

## Annual dinner at Natal Grange

Natal Grange will present its annual Roast Beef Dinner on Sunday, May 7, from 1:00 to 3:00 p.m. While the dinner is a major fund raiser for Natal Grange, it is also eagerly anticipated by the community. In addition to the roast beef, there will be abundant side dishes and lots of mouthwatering desserts.

Dinner is \$6.00 for adults and \$3.00 for children from six to 12 years old. There is no charge for children under three. The Natal Grange hall is located on the Nehalem River Hwy. (Oregon 47) approximately 11 miles north of Vernonia.

Experience teaches you to recognize a mistake when you've made it again.

We reap  
what we  
sow.



Assembly of God

662 Jefferson Avenue  
Vernonia, Oregon  
429-7058  
Mike Jackson - Pastor

## Cookin with Gladys

By Gladys Sharar

I love making omelets, there are so many ways to make the right omelet for your occasion. Always remember, when it comes to making a perfect omelet—one that's creamy soft to the bite yet firm enough to wrap around a filling—a gentle touch is the key. Resist the temptation to stir the eggs while cooking or you'll end up with a scramble. Instead, wait until the mixture begins to set, then use a spatula to lift up the cooked parts and tilt the pan to let uncooked eggs flow underneath.

### COUNTRY OMELET

2 slices bacon	1/4 cup diced onion
1 small (thin skinned) potato finely diced	
2 tsp. margarine	4 large eggs
1/2 tsp salt	1/4 tsp pepper
1 tsp. minced parsley	1/3 cup shredded Swiss cheese
2 tbsp. sour cream	

In a wide, nonstick frying pan, cook bacon over med. heat until crisp. Remove bacon and crumble. Discard all but 2 tsp. drippings. Reduce heat to med. low and add onion and potato. Cook, stirring, until potato is fork-tender and slightly browned. Remove from pan; keep warm.

Melt butter in a frying pan with curved sides, or an omelet pan, over med-high heat until foam begins to subside. Break eggs into a small bowl, add salt and pepper, beat just until mixed. Pour egg mixture into pan. As edges begin to set, lift with spatula or tilt pan to let uncooked eggs flow underneath. When the omelet top is still moist, sprinkle eggs with bacon, potato-onion mixture, cheese, and parsley. Remove from heat. Spoon sour cream onto omelet. Cut into wedges. Makes 2 servings.

### ZUCCHINI OVEN OMELET

2 cups chopped zucchini	1/4 cup chopped green pepper
1/4 cup oil	6 eggs, slightly beaten
2 tbsp. grated parmesan cheese	1 tbsp. light cream
1 tbsp. butter or margarine, melted	1/2 tsp. salt
1/8 tsp. pepper	
1/2 cup shredded cheddar cheese	

In a 10 inch ovenproof skillet, sauté zucchini and green pepper in oil until tender, about 3 minutes. Combine eggs, parmesan cheese, cream, butter, salt and pepper; pour over the vegetable mixture. Cook and stir gently for 3 minutes or until eggs are set on bottom. Top with cheese. Bake at 350 degrees for 5 to 7 minutes or until eggs are set and cheese is melted. Serves 4 to 6

### HEARTY HAM OMELET

1 med. green pepper, chopped	1 small onion, chopped
1/2 cup chopped fully cooked ham	
1 can sliced mushrooms, drained	
1 tbsp. butter or margarine	6 eggs
1/4 cup milk	1 tbsp. minced parsley
1/4 tsp salt	1/4 tsp pepper
1 cup shredded cheddar cheese	

In a 12 inch nonstick skillet, cook green pepper, ham, onion and mushrooms in butter until tender; remove from skillet and set aside. In a mixing bowl, beat eggs with milk, parsley, salt and pepper. Pour into skillet; cook over med. heat. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are set, spoon vegetable mixture over half the omelet. Top with half of the cheese. Fold omelet in half over filling. Sprinkle with remaining cheese. Cover 1 to 2 minutes or until cheese melts. Serve on warm platter. Serves 4

### MEXICAN OMELET

1-7" flour tortilla, coarsely chopped	
8 eggs	2 tbsp. butter or margarine
1/4 tsp salt	1 tbsp. water
1 cup shredded montereyjack cheese, divided	
3/4 cup sour cream, divided	1 large avocado, chopped
3 tbsp chopped canned green chilies	
1 med. tomato, chopped	1 tbsp lemon juice

In an 8 inch skillet, sauté tortilla in butter until softened, about 2 minutes. Meanwhile, beat eggs, water, and salt in a bowl. Pour over tortilla in skillet; cook over med. heat. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are set, remove from heat. Sprinkle with 3/4 cup cheese. Combine avocado, 1/2 cup sour cream, chilies and lemon juice; spread over half of the omelet. Fold omelet in half and transfer to a warm platter. Top with tomato, remaining cheese and sour cream. Serves 4.

### HANGTOWN OMELET

The story goes that the Hangtown Fry, a scramble of eggs, oysters, and bacon, was created in Placerville, California (then called Hangtown because of three famous hangings). It has been traced to a condemned prisoner's last request, one whose rare ingredients would delay the proceedings.

6 large eggs	1/4 cup half and half or whipping cream
4 slices bacon, chopped	1 cup slivered red onion
1-10 oz. jar small raw oysters	
1/2 cup freshly shredded parmesan cheese	
1-1/2 cup shredded spinach leaves	salt and pepper to taste

In a bowl, beat eggs and half and half to blend; set aside. Fry bacon in an 8 to 10 inch nonstick fry pan over med. heat, stir often until brown, 4 to 5 minutes. Spoon out all but 1 tbsp. fat and set aside; add onion to pan and stir often until limp and brown, 7 to 8 minutes. Remove onion and bacon from pan and set aside. Measure reserved bacon fat; if needed add salad oil to equal 1 tbsp. Meanwhile, in a 1 to 2 quart pan over high heat, bring oysters and their liquid to a boil. Remove pan from heat and let stand until oysters' edges curl, 2 to 3 minutes. Lift out the oysters with a slotted spoon (discard liquid), add to onion-bacon mixture and keep warm. Return half the bacon fat to frying pan over med. heat. Add half of egg mixture. As eggs begin to set, lift edges from pan bottom to let uncooked egg flow underneath. When eggs no longer flow when pan is tipped, scatter with half the parmesan. Then on half the omelet, scatter half of oyster mixture and half of spinach leaves. Tip pan with spatula. Fold uncovered half of omelet over filling. Hold pan over platter and shake omelet onto it. Keep warm while making second omelet. Season with salt and pepper.

### A HUSBAND'S FAVORITE OMELET

3 eggs	1/2 cup milk
3 tbs. finely chopped onion	3 tbs. finely chopped celery
3 tbs. finely chopped broccoli	
2 tbs. chopped pimientos	2 tbs. finely chopped carrot
3 bacon strips, cooked and crumbled	
1/2 tsp. salt	1/4 tsp pepper
1 tbs. butter or margarine	4 thin slices American cheese

Beat eggs with milk just until combined. Stir in vegetables, bacon, salt and pepper. In a skillet heat butter until sizzles; turn pan to coat bottom and sides. Add egg mixture; cook over med. heat. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are set, transfer to a warm platter and top with cheese/ Serves 1 to 2

## Church Directory

### VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor  
957 State Avenue  
Vernonia, 429-6790

Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.  
Children's Church w/Nursery  
Evening Fellowship 6:00 p.m.  
Nursery Care  
Prayer Meeting, Wed. 7:00 p.m.  
Men's Group, Thursday 7:30 p.m.

### GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor  
Grant & North Streets  
Vernonia, 429-1919 or 429-8720

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.  
Afternoon Worship 2:00 p.m.

Tuesday Service:  
All Family Bible Study, 7:30 p.m.  
Every Second Sunday, the 2:00 p.m. Worship is replaced by a Fellowship Meal following the 11 a.m. service.

### FIRST CHRISTIAN CHURCH

Joel Stith, Pastor  
410 North St., Vernonia, 429-6522

Sunday School 9:30 a.m.  
Morning Worship 11:00 a.m.  
Evening Service 6:30 p.m.

Every Wednesday:  
Ladies' Bible Study, 9:15 a.m.  
Children's Choir 3:00 p.m.  
Family Bible Study, 6:30 p.m.

Women's Fellowship, 2nd & 4th Wednesdays, 1:30 p.m.

### FIRST BAPTIST CHURCH

John Cahill, Pastor  
359 "A" Street  
Vernonia, 429-1161

Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.

Evening Worship  
Saturday, 6:00 p.m.

### ST. MARY'S CATHOLIC CHURCH

Fr. Tim Mockaitis, Priest-Moderator  
Pastoral Administrator  
Lani Vandehey

960 Missouri Avenue  
Vernonia, 429-8841

Mass Sundays 10:00 a.m.  
Reconciliation 9:30-9:45 a.m.  
or by appointment

### SEVENTH DAY ADVENTIST

Roger Kruger, Pastor, 397-6883  
2nd Ave. and Nehalem St.  
Vernonia, 429-1941

Sabbath School 9:15 a.m.  
Morning Worship, 11:00 a.m.  
Tuesday Prayer, 7:00 p.m.

### ASSEMBLY OF GOD

Michael Jackson, Pastor  
662 Jefferson  
Vernonia, 429-7058

Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.  
Evening Service 6:00 p.m.

Women's Bible Study,  
1st & 3rd Mon. 7:00 p.m.  
Women's Ministry,  
Alternate Wed. 7:00 p.m.

### ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Vicar  
960 Missouri  
Vernonia 429-3700

Sunday Services, 9:30 a.m.

### NEHALEM VALLEY BIBLE CHURCH

Jerry James, Pastor  
500 California Ave  
Vernonia, 429-5378

Sunday School 10:00 a.m.  
Morning Worship 11:00 a.m.  
Nursery available  
Wednesday Service 7:00 p.m.

### VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor  
850 Madison Avenue  
Vernonia, 429-1103

Sunday Worship Service: 10:30 a.m.  
Children's Sunday School

Wednesdays 7:00 p.m.  
Evening Service  
Youth Ministry  
Children's Ministry  
Nursery Available

Men's Ministry 7:45 a.m.  
3rd Saturday, each month

### CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President  
1350 E. Knott Street  
Vernonia, 429-7151

Sacrament Meeting, Sunday 10 a.m.  
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.