



Betty Rieb, right, of Rieb's Nyssa Food Center hands a sign-up sheet to Doris Tidwell for the course on Seafood Buying and Preparation. The correspondence course is offered

by the Oregon State University Extension Service, and interested persons may pick up their application forms in local grocery stores.

New Course Available For Seafood Preparation

A new correspondence course for the homemaker who wants to serve seafoods is being offered to area residents. The free series of lessons will be offered as a correspondence course through the Malheur County extension office. Especially suited to the needs of women who are "home-bound" because of small children or other responsibilities that make it difficult to attend meetings, the course consists of three lessons. Each has an assignment to be completed at home and mailed back to the County Home Economics Extension agent.

"Many homemakers enjoy seafoods themselves and want to serve them to their families, but often they're not acquainted with the many easy, interesting methods of preparing ocean dishes," explained Helen Conner, home economics agent. "The new course is intended to help homemakers be as familiar with seafood buying and preparation as they are with other forms of animal protein," said Mrs. Conner.

The new course, entitled "You -- the informed seafood buyer," was prepared by Mrs. Velma Seat, extension food marketing specialist at Oregon State University.

Sections of the course are devoted to buying fish and shellfish, judging quality and cost, and preserving seafoods. Other portions of the course discuss basic seafoodcooking, offer recipes, and suggest eye-

appealing serving techniques. The last lesson emphasizes use of the ocean foods that are most frequently found in the Pacific Northwest. Mrs. Conner noted that the course would be of interest to women whose husbands are sportsmen as well as to persons who buy their seafood in markets.

The course will begin Feb. 10. Mrs. Conner asks homemakers who are interested in the course to call the county extension office, 889-9129, or write to the office at City Hall, Ontario. Final date for registering for the course is Feb. 8. Sign-up sheets are available in local grocery stores.

ADRIAN NEWS

Gladys Thomas 372-2520

ADRIAN-Mr. and Mrs. Vern Parker entertained at dinner Saturday. Guests were Mr. and Mrs. George Cartwright, Mr. and Mrs. Bill Willis and Mr. and Mrs. Robert Webb and Melanie.

Mrs. K.I. Peterson, Mrs. W.E. Ashcraft and Mrs. Mabel Piercy attended the Wednesday afternoon Koffee Klatch at the home of Mrs. Marie Moore.

Mr. and Mrs. W.A. Vehlin of Payette, and Mr. and Mrs. Edward Andersen of Oberlin, Kansas, were Monday afternoon visitors of Mr. and Mrs. N.C. Thomas.

Mr. and Mrs. Veryl Harrison of Ontario were Sunday luncheon guests of Mr. and Mrs. Vern Parker.

Mrs. Robert Webb spent last Friday at Mercy Hospital in Nampa with her father who had surgery. She also visited him Sunday.

Mrs. Mervil Hutchinson and Mrs. K.I. Peterson entertained at a birthday dinner for K.I. Peterson at the Hutchinson home in Nyssa Sunday. Guests were Mr. and Mrs. Delos Foster and Kenny from Star, Mr. and Mrs. George De Haven, Mrs. Marie Moore and Mrs. Edna Cowling. Mrs. Mabel Piercy called in the afternoon.

Mr. and Mrs. Robert Long visited his sister Mr. and Mrs. Al Thompson Sunday evening. Mrs. Thompson has been quite ill the past week.

Mr. and Mrs. H.I. Rush of Nampa were Saturday afternoon visitors in the N.C. Thomas home.

Mr. and Mrs. Vern Parker visited Mr. and Mrs. Andy Bedegi and Mr. and Mrs. Laszlo Bedegi in Nampa Sunday afternoon.

Women of the Presbyterian Church gave a miscellaneous shower for Mr. George Scheimer Friday afternoon. Mr. and Mrs. Bill Willis were



MALHEUR MEMORIAL HOSPITAL

JAN. 23 - Mr. and Mrs. Larry Miller of Parma, a boy.

JAN. 26 - Mr. and Mrs. Ronald Lyday of Jamieson, a girl.

Herb Sez ...

Much has been said about conservation, but I sometimes wonder if we're not confusing conservation with preservation. The dictionary defines them as being about the same, but by today's definition there is a difference. By conservation we're saving large portions of land for future generations, but by preservation we're creating large hunting preserves for the benefit of a comparatively few.

We find that a person who will actually feel great sorrow when a tree falls and at the same time get his annual deer, elk, or any other game beast that happened to wander into the sights of his rifle.

We have vast roadless areas otherwise known as primitive or wilderness areas. The only people able to really enjoy these beauty lands of solitude are those with ample leisure time to walk into the forests for weeks on end or able to finance a pack trip. Now I go along with this roadless wilderness concept if it's to maintain a natural area for future generations, BUT only if hunting is NOT permitted.

In the minds of too many conservationists the ecology of the land is upset by logging, mining, grazing, airplanes, automobiles, motorcycles, but they do no harm with firearms. I was told that fishing in the White Cliffs was wonderful, but if highways were permitted to enter the area that people would catch the fish. This was a purely selfish statement. If

APPLE VALLEY ITEMS

*****BY FRANCES SMALLEY*****

APPLE VALLEY - Mr. and Mrs. Lloyd Dibble visited Thursday evening with Mr. and Mrs. Ted Alloway at Nampa. Sue Dibble attended the Trent Farnum funeral Wednesday in Boise.

Parma Nazarene Young People were hosts for the Nazarene Church Zone Young People for a party Saturday evening at the high school gym.

Mr. and Mrs. Albert Nichols and family of Nu Acres were Sunday afternoon visitors and Mr. and Mrs. L.D. Walburn were evening visitors of their parents, Mr. and Mrs. Oscar Nichols.

Mr. and Mrs. Ted Alloway of Nampa were Sunday afternoon guests of Mr. and Mrs. Lloyd Dibble.

Mr. and Mrs. John Sheppard of Ontario were Friday evening

visitors of Mr. and Mrs. Cecil Sheppard.

Mrs. Cecil Sheppard was hostess for the womens hour of Prayer Group Friday morning in her home.

Mr. and Mrs. Dwight Seward, Gary and Mrs. Ethel Wild were guests of Mrs. Hugh Pierce in Boise Wednesday to help her celebrate a birthday anniversary.

Mr. and Mrs. Dwight Seward, Gary and Mrs. Ethel Wild were Sunday evening guests of Rev. and Mrs. Manley after church service.

Gary Rucker and Mike Sorenson of Nampa visited in Salem over the week end and inquired about entrance at Western Baptist College.

Mr. and Mrs. Robert Rookstool of Caldwell were Sunday evening visitors in the Roy Rookstool home.

Mrs. Norman Guthrie was a Friday luncheon guest of Mr. and Mrs. Gene Honey and Mr. and Mrs. Art Sparks of Nyssa were afternoon visitors.

Mr. and Mrs. Gene Honey visited on Friday evening with Mr. and Mrs. Sam King.

Mr. and Mrs. Gary Griffin entertained at a birthday anniversary dinner for Gene Honey, Mr. and Mrs. Gary Griffin and Tracy. All of the anniversaries were not on the same day but were so close they celebrated together. Other guests attending were Mr. and Mrs. Jim McGinn, Donald and Bill McGinn and Sandy Weber all from Baker, Mr. and Mrs. Lee-

The acetate fiber in your clothing was made from a tree, Georgia-Pacific Corp. says.

Newsprint, TV film and radio tapes are made from trees grown on today's tree farms.

A new re-cycled paper record of nearly 350,000 tons has been reported by Georgia-Pacific Corp. for 1970. The company uses the clean solid waste for conversion into top grade wallboard facing paper and the fluted center of corrugated "board" for shipping containers.

land Dewey of Fruitland, Mrs. Ralph Dewey and Susan of Ontario, Mrs. Gene Honey and Mr. and Mrs. George Griffin and Lorrie.

Mr. and Mrs. Tom Ferguson enjoyed visiting Saturday and Sunday morning with their son, Colonel Charles Ferguson from McDill Air Force Base at Tampa, Florida. He flew in to Mt. Home Airport Saturday and left there Sunday.

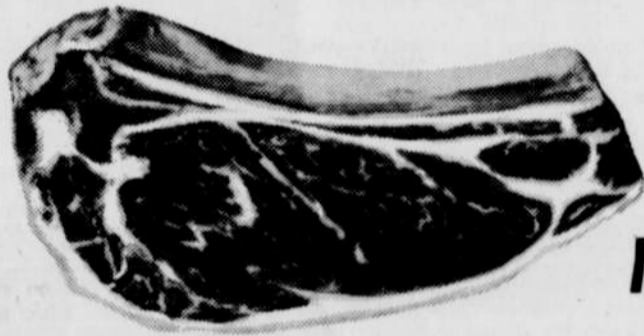
Mrs. Hilda Collins of Boise and her mother, Mrs. Louisa Wellington of White Court, Canada, were Sunday dinner guests of Mr. and Mrs. Faye Collins.

Mr. and Mrs. C.L. Fritts visited Friday with Mr. and Mrs. Paul Parsons of Boise, and also with Sam Tuning who is living in the Dr. Wayne French home at Boise.

Mr. and Mrs. Earl Boston were Sunday dinner guests of Mr. and Mrs. Robert Shippy of Weiser.

QUALITY FOODS And SERVICE!

RIB STEAK



85¢ lb.

HORMEL CANNED HAMS \$2.69 3 LBS.

BACON SQUARES 29¢ HAM HOCKS 39¢

TANGERINES

lb. 10¢

SUNNY LOU

Large Stalk Celery

2 STALKS FOR 29¢

POTATOES

NO. 1 RUSSETS 10 lb. Bag

39¢



TREASURE VALLEY

CHEESE

2 lb. BOX

79¢

TREASURE VALLEY

LIQUID GREEN DETERGENT

32 oz. SIZE

43¢

SWIFT'S 24 oz.

BEEF STEW

63¢

ASSORTED

CANDY BARS

REG. 5¢ ea.

3 for 10¢

INSTANT

FOLGER'S COFFEE

6 oz. JAR

69¢

JOLLYTIME

2-LB. PACKS POPCORN

\$1.00 4 FOR

TREASURE VALLEY

ASSORTED BEANS

15 oz.

8 for \$1.00

NABISCO,

OREO & CHOC. CHIP COOKIES

14 1/2 oz.

2 for 89¢

BUMBLE BEE

PINK SALMON

16 oz. Can

79¢ ea.

DEL MONTE

ASSORTED DRINKS

46 oz.

3 for 89¢

LIVE MUSIC

Every Friday & Saturday Nights

Dining & Dancing and Your Favorite Drinks

BROWNIE'S CAFE NYSSA, OREGON



RIEB'S NYSSA FOOD CENTER

605 Main Street

Nyssa, Oregon

Phone 372-2523

Professional Directory

Physicians and Surgeons

K. E. KERBY, M. D. K. A. DANFORD, M. D. Physicians and Surgeons Dial 372-2241

HOURS: 9 to 12 noon & 2 to 5 P.M. - Monday through Friday, 10 to 12 Saturday.

MAULDING CLINIC

L. A. Maulding, M. D.

Charles E. Vanetti, M.D. Physicians and Surgeons

Dial 372-2216

HOURS: 9 to 12 noon and 2 to 5 P.M. - Monday, Tuesday, Thursday and Friday, 9 to 12 noon, Wednesday and Saturday. Weight labs. "By appointment only" Wednesday.

DAVID W. SARAZIN, M.D.

Physician and Surgeon

HOURS: 10 to 12 noon & 2 to 5 P.M. - Monday, Tuesday, Wednesday, Friday, 10 to 12 Saturday. Phones: Office 372-3365 Residence 372-3173

Optometrist

DR. JOHN EASLY

387 S. W. 4th Avenue Ontario, Oregon - Phone -

Ontario 889-8017

Veterinarians

TREASURE VALLEY ANIMAL HOSPITAL

Phone 372-2251

DR. B. E. ROSS

Nyssa 372-3552

DR. FRED CONKEL

Nu Acres ... 674-2023