

## Consumption Of Gas Down

Oregon highway users are consuming about one million gallons less gasoline a month as a result of the state's newly imposed 55 mph highway speed limits.

But the reduced fuel consumption is also resulting in about \$70,000 per month less income to the State Highway Division, creating a substantial budget crunch in the Division's operations.

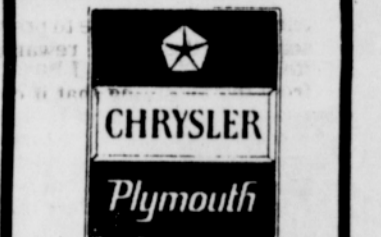
The "good news-bad news" findings are included in a report on the effects of the new 55 mph speed regulation released today by Fred B. Klaboe, administrator of the Highway Division and state highway engineer.

Division engineers measured vehicle speeds at 13 sections of Oregon highways which had previously been governed by speeds in excess of 60 mph. Klaboe said that vehicle speeds have reduced substantially at all the checkpoints. For example, the average speed on portions of I-80N and I-5, formerly posted for 70 mph, was reduced from 58.60 mph to 54.58 mph.

Division statisticians matched those speed reductions with "Composite" vehicle fuel consumptions in arriving at the one million gallons per month savings in gasoline. The "composite" car is a 4,000 pound passenger vehicle and averages, for example, 18.8 miles per gallon at 55 mph and 14.2 miles per gallon at 70 mph—a 4.6 miles per gallon savings.



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## Change Announced In PCC Representatives

For those interested in attending PCC classes for the winter term, a change in whom to contact has been announced for the Scappoose area.

Those wishing to obtain registration materials or information may contact the Scappoose High School, 543-6387, or Phil Walrod, 543-2047 or 397-4000 (days), or 397-3941, (evenings).

Registration materials for St. Helens classes may be obtained from Mrs. Elsie Johnston, 970 Columbia Blvd., St. Helens; 397-2998 (evenings).

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LANDERS - HENDERSON WED —Muir Studios

## Landers-Henderson United In Marriage December 1

Miss Marilyn Henderson became the bride of Steve Landers, son of Mr. and Mrs. Bud Weigand, Saturday, December 1 in a ceremony performed by Rev. Russ Vinyard of the First Christian Church.

The 2 p.m. services took place in the Oddfellows Hall in Vernonia. Mrs. W. Kretschmer was soloist accompanied by Mrs. Lloyd Thomas.

The bride, daughter of George Henderson, Shasta California, and Dolores Henderson of Redding, California, was given in marriage by her grandfather, Albin Bergstrom of Vernonia.

For her marriage, Miss Henderson chose a traditional gown of white floor-length silk organza over satin in empire style accented with lace and seed pearls, designed by her mother. Her shoulder length veil of illusion fell from a headband decorated with white roses and lily of the valley flowers which extended to the tips of the bride's ears. She carried a bouquet of yellow roses, white carnations and stephanitis centered by a purple orchid. Both the gown and veil were also worn by her oldest sister, Mrs. Steve Minger.

Maid of honor was Judi Henderson, sister of the bride, who was attired in a floor-length gown in empire-style in light purple. She carried a basket of orchid pom-poms and white carnations.

Don King was best man while Gaylen and Brian Weigand, brothers of the groom, served as ushers.

A reception was given at the hall following the wedding with the cake served by Mrs. Don Titney and Mrs. Ted Bellingham. Coffee was poured by Mrs. Bill Schleich while punch was served by Mrs. Steve Minger. Kathie Henderson was in charge of the guest book.

Special guests at the affair were Karl-Aren and Britt Ytterstrom from Sweden.

Both the bride and groom are VHS graduates. She is employed by Stan Wiley Inc. in Portland while the groom is employed by Oregon Sheet Metal in Oregon City.

Following a wedding trip to Mt. Hood, Mr. and Mrs. Steve Landers are at home in Milwaukie.

## Holiday Food Adds Calories

Do Christmas holidays conjure up visions of sugar plums, pumpkin pie, turkey, dressing, eggnog, nuts, candy, cookies and cake?

There's nothing wrong with these visions—or foods—says Carol A. Ashley, Columbia County Extension Agent. The trouble comes when you eat the special treats along with regular meals. These holiday foods can add more calories than most adults need.

Try the following hints for sane holiday eating, suggests the home economist.

If you are the hostess, balance those rich, festive hors d'oeuvres and meals with low-calorie foods. Serve fresh raw vegetables and fruits with a seasoned, blended cottage cheese dip for a welcome change.

If you plan to serve gravy, dressing, and a rich dessert, then why not leave out the rolls and serve at least one of your vegetables nicely seasoned but without a sauce. Serve the celery sticks plain, without a cheese filling.

Serve only enough hors d'oeuvres to whet the appetite, not squelch it! Cut the dessert pie in nine instead of eight pieces. People don't really want to eat two banquet in one evening, so don't tempt them and they'll love you for it.

If you've a quest remember one of the easiest ways to insult your hostess is to eat and drink so much before dinner that you lose interest in the food. When you've had enough, cover your glass with a napkin to prevent unwanted refills.

Try these painless tricks for fewer calories. You'll enjoy your holiday eating without that guilty feeling, and your post-holiday figure will be your reward!

## Christmas Trip Enjoyed

The annual Christmas trip to Portland was made by 43 members of Chapter 499, American Association of Retired Persons, on Wednesday, December 19.

The first stop was for Christmas at Old Church, with an hour of music by the Faith Tabernacle church choir, a Church Mouse thrift shop fashion show and an autograph party featuring Fred DeWolfe's new book, "Portland West."

The Pittock Mansion at Christmas was the second stop of the group and an interesting hour was spent in guided tours of the old 46-room house. An hour and a half at Jantzen Beach shopping center was followed by an excellent dinner aboard the fabulous River Queen.

## Tournament Scheduled

The second annual Dad's Club Invitational Basketball tournament will be held this Thursday and Friday nights at the SHS gym. The Dad's Club representatives feel they have a good tournament field lined up with schools from Washington and Oregon.

The Thursday night action gets underway at 7 p.m. with Vernonia playing Washougal, Washington while the second game pits Scappoose against Kalama, Washington. On Friday night the two first round losers face each other at 7 p.m. while the two winners go for the championship in the second game.

## 1973 Awards CZ Presents

Crown Zellerbach's managed forest, Edward P. Stamm, presented their Service Awards for 1973 on December 8, 1973 at the Village Inn in St. Helens. Master of ceremonies for the presentations was Frank Deckebach, Manager of the Edward P. Stamm Managed Forest. Special comments and presentations were made by C.W. Richey, R. Carlson and G.W. Nutter.

Those receiving five-year service pins were H.G. Bodenhamer, Richard Courter, and Hank Bach. A ten-year service pin was awarded to Arnold Dobyns. Those earning 15-year service pins were Irene Meyer, Ralph Aldrich, Thurm DeHart, Todd Bowerman, and Ted Kauppi.

A special presentation was made to Frank Deckebach, Manager of the Edward P. Stamm Managed Forest by G.W. Nutter for his 20-years of service to Crown Zellerbach.

## AARP Hears Social Security Official

Eighty-five members of Columbia County Chapter 499, American Association of Retired Persons, participated in the annual Christmas party in Shrine Hall, St. Helens, on Tuesday, December 18.

The affair started at noon with a potluck. Turkey and dressing and coffee were provided by the chapter and potluck dishes made up the rest of the sumptuous meal.

Woodrow Moe, local Social Security official, outlined provisions of the Supplemental Security Income program and answered questions concerning it. The plan goes into effect on January 2 and those having total income under \$1500 should contact him before that date.

The 75 food gifts brought by members were assigned numbers and distributed during the afternoon, following some community singing.

## Menus from Vernonia Cooks

Betty and George Smith have lived in Vernonia all their lives. They have four children. Their oldest son, Fred is married and lives with his wife Janet in Astoria. Chris lives in Beaverton, Ron lives in Vernonia and Suzie, 8, lives with mom and dad. Betty enjoys gardening, sewing and baking. She is a member of the Timber Route Study Group and gave some terrific recipes to share with everyone.

**LAMB AND CRANBERRIES**  
 2 lbs. lamb stew meat, trimmed, cut for stew.  
 1/4 cup flour  
 1 1/2 teaspoon salt  
 3/8 teaspoon pepper  
 3/4 cup onions, chopped  
 1 clove garlic, sliced  
 1-6 oz can tomato paste  
 1 cup burgundy wine  
 3/4 cup whole cranberry sauce  
 1 cup water  
 1/4 teaspoon ginger  
 1/4 teaspoon oregano

Brown lamb, which has been rolled in flour, in some of the fat trimmed from the meat. Pour off excess fat. Season with salt and pepper. Add onions, garlic, tomato paste, wine and water. Cover and simmer for 45 minutes. Add ginger, oregano and whole cranberry sauce; cook 45 minutes longer, or until meat is tender. Serve over rice.  
 Note: This can be stored and reheated successfully, the flavor seems to mellow and improve as it stands.

**COLE SLAW DRESSING**  
 1/2 cup sour cream  
 1/2 cup salad dressing  
 1/4 to 1/2 teaspoon dry mustard (to taste)  
 1/2 teaspoon salt  
 1 to 2 tablespoons sugar  
 1 tablespoon vinegar

**BRAN REFRIGERATOR MUFFINS**  
 Mix together and let stand a minute: 2 cups 100 percent bran (round pellet type) 2 cups boiling water  
 Cream 1/4 cups butter (or margarine) and 3 cups sugar. Add 4 beaten eggs and 1 quart buttermilk and add to bran and water mixture.

Mix dry ingredients and add to first mixture 5 cups flour, 5 teaspoons soda, 1 teaspoon salt.

Add and mix in about 2 cups raisins, dates, blueberries, figs, apples or any desired combination. Add 4 cups all bran (longer shape) and stir lightly until just mixed. Bake in greased muffin tins at 400 degrees for 20 minutes.

Store remaining batter (makes 4 qts.) in refrigerator (up to a month). Do Not Stir Again. Bake as needed.



RECEIVING 15-year service pins at the annual CZ Service Awards dinner recently were, 1 to r: Todd Bowerman, Thurm DeHart, Irene Meyer and Ralph Aldrich.



RECEIVING a special presentation for 20-years of service with Crown Zellerbach was Frank Deckebach, manager of CZ's Stamm Managed Forest. He is shown here with wife, Mary.

## Meatless Mexican Cookery Set At PCC

Meatless cookery takes on interest and zest when given a Mexican accent, and the technique is not difficult to learn.

Preparation of enchiladas, tacos, chile rellanos, stuffed zucchini, guacamole, and other traditional Mexican dishes will be taught in "Meatless Mexican Cookery," a course to be offered by Portland Community College Community Education Services.

Taught by Ms. Bridget Merle, the five-week course will begin Tuesday, January 8, from 7 to 10 p.m. in room 8 at Tigard High School, 9000 SW Durham Road. The fee is \$12.50.

For more information call Portland Community College, Community Educational Services in Tigard, 639-6110.

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## 25th Wedding Fete Enjoyed

A silver wedding anniversary party was given for Mr. and Mrs. Richard Goodman of Nenana, Alaska. Over 30 persons were in attendance at the party December 17, given by Mr. and Mrs. Richard Johnson at their home in the Mist area.

The Goodmans were married December 10, 1948 in Kelso Washington. They have two children, Fawnda (Mrs. Roy Jackson) and Paul (Skip) both of Cornelius, and two grandsons, Eric Jackson and Jeff Goodman.

The Goodmans, long-time residents of Vernonia, moved to Alaska in March of 1973. On December 7 they flew to Hawaii where they spent the week of their anniversary swimming, shopping, and enjoying the scenery. They then flew to Portland on the 15th and spent two days at the home of their children then came to Vernonia where they have been staying at the home of Mrs. Goodman's mother, Mrs. Ruby Normand.

They will return to Nenana some time after the first of the year.

Holiday Greetings

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