

Food for Thought

With Valentine's Day only a week away, sweethearts of all ages will be on people's minds. Whether you're thinking about a special dinner for two, or want to plan a treat for everyone in the family, here are a few ideas.

SUGAR COOKIES

It's hard to find a better recipe for homemade cookies that you can cut into special shapes with a cookie cutter or, for those skillful enough, by hand. Icing or a glaze can be custom-colored and applied after baking. These cookies can also be decorated with egg yolk paint *before* baking. Doing your own decorating can be very time-consuming, but it's a great way to spend a cold day. Kids have fun working on this project, too.

- 1 cup sugar

1/2 tsp lemon extract

1 tsp baking powder
- 1 cup butter or margarine

1/2 tsp vanilla

1/4 tsp salt
- 2 eggs

3 cups all-purpose flour

Beat sugar and butter in large bowl with electric mixer at medium speed until light and fluffy. Beat in eggs, lemon extract and vanilla at medium speed until well blended, scraping down side of bowl occasionally, mixture will look grainy.

Beat in 1 cup flour, baking powder and salt at medium speed until soft dough forms, scraping down side of bowl once.

Form dough into 3 round discs. Wrap discs in plastic wrap and refrigerate 2 hours or until dough is firm.

Preheat oven to 375 degrees.

Working with 1 disc at a time, unwrap dough and place on lightly floured surface. Roll out dough with lightly floured rolling pin to 1/8-inch thickness.

Cut dough with lightly floured 3- to 4-inch cookie cutter. Place cutouts 1 inch apart on *ungreased* cookie sheets. Bake cookies 7 to 9 minutes or until they are set. Remove cookies with spatula to wire rack; cool completely.

This makes approximately 3 dozen cookies.

Egg Yolk Paint

To decorate cookies *before* they are baked, prepare Egg Yolk Paint by combining 2 egg yolks and 2 tsp water in a small bowl; blend well with a fork. Divide among bowls and tint with liquid food coloring as desired. Paint onto *unbaked* cookies with paint brush.

Note: Use egg yolk paint only on unbaked cookies.

Once baked, the cooled cookies can be decorated with homemade or prepared frosting, plus candies or sprinkles, if desired. Royal Icing is a good homemade frosting that can be colored as you choose; when dry, it is also resistant to damage that can occur when storing cookies.

Royal Icing

To make Royal Icing beat 4 egg whites in a large bowl until foamy. Gradually add 4 cups of sifted powdered sugar and 1 tsp

lemon extract *or* 1 tsp vanilla extract. Beat at high speed until thickened. Divide among bowls and tint with liquid food coloring as desired. If icing is too thick, stir in water, 1 drop at a time, with spoon until spreadable consistency.

Spread thin layer of icing with small spatula, to within 1/8 inch of edges of cooled cookies. Let stand 30 minutes at room temperature, or until icing is set.

To pipe additional decorations on cookies use Decorator Frosting.

Decorator Frosting

Beat 3/4 cup softened butter in medium bowl with electric mixer at medium speed until smooth. Add 2 cups sifted powdered sugar. Beat at medium speed until light and fluffy. Add 3 Tbls water and *either* 1 tsp vanilla *or* 1/4 tsp lemon extract. Beat at low speed until well blended, scraping down side of bowl once.

Beat in additional 2-1/2 cups sifted powdered sugar until mixture is creamy. Divide among bowls and tint with liquid food coloring as desired.

Place each color frosting in piping bag fitted with small writing tip, or resealable plastic freezer bag with one small corner cut off. Decorate as desired. Let cookies stand at room temperature until piping is set.

Store cookies loosely covered at room temperature up to 1 week.

RASPBERRY BAVARIAN

This beautiful dessert looks like a lot of work, but this is one time when looks are really deceiving!



- 1 14-oz can raspberries packed in fruit juice

1 1/2-oz pkg raspberry gelatin, regular or sugar-free

1-3/4 cups evaporated milk, regular or reduced-fat, chilled

Drain raspberries over a bowl, reserving juice. Add enough water to juice to total 1-1/4 cups.

In a saucepan over low heat, stir juice mixture and gelatin. When gelatin dissolves, remove from heat and set aside to cool. In a large bowl, beat evaporated milk until thick. Add raspberries and cooled gelatin mixture, mix well.

Pour mixture into a glass serving bowl. Cover and refrigerate until set. Decorate with fresh raspberries and/or

candy hearts.

Note: This dessert is a beautiful pink color but, if you want more red, add liquid food coloring to the evaporated milk as you beat it.

Church Directory

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets, 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

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue, Vernonia
503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

SEVENTH DAY ADVENTIST

2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Bible Study 9:15 a.m.

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY)
EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS

Marc Farmer, 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.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 7:00 p.m.

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