (Cheyenne), bead belts (Nez Perce), shirts (Apache), baskets and drums.

The store also offers classes conducted by artists who work on the premises — beadwork, stone carving, arrow head making, drum making and jewelry. "It encourages young people," said Aehli. "When they come in here, they identify as an Indian person, it's a source of pride. We encourage the old people to teach the young people. It's a social thing,

How to stop winter bugs

Every winter what may seem like hordes of multi-legged creatures invade many Oregon homes.

Those insect pests might come into the home through open doors and windows, or on firewood or other objects that have been carried into the home from outdoors.

The winter visitors are more of a nuisance than anything else, says Ray McNeilan, Oregon State University Extension home gardening agent. However, some of these insect pests are capable of damaging clothes in the home and contaminating foodstuffs.

Insects that damage clothing include the sowbug and pillbug, silverfish, firebrats and clothes moths.

Insects that damage or contaminate foodstuffs include ants, cockroaches, bran bugs and meal moths. Also included among the pests that like to take up permanent residence in the home are fleas and bed bugs.

The key to controlling these unwanted visitors is sanitation. Firewood that is suspected of containing some of these insects should be left out-of-doors until burned. "A thorough vacuum cleaning under furnishings, along the base of walls, in corners and at the edge of the ceiling will go a long way toward controlling many of these insects," says McNeilan.

Control of pests that infest foodstuffs is similar. All cereal products should be kept in glass or metal containers with tight fitting lids. Food storage and preparation areas should be kept clean.

Spilled foodstuffs provide a ready source of food for insect pests. Don't forget to clean under and around the stove and refrigerator.

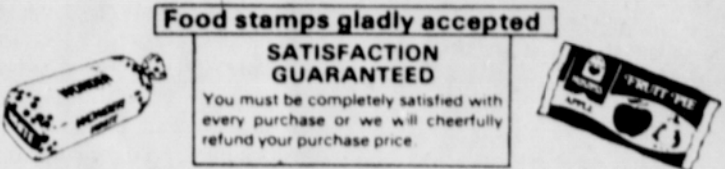
The original containers in which most food materials are purchased, including pet food, are usually not sufficient protection to prevent an infestation of insect pests.

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Oregon. To find out how easy it is to make a donation to your favorite charity, call the Recycling Hotline toll free at 1-800-452-4011, or 224-5555 in the Portland metro area for our free how-to-recycle packet today. Then start saving your society page. And your society.

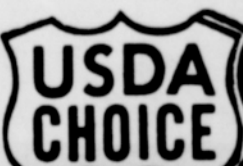
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Asthmatic kids support groups

The Parents with Asthmatic Kids (P.A.K.) Support Group will meet Monday, January 14, at 7 p.m. at the N.W. Service Center, 1819 N.W. Everett.

Guest speaker, Jay Eisenberg, M.D., will speak on the topic of

"Emergency Room Procedure and Medication."

Child care is available at the Service Center, but reservations must be made in advance. For more information, call the Oregon Lung Association at 224-5145.

Pan African forum seeks papers

The Pan African Forum Committee at Portland State University is now collecting articles and issues focused on problems and perspectives in regards to third World countries; especially the continent of Africa.

Articles and papers can be delivered

or mailed to the Department of Black Studies at Portland State University, P.O. Box 751, Portland, Oregon 97207. Material must be typed, double spaced. Please submit all material by January 14, 1985.

Oregon limits naturopaths

(Continued from Page 6, Column 4)

science provides better assays to isolate active constituents in herbal plants, these substances are classified as drugs and therefore would be excluded from drugless practice. Naturopathic Medicine still holds a philosophy of "do no harm" with the substances we use, meaning that most of the drugs currently used by M.D.'s are generally regarded as dangerous and outside the desired scope of practice.

It is clear that the naturopathic profession in Oregon needs to remove the term "drugless" from our practice act, as it inadequately describes

the literal and historical scope of our practice. This will be a monumental task as we have been able to get a few bills through the legislature, and have never had a bill signed by Governor Atiyeh. While we are a relatively small profession with less money and power than our colleagues, we hope to accomplish this clarification in the upcoming session. What remains confusing is how and why the allopathic medical community continues to spend such inordinate energy trying to legislate us out of existence, disclaiming our ability to grow with scientific progress, while their own profession shows so much need for improved self-regulation.

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