

WILBUR MILLS, Chairman of the U.S. House of Representa-tive's Ways and Means Committee shown with Les Aucoin discussing small community health care.

Aucoin, Mills **Talk About Health** Care

Les AuCoin, Oregon state representative and candidate for the 1st district congressional seat, discussed America's health care needs with Wilbur Mills, Chairman of the U.S. House of Representative's Ways and Means Committee, a week be-fore Mills announced a new national health insurance plan.

AuCoin, who was in Washington for a series of meetings with congressional leaders, stressed the need to alleviate the shortage of doctors in rural areas, and discussed ways to provide incentive for doctors to relocate to small communities.

The problem is particularly acute in Oregon, where recent figures show that Tillamook County has only one doctor for every 1,494 residents, Columbia County one doctor for every 2,399 residents, and Clatsop County one doctor for every 1,238 residents. By contrast, metropolitan areas have an abundance of doctors, with a ratio of one doctor per 353 residents in Multnomah county. While AuCoin has not endorsed any of the specific health insurance proposals be-fore congress, he emphasised that any federal health care program must provide a solution to this problem.

As democratic Majority leader in the Oregon House of Representatives, AuCoin helped pass legislation which would encourage doctors to move to Oregon and practice in rural communities throughout the state. The most important of these, Senate Bill 654, requires the University of Oregon Medical School to set up a program to enable medical students to work with licensed physicians in areas of the state with cronic shortages

of doctors. It also allows income tax deduction of up to \$10,000 for up to 4 years for newly licensed physicians who work in rural area The Mills bill is a compromise between various other health insurance programs proposed in congress this year. AuCoin expressed the hope that congress pressed the hope that congress would act on some form of national health insurance during the present session, instead of delaying until next year, saying that the rising costs of health care make a comprehensive coverage program essential. show hours.

Motor Show Set Sept. 18

The exciting world of vacation homes on wheels will be featured at the 1974 Portland Motor Home Show in Memorial Coliseum, Wednesday, S e p t e m b e r 18 through Sunday, September 22. For the second consecutive year, Trailer Life Show, Inc. will be presenting an exclusive display of motor homes, chassis mounts and fifth wheelers for outdoor recreational enthusiasts.

The popularity of motor home recreation has grown tremendously in the past several years, as more and more people take advantage of the Northwest's great recreational background. The 1974 Motor Home Show offers the public the opportunity to browse and compare the various styles, sizes, and price range of units withing the motor home industry. Most of the units

in the show will be of the "self contained" variety, but the fifth wheel unit represents an all-new concept in the recreational vehicle line The fifth-wheeler sits on four

wheels, with a ball hitch on a long extension. This ball hitch then fits into the "fifth wheel", a box like receptacle mounted in the rear of an ordinary pickup truck. Because of the superb weight distribution factors, the handling qualities and road worthiness of the fifth wheel units are remarkable. The living quarters are all self-contained from automatic battery-charger to tub shower baths to 8-track stereo systems. Some of the fifth wheelers offer extra luxuries, such as spacious family-size dinette areas with double wide sliding glass door, and even a sensational fold-out back porch.

The 1974 Motor Home Show will offer prospective buyers a preview of the latest styles and models of the 1975 line. All units will be displayed in attractive settings to capture the "spirit" of motorized recreational living. The Motor Home Show will continue daily Wednesday, Sep-tember 18 through Friday, Sep-tember 20, 6 p.m. to 10:30 p.m.; Saturday, September 21, 1 p.m. to 10:30 p.m. and Sunday, Sep-tember 22, 1 p.m. to 7 p.m. Adult admission is \$2 juniors 6-16, \$1. admission is \$2, juniors 6-16, \$1, under six admitted free. Senior Citizens are half price during all

The fifth wheeler can be un-

hitched in minutes, thus giving

the added use of the pickup for

other purposes.

PCC Courses Help income News - - -Tax Preparers We have logged 2,205 miles on Sr. Citizens car and van for the

Income tax preparers are now required by Oregon State Law to take 60 clock hours of instruction to qualify for new licenses, and a minimum of 20 clock hours before January 1, 1975, to qualify for renewal licenses. Courses offered this fall by Portland **Community College will provide** that training.

Three segments of the basic Three segments of the basic course for new licensees have been scheduled for student con-venience. At PCC Sylvania, 12000 SW 49th Ave. Portland, classes will meet from 7 to 10 p.m. on Tuesdays and Thursdays in PB 3, and from 9 to 12 noon and 1 p.m. to 4 p.m. on Saturdays in room SS A9. At PCC's Cascade center, 705 N Killingsworth, Portland, classes will meet from 7 to 10 p.m. on Mondays and Wednesdays in room CH C4. Each course carries six credit hours, and a tuition fee of \$60.

For those requiring license renewal, an advanced course dealing with law, theory and prac-tice, is scheduled in two segments. One segment will meet at Sylvania on Saturdays from 9 a.m. to 12 noon in room SS A10. The second will meet at Cascade on Thursdays from 7 to 10 p.m. in PB 2. Each course carries three credit hours and a tuition fee of

Those desiring a review of basic income tax regulations and practices and who wish to use this means for securing the minimum of 20 clock hours for renewal may enroll in either of three segments of basic review. Each class will meet from 7 to 9:30 p.m.; one on Mondays and Wednesdays at Sylvania in room HT D12, one on Tuesdays and Thursdays at the Southeast Center, 3600 SE 79th Avenue, Port-

land, and one on Tuesdays and Thursdays at Aloha High School, SW 185th and Kinnaman Road, Aloha All classes will begin during

the week of September 30, and registration will be held at the first class meeting. Enrollment will be limited. For further information contact the Business Education department, Portland Community College, 244-6111.

Betty Crocker Contest Set

College scholarships, from \$500 to \$5,000, are available to all high school seniors through the Betty Crocker Search for Leadership in Family Living, for-merly the Betty Crocker Search for American Homemakers of Tomorrow.

An invitation to enroll in the

Rebekahs Set Senior Citizen **First Meeting**

Due to Labor Day holiday, Mt. Heart Rebekah Social Club was postponed to Tuesday evening of

postponed to Tuesday evening of this coming week, September 10. It will be held at the home of Mrs. Ella Cline at .7:30 p.m. According to club president, Evelyn Heath, this is an im-portant meeting for plans are to be completed for activities in the near future, and other plans made for the fall season. All Rebekahs are urged to attend.

Reports given at the July meeting, which was a picnic at the home of Edna Linn, showed 300 tickets sold for the Jamboree breakfast. In addition, the Jamboree queen and princesses and their chaperone were guests of the Rebekahs for breakfast. Funds realized from the breakfast will be applied to the project of painting the outside of the IOOF hall.

Also coming up this coming week is the resumption of meet-ings by Mt. Heart Rebekah Lodge. The first fall meeting will be Thursday evening, Septem-ber 12 at 8 p.m. at the IOOF hall. Noble Grand Arlie Emmons urges all members to attend and get the fall season off to good start. Many things of interest are on the agenda.

The social hour following the meeting will be a good time for visiting among members who have not seen each other during the summer months, and for catching up on happenings of the summer



NEW ARRIVALS

Mr. and Mrs. Al DeLemos are the parents of a boy, Ryan Alvin born Friday, August 27 at the St. Vincent's Hospital. The little boy weighed seven pounds 13 ounces and was 20-inches long at birth. He joins two sisters and a brother at the family home.

Proud grandparents are Mr. and Mrs. Michael Lucor, and Wm. Hahmeyer, all of Vernonia. Great-grandparents are Mr. and Mrs. John Avis, Layfetta; and Mr. and Mrs. Wm. McMullien, Vulcan, Alberta, Canada.

PCC Offers China Painting

Vernonia Eagle THURSDAY, SEPT. 5, 1974 3

Lucy Lance Becomes Bride Of Randy Shafer Aug. 24

In a 3 p.m. ceremony Saturday, August 24, Lucy L. Lance became the bride of Randy Lynn Shafer, son of Mr. and Mrs. Lester Shafer, Vernonia. The afternoon services were per-formed by Arthur Lance, uncle of the bride, in the Kingdom Hall of Jehovah's Witnesses in Forest Grove, which was decorated with baskets of yellow and blue flowers.

Given in marriage by her father, the bride, daughter of Mr. and Mrs. Harvey Lance, Forest Grove, chose a formal length gown of white chiffon over white satin. It was fashioned with a high neckline and long sleeves. She wore a white floorlength veil of illusion and carried a bouquet of blue and yellow rose buds.

Mrs. Rick Hillsbery, sister of the bride, was matron of honor She was attired in a floor-length gown of yellow satin with white lace bodice and white lace sleeves.

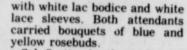
Bridesmaid was Mrs. Sal Scotto, sister of the groom. She wore a floor-length gown of blue satin

Pythians To Resume Meets

Vernonia Temple Pythian Sis-ters, which has vacationed during July and August, will resume meetings Wednesday evening of next week, September 11. It will convene at 8 p.m. at the IOOF hall and all members are urged to attend.

On the agenda are the making final arrangements for the attendance of a local repre-sentative at the Grand Temple sessions at Eugene September 15, 16 and 17. Mrs. Irma Chance was named as grand representative at the June meeting prior to vacation. She will be ac-companied by Past Grand Chief Lesta Garner who will serve as parliamentarian for the session. Also on the agenda is the making of plans for the fall rummage saie, and for other activities of the fall season. A social hour and refresh-

ments will follow the meeting.



Sal Scotto, brother-in-law of the groom, was best man and Rick Hillsbery, the bride's bro-

ther-in-law, was attendant. Following the rites, a recep-tion was held at Forest Grove High School auditorium with approximately 200 friends and relatives gathered to wish the couple well.

Following a wedding trip down the Oregon coast, Mr. and Mrs. Randy Shefer will make their first home in Cornelius.

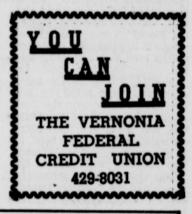
Ridge Riders Hold Meeting

At the regular August meeting the Jamboree Horse Show report was made and discussed.

A report was given on the over-night Camp McGregor ride August 17-18. There were only 9 riders but everyone had a good time.

The Camp Wilkerson ride details were given for those who were making the ride over Labor Day weekend.

An over-night ride is planned for September 14-15 to Rogers Park. The ride will leave Anderson Park at 1 p.m. Saturday the 14th and there will be a potluck dinner at Rogers Park. Sunday there will be games and a trailride. Eleanor Thompson will lead the ride which is for members and their guests.





FOOD for LATER Q. If I can't find new canning lids in the store, may I use paraffin

month of August and over 60 passengers. There were only

three days that there was not

trips during the month. Charles Maddox of the Rehab. office in Portland has been transferred to Salem office.

Anyone requiring his services call 280-6836 Portland Ore.

nonia who enjoy visiting the

nursing home once a week in St.

Helens; anyone who has the time and would like to bring cheer to

the shut-ins, a car leaves our center every Tuesday at 9 a.m.

Call us for an appointment to go along. They are generally gone until 2 or 3 p.m.

May we remind all you folks who are not Sr. Citizens or

members, are welcome to

COLCO Transportation services.

Our business meeting and pot-luck will be here at the Sr.

Citizens center, Friday Septem-ber 6 at 12:30. All Sr. Citizens are

There are 3 persons from Ver-

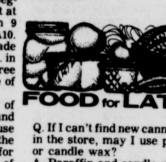
A. Paraffin and candle wax are not recommended for canning. Spoilage bacteria, yeast or molds may enter the food before the paraffin is poured. In ad-dition, the poured solidified paraffin may shrink or have imperfections which allow spoilage

organisms to enter. Spoiled food means money lost. In vegetables, it could also result in deadly food poisoning if Clostridum botulinum bacteria grew and produced toxin.

Always follow reliable canning Always follow reliable canning directions for canning food. They include filling the jar with food, putting on new lids and screw bands and processing the jars of food according to directions. After processing. check lids for a vacuum seal.

Q. Would buying a can sealer and cans be a good way to beat a canning jar and lid shortage? A. You need to consider the cost of the can sealer (\$75 and up) and cans. Have you located a place to buy cans?

If you decide to bay a can sealer, you need to take special care to test the sealer to be absolutely sure it is in proper adjustment to give a seam that makes a tight vacuum seal. An airtight seal is essential to pre-



welcome.

COLLEGE BOUNIS Calue **KIDS OFF TO COLLEGE?** Keep them posted on "What's Happening" at home with a subscription to the Vernonia Eagle. ONLY \$200 For the School Year! (Oct. thru June 15) SUBSCRIPTION FOR: Name Address State City. Zip Code. From Mail To: Vernonia Eagle 721 Madison Ave. Vernonia, Ore. 97064 (Please Enclose Check or MO)

program will soon be mailed to all high schools across the nation. Schools new to the event are invited to write the Betty Crocker Search, P.O. Box, 1113, Minneapolis, Minn., 55440, for information.

Enrollment deadline is October 31.

On Tuesday, Dec. 3, each participating school will administer a 50-minute writted examina-tion. Prepared and scored by Science Research Associates, Inc., Chicago, this general knowledge and attitude exam-tination is the first important step of the scholarship program

gram. From the examination results, a Betty Crocker Family Leader of Tomorrow will be chosed for each participating school. School winners are acknowledged with special awards and their exam-institutes are antared in state inations are entered in state competition.

competition. Each State Family Leader of Tomorrow receives a \$1,500 col-lege scholarship while every state second-place winner re-ceives a \$500 grant. The state winner also earns for his or her school a 20-volume reference work, "The Annals of America" from Encyclopaedia Britaneice from Encyclopaedia Britannica Educational Corporation.

State winners accompanied by a faculty advisor will be the guests of General Mills next spring on an expense-paid ed-ucational tour, which will in-clude Washington, D.C., and Williamsburg, Virginia. A spec-ial event of the tour is announced of the All American Encide of the All-American Family Leader of Tommorow, who's scholarship will be increased to \$5,000. Second, third, and fourth place winners in the nation will receive scholarship increases to \$4,000, \$3,000 and \$2,000 respec-

tively The Betty Crocker Search is on the advisory list of the National Association of Secondary School Principals.

Timber Route Home Study Group Meets

New members are invited to attend the Timber Rt. Home Extension Study Group which will meet Tuesday, September 10 in the West Oregon Electric building for their first get-acquainted" meet of the year at

1 p.m. Officers for the group are chairman, Betty Fuquay; vice-chairman, Helen Hall; secre-tary-treasurer, Jcanie Marxer. Hostesses for the meeting will be Zola Christensen and Betty Fuent spoilage and food poisoning.

Directions for testing the can sealer for proper adjustment are available from your local county extension office.

Q. I just bought a new freezer. How much food can I freeze at one time?

A. For top quality frozen foods, you want the food to freeze as fas you want the food to freeze as fas as possible. This means freezing only one to two pounds of food for each cubic foot of freezer space. Spread the food packages, not touching each other, on shelves close to cooling coils. After 24 hours, frozen foods may be stacked to conserve space. you want the food to freeze as fast as possible. This means

fast as possible. This means freezing only one to two pounds of food for each cubic foot of freezer space. Spread the food packages, not touching each other, on shelves close to cooling coils. After 24 hours, frozen foods may be stacked to conserve

Q. How cold is cold in a freezer? A. Your freezer should hold a steady 0 degree Fahrenheit. Freezer temperatures that fluc-tuate up and down cause large ice crystals to form. This causes softening of the foods. Q. Is there something I can add

to keep frozen fruits from darkening

A. Add ascorbic acid, (vitamin C) to the cooled syrup or sugar or plain fruit when packing light colored fruits such as sweet, pitted cherries, apples, apricots, peaches, figs, and prunes. For specific information, see freez-ing directions available from the ounty extension office.

A. Can I use vitamin C tablets when freezing fruits? A. Yes. Vitamin C in the powder

form, tablets or in commercial preparations especially for froz-en fruits may all be used. Allow 150 mg. vitamin C for each pint or pounds of fruit. Tablets are sometimes difficult to dissolve. Mash them and dissolve in two tablespoons of water before us-

Q. There are so many containers that could be used for freezing fruits and vegetables. How do I decide which to use?

A. A good container in moisture-A. A good container in moisture-vapor proof; strong and dur-able; easy to handle, seal and label; economical of storage space (square containers fit to-gether to save space). Contain-ers made for freezing include plastic containers with snap on lids, waxed paper boxes with plastic liners, metal cans and widemouth freezer jars. In gen-eral, cottage cheese, ice cream and milk cartons and ordinary plastic food storage bags are not plastic food storage bags are not suitable for freezing.

For those who admire the beauty and delicacy of fine, hand painted china and have wanted to learn this time honored art, Portland Community College Community Education has a course this fall.

China Painting classes, taught by Mrs. Rosemarie Webb, will meet from 7 to 10 p.m. on Mondays for ten weeks beginning September 30, in room A2 at the Mountain View Intermediate School in Beaverton. Tuition is \$18.

Students are asked to bring clean turpentine and a lint free rag cut (not torn) from an old sheet or pillow case. They may bring a pallet knife and a four by four inch ceramic tile, or these things can be purchased in class together with the necessary paints, brushes, and china blanks.

For further information, con-tact Community Education, Portland Community College Beaverton Center, 649-0451.

If you're full of vim and vigor, it's easy to forget that periodic physical examinations are important for staying healthy. See your doctor regularly!





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