

LORANE COUNTRY NEWS

CONTRIBUTED BY
LIL THOMPSON
FOR THE SENTINEL

As long as our county levels remain low, Lorane Grange will continue to meet. Next meeting is April 1 beginning at 7 p.m. They will not be having a spaghetti and bing-e evening this month. Decisions will be made month by month. Just a reminder, Daylight savings time returns Sunday, March 14. Be sure to set your clocks by springing forward.

Crow Middle/High School resumed in-person classes on Monday, March 15, with students split into two cohorts.

Cohort-A attends on Mondays and Wednesdays, and Cohort-B

meets Tuesdays and Thursdays. For more information, call the school office.

Their first sports began Tuesday with volleyball. Unfortunately, no spectators at this time.

Parents could watch on You tube.

Seniors at Crow High School: Your senior pictures along with your baby pictures are due on April 1.

Any questions may be emailed to Mrs. Thorin at sthorin@cal.k12.or.us.

Try not to use cell phone photos.

There are a few smoke detectors left in the Fire Department.

Contact Tom Soward or Jim Bailor to receive them.



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6-day weather forecast

FRIDAY	SATURDAY
61° 34° Sunny	64° 39° Partly Sunny
SUNDAY	MONDAY
52° 36° Showers	48° 34° Chance of Snow
TUESDAY	WEDNESDAY
54° 36° Showers	57° 39° Partly Sunny

60% of small businesses close within 6 months of a cyber-attack.

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Betty Kaiser

Last weekend, I decided to organize my spice rack(s). That’s a tedious job at my house because I am overloaded with spices. Looking in my cupboards you would think that I’m seasoning food for an army.

It seems that I have always been feeding large groups. My obsession began with our restaurant, Kaiser’s Country Diner, in Ventura, Calif. Feeding hundreds of people weekly constantly introduced us to different foods and seasonings for the public palate.

At home, our three teenagers could always bring a friend to our Saturday night taco feed. We were active in fund raising dinners for our church and the local food bank.

So, somewhere along the line, I became addicted to trying new spice combinations.

Some were winners and some made their way to the back of the cupboards.

Recently, while organizing the spice racks, I found some really old TIN spice cans in an outside cupboard. There are 8 of them and each one holds from 0.5 to less than 2 ounces. And some of them are full!

Back in the day, I had filled and refilled some of these containers for years beginning as a newlywed and probably into the 1990s. Six of them are labeled Schilling. One is a Crown Colony and another Colman’s.

Some have no dates and others are dated 1977. Some even have price tags on them. Schilling’s Bay Leaves cost me .57 cents and their Stick Cinnamon cost .73 cents.

Betty Kaiser: Cook’s Corner

Old recipes from the spice rack



ling’s Bay Leaves cost me .57 cents and their Stick Cinnamon cost .73 cents.

Today, you can find the same antique containers (a little worse for wear) selling online from \$4 to \$9.99.

Written in tiny little letters on the sides of the old containers are ways you can use the product. On the can’s other side most of them print a recipe with just a few ingredients. They are simple enough that they won’t take up your whole day and you can add to them if you like.

I hope you enjoy my sharing them with you.

Oh, Yes! One more thing: I’m printing them just as they are on the cans, so read them a couple of times before you start. There are seven of them.

Enjoy!

#1 Colman’s Mustard

Combine 1 to 2 teaspoons each Colman’s Mustard and water. Let stand 10 minutes. Stir into 1 cup mayonnaise.

Try it on tuna, ham, chicken and potato salads. Coleslaw, too.

#2 Crown Colony Cloves Whole

Surprise: Stud a pork roast with cloves before cooking. Serve with baked apple slices.

Spicy Seafood: Use 10-12 cloves in water for boiling shrimp. Cloves cut the fishy odor and shrimp is delicious.

Try a Clove Studded onion in baked beans, pot roast or beef stew.

#3 Schilling Whole Bay Leaves (Laurel)

Use in tomato sauces, steamed seafood, salad dressings, casseroles, marinades, tomato aspic, pot roast and soups.

Tomato Stew

(Makes 2 quarts)
Dredge 2 lbs. beef chunks in 2 tbslp four. Brown in 2 tbslp oil.

Add 16 oz. can tomatoes, 2 cups water, 1 bay leaf, black pepper and 1 tsp Italian seasoning.

Simmer 1 hr. covered. Add 2 tbslp Instant Chopped Onion, 3 potatoes and 4 carrots cut in eighths.

Simmer 1 hr. longer. Remove bay leaf before serving.

#4 Schilling Curry Powder

Use with lamb, fish, beef, seafood, poultry or rice; ½ teaspoon in 6 stuffed eggs or ½-1 teaspoon in 2 cups seafood salad.

Chicken Curry

Chop and crisp-cook: 2 slices bacon. Reserve.

Sauté 1/2 chopped green pepper. Stir in 3 tbslp flour.

Add 1 tsp curry powder, 1/3 cup coconut, 1 tbslp Instant Minced Onion, ½ tomato, chopped, ¾ tsp garlic salt and 2 cups cooked chicken.

Cook until thickened. Stir in bacon. Makes 3 cups.

#5 Schilling Stick Cinnamon

Use in pickling apple dishes, stewed fruit, hot chocolate, mulled wine and as stirrers in hot beverages.

Marinated Pears

Drain a 28 ounce can pear halves, reserving 1 cup of the syrup.

Combine syrup, 3

inches stick cinnamon, 6 whole Allspice and 4 Peppercorns. Bring to a boil, cover and simmer 5 minutes.

Pour over pears. Cover and refrigerate overnight. Makes about 7 pear halves.

#6 Schilling: Sweet Basil

Use in tomato recipes, stuffing, rice, meats and fish dishes; pizza, salads, vegetables and barbecue sauce. 1/8-1/4 teaspoon in 2 tablespoons butter for basting fish.

Cherry Tomato Salad

Combine 2 tablespoons oil, 1 teaspoon lemon juice, ¼ teaspoon Garlic Salt, ¼ teaspoon Black Pepper and ½ teaspoon Basil Leaves.

Wash and cut 1 pint cherry tomatoes in half. Pour dressing over tomatoes. Chill 30 min. Serve on salad greens.

Makes four ½ cup servings.

#7 Schilling Poultry Seasoning

Use in making stuffing for chicken, turkey, wild fowl, fish and pork chops. Excellent as a seasoning for creamed meats, roasts and soups.

Stuffing

¼ each chopped onion and celery

¼ cup butter

4 cups bread crumbs

1 ½ tsp Schilling Poultry Seasoning

1 tsp sat

¼ tsp schilling Black Pepper

Sauté onion and celery in butter until brown. Add bread cubes and remaining ingredients.

Toss lightly until well blended.

Makes 4 cups.

Keep it simple and keep it seasonal with Betty Kaiser’s Cook’s Corner. Contact her at 942-1317 or email bchatty@bettykaiser.com

2021 Lane Electric Cooperative College and Trade School Scholarships

2021 Graduating Seniors \$4,500 for Lane Community College \$5,500 to attend VOLTA (trade school)	Dave D’Avanzo Memorial Community Scholarship \$4,500 for Lane Community College (Member At-Large)	Members or Their Dependents TWO - \$3,000 scholarships to a 2- or 4- year accredited college of your choice.	Applications Due: Thursday, April 8, 2021 by 1:00 p.m. Details at: www.laneelectric.com/scholarships *Must be a qualifying LEC Member or dependent.
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Contact Karol Kuhn Simons
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Service Above Self



South Lane Mental Health “Alas”



South Lane Mental Health, located in Cottage Grove, Oregon, is now providing mental health services for Spanish speaking individuals. Our program, Alas, serves children and adults, individuals, couples, and families. Our services include case management, group therapy, individual therapy and peer support services. We offer in-person services or remote services via telehealth. We can assist with your computer needs if you prefer Telehealth services. For more information and/or to make an appointment, please call 541-942-3939

South Lane Mental Health, ubicado en Cottage Grove, Oregon, ahora ofrece servicios para gente hispano-hablante. Nuestro programa, Alas, apoya a jóvenes, individuos, parejas y familias. Nuestros servicios incluyen el manejo de casos (navegación de recursos y educación comunitaria), terapia de grupo y terapia para individuos. Ofrecemos servicios en persona, por teléfono y por video. Nosotros podemos ayudar con sus necesidades de tecnología si prefiere recibir servicios por teléfono o video. Para más información o para hacer cita, por favor llame a 541-942-3939.