

Add Greek Flair To Autumn Breakfast Fare



This fall, feature a unique combination of harvest vegetables, eggs and all-natural Churny feta cheese at your breakfast table.

Feta is a fresh, soft-textured white cheese that is a centuries-old tradition in Greece, where it originated. In recent years it has become increasingly popular here in the United States. Its versatility, its piquant and refreshing taste and its ethnic aura adds flair to many recipes calling for cheese.

Feta Vegetable Frittata is an easy yet delicious innovation on scrambled eggs and omelets. Serve with sausage links or bacon and orange juice for a complete breakfast to start your day off right.

Feta Vegetable Frittata

- 3-4 cup chopped tomato
- 1-4 cup chopped onion
- 1-4 cup chopped green pepper
- 1-4 cup margarine
- 6 eggs
- 1 cup (6 oz.) crumbled Churny feta cheese

Saute vegetables in 2 tablespoons margarine until vegetables are tender. Beat eggs until foamy; stir in 3-4 cup cheese. Melt 2 tablespoons margarine in 10 inch skillet over medium heat. Add egg mixture. Cook, stirring occasionally, until eggs are set. Top with vegetable mixture and remaining cheese. Continue cooking until cheese begins to melt.

4 servings

For a free booklet of additional Churny feta cheese recipes, send a postcard with your name and address to: **Feta Cheese Recipes**, P.O. Box 810, South Holland, IL 60473.

Volunteers to collect Goodwill donations

Cub and Boy Scouts in North and Northeast Portland area will be on "safari" with thousands of other volunteers for donations to Goodwill Industries of Oregon (GIO) on Good Turn Day, Saturday, Nov. 2.

This huge community service project is part of the Scouts' 75th anniversary celebration. Each Scout participating will receive a special anniversary patch.

Featuring a safari theme, the 1985 donation drive for household items and clothing will help keep 300 disabled workers at Goodwill earning paychecks and learning new skills throughout the winter. It involves approximately 7,000 Cub and Boy Scouts and other volunteers throughout northwest Oregon and southwest Washington.

In North and Northeast Portland the following Scout units have been distributing Good Turn Day bags to their neighbors and will pick up filled bags on Nov. 2: In North Portland — Packs 81, 94, 120, 412, 401, 75, 81, 412; Troops 52, 88, 120, 66, 442, 401. In Northeast Portland — Packs 76, 100, 440, 92, 18, 47; Troops 18, 71, 111, 440, 152. The Scout volunteer coordinating Good Turn Day in this area is Marvin Kost at 285-3984.

This is the 36th year Scouts have worked with approximately 1,000 other volunteers from the East-Portland Rotary Club, Oregon Army Na-

tional Guard, independent and union trucking firms and fire stations to collect donations for Goodwill.

Goodwill Industries of Oregon especially needs donations of reusable clothing. Repairable clothing and fabrics can also be recycled. The non-profit organization also encourages donations of small household items such as small appliances, books, kitchenware and knickknacks. Handmade items such as crochet, embroidery and remnants are cleaned and repaired by Goodwill volunteers. Antiques and unusual items are also encouraged.

Goodwill Industries of Oregon is not able to recycle magazines, glass or tin cans, jars or bottles (except canning jars) or building materials. Contributors are asked to donate larger items such as furniture, metal goods and repairable vehicles to one of GIO's attended donation stations in the Portland metropolitan area. Call 238-6174 for information.

All repairable donations to Goodwill Industries of Oregon provide jobs and training for disabled workers who sort, clean and repair them.

Collection sites in North and Northeast Portland are Portland Fire Bureau Engine No. 26, 5247 N. Lombard; Portland Fire Bureau Engine No. 14, 1905 N.E. Killingsworth; Portland Fire Bureau Engine No. 48, 4835 N.E. 106th; and First Interstate Bank, 4233 N.E. Sandy Blvd.

NOW meeting slated

Tri-County Chapter of National Organization for Women (NOW) offers a program on reproductive choice.

speaker Joan Binninger, on Nov. 4 at 7:00 p.m., at Gregory Heights School, 7334 N.E. Siskiyou. The public is invited.

There will be two films shown, with

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Fred Meyer

Halloween treats can play tricks on teeth

Your treat to Halloween trick-or-treaters may play tricks with their teeth according to the Oregon Dental Hygienists' Association.

"Eating foods that contain sugar allows the bacteria in plaque (a thin film of bacteria that forms on everyone's teeth), to produce acids that attack teeth and cause tooth decay," says Karla Girts, RDH, president of the Oregon Dental Hygienists' Association.

As alternatives to sugary Halloween treats, Girts suggests giving trick-or-treaters small packets of peanuts, pretzels, popcorn or crackers. Other good treats are non-food items such as stickers, pencils, erasers or trading cards.

"It would be difficult to eliminate all sugar containing foods from your diet," says Girts. "The object is to eat less retentive (or sticky) sugars, less frequently and not throughout the day."

To help combat tooth decay and satisfy the ghosts and ghouls at your Halloween party, the Oregon Dental Hygienists' Association offers the following low-sugar treats:

ORANGE COOKIES

- 1 egg
- 1/2 cup softened butter
- 1 tsp. grated orange rind
- 1/2 cup orange juice
- 2 cups flour
- 2 tps. baking powder
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup chopped nuts
- 1/2 cup seedless raisins

In a bowl, beat egg into butter. Stir in orange rind and orange juice. In another bowl, combine dry ingredients, then add to wet ingredients. Beat by and until well blended. Stir in nuts and raisins. Drop dough by rounded teaspoonful onto cookie sheet placing two inches apart. Bake in preheated, 375-degree oven for 20 minutes, until lightly brown. Cool and store in a tightly closed container. Makes 2 dozen cookies.

NATURAL FRUIT SODA

- 1/2 cup apple, grape or orange juice or
- 2 tbsps. frozen fruit juice concentrate, thawed
- Natural sparkling water

Put fruit juice or concentrate into a glass and add natural sparkling water. Stir well and add ice.



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