

WANT ADS DO IT ALL! BUY-SELL RENT-TRADE CALL: 676-9228

Econo-Eating

By MONINE STEBBINS
OSU Extension Service

Are you the one who writes the newspaper column? It's so much fun to run into readers of this column. Even when we've never met before, it's as though we know each other.

The whole process becomes complete when I, the writer, meet you, the reader, and we both discover that we're just people.

But we've come to the end of an era. This column has been an important part of my life for two years now. The Oregon State University Extension Service has made it available to your local newspaper each week. It was a project that was originally to last one year, but was continued for a second year. Now they've decided the time has come to discontinue it, so this will be our last visit.

I have appreciated all the comments, letters and help you have given me in choosing topics that were interesting and useful. I have appreciated, too, the freedom and support the Extension Service has given me. Dr. Margy Woodburn, head of OSU Foods and Nutrition Department, has been especially helpful in checking the column for accuracy of information.

When something is ending, you often look back on what you were trying to accomplish. I've tried to share some general principles of food buying and nutrition. Along the way, I've also shared my personal experiences and biases. Though I try to do things at home as I suggest you should do them, I sometimes fall a little short of the goal.

"Everyone needs a good rationalization!" That's the sage observation my son-in-law made when I was trying to justify something I was doing. He's right, you know. When I go to the store without a list, I rationalize that I didn't have time to make one. But deciding what I need while wandering around the store and the extra trips to buy the things I forgot take time, too.

When I clean out the refrigerator and have to throw things away, I feel guilty but rationalize that it got lost in the back or I had thought someone had eaten it as a snack.

When I'm bored with planning menus and decide to eat out for a change, I rationalize that it's really part of the entertainment budget instead of the food budget, which makes me feel a little better about the amount it costs.

When I buy convenience foods instead of making things from scratch, I think "I don't really have to be that tight with the food budget. I can pay for someone else's time to save my own."

When I think about ending the column, I rationalize that I have lots of things to do. I'm going to be busy moving from a big house to an apartment and that means lots of sorting. My husband and I are planning a trip to places I never dreamed I'd see so I won't lack for excitement. But I will miss writing the column, meeting the deadlines and researching the topic. I'll miss the eternal search for good and easy recipes.

When I continue to try new recipes on my family, I'll no longer be able to rationalize that they have to be my guinea pigs, so it will come out in the open that I just love to try new foods.

I decided that it would be fitting to reprint a few of the favorite recipes I've used in the column. There are over 200 of them and it's hard for me to decide which ones I should include. I rationalized that I should

have nutritious recipes so that eliminated the chocolate brownies which are a regular treat at our house. So here goes:

- Ricardo's Burrito Supreme
1 pound hamburger
1 medium onion
2 cups refried beans
1 1/2 teaspoons chili powder
1 cup taco sauce
1 cup cheddar cheese, shredded
10 flour tortillas

Fry hamburger and onion, strain. Add chili powder and 1/2 cup taco sauce, stir, thoroughly. On a greased cookie sheet, lay out the tortillas, fill with the meat mixture and some of the refried beans. Then roll up, tucking in the sides of the tortilla as you roll. The burritos should not be placed close together. Spoon the remainder of the taco sauce on the burritos and sprinkle with grated cheese. Heat through, about 30 minutes at 300 degrees. Refrigerate leftovers promptly.

- Honey-Orange Carrots
6 carrots, peeled and sliced in 1/2 inch slices
1 tablespoon honey
3 tablespoons butter or margarine
one-third cup orange juice
1/4 teaspoon salt
3 whole cloves
1 tablespoon parsley

Combine all ingredients except parsley in a saucepan. Cover and bring to a boil and then turn heat to low. Cook gently for about 15 minutes or until carrots are almost tender. Remove the cloves and continue cooking, uncovered, until most of the liquid has evaporated, about 5 minutes. Then stir so glaze coats the carrots. Sprinkle with parsley. Refrigerate leftovers promptly.

- Ms. Nakano's Famous Cabbage Salad
2 tablespoons sesame seeds
2 tablespoons slivered almonds or hazelnuts
1/2 head cabbage, sliced thin
1/2 package Instant Nissin Noodles (e.g. Top Ramen), uncooked
2 green onions, chopped, including tops

Toast seeds and nuts in oven or frying pan while slicing cabbage. Toss cabbage and broken, crisp noodles together. Just before serving, pour dressing over salad and sprinkle with seeds, nuts and onions.

- For dressing, combine: 2 tablespoons sugar; 3 tablespoons salad oil; 1 teaspoon salt; 1/2 teaspoon pepper; 3 tablespoons vinegar (rice vinegar, if available); 1 teaspoon MSG.

To make a main dish salad for a light summer meal you can add one whole breast of chicken, cooked and cut in strips.

PUBLIC NOTICES

PUBLIC NOTICE

Terms for City Officials and positions to be up for election on November 6th, 1984 are: Mayor for a two year term. One council position for a two year term. Three council positions each for four year terms. Nominating petitions are available at City Hall, 188 W. Willow Street, Heppner, Oregon. Deadline for nominating petitions to be turned in at City Hall is 5:00 P.M. prevailing time August 30th, 1984. Marshall Lovgren, City Administrator
Published: July 19, 26; August 2, 9, 16, 1984

PUBLIC HEARING NOTICE

The Morrow County Planning Commission will hold a public hearing Monday, July 23, 1984, at 7:30 p.m. at the Courthouse Annex Building in Irrigon, Oregon to hear a request for a conditional use permit for a home occupation for John and Mary Coleman, Irrigon. Location of request is Township 5N, Range 26E, Section 25B, Tax Lot 706. Request is for a shoe repair shop in an existing steel accessory building. Interested persons are invited to the hearing to express their views. Written, signed statements will be considered. Reasons for approval or disapproval should be included in written or oral statements.
Gene Trumbull
Chairman
Morrow County Planning Commission
Published: July 12, 1984

Heritage Land Co

PROPERTY REALTOR
FOR SALE MULTIPLE LISTING SERVICE

Investment Properties
Heppner

\$75,000 - 11 Unit apartment complex, quality construction.

Ione

\$35,000 - 11 Unit apartment complex
35,000 - 2 duplexes

Ione houses

\$14,000 - 3 bdrm. older home
6,500 - Small starter home

55,000 - Quality large older home, 5 bdrm, 2 plus bath.

Sharon Lewis, Broker, S.W. 20th and Emigrant Pendleton, Or 276-7321. Keith Lewis 676-5233.

GILLIAM CO. DRYLAND WHEAT RANCH

Approx. 3020 acres cropland, 1800 non-crop-70,000 bu. steel grain storage, two houses, two airstrips, on highway, all contiguous - sell or trade all or part.

HAL GERKING & ASSOCIATES, INC.

211 American Bank Building Portland, Oregon
(503) 228-1931 - 245-7422

NOTICE OF PUBLIC SALE

Notice is hereby given that Morrow County, Oregon will offer for sale two Prentice P.V. 27-4800 modems for public sale. This sale is being made under the authority of ORS 72.7110 (3) as a result of a contract dispute between Morrow County and CPU Sales and Leasing Company of Portland, Oregon.

Best commercially reasonable offer will be accepted, although CPU will be offered the opportunity to match the best sealed bid response. Bids will be opened August 1, 1984 at the Morrow County Courthouse, in Heppner, Oregon. The modems are presently located at the Courthouse, and may be inspected with advance notice of 24 hours. Further information about the modems may be obtained by contacting Greg Sweek, Morrow County Assessor, at the Courthouse in Heppner, Oregon, or by calling (503) 676-9421 any weekday from 8 to 5. Bids will be received until the time specified for bid opening. Bids should be submitted sealed. Morrow County is offering these modems with no warranties implied or otherwise as to their operating condition.
Published: July 19, 26, August 2, 1984

Public Notice

The positions of Mayor, Two Council positions and Recorder for the Town of Lexington will be up for election on November 6, 1984. The term for Mayor will be two years, and both Council positions and Recorder will be for four years. Nominating petitions are available by contacting Linda Jones, Recorder. Deadline for nominating petitions to be turned in to City Hall is August 30, 1984.
Linda Jones
City Recorder
Published: July 26; August 2, 1984

PUBLIC NOTICE

Due to the lack of a quorum, the Morrow County Planning Commission recessed its meeting of July 23, 1984 for consideration of the Jorgenson Conditional Use Permit to Monday, August 6, 1984, 7:30 p.m. at the County Annex Building, Irrigon, Oregon.
Published: July 26, 1984.

CARD OF THANKS

Thank you to all our Heppner friends who sent gifts, cards, and good wishes and for the gifts of money for our 50 years of marriage. We are forever grateful.

A special thanks to Jack and Mary VanWinkle and to Marg and LeRoy Gardner for the flowers preparation and transportation; to those who were able to attend the dinner in our honor at the Spartakus restaurant in Hermiston, and to Mary for the beautiful anniversary cake.
Bill and Floy Privett
7-26-1p

I want to thank everyone for their prayers, cards and books. Also for the many things you have done for Carmen while I was in St. Vincent's Hospital. Also for transportation and care of our animals and yard while we were gone. Thank you for the best gift of all, your love.
Willard French
7-26-1c

We wish to thank every one who was so kind to us on the passing away of our Mother, Mable Howell. Special thanks to Dr. Koznek, the staff of Pioneer Memorial Hospital, Wayne Leathers and the choir, and the people who prepared and served the dinner after the services.

Cards, flowers, and prayers were all greatly appreciated by her family.

The Howell Family
Clifford and Charlotte
Marvin and Ollie
Everett and Josephine
All of the Grandchildren

I do want to thank my daughter and family Mary Evelyn Ross, my son Eldon Tucker, and my good friends for the nice surprise birthday party and potluck at the city park.

Also for the nice gifts and cards. Thanks again for the big surprise.
Mildred Padberg
7-26-1p

HELP WANTED

The Port of Morrow is now accepting applications for a full-time permanent secretarial position. Applicants should have a working knowledge of Port activities as well as general secretarial skills.

Please submit resumes to P.O. Box 200, Boardman, OR 97818 by Aug. 1, 1984.
Wayne Schwandt, Mgr.
7-26-1c

Wanted: Someone to clean the snack shack at the fairgrounds after hours. Part-time. Call 676-9851
7-26-2c

HELP WANTED: Babysitter four days a week until school starts. 676-9228 days except Thurs. 422-7579 eves.
7-26-1s

RENTALS

Two bedroom apartment, equal opportunity housing. References required. Willow View Apts., 515 N. Elder, Heppner Apply at 473-2859.
7-19-2p

Three bedrooms, 2 1/2 baths, full basement, near high school. Eves - 376-8307
7-5-5p

SERVICES

PRODUCTS AND SERVICES available: guns bought, sold and traded. New guns at 10 percent over shotgun news prices. Good stock of used guns.

Caps serviced-Oil and Filter furnished plus lube and free wash only \$18.

SIMONIZ WAX - \$19.95 & up. We also clean interior, motors, trunks, tar removal, whatever.

WE SPECIALIZE in tire repairs. Car-pickup-truck. \$3.50 & up.

WE SELL Goodyear-Dayton-MICHELEN at very reasonable prices. Let us price some for you before you buy elsewhere. VERN's 76 UNION, Heppner, 676-5184 5-10-1fc

Carpets and upholstery cleaned professionally. John Shaw. 676-5283
4-19-1fc

out front DISCOUNTS on all cars

1981 Datsun 4x4, Long box, Beautiful condition, 4 spd, Low mileage

1980 Volkswagen Pickup, 4 speed, Diesel power plus economy, 29,000 miles.

1979 Thunderbird, AT, AC, Cruise control, Power seats, AM/FM cassette, Exceptionally clean, Almost new rubber.

1979 Buick Skylark 4 dr., AT, AC, Cruise, Music.

1979 Ford F150, 4 spd, 4x4, Short box, Low mileage.

1984 Olympic Programs soon available at Farley Motors Sponsored by BUICK \$9.95



We Do Front End Alignments
Farley Motor Co.
Heppner 676-9116

BUSINESS OPPORTUNITIES

Are you looking for a change? Image consulting can mean extra income or a whole new career. Call 676-5238.
7-19 4p

LIVESTOCK & POULTRY

12 year old mare, excellent kids horse, \$500 firm. Also 11 year old Arabian gelding, experienced rider, \$700.
276-6367 after 6 p.m. or 676-9293 eves.
7-26- 2p

For Sale 1983 & 1984 Suffolk bucks - out of McCarty & Ashbeck stock. 376-8222

FARM PRODUCE

U-Pick Sweet Cherries 35¢ lb. Apricots 30¢ lb. Bring containers Thomas Orchards Kimberly, Oregon 934-2870

PASTURE & FEED

Quality Wheat Hay, \$50, Approx. 200 tons. Excellent feeder hay. 422-7281 Ione. Keep trying. 7-26-4c

MISCELLANEOUS

REPRINTS - Have a special photo from the Gazette-Times? Reprints made: 5X7-\$4. 8x10-\$5. Black and white only, add 75 cents for mail orders. The Gazette-Times, 147 Willow, P.O. Box 337, Heppner, Or 97836
12-26-tfx

SELL YOUR OWN PROPERTY - Save thousands of dollars in real estate broker commissions. Information sent promptly. Personal Profit Strategies, P.O. Box 655, Twisp, Washington 98856

SPORTING EQUIPMENT

Like new sailboat C-Lark, 14 ft. Complete with Calkins trailer, life-jackets and paddle. Perfect for family use in river or lake, lightweight, easy to transport. 422-7459
7-26-2c

RUBBER RAFTS 4-man, 1-man rafts in stock. Also life jackets and oars. Pettyjohn's 676-9157. 7-26-1c

CARS & TRUCKS

For Sale: 1977 Honda 5-door station wagon. Air conditioned 676-5367 or 676-9167
7-19-2c

REAL ESTATE

Newly remodeled three bedroom house with range, refrigerator, in Lexington, wood stove, ceiling fan, Large fenced yard with Garden Spot. Call for Appointment 989-8125.
6-7-tfc

For Sale: 3 bdrm house, 580 S. Chase, 676-5007.
7-26-tfc

COMFORTABLE three-bedroom home in friendly Heppner neighborhood. Five minute walk downtown. Carport, patio and easy-care fenced yard. We are eager to sell. Make an offer. Call 276-7184 for appointment.
7-26-tfc

Double lot, corner Jorgen & Darrel, Winston, near town, Wildlife Safari. "Fix up" house, \$35,500. \$10,000 down, 10 percent interest. Gregory, Route 2, Box 371, Otis, OR 97368 (503) 994-5674.
nc

HOME & GARDEN

GLIDDEN HOUSE PAINT sale starts next week. Pettyjohn's, 676-9157
7-26-1c

NEW LOAD of ROOFING COMING! To make room we're slashing prices on existing stock certaineed 235 lb. sealdon. NOW ONLY \$26.50 sq. good selection on hand. Lexington Lumber Yard 989-8586.
7-26-1c

State to receive bids

Bids will be received by the Oregon Transportation Commission on Thursday, July 26, for 9 projects estimated to cost \$9 million announced a spokesperson.

One project is located in Morrow County. It calls for paving and oiling the Tower Road Interchange-Stanfield Interchange section of the Columbia River and Old Oregon Trail Highways. The project begins approximately four miles west of Boardman. Estimated cost of the project is \$2.5 million to \$5 million, and the work is scheduled to be completed in 400 calendar days.