

Why do so many
turn to God as
the last resort?
Save time.
Go to Him first.



Assembly of God
662 Jefferson Avenue
Vernonia, Oregon
Sunday Worship 11 a.m.

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Cookin' with Gladys

By Gladys Sharar

After all the heavy meals during the Holidays and looking forward to a new year, I always think of lighter eating. I hope you will enjoy some of these soup recipes during the cold days ahead. Have a happy and safe 2001.

MACARONI AND CHEESE CHOWDER

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| 1 tbs. butter or margarine | 1/4 lb. smoked ham, diced |
| 1 pkg. (12 oz.) Stouffers frozen macaroni and cheese | 1 cup onions, chopped |
| 1 can chicken broth | 1 can creamed-style corn |
| 1 cup milk | 1/4 tsp. salt |
| 1/4 tsp. freshly ground pepper | 1/2 lb. skinless chicken breast, diced |

Heat butter in a 3-qt. saucepan over medium heat. Add ham and onions; cook 5 minutes, stirring occasionally, until onions are softened and ham is lightly browned.

Meanwhile, microwave the frozen macaroni and cheese according to pkg. directions.

Add macaroni and cheese, milk, broth, corn, salt and pepper, bring to a boil. Stir in chicken; reduce heat. Cover and simmer 3 to 4 minutes, until chicken is cooked through.

Serve with a nice, crusty bread. 6 servings

This recipe doesn't take very long to make since prep time is 10 minutes and cooking time is 12 to 14 minutes with only 385 calories in each serving.

DELICIOUS CHICKEN NOODLE SOUP

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| 3 lbs. chicken, whole or quartered, rinsed | 1-1/2 lbs. beef soup bones, rinsed |
| 3 quarts cold water | 1 tsp. salt |
| 1 medium onion, peeled | 1 bay leaf |
| 2 carrots, cut into 1-inch pieces | 2 stalks celery, plus leaves, cut into 1-inch pieces |
| 4 stalks parsley, chopped | 1 garlic clove, quartered, bruised |
| 1-1/2 cups fine noodles, cooked separately | |
| 2 tbs. tomato juice | 2 cups boiling water |
| 1/8 tsp. paprika | 1 tsp. salt |

Place chicken, beef bones and salt in a large pot with cold water, which will allow it to come to a boil slowly. Skim surface. Simmer 1 hour, uncovered. Add water, if needed, to maintain level in pot. Add onion, bay leaf, carrots, celery, parsley, garlic and tomato juice. Bring to a boil and simmer 1 hour. Strain and reserve soup. Meat will fall easily from the bones. Cut 1 cup of chicken into bite-size pieces and add to soup. Reserve the rest of both meats for other use.

The noodles are cooked separately during the final 20 minutes of preparation and added to the soup after it has been strained and meat and vegetables removed. Drop the noodles into boiling water. Cook packaged noodles according to label instructions, taking care not to overcook. Drain, rinse with cold water, drain again and add to soup.

Salt and pepper to taste. Add paprika. Makes 8 to 10 one-cup servings.

SOUR AND HOT SOUP (Chinese)

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| 4 dried black mushrooms | 4 dried tree ears |
| 4 dried tiger lily stems | boiling water, to cover |
| 1-1/2 cups canned bamboo shoots | 1 - 3 inch square cake of fresh white bean curd |
| 1 tbs. cooking oil | 1/4 cup pork or chicken breast |
| 1 tbs. light soy sauce | 5 cups chicken stock, heated |
| salt and pepper to taste | 2-3 tbs. red wine vinegar, to taste |
| 1 tbs. dark soy sauce | 2 tbs. cornstarch |
| 3 tbs. water | 1-1/2 tsp. sesame oil |
| 1 tsp. pepper | 2 eggs, lightly beaten |
| 1 scallion, including green top, finely chopped | 1 tsp. minced fresh coriander |

In a medium bowl, place dried black mushrooms, tree ears and lily stems and cover with boiling water. Let stand 20 to 30 minutes. Drain, cut off stems of mushrooms and the hard edges of the tree ears. Cut black mushrooms and tree ears into thin, marrow slices. Shred the long, slender tiger lily stems with your fingers. Cut into 1-inch lengths. Put aside.

Shred pork with a sharp knife or cleaver into long narrow strips or if chicken breast meat, cut into cubes. Put aside.

Drain the bamboo shoots and bean curd and slice or shred them as fine as the mushrooms. Set aside. Heat oil in wok or skillet and add pork or chicken. Stir to separate the meat pieces. Add soy sauce. Add the black mushrooms, tree ears, tiger stems and bamboo shoots. Stir one minute and pour in the hot chicken stock. Taste and season with salt. Stir in two tbs. vinegar. Taste before adding additional vinegar. Some may not care for the soup if it is too sour. Add soy sauce, if using it.

In a small bowl, mix cornstarch with water into a smooth paste. Stir into the soup. When thickened slightly, add bean curd. Bring to a boil. Immediately remove from the heat and allow to cook 3 minutes before adding sesame oil and pepper. Stir to blend. While soup is still hot, gradually add beaten eggs in a thin stream, stirring as you do so. Sprinkle with scallions and coriander. Serve immediately. Serves 6. Very good

VEGETABLE CHEESE CHOWDER WITH BEER

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| 10 oz. frozen mixed vegetables | 4 tbs. margarine |
| 1/4 cup flour | 1 tsp. salt, if desired |
| 1 tsp. dry mustard | 2 cups milk |
| 1 tsp. Worcestershire sauce | 2 cups shredded cheddar cheese |
| 1 cup beer or milk | 1 cup croutons |

Prepare the frozen vegetables according to directions on the package, drain and set aside. In a large saucepan, melt margarine; stir in flour, salt and mustard. Cook over low heat, stirring constantly until mixture is smooth and bubbly. Remove from heat. Stir in milk and Worcestershire sauce. Heat the milk mixture, stirring constantly until it boils and thickens enough to coat a spoon. Stir in the cheese. Cook and continue stirring over medium heat until cheese is melted, about 5 minutes. Stir in the vegetables and beer and bring the soup back to a simmer. Serve immediately. Pass croutons for garnish. Serves 6.

SAUSAGE CORN CHILI

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| 1 lb. bulk Italian sausage | 1 tbs. dried minced onion |
| 1 can kidney beans, rinsed and drained | 1 can whole kernel corn, drained |
| 1 - 15 oz. can tomato sauce | 2/3 cup picante sauce |
| 1/3 to 1/2 cup water | 1 tsp. chili powder |

In a large saucepan, cook sausage and onion over medium heat until meat is no longer pink. Drain. Stir in the remaining ingredients. Simmer, uncovered, for 5 to 10 minutes until heated through. Serves 6

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Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790

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, 503 429-3110

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 5:00 p.m.

Wednesday Service:
All Family Bible Study, 7:00 p.m.

FIRST CHRISTIAN CHURCH

Joel Stith, Pastor
410 North Street
Vernonia, 503 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.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, 503 429-1161

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

Evening Worship
Saturday, 6:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate
Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841

Mass Schedule
1st & 3rd Saturdays 4:30 p.m.
2nd & 4th Sundays 12 Noon

Religious Education
2nd & 4th Sundays 10:30 a.m.

SEVENTH DAY ADVENTIST

Roger Kruger, Pastor, 397-6883
2nd Ave. and Nehalem St.
Vernonia, 503 429-1941

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

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151

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

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

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Pastor
375 North Street
(Vernonia Grange Hall)
Vernonia, 503 429-3700

Sunday Services, 10:00 a.m.

NEHALEM VALLEY BIBLE CHURCH

Jerry James, Pastor
500 California Ave
Vernonia, 503 429-5378

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, 503 429-1103

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

ASSEMBLY OF GOD

662 Jefferson
Vernonia

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