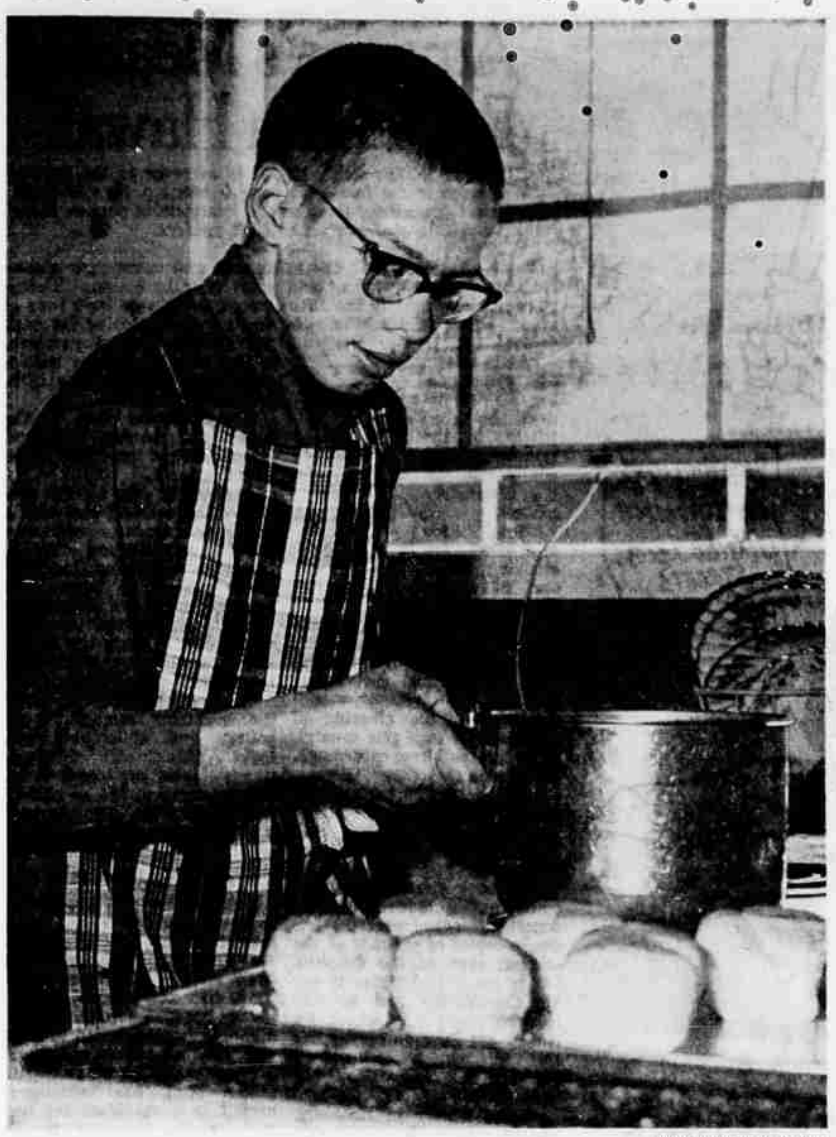
Meal Magic Demonstrated by 4-H Teenage Chefs



(Register-Guard photos)

Young Chef Mike Graf of 2043 Ohio St., contestant in the Lane County 4-H Club "Dollar Dinner" competition, heats water for vegetables and coffee during his meal preparation this week at South Eugene High School. He was the only boy among the nine contestants in the junior division, with the winners to be announced next week.

BY JANET GOETZE
Of the Register-Guard

With four hours to prepare, serve a meal, then clean up, a dozen Lane County 4-H cooks moved into South Eugene High School's homemaking room this week to turn out their "Dollar Dinners."

The name no longer can apply literally to the dinners, of course, but the young cooks still keep cost in mind when planning their meals.

Tuesday afternoon Rose Wilkeson, Kathy Conway, Kay Metcalf and Mike Graf, the only boy in this year's competition, were seen putting the finishing touches on their culinary creations.

Earlier in the day Rose's twin sister Adele, and Mike's younger sister, Marilyne, along with Carolyn Rippstein, Helen Spies and Pauline Patoine had presented their meals to the judge, Mrs. Ralph Greenhoot, a Eugene home economist. That evening the senior contestants, Susan Peterson, Frances Page and Dayna Baerncopf, prepared their dinners.

Rose Wilkeson, a 14-year-old who is entering her sixth year of cooking, confessed to some of the fears of 4-H contestants, who are required to take with them all ingredients, utensils, and eating dishes they might need.

"It makes it hard because you think you're going to forget something," she said, and then pointed out that the cooks also had to heat their own water because the school has no hot tap water during the summer months.

Kathy Conway, a 14-year-old in her fifth year of cooking, was keeping careful check on the time schedule, which all contestants must make to guide in food preparation sequence, as she poured red raspberries over the white cake she had baked without aid of packaged mix. None of these young cooks used commercial preparation for their baked goods, with the exception of Mike, who put brown-and-serve rolls on his menu.

Buymanship was one factor Mrs. Greenhoot observed in scoring. Keeping the food costs evenly distributed as well as comfortably low was stressed in the training the teen agers received in their own clubs.

Mike was a little ahead of his competitors in the buying department, because he and his eleven brothers and sisters live on a five acre farm where home-grown foods, as well as milk and eggs, are readily available. He estimated that his meal for four people was a little below the two-to-three dollar average of all the cooks.

Cooking is not an unusual feat among the Graf clan, either, which includes a Korean boy adopted through the Harry Holt baby lift program. Last year Mike's older brother and sister entered the competition and this year he and sister Marilyne follow them.

Kay Metcalf, who is in her third year of 4-H work, will be 13 this month. She has a little over the two years' minimum cooking experience required of the junior contestants.

The deviled shrimp and rice she was preparing, she explained, is "a favorite recipe and easy to fix."

Kay also planned a tomato juice appetizer and green salad for her three guests, one of whom she was permitted to invite. (The other two were selected by 4-H personnel).

The young cooks paid attention to more than food and cost in the competition. They also were expected to set an attractive table, keep good work habits and serve correctly. When they and their guests were finished eating, clean-up had to be done before the next group of contestants arrived at the end of the four-hour stint.

Mrs. Greenhoot, the judge, who has worked with numerous 4-H cooking clubs and as a Lane County Extension Service agent said that this year's group is the largest thus far, and that the number of contestants grows greater each year. Quality picks up, too, she reported, adding:

"Lots of things I mentioned to them last year have been improved upon this year and now are done without a second thought."

Which gives even greater promise for next year's team as well as for this year's young chefs!

Dish Duty Washing the dishes after serving her meal was part of the job for Kay Metcalf of 2561 Alder St. in the Lane County 4-H Club "Dollar Dinner" contest this week at South Eugene High School. As one of nine contestants in the junior division, Kay cooked her meal, served it to three guests, then cleaned up the kitchen within the four-hour time limit set as a contest requirement.

'Dear Abby'

—Abigail Van Buren—

DEAR ABBY: There is a lady in our neighborhood whom we have nicknamed "The Inspector" because she makes a habit of inspecting everybody's trash. She actually goes around to the back yards and pokes into trash cans to see what she can learn about the neighbors. She is not hard up and never takes anything—she is just nosy. She once told me she knew who the beer drinkers, gin drinkers and wine drinkers were. And also what kind of medicine people use and all sorts of other information that is none of her business. What should we do about her?

IN THE NEIGHBORHOOD

DEAR IN: You could tell her to keep her nose out of your trash. Or else put a lock on your garbage can and give the key to your friendly neighborhood garbage collector.

* * *

DEAR ABBY: Please settle this: My wife says that when a man reaches 35 he should no longer send his mother a gift on her birthday or on any other occasion. I say a man is never too old to remember his mother. Who is right?

MAMMA'S BOY

DEAR BOY: You're right! If a man is lucky enough at 35 to have his mother when her hair has turned to silver, his heart should turn to gold—not stone!

* * *

DEAR ABBY: About a year ago I started to dream in color. I know I dream in color because, after I wake up, I can remember the colors I have seen in my dreams. I have told this to some people and they laugh at me. They say I am only imagining my dreams are in color and that everyone dreams in black and white. I wonder if any of your readers THINK they dream in color? Also, what does it mean if I really do?

RAY

DEAR RAY: Yes, it IS possible to dream in color. But according to my authority on dreams, no one knows what it means or if it has any significance.

* * *

How's the world treating you? For a personal, unpublished reply, send a self-addressed, stamped envelope to ABBY, care of this paper.

* * *

For Abby's booklet, "How To Have A Lovely Wedding," send 50 cents to ABBY, Box 3365, Beverly Hills, Calif.

(Distributed by McNaught Syndicate, Inc.)

Label Study Can Stretch Food Dollars

A minute's time spent reading food labels can save shoppers money, give new recipe ideas, and help them choose the foods best liked by their families.

This is the theme of a new Oregon State University circular offered to Lane County residents through Lane Extension Offices, Room 160, Lane County Courthouse. "Read the Label to Stretch Food Dollars" is the bulletin title.

The author, Jean Shipman, OSU consumer marketing specialist, says shoppers can increase their buying power by learning to use information stated on labels. For example, of two popular brands of condensed cream of chicken soup one contained more chicken than the other. By reading list of ingredients, shoppers can know in advance what they're buying, notes Miss Shipman.

Chemical names listed on package labels may appear long and dangerous, but shoppers are assured that chemicals have been tested and approved for use in foods by the Federal Food and Drug Administration. Miss Shipman points out that use of these additives makes food more palatable, offers more variety and makes food definitely safer.

Kindergarten Sets Sign-up

Registration is open for Westside Christian Kindergarten, which will be held at Westside Church of Christ, 1866 Chambers St.

The program will be planned for 4- and 5-year-olds whose birthdays are before Nov. 15. Miss Joyce Perry, DI 4-7429, will register children mornings and evenings.

Some of the features of the year's kindergarten, designed to broaden the child's experience and help prepare him for school, are periodic visits from people in the community, such as firemen, ministers, policemen and parents; planned excursions to public library, museum and radio stations; weekly visits by friends from foreign countries, and planned classroom and p' yground activities.

Peachy Lamb Sauce

Give roasted lamb an added spring-like touch by combining ¼ cup EACH chopped mint leaves, canned cling peach syrup and vinegar. Stir in diced canned cling peach slices and a dash of salt. Serve peach sauce and meat gravy in separate bowls to afford the family a selection with the roast.

Fawver Descendents Gather for Reunion

MONROE—Some 50 descendants of Green and Ida Fawver met this week at Benton Lane Park for their fifth annual reunion. The Fawvers were longtime residents of the Ingram Island District.

After their picnic dinner members of the family spent the afternoon visiting and renewing friendships.

Party Line

Visitors Arrive From New England

Visiting from Westover Air Force Base, Springfield, Mass., are Capt. and Mrs. Glen F. Stauffer and their two sons, David, 12, and Daniel, 11.

Capt. Stauffer is on temporary duty for about two weeks in Seattle, but his family is staying with his parents, the Rev. and Mrs. Wayne C. Stauffer, and visiting with a brother, Dr. Leland Stauffer. After their cross-country drive from the East Coast, they plan to confine their sight-seeing to the city.

Capt. and Mrs. Stauffer moved from Eugene in 1953 shortly after he joined the Air Force. He is now in the Strategic Air Command.

* * *

Mr. and Mrs. J. H. Stanley have returned from a trip through Canada and the Dakotas. Traveling with them for several weeks was his brother, Calvin Stanley, who lives in Prince Albert, Sask. The trio visited Banff, Calgary and Edmunton in Alberta, and fished in lakes north of Prince Albert.

The Eugene couple came home via the Dakotas in order to see Wind Caves, Mt. Rushmore and the Passion Play at Spearfish, S.D., which is staged on a two-block long stage, with live animals in the production. They also viewed the Grand Tetons in Wyoming and Yellowstone National Park on their way back to the West Coast.

* * *

Alta (Mrs. Forrest P.) Reichardt is wearing a beaming smile these days, following receipt of a letter from her son, Glenn, former Eugenean who last week celebrated his 10th anniversary as writer for The Late Show on CBS television, in New York City.

Glenn, a former R-G reporter and VLT actor, sent his mother a copy of a letter of commendation and congratulations from Frank Shakespeare Jr., vice president of CBS, which says in part:

"You have made a most significant contribution to the phenomenal success of this program through the years. The sensitivity and wit of your writing has become a hallmark of The Late Show, and the subject of continual comment throughout the television industry."

A couple of pounds of fresh green peas will need to be cooked in half a cup of water, with half a teaspoon of salt, for seven to fifteen minutes.

Church of God (7th Day)
The truths of God made manifest by the power of the Holy Spirit.
Sabbath School: 10:00
SERVICES: 11:30
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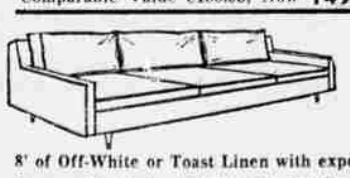

down soft Dacron back cushions for extra comfort
8' of Off-White or Toast Linen with exposed Walnut Frame.
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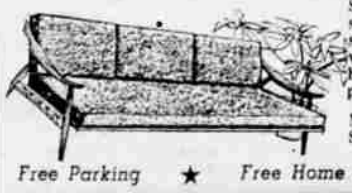

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Facts about PHARMACY...

PRICES HAVE GONE DOWN ON MANY PHARMACEUTICALS
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