

Recreation trails detailed in new source book

Hundreds of books and maps that detail information on Oregon's 8,000 miles of recreation trails are described in a new sourcebook, "Oregon's Recreation Trails," just published by the Oregon State Parks and Recreation Division.

It is the first comprehensive sourcebook published on Oregon Trails, said Jack Remington, state recreation trails coordinator.

Information in the 88-page book was collected, and map and book reviews written, by David E. M. Bucy, a Corvallis outdoor writer. The book includes printed information available on hiking, backpacking, nordic skiing, horseback riding and camping in Oregon. Bucy said camping information was included for outdoor enthusiasts who like to camp in a central location and day-hike on nearby trails.

Bucy has written a brief review of each of the books and maps listed in the book. He has also included a list of public agency publications and a directory of public agency offices, such as the U.S. Forest Service and the Bureau of Land Management. Some 7,000 miles of Oregon trails are on federal lands, Remington said.

Books selected for coverage include both in-print and out-of-print publications. Out-of-print books may be the best or only source of information on a trail or area and can usually be found in local libraries, Bucy said. In-print books can be found in libraries and at bookstores or ordered from publishers, Bucy noted. Ordering information is included.

Copies are \$3 each and may be ordered by sending check or money order to: Oregon State Parks and Recreation Division, 525 Trade Street SE, Salem, OR 97310.

Garden clubs encourage flower show entries

"Though we flower growers have had a bit of a bout with grasshoppers this year, we are all in the same boat, so we urge everyone who grows flowers to cut the best you have and bring them to the county fair. You may very well win a premium," says Helen Martin, chairman of the Fair Flower Show. "Remember: flowers for arrangements need not be grown by the exhibitor, and often less than perfect flowers can be used effectively in arrangements."

Exhibitors will have some new opportunities for premiums this year in the arrangements division. A novice section with three classes is for those exhibitors who have never won a blue ribbon in a flower show. Other new classes include designs to be hung on a wall, an arrangement using only one flower, and all-green arrangement and others. Wreaths of both fresh and dried materials offer wreath makers from last fall's workshop a chance to display their work. Exhibitors are asked to read the schedule in the premium book for more specifics.

Another new class is a scarecrow contest. Make any kind of scarecrow and enter it at the same time as the flowers. Also, a live flower-arranging contest is scheduled for 4 p.m. on Wednesday on the stage in the man exhibit hall. See premium book for details on both contests.

Ione, Lexington, and Heppner Garden Clubs serve as superintendents for the flower show and are working hard to make it a success this year. For information, call Helen Martin (422-7142), Delta Huber (989-8107) or Jane Rawlins (676-9435).



Getting fair grounds ready

From left: Stacey Kennedy, Cindy Piper, rake chips in 4-H barns while Sheila Coe takes a minutes break.

Training sessions offered for statewide vocational program

A \$1,000,000 program to offer severely mentally ill Oregonians job training and placement gets started at four locations this month says a news release from the Oregon Department of Human Resources.

About 500 mentally ill people will be evaluated in the first phase of the program. About 200 mentally ill will get job training and counseling, and about 120 will be placed in jobs.

Eugene, Medford, Pendleton and Portland will be locations for one-day training-orientation sessions for the statewide program. Training will be offered by the State Mental Health and Vocational Rehabilitation Divisions.

The training is for state and local mental health and vocational counseling staff, local public and private service providers, advocates for

mentally ill, and employers. Family members and friends of mentally ill people who may be considered for the program may attend the training sessions. Space if limited and pre-registration for the August 28 session at Eastern Oregon Psychiatric Center is possible by calling Syd Hatch, State Mental Health Division, Salem, telephone: 378-2460.

OWGL urges defeat of trade act

The Oregon Wheat Growers League has urged the Oregon Congressional delegation to help defeat legislation that could seriously jeopardize U.S. wheat exports.

"The proposed Textile and Apparel Trade Enforcement Act of 1985" could seriously cripple an already ailing industry," stated Robert Buchanan, Oregon Wheat Growers League President. This legislation could greatly curtail U.S. wheat exports to 12 nations which last year bought 37 percent of all U.S. wheat exports.

"The proposed legislation would greatly restrict textile imports from a number of countries that have been excellent markets for Oregon wheat," Buchanan said. "We have every expectation that the effect on the 12 nations, primarily in the Far East, will be to reduce both their ability and willingness to buy our wheat," he said.

During the 1984-85 market year, approximately 57 million bushels of Oregon wheat, valued at 212 million dollars, were sold overseas. "Of that amount, approximately 30 million bushels, worth 110 million dollars, went to the 12 countries in question," Buchanan said.

Over the years Oregon wheat growers have worked hard to develop and maintain these markets. Our

efforts and those of our neighboring wheat producing states will be severely undermined if this legislation is passed. "The legislation was introduced to provide a layer of protection for the textile industry, but will ultimately cost this state much needed export revenue," stated Buchanan.

"This proposal will have an adverse effect on both the U.S. consumers and the U.S. wheat farmers, and we are asking our congressional delegation to strongly oppose this move to prop up the textile manufacturer by tearing down the markets of the U.S. wheat farmers," continued Buchanan.

In the 1984-85 marketing year, U.S. wheat exports to the 12 nations (Brazil, China, Hong Kong, India, Indonesia, Japan, Korea, Pakistan, The Philippines, Singapore, Taiwan and Thailand) totaled over half a billion bushels, valued at \$2.1 billion.

Buffalo and Rochester, NY, lead the nation in annual average snowfalls, even though they are further south than such cities as Minneapolis and St. Paul, MN.

Lottery to fund transit projects

Oregon is about to receive the first of \$5 million in lottery funds dedicated for public transit projects in mass transit systems. The projects are expected to promote statewide economic development.

The funds will be coming from the Oregon Public Transit Division's share of the lottery proceeds, according to Lorena Buren, manager of the division's economic development program.

"The Legislature has authorized up to \$5 million from the lottery proceeds to go to the Public Transit Division. We will be matching federal grants for projects such as park and ride stations and transit mall," Buren said.

Since the federal grant money will be matched on an 80-20 basis, Buren explained, the \$5 million will actu-

ally generate additional money for Oregon. She noted that the funds would really be worth about \$25 million to the state.

While the specific projects have yet to be determined, Buren says the division is currently at work designing a system to use for selecting projects.

"We are working with the Oregon Transit Association to develop criteria for choosing projects and monitoring the use of the funds," she said. "The grant program should get underway within the next few weeks."

Buren said the capital construction projects are expected to help generate jobs both during construction and afterward, by encouraging businesses to locate in Oregon.

Summer is ice cream time

Old-fashioned Vanilla Custard. Deep Chocolate. Country-time Strawberry. You may already have homemade ice cream recipes for the classics, but how about Nectarine-Almond, Ice Cream, or a fresh, new taste...ice cream with melons.

Summer days are made for homemade ice cream. They fit any mood or occasion and the varieties are nearly limitless. Try them for family, friends and out-of-town guests.

Smooth, rich ice creams are part of the pleasure of an Oregon summer.

Old Fashioned Vanilla Custard Ice Cream

3 cups milk
1 cup granulated sugar
2 Tbsp. flour or 1 Tbsp. cornstarch
3 eggs, separated
1 tsp. vanilla
3 cups cream

Mix cornstarch or flour to a thin, smooth paste with a little of the milk. Combine with 2 cups of the milk and sugar and bring to a boil. Boil 3 minutes, stirring constantly or cook in a double boiler 20 minutes. Add lightly beaten egg yolks slowly, cool, put through a strainer. Stir in rest of milk, flavoring and beaten egg whites. Add cream. Stir so ingredients are well mixed.

Pour into ice cream freezer and freeze according to manufacturer's directions. Makes 2 quarts.

Chocolate Freezer Ice Cream

5 squares unsweetened chocolate, melted
5 cups milk
2 1/2 cups sugar
5 Tbsp. flour
3/4 tsp. salt
4 eggs, slightly beaten
5 cups cream
2 tsp. vanilla

Scald milk over low heat. Stir in melted chocolate. Combine sugar, flour and salt; add eggs and mix well.

Pour hot milk over egg mixture carefully and slowly, stirring constantly. Cook over low heat until mixture coats spoon. CHILL. Stir in cream and vanilla.

Put mixture in ice cream freezer and freeze according to manufacturer's directions. Makes about 2 quarts.

Country-Time Strawberry Ice Cream

3 cups strawberries
2 eggs
1 1/4 cups sugar
1 cup half-and-half
2 cups whipping cream
1/2 tsp. vanilla extract

Place strawberries in a colander, rinse. Remove hulls, then place in a food processor or blender. Puree until smooth, then press through a sieve to remove seeds. Set aside. Beat eggs until thick, 3-4 minutes. Beat in sugar, half-and-half, cream and vanilla. Fold in puree and pour into ice cream canister. Freeze according to ice cream maker manufacturer's directions. Makes about 2 quarts.

Nectarine-Almond Ice Cream

2 eggs
1 1/4 cups sugar
1 cup milk
1/4 tsp. each vanilla and almond extract
5 large nectarines
1 cup whipping cream

Peel nectarines, discard skin and pits. Chop into quarter-sized pieces. Beat eggs until thick, 3-4 minutes. Beat in sugar. Stir in milk and extracts, set aside. Puree fruit in food processor or blender. Pour in cream and egg mixture. Stir well. Pour into canister and freeze according to manufacturer's directions. Makes about 2 quarts.

Cantaloupe, Crenshaw or Honeydew Melon Ice Cream

1 medium cantaloupe, 1/2 ripe crenshaw or 1/2 ripe honeydew melon
2 cups half-and-half
1/2 cup sugar
4 egg yolks
1 cup whipping cream
1/2 tsp. vanilla
1 Tbsp. lemon juice

Discard seeds and rind, cut melon into cubes. Puree in food processor or blender until smooth. Set aside. Beat yolks until thick, 3-4 minutes. Combine with half-and-half and sugar. Cook and stir over low heat until mixture thickens and coats a metal spoon. Remove from heat, add melon puree, cream, vanilla and lemon juice. Cool to room temperature then freeze in ice cream maker according to manufacturer's directions. Makes about 2 quarts.

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