

Human Resource Programs

The "Heart" of the Forest Service • Building a Better Tomorrow

- IF YOU ARE 16 to 21, JOB CORPS is a place to complete your high school education and learn a vocation...
- IF YOU ARE 55 or older, the SENIOR COMMUNITY SERVICE EM-PLOYMENT PROGRAM provides training and part-time employment for low income seniors...
- ▼ IF YOU ARE any age and interested in VOLUNTEER opportunities both indoors and outdoors with the Forest Service...

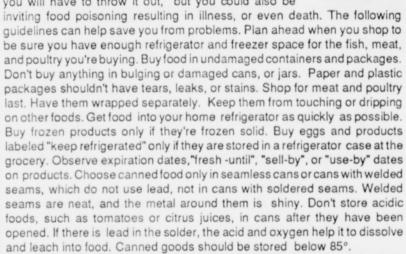
You may obtain further information about any of these programs by calling the:

USDA Forest Service Human Resource Programs 326-3354



COUPON COOKBOOK CORNER Marion Joyce

KEEPING FOOD SAFE
When you buy food that has signs that it has not been packaged or stored carefully you may be asking for trouble. Not only will this food not hold up properly and you will have to throw it out, but you could also be



Keep your refrigerator and freezer cold enough to store food below 40°F for your refrigerator, below 0° for your freezer. Date packages you save and place them in front of the freezer for early use. Fresh poultry will only keep one to two days in your refrigerator, and fresh meat three days. Chopped meat and fish should be used within one day. Most leftovers will keep about three days. But carefully check smell and textures, since food conditions, temperature and climate conditions vary. To prevent salmonella, always cook eggs and egg-rich foods until the yolk is set, not runny and the white is firm.

Call the USDA Meat and Poultry Hotline at 1-800-535-4555 for specific help about what foods can be kept, and what to throw out.

OAST TARRAGON CHICKEN

1 3-pound broiler-fryer chicken 2 tbls. lemon juice

2 tbls. butter or margarine 1 1/2 tsp. dried tarragon, crushed

Preheat oven to 375°F. Brush chicken with lemon juice inside and out. Rub with 1/2 tsp. salt. Place breast side up, on a rack in a shallow roasting pan. Melt butter. Stir in tarragon. Brush over chicken. Roast, uncovered for 1 1/4 to 1 1/2 hours or till done and juice run clear-not redish. Baste occasionally with drippings. Serves 6

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