

## 'Econo-Eating'

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Saving money in the grocery store is a skill many have developed. Another way to save money on a food budget is to avoid wasting the food that's bought.

A modern archeology project at the University of Arizona has been taking a long-term look at wasted food. "The Garbage Project has come up with some interesting facts.

At least seven to 10 percent of food bought is thrown away unused. The figure may be as high as nine to 14 percent if you add food discarded down a

disposal. The largest dollar value item was meat and protein projects; the largest quantity in weight was fruits and vegetables.

It was estimated that an average two-person household wasted about \$300 worth of food a year, at current prices during a two-year period.

Foods that had risen sharply were discarded in greater amounts. For instance, there was an increase in waste of protein foods when meat prices rose sharply. Researchers speculated that this may relate to trying new forms of preparation that were unacceptable or improv-

erly prepared, or perhaps to hoarding and buying more than could be used before spoiling.

When you have a "cleaning out" session, analyze what foods you're throwing away. Try to decide what methods would have saved that food from its green whiskers.

Do you throw away small servings of vegetables or casseroles? If so, perhaps you could start a soup pot, adding the dabs to a one or two-quart container stored in the freezer.

When the container is full, make a broth with a small amount of meat or poultry, and thaw out all of the con-

tainer's contents to make a creative soup—different each time.

Maybe you're throwing bread away. At today's prices, even the heels are worth money. Allow bread to dry in an open container. It can be made into bread crumbs for toppings.

You can make your own flavored croutons using the heels and other bits of leftover bread that would otherwise be wasted. Planning a meat loaf or meatball recipe when you notice a few odds and ends of bread is also good.

If you're wasting fresh vegetables, such as celery or lettuce, investigate storage containers to keep them crisp

and usable for one or two weeks.

Rotating foods can help you keep a fresh supply. When you get a dozen eggs, leave them in their container and stack the old dozen on top. People will reach for the most convenient box.

Don't open a new container of salad dressing, fruits or vegetables until the old one has been used.

If you're wasting little dabs of meat, try using some new recipes such as crepes or omelets to give meat a new twist.

Using the foods you do purchase more wisely can be as much of a boost to your food budget as finding that "good

deal" in the grocery store.

Omelets and crepes are a great way to make small amounts of leftover meat go further. It gives them a different flair that's definitely gourmet.

### Basic Omelet

For each serving, use two eggs and two tablespoons water, ¼ teaspoon salt and a dash of pepper. Combine and mix with a fork. Heat one tablespoon margarine or butter in an omelet pan until hot enough to sizzle a drop of water. Pour in egg mixture. Lift edges, allowing uncooked portions to flow underneath.

Slide pan back and fourth on heat to keep it sliding free. Add 1-3 to ½ cup filling, seasoned to taste with spices or herbs. Turn onto plate. Keep warm.

### Pork and Dressing Crepes

12 crepes  
leftover pork, cut in chunks  
2 cups bread stuffing  
1 large apple, cored and chopped.  
½ teaspoon poultry seasoning  
½ teaspoon seasoned salt  
dash pepper.

Combine meat, dressing, apple and seasonings. Fill crepes using about ¼ cup mixture in each crepe. Roll,

place in lightly greased square pan. Heat, covered, at 325 degrees F. for 20 to 30 minutes.

Make two cups white sauce. Top crepes with sauce just before serving.

### Basic Crepe Batter

(makes 12 to 16 crepes)

3 eggs  
1 cup milk  
¾ cup flour  
¼ teaspoon salt  
margarine or butter for pan  
Blend ingredients in blender for at least one minute. Refrigerate until used. Cook two or three tablespoons of batter at a time in lightly greased crepe pan. May be stacked and refrigerated, or frozen. Fill with about ¼ cup filling.

Connect ends of the positive cable (usually red) to the positive terminals of both cars.

Then, connect the negative cable (usually black) to the negative terminal of the car with the good battery.

Connect the other end of the negative cable to some point on the car frame, engine block or other metallic ground (except the carburetor).

Do not connect it to the negative terminal of the impaired battery, as a hazardous spark could result.

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## Columbia takes 2nd place, sportsmanship trophies

By MARK STEVENS

The Columbia Tri-County Babe Ruth All Star team took second place in the district tournament held in The Dalles. Not only did all the players and coaches receive trophies for second place, but the team also was given the sportsmanship award.

Columbia Tri-County started the series by playing the Hermiston American all star team and ended up victorious by a score of 8 to two.

Jerry Vandever pitched for Columbia, giving up only five hits and three walks. He was the first pitcher to throw in an all star game from the newly formed league and he was also the first winning pitcher.

Columbia had six hits in the game and used smart base running while capitalizing on errors to score their eight runs. Rich Gilbertson was the heavy hitter of the day with a double that started a three-run rally. Tyler Trumbull and Chris Stevens both lined nice singles.

After winning this game, Columbia played the following day against the Hood River Nationals who were the defending champions.

Rich Gilbertson was the starting pitcher and he threw all seven innings, striking out four batters as Hood River scored five runs on seven hits.

Gilbertson also had a fine hitting game with three singles and an RBI. Jim Putman and Brad Trumbull laced singles to advance runners around the bases and Chris Stevens had two lead-off singles and scored three times. Brian Byrd knocked in two runs with a single to deep center field. Tyler Trumbull had the game-winning hit in the fourth inning when he slugged a grand slam home run well over the 321-foot home run fence in left field.

Trumbull was the only player in the tournament to hit a home run. Tyler came to bat later in the game and smashed a ground rule double to bring in another run for a total of five RBIs in the game.

Columbia won by a final score of 10 to 5. Winning that game advanced Columbia Tri-County into the semifinals. Their opponent was the Hermiston Nationals. The teams that make up Columbia Tri-County all belonged to the Hermiston league last year which may have added a little more competition to the game.

Fred Widman and John Stamate combined in the pitching department to give up seven hits for seven runs.

The game didn't start too well for Columbia as they trailed in the bottom of the third by a score of 5 to 0. Then in the top of the fourth Columbia came alive with a five-hit inning that scored four runs to close the gap. Jim Putman and Brian Byrd both singled and scored in the inning.

Neither team scored again until the top of the sixth when Columbia rallied to score six runs. Rich Gilbertson singled in the inning and was later brought in by Chris Stevens who also hit a single. Stevens scored when Tyler Trumbull smacked a double into left that brought in two runs. After Trumbull batted, Jim Putman drilled a single that pushed two more runs across the plate. Brian Byrd brought in the last run of the inning when he pounded a double into left field.

Columbia scored again the top of the seventh on two walks and stolen bases. In the bottom of the inning Hermiston gave Columbia a little scare by scoring two runs, but it wasn't enough as Columbia won by a score of 11 to seven.

Columbia Tri-County played the following day against the

home team, The Dalles Celilo. The Dalles Celilo had already lost one game which was against the Hermiston Nationals. The tournament was double elimination and Columbia had not lost yet, which gave them an advantage.

Chris Stevens and Jerry Vandever shared the pitching and gave up 12 runs on seven hits. Columbia scored all of their runs in the second inning. Jim Putman and Chris Stevens each singled in the inning. Tyler Trumbull drove a ball 370 feet to the left-center field for his second home run of the tournament.

The Dalles won by a final score of 12 to seven.

Because of the loss Columbia had to play The Dalles again and whichever team won was to become champion.

This game ended up with the final score of seven to one in favor of The Dalles. Up to the fifth inning, both pitchers had only given up two hits and not any runs had scored, but then The Dalles became hot and scored six runs which was enough to last them the rest of the game.

Soon after the game was over, trophies and awards were presented. Every player received a second place trophy as did the coaches. The team also won the sportsmanship award and the tournament announcer had commented that Columbia Tri-County "was a team with class." The award should be on display soon at the Boardman Pharmacy.

1234567 R.H.E  
Columbia TC 0314000 8.63  
Herm. Am. 0100010 2.57

Columbia TC 104401010182  
Hood Riv. Na. 0001400 5.71

Columbia TC 000406111124  
Herm. Nat. 1040002 7.73

Columbia TC 0700000 7.65  
The Dalles 400260 12.72

Columbia TC 0000001 1.62  
The Dalles 000061 7.41

## Exercise caution when recharging car battery

It's summertime and, despite the high cost of gasoline, Americans are as mobile as ever. One all too familiar sight at this time of year is a stranded motorist at the side of the road, watching the steam rise from an overheated battery.

In summer as in winter, drivers are sometimes confronted with a "dead" or overheated battery. This often happens at a time when it is most unexpected—in the middle of a highway traffic snarl, in the evening upon returning to the car, or after the driver has forgotten to turn off the lights while the car is not running.

When the battery is lacking in the necessary power to start the car, most motorists try to start their cars by using a pair of booster cables, which borrow starting power from the battery of another car.

This is not a safe and simple procedure, however, and caution should be exercised. Improper "jump-starting" or carelessness with a battery can be hazardous, and cause damage to the vehicle's electrical system.

One of the hazards involved—though not a very common one—is the possibility of a battery explosion, which can cause severe damage to the eyes and skin.



Batteries can explode unless simple precautions are taken during recharging. One type of

explosion is caused by an excessive charging rate, which releases hydrogen gas.

If there is insufficient ventilation near the battery, a spark or flame can ignite this gas.

Another type of explosion can occur if two batteries are connected with the terminal polarities reversed, or if batteries of widely different voltages are connected together.



To prevent this type of explosion, always follow the instructions in the car owner's manual.

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## Lamb, wool producers to vote on program extension

Lamb and wool producers will have an opportunity during an August 16-27 referendum to vote on whether they want the American Sheep Producers Council, Inc., to continue its market promotion and improvement program on their behalf by entering a new agreement with the US Department of Agriculture.

According to Everett Rank, administrator of USDA's Agricultural Stabilization and Conservation Service, the agreement to be voted on is similar to one approved in 1978, except it would authorize larger deductions from producer incentive payments. By approving it, producers would authorize

deductions of up to four cents per pound on shorn wool and 20 cents per hundred weight on unshorn lambs marketed in 1982. Deductions rates from 1978 through 1981 were two and one-half cents and 12 and one-half cents respectively.

Rank also said the new agreement would provide for USDA to withhold part of any wool incentive payments that might be made to producers on 1983-85 marketings to finance the councils' promotion activities.

County ASCS Offices will distribute copies of the agreement and ballots to sheep producers in early August.

Producers may cast their ballots to the ASCS office by mailing or delivering them in person by the close of the referendum.

Anyone may vote who has owned sheep six months old or older for at least 30 consecutive days during 1981. Votes may be cast by individuals or by cooperatives. Members of cooperatives which cast votes would not be eligible to vote separately in the referendum. The agreement requires approval by two-thirds of the total volume of producers, or two-thirds of the total volume of production represented in the referendum.

## Holloway completes armor officer basic course

Second Lt. Douglas C. Holloway, son of Clayton C. and Katherine N. Holloway of Irigon has completed an armor officer basic course at the U.S. Army Armor School, Fort Knox, Ky. It was announced recently.

The course covered branch

training in armor for newly commissioned officers with special emphasis on the duties of tank and reconnaissance platoon leaders. Their training includes instruction in automotive principles and maintenance, communica-

tions, weapons and tactics. His wife, Isabel, is the daughter of Juan Vallejo of 688 S. Saddle Road, Othello, Wash. The lieutenant is a 1980 graduate of the University of Idaho at Moscow.