

# 'Econo-Eating'

By MONINE STRODE  
OSU Extension Service

"How much should I expect to spend for food?" This is a question that is often asked at Oregon State University Extension offices. There is an extension bulletin that answers that question: "Your Weekly Food Bill," a free publication that uses information from the U.S. Department of Agriculture.

It includes figures for each age group and a method that can be used to calculate the cost of food for various food plans. The plans assume that all food is purchased rather than grown and preserved as is the custom of many families

in this area.

For example, a family of four with grade school children can expect to spend \$56 a week on a thrifty plan which features basic food preparation with no convenience foods and a heavy reliance on dry beans, bread, cereals and potatoes.

The low-cost plan would cost \$72 a week. The moderate-cost would increase the quantities of milk, meat, fruits and vegetables and would allow the purchase of higher-priced meats and some convenience items for \$90 a week. The liberal plan for \$108 a week gives greater freedom of choice of menu; you could offer larger servings of meat and purchase some out-

room temperature.

Potato Skins  
Baked potatoes  
Cooking Oil  
Salt and pepper; seasoned salt  
Topping of your choice

Halve the baked potatoes lengthwise; scoop out potato pulp leaving a quarter inch of potato on the skins. Brush skins with oil; season to taste with salt, pepper and seasoned salt. Place on a foil-lined baking sheet and bake at 475 degrees until crisp and browned around the edges. This may take 10 to 15 minutes, or slightly longer if the potatoes are cold. Top with a filling and return to oven for 5 minutes or until topping is hot.

Use leftover potato pulp to mash or in a casserole, salad or soup.

Pota to Skin Toppings  
Use your imagination to develop toppings. It's a great way to use that last chunk of meat, spaghetti sauce, chili, chip dip or creamed sauce. Then top with cheese and return to the oven to heat the topping.

Reuben Potato Skins  
1 package (3 oz.) corned beef thinly sliced  
1 cup sauerkraut, well drained  
1 cup grated Swiss cheese  
One third cup mayonnaise  
6 potatoes made into potato skins

Cut corned beef into small pieces. Combine corned beef, sauerkraut, Swiss cheese and mayonnaise; mix well. Fill potato skins. Heat at 475 degrees until lightly browned and cheese melts. Makes 12 skins.

Mother's philosophy was, "If you don't spend it at the grocery store, you'd have to spend it at the doctor's office." Needless to say, we were all really healthy, knew better than to turn our noses up at the food and learned to love lots of low-cost foods.

The one thing I have noticed about these super managers is that they are continually learning new ways to save. They want to learn more about food preparation; they try new recipes; they learn new storage techniques; they investigate new places to shop. With all this learning they are continually upgrading their skills and using their creativity to make that food dollar go further.

What this says to me is "don't feel guilty about not saving as much as these people." Start learning the skills that will help you save in ways that are meaningful to your family. If you even learn one or two new skills a month, you will be very skillful in just a year. It becomes a delightful challenge to find ways that can help you save.

You can contact the Oregon State University Extension Service office near you for a copy of the free bulletin, "Your Weekly Food Bill."

Potato skins, a delightful food that has gained popularity lately, are fun to have as snacks or main dishes. They are even great for breakfast. They can provide a spectacular way to use leftovers.

Potato skins are easy to fix for one person or a crowd. You can bake potatoes specifically for potato skins or use leftover potatoes that have been refrigerated. Always refrigerate cooked potatoes. Research has shown that there is a real potential for foodborne illness from cooked potatoes kept at

## Navy fireman completes recruit training

Navy Fireman Recruit Charles R. McKim, son of James R. and Vera M. McKim of Irrigon has completed recruit training at the Naval Training Center at San Diego, the Department of the Navy has announced.

During the eight-week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

Included in their studies were seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in physical education and hygiene.

## Bowling News

Dime A Dozen  
November 28

	Won - Lost
No. Seven	31 - 13
No. Two	28 - 16
No. Three	25 - 19
No. Five	24 - 20
No. One	20 - 24
No. Six	18 - 26
No. Eight	15 - 29
No. Four	15 - 29

Splits: Billie Doherty 3-5-7; and Micky Kindle 4-7-10.  
High game: Alvina Padberg - 232 and Gene Doherty - 195.  
High series: Alvina Padberg - 548 and Riley Munkers - 545.  
High team game: No. Seven - 773.  
High team series: No. Seven - 2228.

Spartimers  
November 23

	Won - Lost
Coast to Coast	31 - 17
Peterson's	27 1/2 - 20 1/2
M.C.G.G.	26 - 22
Gardners'	26 - 22
Les Schwab	23 - 25
Sears	22 - 26
Central Market	18 1/2 - 29 1/2
V & G Tavern	18 - 30

Splits converted: Martha Doherty and Joyce Winter 5-7; and Linda Shaw 5-10.  
High game: Donna Moeller - 184.  
High series: Inetia Cantin - 509.

Koffee Kup Kegglers  
November 23

	Won - Lost
No Pin Hitters	30 1/2 - 17 1/2
Hi Hos	27 1/2 - 20 1/2
The Pytts	26 1/2 - 21 1/2

## Shopping complex planned for Irrigon

There may be a shopping complex in Irrigon, if a proposal brought before the Irrigon Council November 9 is realized.

Proposed by developer Ken Evans, the commercial complex may include a grocery store, a snack bar, bakery, hardware store, and room for six offices with suites upstairs, according to Caryle Hoffman, Irrigon city recorder.

Hoffman said that financing details are being negotiated. She said the target date for completion of the complex is September or October of 1983. Evans is represented by attorney Rick McNeerney.

## Two promoted at PGE

Michael Burg has been named a control room operator at Portland General Electric Co.'s Boardman Coal Plant.

Burg joined PGE in 1974 as a hydro maintenance man and has been at Boardman since 1978. He attended Oregon Technical Institute prior to serving in the U.S. Army.

Burg, his wife Marjorie and their four children live in Boardman.

John Dawson has been named an assistant control room operator at Portland General Electric Co.'s Boardman Coal Plant.

A graduate of the University of Oregon with a degree in English, Dawson joined PGE in 1978 as a plant equipment operator at Boardman.


Dawson was a Peace Corps volunteer for two years and an elementary school teacher for five years prior to joining the utility.

He is a member of Joseph Lodge No. 81, A.F. & A.M. Dawson, his wife Kay, and their three children live in Boardman.

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The Public is Invited to  
**MEMORIAL SERVICES**  
THURSDAY, DEC. 2  
8:00p.m.  
Honoring the  
Following Brothers

Verne S. Bentley	Winn Crist
Archie Hill	Earl Hogue
Conley Lanham	Robert Peterson
Hershall Townsend	John Wakefield

Royal Wakefield

Downstairs:  
Ladies' Nite Dinner -  
Western Lite Broil



**Heppner Elks 358**

## Teens Of The Month

### Craig Gutierrez Ione

Craig Gutierrez, Ione high school senior, has been chosen October student of the month. He has participated in football - four years, basketball - three and baseball, track and tennis - one year each.

This year Craig is serving as president of the Boys Letterclub, vice-president of the senior class and secretary of National Honor Society. His G.P.A. - 3.60.

Craig, son of George Gutierrez of Ione and Helen Drake of The Dalles, has lived in Ione for 13 years. He loves the outdoors and hunting.



### Anne McLaughlin Heppner

Anne's activities include: Outdoor Club, National Honor Society, Spanish Club, H-Club, Student Council, 4-H and her Church Youth Group. Anne is the student body Business Manager this year and as part of that role participates in a District 7 Student Council. Anne's activities have afforded her the opportunity to travel. Through 4-H she visited Canada and is planning a trip to France and Spain with the Spanish Club this summer. Anne brings diligence and dedication to the clubs with which she is associated. Anne is the daughter of Mr. and Mrs. Robert McLaughlin.



TEEN OF THE MONTH SPONSORED BY:  
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THE HOLIDAY TREAT THAT ISN'T FATTENING.



NOW AT THE SHOP BOX

M.C.G.G. No. 2	25 - 23
Gutter Dusters	25 - 23
Three Holers	22 - 26
The Dregs	19 1/2 - 28 1/2
New Comers	16 - 32

High game: Iris Campbell - 205.  
High series: Iris Campbell - 533.

## YEAR END TAX CUTTERS

### USED TILLAGE

JD 800, 40' w-trips	4,500
IHC Vibra Tine, 15'	1,000
Calkins 4 x 4 Cultivator, 39'	11,500
2 - JD 640 5-btms	6,500
JD 800rod weeder, 50'	4,500
JD 500rods	from 200
IHC No. 80 rods	from 300
IHC 510, 4-btm plow	1,250
Calkins 36' field cultivator	3,000
IHC No. 70, 4-btm plow	1,750
Wilback 24' Disc	16,500
Towner 21' Disc	8,500
Towner 18 Disc	6,950
Calkins 37' 4 x 4 cultivator like new	12,750

### USED COMBINES

JD 6602, 1976, 20'	52,500
JD 6602, 1978 29', 1000 hrs.	62,500
JD 6620, 1982, 22 1/2', 400 hrs.	76,500
IHC 1470, 1981, 24', 500 hrs	115,000
HN TR70, 380 hrs., 17' grain plat., 6 row cornhead	49,500
CH Gleaner	10,500
JD 96H, 1964	9,000
IH 453, 18'	23,500
1967 IHC 403, 4-way, C-A	14,500
IHC 403, diesel, hydro, 4-way, C-A	22,500
Love Pea Bar, 20', 1 season	1,700
IHC 403, gas, 1970	15,000
JD 2-row cornhead, like new	950
IH 1460, 1980, 20', pickup reel, 400 hours warranty	59,500
C Gleaner	5,500
IHC 403D, 4-way, 1967	14,500
IHC 403, 1965, 18'	12,500
IHC 132' window pickup	1,750
IH 1440, 1981, 22"	72,500
JD 95 1960	5,500

### NEW SPECIALS

IH 5000 Windrower, 14'	29,500
IHC No. 14, subsoils, 7 shanks	5,250
1-510 16 x 10 drills, each	3,950
Kent 48' Cultivator	3,950

### USED TRACTORS

Steiger ST 220 Series III	39,500
Steiger Super Wildcat	15,000
Clark Loader	10,500
IHC 560 Farmall	3,950
AC DH 11, cab, Be-Ge	6,950
IH 1086, C-A	21,500
AC 180	6,950
IH 4366, 23.1 x 36, duals	17,500
IH Hydro 100, C-A	16,500
IH 3588, low hours	39,500
IH 706	5,950
IH 650	2,950
IH Utility, 460	2,950
IH 4586, 24.5 x 32 duals, 3 pt.	59,500
IHC 4100	10,500
Steiger Bearcat	13,500
IHC 4366, engine overhauled	22,500
IHC 4568, 24.5 x 32 duals, low hours	32,500
AC 7580, low hours	39,500
Case 1200	10,500
IH 666D, hydro	8,750
IH 460, Farmall	2,500
IH TD 25B, C-A, hyd	22,500
IH 4386	28,500

### USED HAY EQUIPMENT

IH 275 Windrower, cab	5,500
Heaton 6600 D, 14'	10,500
JD 216 Baler	1,950
IHC 47 baler	650
IH 5000 windrower, 14', 1980, warr	23,500
Bear Cat Chopper	1,950
Freeman 200W, PTO, baler	4,500

WRECKING FOR PARTS JD 55 and 95, IH 403 level land, 403 hillside Check with us now

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