

'Econo-Eating'

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Salads can make a great contribution to your family's nutrition. They also add variety to meals so it's nice to put your creativity to work in making them.

Summer gives us a really wide choice of inexpensive salad ingredients, especially if you raise your own garden or shop at farmer's markets or roadside stands. Even your

supermarket features a wider variety of salad ingredients in summer because more things are in season.

Don't overlook some of the old fashioned standbys like cabbage, carrots and turnips. My son came home from school one day raving about the white carrot sticks he'd eaten for lunch and I realized I hadn't fixed raw turnips, a real favorite of mine when I was a child.

Also take a look at frozen foods such as peas, canned foods such as green beans or garbanzo beans and marinated vegetables such as pickled beets. These are all fairly reasonable in price and add variety.

Try to look over the possibilities for salads with new eyes. Don't just settle for the same old lettuce, tomato and onion salad. It's a good start, but gets "ho-hum" after a while. If you put more vegeta-

bles or fruits into the salad you can eliminate fixing a cooked vegetable for that meal.

Now let's take a look at salad dressings. It's fun to take a tour of the grocery store and look for items that are spreading out. Salad dressings certainly fit this category. More and more grocery store shelf space is being devoted to a wide variety of salad dressings. You can buy ready-to-pour salad dressings, as well as packets of seasonings to add to your own vinegar and oil or mayonnaise and buttermilk. There are even whole new lines of salad dressings featuring lower calories.

These ready-to-use dressings give you convenience and variety. It seems that in the ads for dressings they encourage you to doubt your own ability to provide equal flavor or pourability. If you're like many other cooks today, you already doubt your ability

to use herbs and spices so they can easily talk you into buying their products.

If you're interested in developing some skill in making your own salad dressings you can save half the cost of the regular dressings and two-thirds of the cost of low calorie dressings with very little time and a few basic ingredients.

One of the easiest salad dressings to make at home is French dressing. French dressing is a mixture of oil, acid (usually apple cider vinegar) and seasoning. It can be the kind that separates so you have to shake it each time you're going to pour it or it can be emulsified so that it stays mixed up. This is one feature that the salad dressing companies try to make you feel you can't duplicate—but you can, just by adding pectin—the same pectin you use for making jams and jellies.

French dressing comes in many variations. Add a little

chili sauce and chopped onion and you have Russian. Add catsup, pickles and a little sugar and you have Catalina or red dressing. Add cream and you have creamy French. Your favorite herbs can make a different taste, or use herb vinegars when making the oil, vinegar and seasoning combination.

The secret to exciting and inexpensive salads is to experiment a little—don't let them tell you that you have to buy just their product—use your own creativity in putting salad ingredients together and in topping them off with dressing.

This is a basic dry French dressing mix that doesn't separate. Try some variations using your own creativity. You save about \$1 per pint.

Basic Salad Mix
1 package dry pectin
1 tsp dry mustard
2 tsp. salt
1 tsp. onion powder

1/2 tsp. garlic powder
2 Tbs. dried parsley
Mix dry ingredients together and divide in half. To each half, add one-third cup cider vinegar, lemon juice or wine, and a total of 1 1/4 cups liquid (1/4 to 3/4 cup oil and the balance of water). Less oil, lower calorie dressing. Then season as desired.

Zesty French Dressing
1/2 of basic salad mix
One-third cup cider vinegar
3/4 cup oil
1/2 cup water

2 Tbs. catsup
2 Tbs. sugar
1 tsp. worcestershire sauce
1 Tbs. lemon juice
Put all ingredients in a jar and shake. Store in the refrigerator. Makes 2 cups.

Low Calorie Herb Dressing
1/2 of basic salad mix
One-third cup cider vinegar
1/4 cup oil
1 cup water
1/2 tsp. oregano
1/2 tsp. thyme

Put all ingredients in a jar and shake. Store in the refrigerator. Makes 2 cups.

Newlyweds honored at buffet luncheon

Mr. and Mrs. Ashley McCabe were honored at a buffet luncheon at the lone home of Ashley's grandparents, Mr. and Mrs. Leo Crabtree, after their wedding on Saturday, Sept. 4.

The Crabtrees' many guests included Ashley's mother and stepfather, Mr. and Mrs. Michael Hall of Moscow, Idaho, who came on Tuesday; Mr. and Mrs. Ron Crabtree of Tacoma, Wash., who came Thursday; Mrs. Lou Ann Quenell and Heather, the Crabtrees' great-granddaughter, Tara Wilson, Reba Youngs, Scott Cunningham, Shannon Dyllina and Gary Grondahl, all of Tacoma, Wash., Sharon Gelinas and Alisa of Caldwell, Idaho, and Jim McCabe and

Pam Anderson, both of Moscow, Idaho. All arrived at the Crabtree residence on Friday. Mr. and Mrs. Jim Scheelar, and Mathew and Erik Swanson of Salem came on Saturday, as did Mr. and Mrs. Donald Scheelar and Mr. and Mrs. Tim Conroy, all of Portland.

The entire group stayed at the Crabtrees' home. Other out of town guests attending the luncheon were Linda Prock of Pendleton; Mr. and Mrs. Robert Drake, the bride's stepfather and mother of The Dalles; Mr. and Mrs. Byron Roach of Portland and other friends and relatives.

A total of 40 enjoyed the luncheon and out of town

guests stayed with the Crabtrees until Monday.

On Monday afternoon, Mr. and Mrs. Crabtree, along with Mr. and Mrs. Ron Crabtree, left for a few days' vacation at Ka-Nee-Ta Lodge in Central Oregon. They returned on Thursday, Sept. 9.

Heppner family spends weekend in California

David, April, Christopher, Andrew and Allison Sykes spent Labor Day weekend visiting relatives in California.

First they drove to Portland where they visited David's sister, Vickie Lewis, before boarding a train to California.

While there they stayed with David's grandfather, Earl Sykes, Sr., at Berkeley. They also toured San Francisco, rode cable cars and BART (Bay Area Rapid Transit) and walked along Fisherman's wharf.

They spent Sunday at the home of David's aunt and uncle, Elizabeth and Dennis McGuire, at Hayward. They enjoyed a barbecue, a swim in their pool and visiting with the McGuire's daughter and husband, Maggie and Tom, and their children, Jamie, Meghan and Candice; their son and his wife, Terry and Cheryl McGuire and their children, Kevin, Sean and Colleen; uncle and aunt, Harold and Patti Van Buren; aunt, Midge Mattisen and her daughter, Emma.

A.A.U.W. plans meeting, organizational dinner

The American Association of University Women will be holding their first meeting since May on Monday, Sept. 20, announced a spokesperson this week.

The meeting will be accompanied by the organization's annual international dinner.

Each AAUW member is asked to bring an international dish to Betty Rietmann's home, Ione, on Mon-

day, Sept. 20 at 6:30 p.m. Carpools from Heppner will be leaving at 6 p.m. from the Morrow Co. Museum.

Ione members are asked to call Laura Broderick after 4:30 p.m. at 422-7524 for carpool arrangements.

Members who are planning to bring a guest should also phone Broderick prior to September 20.

Lexington news

Delpha Jones 989-8189

Mr. and Mrs. Cecil Jones of Lexington and Mr. and Mrs. Lyle Peck of Heppner attended a meeting at Clarno Grange near Antelope on Monday evening, Sept. 13.

Mrs. Jones made her official visit to the grange as Wheatland Pomona Grange deputy. The Clarno Grange has

scheduled a dance on Saturday, Sept. 25, to raise funds to repair the hall roof.

Florence McMillan is back at the Good Samaritan Center in Hermiston after a stay at Consolidated Good Shepherd Hospital, Hermiston.



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