

Good Food Good Health

By Karen Collins, M.S., R.D.

Although fiber is found in a wide variety of foods—from bran to blueberries—most Americans don't include enough of it in their diets. Health authorities believe that if we increased our fiber consumption, we would reduce our risk of several chronic diseases, including large bowel cancer.

Fiber is the part of plant cells that the body does not digest. It passes through the digestive system intact, moving food material through the body smoothly and quickly. This reduces the amount of time any harmful substances in food are in the system, and thus reduces their potential for causing health problems.

The best sources of dietary fiber are whole grains, fresh fruits and vegetables, and legumes (such as dried beans or peas). Most raw fruits and vegetables have more fiber than those which have been peeled or blended. The refined grains used in the white bread and pasta most Americans eat have been stripped of fiber and many other nutrients. The same is true of white rice.

Although the process of "enriching" flour restores some nutrients, it does not restore the fiber. To help add more fiber to your family's diet, look for the words "whole wheat flour" on the list of ingredients in bread and pasta, and select brown rice instead of white.

And if you're looking for some tasty ways to increase the fiber in your diet, try the following recipes.

Sweden Bean Bake

Beans and apples are excellent sources of fiber, and combine with onions to produce a sweet taste and crunchy texture in this vegetable dish. It's a tasty side dish or could be the main course served in a meal with cottage cheese salad.

- 1 16-ounce can baked beans (without meat)
- ½ large apple, chopped
- 2 tbs. raisins
- ¼ cup onion, chopped
- 2 tbs. brown sugar
- ½ tsp dry mustard
- 2 tbs ketchup

Mix all ingredients in casserole dish. Cover and bake at 300 degrees for about one hour.

This will produce four to six ser-

vings. A ½ cup serving will contain approximately one gram of fat and 95 calories.

Oatmeal Bread

This pleasantly flavored, hearty bread gets its fiber from whole wheat flour and oats.

- 1 package active dry yeast
- ¼ cup lukewarm water (95 to 105 degrees)
- ¾ cup skim milk
- 2 tbs dark molasses
- ¾ cup uncooked quick or regular oats
- ¾ tsp. salt
- 2 tbs. margarine, softened

About 2½ cups whole wheat flour. In small bowl, soften yeast in water for 5-10 minutes. Stir to dissolve. Meanwhile, scald milk by placing in small saucepan and heating to just below boiling, when tiny bubbles form around the edge of the pan.

In large bowl, mix together molasses, oats, salt and margarine. Pour hot milk on top and stir to melt margarine. Cool to luke warm.

Add yeast and enough flour to make a stiff batter; beat well. Add enough extra flour to make a soft dough, and turn out onto lightly floured board. Knead dough, working in extra flour only as needed to keep dough from sticking to board. Knead until smooth, light and elastic, with little air bubbles under the surface (about 5-8 minutes).

Place in warm, greased bowl, turning dough over once to bring greased side up. Cover with plastic wrap or damp cloth. Place in warm place (80 to 85 degrees), away from drafts.

When the dough is doubled in volume (1½ to 2 hours), punch down, form into ball and let rise again until almost doubled in volume (30-45 minutes). Shape into loaf and place in lightly oiled 9" x 15" loaf pan. Grease top lightly. Let rise again until almost doubled in volume (50-60 minutes) or until dough does not spring back when touched.

Bake at 375 degrees for 30-35 minutes or until loaf is lightly browned. Tip loaf out of pan and thump bottom with fingers to test for doneness (a hollow sound). If not done, return to oven for a few more minutes. Cool on rack before wrapping up.

This makes 1 loaf (about 18 slices). One slice contains 2 grams of fat and 87 calories.

Market Place Connections

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Businesses or persons who are interested in receiving bid information on the above, please call 276-6732, inside Pendleton, or 1-800-452-8112 outside Pendleton.

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Safety belt/speed limit bill explained

During the rush to close the 1987 legislative session, a safety belt use law finally emerged. There has been some confusion about the contents of the law and what relationship it has to the 65 mph speed limit on rural interstate freeways. Here are some answers to those questions:

Belts and 65 mph:

The safety belt use law and the 65 mph speed limit on rural interstate freeways are separate pieces of legislation.

Both laws go into effect on September 27 this year.

The safety belt use law will be on the ballot on November 8, 1988. At that time the people of Oregon will decide whether or not to keep the law.

The 65 mph speed limit will not be voted upon.

The Safety Belt Law:

The safety belt use law contains two offenses. Both are traffic infractions with a maximum fine of \$50. This is the lowest fine for a traffic offense, just like driving with a taillight out. The first offense is called "failure to use safety belts". The other offense is called "failure to maintain safety belts in working order".

Who Must Wear Safety Belts?

All drivers and passengers, all ages, resident and non-resident.

Children under one year of age must ride secured in an approved child safety system (infant/child car safety seat).

Exceptions:

If there are more persons than safety belts.

If the person has obtained a "certificate of exemption" from the DMV (requires a physician's statement to DMV that the safety belt system would be impractical or harmful to the person because of physical condition, medical problem, or body size).

If the person is in the custody of a law enforcement agency.

If the person is delivering newspaper or mail in the regular course of their work.

If the person is riding in an ambulance giving aid and the safety belt system would substantially inhibit

PUBLIC NOTICE

The Morrow County Public Works Department is accepting sealed bids for the drilling and shooting of 80,000 solid yards rock at three locations in Morrow County. Bids will be opened at 10:00 a.m. on Tuesday, August 11, 1987, in the public works office at Lexington. For bid specifications please call 676-9061 ext 17.

Published: August 5, 1987

the administration of medical aid.

What Vehicles:

-All motor vehicles under 8000 pounds (including pickup trucks).

Exceptions:

-Commercial vehicles (defined in ORS 801.210).

-Any vehicle manufactured without safety belts. Safety belts need not be installed in these vehicles. However, if safety belts have been removed from a vehicle that had them when it was new, then the safety belts must be replaced. (Motorcycles do not have safety belts).

About Safety Belts:

The law states that safety belts must be worn properly. This means that if a vehicle has a lap and shoulder combination, both belts must be worn as intended, not one or the other.

The law also states that an owner must keep the belts in working order.

Who is responsible:

-Drivers are responsible for themselves and passengers under 16 years of age.

-Passengers 16 years and over are responsible for themselves.

-Owners are responsible to keep safety belts in working order.

PUBLIC NOTICE

NOTICE TO INTERESTED PERSONS NO. 87-CSC-20

IN THE DISTRICT COURT FOR THE STATE OF OREGON FOR MORROW COUNTY

RUSSELL OIL COMPANY, INC.

Plaintiff,

vs

JOHN COMSTOCK, PATTI COMSTOCK, AND D.B.A. COMSTOCK FARMS Defendants

Russell Oil Company is suing John and Patti Comstock and Comstock Farms on an open account. Defendants currently owe \$3,296.96 plus interest and plaintiff demands payment.

NOTICE TO DEFENDANTS READ THESE PAPERS CAREFULLY!

The motion, answer, or reply must be given to the court clerk or administrator within 30 days of the date of first publication specified herein along with the required filing fee.

Dated and first published: July 15, 1987.

Richard J. McNeerney Attorney At Law

P.O. Box 1508 Hermiston, OR 97838 (503) 567-1124

Published: July 15, 22, 29; August 5, 1987

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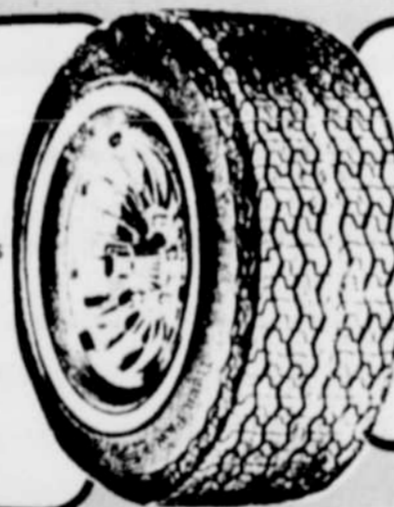


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