

Fair News 'Econo-Eating'

Fair time is getting close, reminds fair secretary Ruby Munkers, and anyone wanting to have a booth, community or commercial, should contact her soon.

A work day at the fairgrounds has been set for Sunday, August 7 to work on the inside of fair buildings. A general work day will be held August 14 with a potluck dinner to follow. Meat for the meal will be furnished, Munkers said. "All superintendents and volunteers are urged to attend," she added.

Munkers reports that a new fence is being installed next to the highway with a parking area at the west end. Floors in the pavilion have been refinished, and bleachers in the grandstand are being sanded and painted.

Highlights of the fair will include two shows at Family Fun Nite by country recording star Helen Cornelius, a performance by the Grand Squares Dance Club of Ione, and Kessler's barbecued chicken dinners.

The secretary's hours will be 8 a.m. to 4 p.m., Monday through Friday, beginning August 1. Munkers may be reached at 676-9474 or 676-5028.

By MONINE STRODE-STEBBINS OSU Extension Service

My dad, who loved potatoes, would tease my mom when she fixed rice or pasta. He'd say, "I know why you fix this—you didn't have to peel it!" I can remember how many meal times we did have

to peel potatoes. Since ours was a big family, it took a lot of potatoes for a meal and there weren't any special potato convenience products. Everything you made with potatoes was from scratch. In fact, I can remember trying some of the first dehydrated mashed potatoes and deciding I didn't need to try them again—they were like glue.

Well, mashed potatoes have come a long way, baby! The cost per serving is, in some cases, almost the same from dehydrated potatoes (six to eight cents per serving) as from fresh potatoes (four cents to six cents per serving), and the quality of dehydrated is much improved. Since I am

basically a very lazy cook, the fact that it is handy and doesn't need peeling is a real attraction. It's worth a couple of cents to me to have the dehydrated potatoes ready in minutes. Be a careful shopper though as the box size of different brands are some-

times the same but one box may contain more servings and be less money. This is one of those products for which shoppers often have brand loyalty but it's worth it once in a while to check out the cheaper brands—there may not be as much difference as there used to be.

The other dehydrated products have less appeal to me. Some of them are delicious but cost about 18 cents per serving and usually take as long to cook as from scratch. It's not that hard to augratin or scallop your own. Most general cookbooks have directions for easy process. Some of the newer dried potato products are just making use of interesting flavors, such as sour cream and chives which don't cost very much to

add in the amounts needed to flavor your own potatoes.

My favorite fresh potato is the "new" potato. New potatoes are not a variety—they are just potatoes that come to market directly from the field. They aren't cured to get thick-skinned or stored for a long time. They are usually available most of the year and are particularly nice in the summer when the storage potatoes may be getting a little boring. I suppose one of the reasons I like them is that it's accepted practice to just cook them in their skins and serve them. I even make my potato salad with the white new potatoes, leaving the peeling on.

You can figure about three servings per pound of fresh potatoes. New potatoes are coming down in price this time of year. At four pounds for a dollar, they cost eight cents per serving where a 10 pound sack selling for \$1.19 makes storage potatoes cost about four cents per serving. So the freshness does add to the cost.

If you buy the "bakers" that are sold loose in the produce section, they cost about 13 cents per serving, at 39 cents per pound. They may not always be more costly. It depends on how good you are at using a sack of potatoes. If half of the potatoes sprout and shrivel up, you may save money by buying the exact

number you'll use. At least you can look them over and get uniform sizes and check them for blemishes.

Fresh potatoes should be protected from light during storage since light causes the surface of the potato to manufacture chlorophyll and turn green and bitter. Sometimes only the skin is affected, but greening may penetrate the flesh. The green portions contain the alkaloid solanine which causes a bitter flavor and can be poisonous if large amounts are eaten.

Store potatoes in a cool, dark and well-ventilated place. Refrigerator storage is not recommended because the potato starch changes to sugar which causes a sweet taste when cooked. It's hard to find a really good storage place in today's modern homes. A cool closet in a basement or on a north side would probably be better than under the kitchen sink which tends to be too warm. It's difficult to remember to use them if they're too far off the beaten track. Ah, for Grandma's cellar.

The big change in the market for potatoes has come in the frozen potato. You can usually figure about three ounces per serving of frozen potatoes. It's fun to see that the newest products are bigger pieces with the skins left on—that's gourmet, now, not

lazy! Isn't that great? There are many choices for size and style of French fries. Here, again, the bag or box may look the same but have different weights. When I priced them, the least expensive were about 12 cents per serving and the most expensive were 18 cents per serving—more expensive than fresh potatoes, but oil to fry them is an expensive item and can turn rancid if stored a long time in the home.

Here are a couple of good potato recipes that are delicious and low calorie because little fat is used. A friend of mine, who is equally lazy, invented the first one. The other is a staple food in Ecuador. A new friend of mine shared them with us recently. She is definitely more ambitious—she peels her potatoes. The recipe isn't successful with dehydrated potatoes.

Evy's Potato Thins

Wash and prepare enough potatoes to fill an 8 x 8 inch pan. Leave peelings on and slice across each potato to make 1/8 inch "rounds." Sprinkle with 1/2 an envelope of dry onion soup mix—or a combination of onions and beef bouillon granules (about 3 teaspoons). Put about 1/4 cup water in the pan and stir to distribute. Bake uncovered in a 400 degree oven about an hour, or until tender. Stir once or twice.

Carmen's Potato Patties
Peel and boil potatoes, as you would for mashed potatoes, using a small amount of water and a little salt. When these are soft enough to mash, pour off any water that remains and mash lightly, using a potato masher or fork, not a whip or mixer. They should be lumpy. Don't put milk or butter in them.
Mix some chopped onion (green onion is pretty) into the potato mixture. Check it for taste. You may need to add more salt.
For each potato pattie you need a 3 1/2 inch square of

cheese. Mold the potato-onion mixture around the cheese. You can do this much the day before, if you wish. If the patties are prepared ahead, refrigerate until ready to use.
Heat a skillet to medium (300 degrees in an electric fry pan), put a small amount of oil in the pan and sprinkle with paprika. Then put patties in. The paprika makes a nice brown crust. Fry on medium heat until brown. Turn and brown the other side. It takes about 5 minutes on each side. The cheese should be melted, but not come through the potatoes.

Rodeo team's success told at BMCC board meeting

Blue Mountain Community College's award-winning rodeo team earned nearly \$14,000 in scholarship money Pat Loughary, dean of students, told the BMCC board at their monthly meeting July 20.

Blue Mountain's men's team placed first in regional competition and second in the national this past year. Rocky Steagall, BMCC cowboy from Irrigon, won all-around honors. The women's team was also first in the region and seventh at national.

The scholarship funds are provided by U.S. Tobacco Company and Miller Brewing. The monies are distributed by Rodeo Coach Dean Longgood and do not go directly to the student whose performance won the money for his school. Top money winner for BMCC was Steagall, who brought in \$7,050 for the BMCC rodeo scholarship funds.

In other sports-related business, the BMCC board discussed utilizing a baseball field at the state hospital to be shared by the Blue Mountain baseball team and the American Legion baseball program.

Questions about ownership and maintenance are still being explored, according to college president Ron Daniels. Currently, the BMCC team uses Fallen Field for its practices and games. There has been a problem maintaining that field so the possibility of a new site has been explored.

At present, the field at Eastern Oregon Hospital has been roughly graded and an underground sprinkling system has been installed. Donations of money, equipment and tools, and time and labor have been organized by Larry Bartee, baseball coach.

In other college business, the board:

— adopted a resolution of appreciation for the work performed by Bob Hawk, dean of occupational education. Hawk will retire September 30.

— decided not to oppose a suggestion to increase the number of out-of-state students who pay in-state tuition rates at Walla Walla Community College. WWCC allows 50 Oregon students to enroll under in-state tuition and proposes that that number go to 150. Oregon's Educational Coordinating Commission and Washington's counter-part, the Council for Post-Secondary Education are currently considering the matter.

— selected Bud Mabry of Wheatland Insurance to be the college's agent of record for the next three years.

— approved economic agreements with management and confidential employees. The agreements reflect a 3.5 percent increase in salary and an increase of \$15 per month for fringe benefits.

— set July 26 as the day for

mediation with the college support staff.

Why your phone bill is going up.



As you probably know, the Bell System is being split apart. Each of the nation's 22 Bell telephone companies, including Pacific Northwest Bell, is becoming a separate business. What difference will that make?

For one thing, the rates we charge will have to change.

Goodbye regulated monopoly.

You see, for years PNB provided local phone service at rates far below actual cost. We were able to keep local rates low by using money from the Bell System's long distance rates—which were intentionally inflated, to cover this loss.

In other words, long distance revenues subsidized local service. This worked fine because we were one nationwide company. A regulated monopoly.

However, because of the major events which have occurred over the last 20 years, the entire telecommunications industry is changing.

The federal courts, the Federal Communications Commission, and Congress are purposely reshaping the industry because they believe that increasing competition (and reducing regulation) is in the country's best interest.

This is being done to provide more choices for you, the consumer. Therefore, as of January 1, 1984, The Bell System will be split apart, and Pacific Northwest Bell will become a separate entity.

The bad news.

At that point, local rates must begin to reflect the actual cost of the labor, materials, equipment and technology necessary to provide you with reliable phone service.

And we must do it without the subsidies formerly provided by long distance. Therefore, we will have to raise the rates on local service.

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