

## "Make It With Wool" contest deadline

The entry deadline for the District 7 Make-It Yourself with Wool Contest is October 15. The 1993 contest is scheduled for Saturday, October 30, at the Latimer Quilt and Textile Center. District 7 includes Clatsop, Columbia, Washington and Tillamook Counties. The contest is open to youth and adults.

All those entering the competition must select, construct and model the garment themselves. Machine or hand-knitted, woven, crocheted garments are acceptable. All entries must be made from a minimum of 60% wool fabrics or yarns and must have been completed after January 1, 1993.

The "Make It Yourself with Wool" contest is sponsored by the American Sheep Industry Association. The purpose is to focus attention on the beauty and versatility of wool; encourage the use of this fabric or yarn in sewing, knitting or crocheting fashionable garments and offer the opportunity to compete for prizes and recognition.

Entry categories include adult (over age 24), senior (17-24), junior (13-16) and pre-teen (12 and under). The junior, senior and adult winners in the district contest will advance to the state contest, December 4, in Florence. State winners in the junior and senior division will advance to National competi-

tion.

Entry forms and complete rules are available at the OSU Extension office in each county, many fabric stores and from Home Economics teachers in the public schools. For more information contact Nancy Kershaw, 842-3433 or Doris Bash, 368-5900.

## Breast cancer survivors honored

October is Breast Cancer Awareness Month and the Tuality Hospital Mammogram Van will be at the Vernonia Health Center on Oct. 27 and 28. Appointments are required; they may be made by calling the health center at 429-9191.

The Vernonia Unit of the American Cancer Society arranged to bring the van to Vernonia and is also sponsoring a tea on Saturday, Oct. 23, in honor of breast cancer survivors.

All local area survivors of breast cancer are invited to the tea, which will be held at the home of Leslie Ruby, 1567

Heather Lane, Vernonia. There will be a speaker from the medical field with up-to-date information on the fight against cancer. There is no charge for the tea, but all those wishing to attend are asked to call 429-0223 or 429-2021 for reservations.

Members of the local unit will also be in Vernonia Sentry during October with information on breast cancer, the stop smoking program and health nutrition.

### Where to Find Them

Sen. Mark Hatfield  
711 Hart Senate Office Bldg.  
Washington, D.C. 20510  
Portland Phone: 326-3386

Sen. Bob Packwood  
259 Russell Senate Ofc. Bldg.  
Washington, D.C. 20510  
Portland Phone: 326-3370

Rep. Elizabeth Furse  
316 Cannon House Ofc. Bldg.  
Washington, D.C. 20515  
Portland Phone: 326-2901

Sen. Joan Dukes  
State Capitol Room S205  
Salem, OR 97310  
Phone: 378-8027

Sen. Jeannette Hamby  
State Capitol Room S312  
Salem, OR 97310  
Phone: 378-8814

Rep. Tim Josi  
State Capitol Room H493  
Salem, OR 97310  
Phone: 378-8788

Rep. Tony Federici  
State Capitol Room  
Salem, OR 97310  
Phone: 378-8026

Rep. Charles Starr  
State Capitol Room H383  
Salem, OR 97310  
Phone: 378-8824

Sen. Dukes represents all of The INDEPENDENT circulation area except Banks, which is represented by Sen. Hamby.

Rep. Josi represents Vernonia, Buxton, Manning, Timber, Elsie, Jewell, Birkenfeld and part of Mist. Rep. Federici represents the remainder of Mist. Rep. Starr represents Banks.

**Your voice is heard  
when you speak  
from the  
ballot box  
REGISTER TODAY**

## Cooking Corner by Gladys

By Gladys Sharar

There have been a lot of requests this month, especially for low fat recipes. This main dish is low fat, and very good. I have made it several times and even served it at a wedding reception.

### SHRIMP LASAGNA

|                         |                                    |
|-------------------------|------------------------------------|
| 1 pound salad shrimp    | 1/2 cup reduced fat                |
| 3 cups sliced zucchini  | cheddar cheese                     |
| 1 cup diced onion       | 1 cup nonfat                       |
| 3 cups sliced mushrooms | ricotta cheese                     |
| garlic salt             | 4 cups nonfat, grated              |
| pepper                  | mozzarella cheese                  |
|                         | 1-12 oz. pkg. long lasagna noodles |

### Sauce

|                                |                            |
|--------------------------------|----------------------------|
| 1-15 oz can tomato sauce       | 1-15 oz can diced tomatoes |
| 1-15 oz can tomato paste       | 1/4 cup red wine vinegar   |
| 4 tbs. olive oil               | 1/4 cup sugar              |
| 2 tsp. basil                   | 2 tsp. oregano             |
| 2 tsp. thyme                   | 2 tsp. garlic powder       |
| 1 tsp. Lowrey's Seasoning Salt | 1 tsp. pepper              |

Three to six hours before serving, combine all sauce ingredients in a large kettle. Simmer covered over low heat, about 2 hours, stirring occasionally. Set aside.

Sauté zucchini, onion and mushrooms in a little olive oil, while sautéing add a pinch of garlic salt and pepper. Cook until tender, drain and set aside.

Preheat oven to 350 degrees.

Cook and drain lasagna noodles. Layer ingredients in a 9"x15" baking dish, starting with sauce, then noodles, vegetables, shrimp, the combined cheddar and mozzarella cheeses, ricotta cheese and another layer of sauce. Continue in this manner until top of pan. Put a layer of cheese on top during the last 10 minutes of cooking.

Bake 30 minutes.

Another request was for roasted bell peppers. If you haven't tried these, please do. I think I like peppers roasted more than in any other form of preparation. They're wonderful for use in recipes and great to have on hand. Drizzled with a little olive oil and lemon juice, they'll keep in the refrigerator for 5 days. In the winter, when tomatoes are not quite up to par, change your BLT's to BLP's. Peppers can also be used for garnish or as a side dish.

### ROASTED BELL PEPPERS

4 large bell peppers—red, green, yellow or orange

Halve, core and seed peppers. Flatten each half slightly with the palm of your hand. Line baking sheet with foil.

Lay the peppers skin side up in a single layer. Place under a preheated broiler (about 3 in. from heat) until skins are charred black. Remove to a paper or plastic bag and close well so they can steam. Leave for about 15 minutes, then slip off charred skin.

They are ready to eat.

Here is a good low-fat substitute for sour cream.

### MOCK SOUR CREAM

2 cups low-fat cottage cheese  
1/2 cup plain non-fat yogurt

Puree ingredients in food processor or blender until smooth like sour cream. Yields 2 1/2 cups.

Serving size: Two tablespoons; 25 calories per serving

It may seem that jalapeño peppers and jelly don't go together, but this recipe makes a great glaze for meatloaf or ham, and Vernonia resident D. J. Dickey uses it as a dip for shrimp.

### JALAPEÑO PEPPER JELLY

2 cups bell peppers (red & green mixed)  
2 fresh jalapeño peppers  
6 cups sugar  
1 1/2 cups vinegar  
2-3 oz. pouches liquid pectin  
few drops red food coloring

Remove seeds and membranes, then grind or chop bell and jalapeño peppers (wear gloves when handling jalapeños to avoid burning your hands) combine with sugar and vinegar.

Bring to a full rolling boil, stirring constantly. Remove from heat and let stand 15 minutes. Return to a boil and cook for 2 minutes. Add pectin and bring to a full rolling boil.

Remove from heat and stir 5 minutes; add food coloring.

Pour into hot jars and seal.

Jelly may take 3 to 4 weeks to set up. Makes 8-8 oz jars

Thank you, everyone, for your encouragement, recipes and ideas.

Gratter's

Tires LES SCHWAB

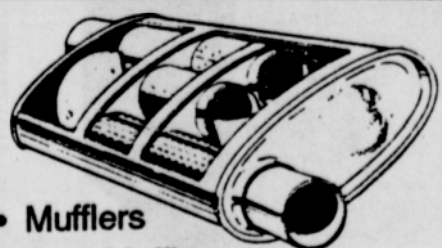
**Wild Country**  
**Our Best**  
*All Season Pickup, 4x4 & Sport Utility Radial*

| OUR BEST PICKUP, 4X4, SPORT UTILITY TRUCK RADIAL |            |        |
|--------------------------------------------------|------------|--------|
| SIZE                                             | LOAD RANGE | PRICE  |
| P197/75R-14.....B.....                           |            | 58.76  |
| P205/75R-15.....B.....                           |            | 64.06  |
| P215/75R-15.....B.....                           |            | 67.64  |
| P235/75R-15.....B.....                           |            | 74.37  |
| P235/75R-15.....XL.....                          |            | 81.44  |
| LT195/75R-14.....C.....                          |            | 75.81  |
| LT215/75R-15.....C.....                          |            | 90.49  |
| LT235/75R-15.....C.....                          |            | 98.72  |
| 27/8.50R-14.....C.....                           |            | 79.03  |
| 30/9.50R-15.....C.....                           |            | 94.51  |
| 31/10.50R-15.....C.....                          |            | 103.18 |
| 31/11.50R-15.....C.....                          |            | 112.37 |

| OUR BEST PICKUP, 4X4, SPORT UTILITY TRUCK RADIAL |            |        |
|--------------------------------------------------|------------|--------|
| SIZE                                             | LOAD RANGE | PRICE  |
| 33/12.50R-15.....C.....                          |            | 123.36 |
| LT215/85R-16 B/W.....D.....                      |            | 92.52  |
| LT225/75R-16.....D.....                          |            | 95.05  |
| KT235/85R-16 B/W.....E.....                      |            | 105.91 |
| LT245/75R-16.....E.....                          |            | 117.06 |
| LT265/75R-16.....C.....                          |            | 98.96  |
| 8.00R-16.5 B/W.....D.....                        |            | 94.23  |
| 8.75R-16.5 B/W.....D.....                        |            | 101.43 |
| 9.50R-16.5 B/W.....D.....                        |            | 119.00 |
| 30/9.50R-16.5.....C.....                         |            | 102.98 |
| 31/10.50R-16.5.....D.....                        |            | 124.20 |
| 33/12.50R-16.5.....D.....                        |            | 137.84 |

PLUS FET

## MUFFLERS BATTERIES



- Mufflers
- Dual Mufflers
- Lifetime Mufflers Catalytic
- Import Mufflers Converters



FOREST GROVE • 2730 Pacific • 357-3136