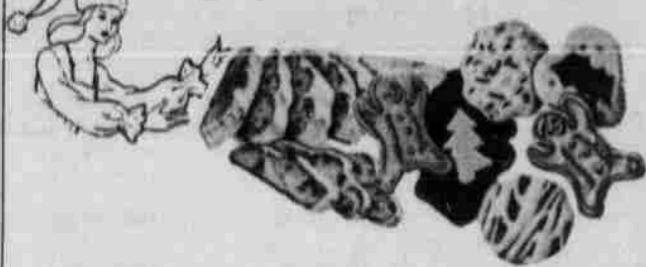


Christmas Kitchen — A gift of recipes



The following recipes are the third part of a five-week holiday feature. Local school cooks have been asked to submit their favorite holiday recipes, and students in a

Here are two recipes from Joan McDaniel and Ruby Steers, cooks at Heppner High School:

Ham Roll-Ups From Joan McDaniel

- 2 to 3 pkgs. long Danish ham lunch meat slices
- 1 8 oz. pkg. cream cheese (softened)
- 1 Tbsp. horseradish sauce
- 1 green onion, finely chopped
- 2 Tbsp. finely grated cheddar cheese
- chopped black olives

Beat all ingredients together except ham slices. Spread evenly over ham slices. Roll up and refrigerate until cream cheese is firm. Cut before serving into one-inch slices. They freeze nicely.

Five Minute Fudge From Ruby Steers

Combine 2 Tbsp. butter, two-thirds cup undiluted evaporated milk, one and two-thirds cups sugar and 1/2 teaspoon salt in saucepan over medium heat. Heat to boiling. Cook 4-5 minutes; stir constantly. (Start timing when mixture starts to bubble around edges of pan). Remove from heat.

Stir in 2 cups miniature marshmallows, 1 1/2 cups semi-sweet chocolate pieces, 1 teaspoon vanilla and 1/2 cup chopped nuts. Stir vigorously for 1 minute (until marshmallows melt and blend). Pour into 8-inch square buttered pan. Cool. Cut in squares and serve.

Makes about two pounds.

Here is a recipe from the Lean Cuisine class:

Chef's Fruit Salad From Robin Mattison

- 1 head lettuce, chopped
- 1 c. cottage cheese
- 1 c. fresh pineapple chunks, drained
- 1/2 c. chopped apple
- 1/4 c. walnuts
- 1/4 c. raisins
- 3 oranges, peeled sectioned

Combine all ingredients in bowl, mixing well. Chill to serving temperature. Blend in creamy fruit salad dressing (below).

Yields six to eight servings.

Creamy Fruit Salad Dressing

- 1 cup unsweetened pineapple juice
- 1 c. orange juice
- 5 tpsps. sucaryl sol.
- 1 Tbsp. cornstarch
- 1/2 c. nonfat dry milk
- 1/2 c. lemon juice
- 3 egg yolks
- 1 Tbsp. butter
- 1/2 c. ice water

Heat fruit juices and sucaryl in top of double boiler. Combine egg yolks and cornstarch; gradually add a little of the hot juice and return to double boiler. Cook over hot water for 15 to 20 minutes, or until thick and smooth. Remove from heat and blend in butter. Combine dry milk and ice water; beat until consistency of whipped cream; fold into dressing mixture.

Makes 3 cups, 16 calories each. If made with sugar, 32 calories.

Pirates out-score lone

By ASHLEY CONKLIN

The lone Cardinal girls' basketball team was defeated by the Riverside Pirates 58 to 16 on Saturday, Dec. 10. Lone is now 2-2 for the season.

Riverside started out strong in the first period taking a 16 to 4 lead over lone.

The Cardinals only scored three points in the second stanza to 10 for the Pirates. Lone trailed Riverside 26-7 at halftime.

Patty McElligott scored the only lone point in the third quarter as Riverside increased their lead to 44-8.

Deena Hams scored all eight of the Cardinal fourth quarter points as the Pirates won 58 to 16.

Lone made only 5 of 42 field goals for a miserable 12 percent. Riverside made 27 of 65 field goals, 42 percent. From the foul line, lone was 6 for 21, 29 percent. Riverside was 4 of 15, 27 percent.

Hams was the game's leading scorer with 12 points. Michelle Mark had nine for Riverside, while Mesha Gaines and Veronica McDonough each added eight.

Lone played Riverside at home on Tuesday, Dec. 13, will play at home against Wheeler Co. on Friday, Dec. 16, and will play at Heppner against the Fillies on Saturday, Dec. 17.

STATISTICS

	FUM	FGR	FTM	FTA	T.P.	PF	REB	ST	AS	TD
Lone	4	12	4	7	12	1	11	1	1	3
Hans	0	4	0	0	0	2	1	0	0	0
McCabe	0	7	0	0	1	0	2	0	0	2
Anderson	1	12	1	3	3	4	2	1	1	2
Wright	0	3	1	6	1	3	1	2	0	2
McElligott	0	3	0	2	0	3	0	0	0	2
Alverado	0	0	0	0	0	1	4	0	0	1
Rudisill	0	1	0	2	0	2	3	3	1	1
Beeson	0	1	0	2	0	2	3	3	1	1
Totals	5	42	6	21	16	18	22	7	3	13

Fillies down Grant Union

By DANA REID

The junior varsity Fillies played the Grant Union Prospectors Saturday, Dec. 10 at Heppner.

The Fillies went out for their first basketball game fired up and ready to play. Both teams were playing good defense and really hustling, but at the end of the first quarter, Heppner was ahead.

Both teams were back out for the second quarter continuing to play good ball but the Fillies were in the lead at the end of the second quarter. Heppner came back out for

the second half of the game ready to go. Heppner started to take control of the game and as the game continued on, the Fillies pulled further ahead of the Prospectors and took a victory with the final score being Heppner 35, Grant Union 24.

"We shot 52 percent on free throws. I was very pleased we had three people make three field goals which is good for the first game. We shot 25 percent on the floor; overall, real good for the first game," said Heppner Coach Karen Howe.

'Farmers Tax Guide' now available in Heppner

By BOB COSTA
OSU Extension Agent
Morrow County

The 1983 edition of the "Farmer's Tax Guide" is now available at the Morrow County office of the Oregon State University Extension Service in Heppner.

This booklet is very valuable, if not indispensable, tool for any farmer in the process of preparing tax returns. If more information on a specific tax topic is desired, the booklet contains a list of IRS publications the farmer can refer to.

Some recent changes to the tax law and other items that may affect farm taxes this year are:

- reduced tax rates. The third stage of the three-year reduction in tax rates has gone into effect. These reductions are already figured into the Tax Table and the Tax Rate

Schedules. See the Form 1040 instructions for more information.

- payment-in-kind (P.I.K.) For the 1983 crop year, if you receive a commodity under the P.I.K. program, that commodity will be treated as if you produced it. Your basis in the commodity will be zero. You will not have income from the commodity until you sell or otherwise dispose of it.

Xmas Program planned at I.U.C.C.

The Lone United Church of Christ Sunday school will hold an annual Children's Christmas Program on Sunday, Dec. 18, at 5 p.m. The program will be held in the sanctuary of the main church building. Preschool students through those in junior high grades will perform a variety of vocal numbers, and will also recite a Christmas poem.

The teachers of the child-

ren's classes, who are coordinating the event, are led by Jean Jepsen, chairman of the Board of Christian Education. The teachers include Debby Sheirbon, Linda Conklin, Carmen French and Vera Lou Rietmann. Musicians for the program are Helen Martin and the Rev. Cathy Barker, pastor of the church.

A simple dinner will follow the program, and those at-

tending are asked to bring sandwiches, salads, relishes or cookies to share, Barker said. Everyone is invited to attend.

Following the meal, everyone is invited to join the carolers on a hayride around the community. Cocoa and snacks will be served by the Deaconesses when the group returns to the church.

Not until January 1978 had a child been born on every one of the world's seven continents. The last of the seven was Antarctica—with the birth of Emilio Marco Palma, on an Argentine military base.

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