

'Econo-Eating'

We live in a fast paced world geared to speed and convenience. Family food preparation is part of that busy life. Dozens of convenience food mixes that provide a meal-in-a-minute line grocery shelves.

Cook-up some hamburger, add a package of seasonings and the noodles or rice in the box and you have an instant casserole. Take the coating mix, put it in the convenient plastic bag, add your chicken and you've got chicken ready for the oven - no fuss.

We have TV dinners, frozen main dishes ready for oven or microwave, instant puddings, ready-to-eat cereal, already squeezed orange juice and many different convenience baking mixes.

Everywhere you look in the store, you find convenience. But, of course, convenience is not free. You pay for someone else to assemble the ingredients or to learn what spices to combine to make that tasty dish.

If you're concerned about the rising cost of food and are willing to spend your time to make your own convenience, you can make a wide variety of homemade mixes. Take a few minutes to prepare a large quantity of a mix, package in meal-size amounts and you've made your own time-saver.

It's fairly easy to figure out the cost of your own convenience mix. Add the cost of all the ingredients in the mix and divide by the number of meals the mix will supply. Compare this to the cost of the same mix available at the store. Usually these convenience mixes will cost about half as much if prepared at home. You have to decide which is more important, your time or your money.

One thing you need to consider is that a convenience dinner, even if it's purchased at the store, may save you the price of eating dinner out when time is short or your energy level is low.

These are some suggestions for success with making your own mixes:

1. Use high quality ingredients.
2. Use accurate measuring cups and spoons.
3. If you're likely to be interrupted and lose count as you're measuring, measure into a smaller bowl or onto a piece of waxed paper. If you're not sure you have the right amount you can re-measure.
4. Mix ingredients thoroughly. This is especially important in baking mixes where you need to distribute the leavening agents well.
5. Package the ingredients well. Small plastic bags, such as sandwich bags make ideal packets for meal mixes but they should be stored in metal,

glass or plastic canisters. Aluminum foil makes a good packet for seasoning mixes. Seasoning jars saved from purchased seasoned salt or spice jars are handy to save for your own mixes.

Convenience has its price. You can buy it with your time or your money.

Here are two mixes you can make at home that are helpful in making convenience meals. The first is a coating mix for poultry or pork chop. The second is a main dish casserole mix.

Seasoned Coating Mix
 2 cups bread crumbs, cereal crumbs or cracker crumbs.
 2 cups cornmeal
 2 cups flour
 1 teaspoon onion salt
 1/2 teaspoon seasoned salt
 1/2 teaspoon salt
 1/2 teaspoon curry powder (optional)
 1/2 teaspoon poultry seasoning (optional)
 1/4 cup paprika
 Other seasonings may be added or substituted to taste.

use about 1/2 cup of mix for 8 chops or 2 1/2 pounds of chicken. Moisten meat with water or milk. Shake 2 or 3 pieces of meat at a time in a plastic bag or paper sack.

CHICKEN: Place in shallow baking pan. Bake at 400 degrees for 40 - 50 minutes or until tender.

PORK CHOPS: Place chops in a single layer on rack in a shallow pan. Bake at 425 degrees 30 - 35 minutes or longer for thicker cuts. Cook pork thoroughly. Makes 10 packets.

Seasoning Mixture
 1 1/4 teaspoon black pepper
 3 tablespoons onion powder
 1 tablespoon garlic powder
 5 teaspoons salt
 2 tablespoons dried parsley flakes
 1 2-3 cups non-fat dry milk
 1-3 cup chopped dried onion
 2 teaspoons MSG (optional)
 1-1 1/2 tablespoons instant beef bouillon granules.

Mix ingredients. Store in container with tight fitting lid for up to three months or put into 4 small plastic bags and then store in container. Makes 4 packets.

Macaroni Casserole

Brown one pound of hamburger in heavy pan with lid. Drain.
 To meat add: 1 1/2 to 2 cups water, 1 cup macaroni, 1/2 cup plus 1 tablespoon seasoning mixture.
 Bring to boil. Stir. Cover. Simmer 15 to 20 minutes. Stir occasionally. If macaroni sticks, add water. Uncover, simmer until water evaporates. (5 servings).

PUBLIC NOTICES

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MORROW

Case No. 7078
SUMMONS

JACK McENTIRE and JOSEPHINE McENTIRE, Plaintiffs,
 vs.
 EARL D. TRUDEAU, Defendant.

TO: Earl D. Trudeau, Defendant.

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the Complaint in Equity for Strict Foreclosure of Real Estate Contract filed against you in the above-entitled suit within thirty (30) days from the date stated in this Summons to appear and defend, which date shall be the date of first publication as shown below, and if you fail so to answer, for want thereof, Plaintiffs will apply to the Court for a Decree of Strict Foreclosure of Real Estate Contract, and for other equitable relief.

This Summons is published by order of the Honorable William W. Wells, Judge of the above Court, entered on the 28th day of July, 1982, directing publication of this Summons once each week for four consecutive weeks in the Heppner Gazette-Times, a newspaper published in Morrow County, Oregon.

Date of first publication: August 19, 1982.

Date of last publication: September 9, 1982.

Notice to Defendant: READ THESE PAPERS CAREFULLY.

YOU MUST "APPEAR" IN THIS CASE OR THE OTHER SIDE WILL WIN AUTOMATICALLY. TO "APPEAR" YOU MUST FILE WITH THE COURT A LEGAL DOCUMENT CALLED A "MOTION," "DEMURRER," OR "RESPONSE." THIS DOCUMENT OR PAPER MUST BE GIVEN TO THE COURT WITHIN THIRTY DAYS FROM THE DATE STATED IN THE SUMMONS TO APPEAR AND DEFEND. ALONG WITH THE REQUIRED FILING FEE, IT MUST BE IN PROPER FORM AND HAVE PROOF OF SERVICE ON THE PLAINTIFFS OR THEIR ATTORNEY TO SHOW THAT THE OTHER SIDE HAS BEEN GIVEN A COPY OF IT. IF YOU HAVE ANY QUESTIONS, YOU SHOULD SEE AN ATTORNEY IMMEDIATELY.

PUBLIC NOTICES

MORRISON & REYNOLDS, P.C., Attorneys for Plaintiffs,

By: s- Donald G. Morrison
Donald G. Morrison

Published: August 19, 26, September 2, 9, 1982.

Notice of Names of Persons Appearing To be Owners of Unclaimed Funds:

The following named persons are apparent owners of unclaimed (personal) property reported to the Division of State Lands, Salem, Oregon:

OREGON DIVISION OF STATE LANDS
 ABANDONED-ESCHEATED PROPERTIES PROGRAM
 Morrow County Accounts
 to be published in Aug. of 1982
 XXX Heppner
 Hare, Robert J. Box 112
 Total owner within county 1

Information concerning the amount or description of the property and the name and address of the holder may be obtained by any person possessing a legal or equitable interest in the property by writing to the Division of State Lands, 1445 State Street, Salem, Oregon 97310. If proof of claim is not presented by the owner to the holder, and if the owner's right to receive the property is not established to the holder's satisfaction by November 5, 1982, the unclaimed property will be placed in the custody of the Division of State Lands to which all further claims must be directed.

Published: August 19, 26, 1981.

PUBLIC NOTICES

IN THE CIRCUIT COURT OF OREGON FOR THE COUNTY OF MORROW

Case No. 7087
SUMMONS

In the Matter of the Marriage of CHARLOTTE JOANNE GRANT, Petitioner,
 and
 KENNETH LEE GRANT, Respondent.

TO: Kenneth Lee Grant, Respondent:

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the Petition for Dissolution filed against you in the above-entitled suit within thirty (30) days from the date stated in this Summons to appear and defend, which date shall be the date of first publication as shown below, and if you fail so to answer, for want thereof, Petitioner will apply to the Court for a decree dissolving the marriage of the parties, and for other equitable relief.

This Summons is published by order of the Honorable William W. Wells, Judge of the above Court, entered on the 2nd day of August, 1982, directing publication of this Summons once each week for four consecutive weeks in the Heppner Gazette-Times, a newspaper published in Morrow County, Oregon.

Date of first publication: August 12, 1982.

Date of last publication: Sept. 2, 1982.

Notice to Respondent: READ THESE PAPERS CAREFULLY.

PUBLIC NOTICES

YOU MUST "APPEAR" IN THIS CASE OR THE OTHER SIDE WILL WIN AUTOMATICALLY. TO "APPEAR" YOU MUST FILE WITH THE COURT A LEGAL DOCUMENT CALLED A "MOTION," "DEMURRER," OR "RESPONSE." THIS DOCUMENT OR PAPER MUST BE GIVEN TO THE COURT WITHIN THIRTY DAYS FROM THE DATE STATED IN THE SUMMONS TO APPEAR AND DEFEND, ALONG WITH THE REQUIRED FILING FEE. IT MUST BE IN PROPER FORM AND HAVE PROOF OF SERVICE ON THE PETITIONER OR HER ATTORNEY TO SHOW THAT THE OTHER SIDE HAS BEEN

GIVEN A COPY OF IT. IF YOU HAVE ANY QUESTIONS, YOU SHOULD SEE AN ATTORNEY IMMEDIATELY.

MORRISON & REYNOLDS, P.C.,

Attorneys for Petitioner, By: s-DONALD G. MORRISON
Donald G. Morrison

Published: Aug. 12, 19, 26, Sept. 2, 1982.

Fall Liquidation of Nursery Stock 30% Off All Plant Material

Good Selection of:

- Flowering Shrubs
- Evergreen Shrubs
- Fruit Trees
- Shade Trees
- Much More!



922-5419 KENNEY'S FARM MARKET

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Kodak Film & Cameras

Murray's Drug

You've probably heard about PNB's upcoming separation from its parent company, AT&T. A separation that was prompted by the U.S. Department of Justice.

What you've probably little idea of, is how exactly the changes will affect you. First, we'd like to dispel any fears you may have. It has always been, and will always be, our primary concern to provide you with quality, affordable telephone service.

THE REASON FOR THE CHANGE.

In the developing days of the telephone industry, the overriding goal was to provide every home with a phone. Today, more than 96% of all households in America enjoy the use of a telephone.

With the advent of near-universal service, the philosophy of regulating the industry is changing.

Regulators and legislators are now looking to competition in the marketplace to decide what services will be provided at what price and by whom.

WHAT WILL IT COST ME?

Telephone service will continue to be a good value. In fact, we've recently added two new low-cost services called Basic and Budget Measured Service.

With these new services, you'll be charged for your phone service on the basis of how much phone service you use. If you're a light phone user, you can expect to pay less than a heavy phone user. And vice-versa.

You will still, however, have the option of flat-rate premium service in your home, as well as the new measured services.

While these changes may mean increases to some, they will mean decreases to the majority.

IF YOU HAVE ANY QUESTIONS, LET'S TALK.

At PNB, we realize that the exchange of ideas and comments is invaluable. In fact, it's the very foundation of communication.

That's why we want you to know that we're ready to talk about the coming changes any time you are.

Just call 1-800-555-5000. We'll answer any questions and provide you with more information.

In short, do everything possible to ensure that the transition to new ways of doing business is as smooth as possible for you.



Pacific Northwest Bell

HOW COMING CHANGES IN THE TELEPHONE INDUSTRY WILL AFFECT YOU.



AREA CODE 1-800 555-5000

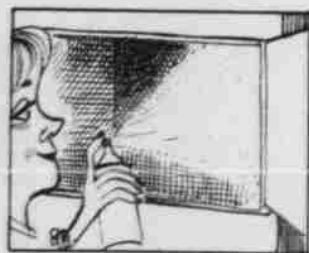
Attention:

JOHN WILGERS

Sept. 1 is the BIG 40

Have a good one!!

Marie



After defrosting the freezer, spray it with a vegetable oil spray. Next time you defrost, it'll be less work.

OUTDOOR BARBECUE

Rodeo Weekend

Saturday Evening, Aug. 28

Your Choice

Ribs

NY Steak

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Dance Both Nights - Aug. 28 & 29 to

'FAMILY TRADITION'

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\$8.50 per person

Heppner Elks 358

