

Favorite Foods

By Leona Anderson

Idaho Power Company
Home Service Representative



Have you ever looked at a "Lasagne" recipe and, after some thought, turned to another page in your recipe book? It has too many ingredients, you said to yourself (or don't you talk to yourself?) Anyway, you changed your mind about making it.

"Lasagne" means "wide noodle" and if you make this "Noodle Cheese - Beef Bake" you'll have a dish equally as delectable and not nearly as time consuming. The Lasagne noodle is over an inch wide after it's cooked.

There's Pizza and Pizza so I thought I'd give you the recipe of my favorite. I thought since I started with a reasonable facsimile of one Italian dish I might as well end up with another. This Pizza is made with a refrigerated biscuit as a base and the rest is add what you like. It's fun at a teenage party for each to make their own. Have the topping set out in bowls for them to help themselves.

EASY PIZZA

- 1 pkg. refrigerated biscuits
- 1 can tomato paste
- Hamburger
- Pepperoni, sliced
- Onion grated
- Olives
- Anchovies
- Cheddar Cheese
- Parmesan Cheese
- Mozzarella Cheese

Roll biscuits into 4 - inch circles, form rim around edge and lay on a greased baking sheet. Cover with tomato paste and sprinkle with small bits of ray hamburger. Add sliced pepperoni, onion, anchovies or any combination of the remaining ingredients. Sprinkle with Parmesan and lay Mozzarella Cheese on top.

Bake at 375 degrees for 12 minutes. Serves 3-4. (It's fun to let your guests choose their own topping combinations.)

NOODLE CHEESE BEEF BAKE

- 2 tablespoons butter
- 1 lb. ground beef
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. celery salt
- 1/2 tsp. garlic powder
- 1/2 tsp. monosodium glutamate
- 1 teaspoon sugar
- 1 8 oz. can tomato sauce
- 6 green onions
- 1 3-oz. package cream cheese
- 1 cup sour cream
- 1 8-oz. pkg wide noodles, cooked, and drained
- 1/2 cup grated cheese

Brown beef in butter and add next seven ingredients. Mix onion, cream cheese and sour cream together. Bake in a 2-quart casserole, alternating the layers twice. First noodles, then the onion and cream; then the meat mixture. Sprinkle grated cheese over the last meat layer and bake 30 minutes at 350 degrees. Serves 6 to 8 persons. This may be frozen until ready to bake.

Dr. Parnell Speaks To OFBF

Dr. Dale Parnell will be one of the main speakers during the Oregon Farm Bureau Federation's annual convention November 7 through 10 in the Marion Hotel in Salem. The Oregon Superintendent of Public Instruction will address the delegates at the banquet November 9.

Among speakers slated for the OFBF week will be Mrs. Jane Wyatt, Director of Consumer Affairs for the Oregon Department of Agriculture. Mrs. Wyatt will talk at the women's luncheon November 8.

One of the highlights of the convention will be the election of officers and directors, November 10. The new Oregon Farm Bureau Sweetheart will also be crowned during the convention.

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UNEMPLOYMENT DOWN IN OREGON

Oregon unemployed declined from 53,400 in August to 48,300 in September, Ross Morgan, Oregon Employment Division Administrator reported recently. As a result Oregon's seasonally adjusted unemployment rate edged down from 6.3 to 6.2 percent from August to September, just slightly below the level of a year earlier (6.3 percent). Oregon's trend was in line with the decline in the U.S. unemployment rate which edged down from 6.1 in August to 6.0 percent in September.

The decline in Oregon unemployment was accompanied by an increase in nonagricultural employment from 863,200 in August to 868,400 in September. The major gains occurred in construction, retail trade, services and public education. Agricultural employment, however, dropped seasonally from 75,000 to 56,300 as summer harvest neared completion and students returned to school.

Morgan indicated the overall employment outlook was one of cautious optimism, for a slow but steady improvement in the State's economic picture and that the recent resumption of longshore work on Oregon's waterfronts would be particularly helpful.

EOC HOMECOMING SLATED SATURDAY

As hosts, Eastern Oregon College confidently expects that Homecoming this year will bring yet another conference victory, this one against Oregon College of Education.

The encounter will be at 1:30 p.m. Saturday, October 23, in the college stadium.

The usual autumnal festivities also include a concert by Josh White, Jr., an easy-going black entertainer who drew a capacity crowd his last time in La Grande, at 8:30 that evening and a buffet-social hour at VIP's restaurant on the Island City strip from 5 to 8 p.m.

Alumni may reserve tickets through C.E. Zahl, director of alumni relations, at \$5 for buffet and concert, or \$3 each for either. They also will be available at the doors and are on hand in the office of Max Cook, director of campus relations, in Hoke basement.

Two other events, an auto-cross near the Coliseum at 8 a.m. and the donkey joust at noon on the football field, both sponsored by Interscholastic Knights, complete Saturday's program.

The Homecoming dance will be at 9 p.m. Friday, Oct. 22, in Hoke, and the day before, the queen will be crowned in the administration theatre at 7 p.m.; a noise parade, the bonfire and burning of the "O" will start at 7:30 p.m. near Hoke, and a hootnanny in Hoke will follow at about 9 p.m.

During the 1970-71 fiscal year, eleven new State Park areas were acquired. An additional 3,569.90 acres were acquired to be added to 21 existing State Parks and waysides. Total State Park acreage is now 87,410.87.

NEWELL HEIGHTS ITEMS

BY DALE WITT ■■■ PHONE 372-2183 ■■■

NEWELL HEIGHTS - Mr. and Mrs. Jim Phifer, Mr. and Mrs. Kenneth Price and Sherri, and Mr. and Mrs. Jim Thomas and Steve were guests at the Carl Lee Hill home after the ball game Friday evening.

Mrs. Milda Schiemer was a Sunday dinner guest of Mr. and Mrs. Carl Lee Hill, and Mr. and Mrs. Jim Stevens of Corvallis were Sunday evening visitors in the Hill home.

Mr. and Mrs. Arthur Carter of Newberg, Ore., spent the past week visiting Mr. and Mrs. R.D. McKinley.

Mr. and Mrs. Luit Stam went to Grangeville, Idaho, Thursday and visited Mr. and Mrs. Bill Dehaas, returning home on Saturday.

Sunday dinner guests at the Bill Webb home were Mrs. Margaret Payne, Mr. and Mrs. Ted King of Ontario, Dr. and Mrs. R.D. Payne and daughter Holly of Klamath Falls, and their son Don Payne, who attends college at La Grande. Some of the men went deer and pheasant hunting.

Mrs. Dale Witt was a Sunday dinner guest of Mr. and Mrs. John Fahrbruch.

Robert and Sheila Pratt attended the homecoming dance at Adrian Friday evening. Mr. and Mrs. Eugene Pratt and family attended the ball game at Adrian the same evening. They played Melba. Mary Timmerman was homecoming queen, and Vicki Shenk and Sheila Pratt were the princesses.

Mr. and Mrs. Chas. Solomon of Elkton, Oregon arrived Saturday and are visiting Mr. and Mrs. and Mrs. Burton Barnes. Mr. and Mrs. Ted Holt of Fruitland were Sunday afternoon callers in the Barnes home.

Clint Chamberlain spent the weekend at Gowen Field with the National Guard.

Terri Chamberlain attended the LDS leadership conference at Shore Lodge at McColl over the weekend.

Mr. and Mrs. Harry Warren of Parma took their daughter and husband, Mr. and Mrs. Irvin Topliff out to dinner Sunday to celebrate their wedding anniversary.

Johnnie and Ronda Ward were Saturday overnight and Sunday guests of Mrs. Rollo Fenn while their parents, Mr. and Mrs. Ronnie Ward and Laura Ward, went deer hunting. The children attended LDS Sunday school and church with Mrs. Fenn Sunday.

Mrs. Louise Hill and her sister, Daphne Stevens of Corvallis, and C.B. Hill visited Mrs. Lydia Worden Friday afternoon.

Mr. and Mrs. Ray Simpson were Saturday evening visitors in the Gene Simpson home. Mrs. Carl Fenn was a Saturday afternoon caller and Jimmie Fenn was a Sunday morning visitor in the Gene Simpson home.

Mr. and Mrs. Marion York of New Plymouth were Saturday overnight and Sunday visitors at the Ray Simpson home.

The ANK Garden Club met Tuesday afternoon with Mrs. M. L. Judd. Twenty women attended the meeting.

Mrs. Sally Judd and boys were

Sunday afternoon visitors at the M.L. Judd home.

Mrs. Rollo Fenn, Laura Ward and Art Ferguson went Chuker hunting at Leslie Gulch Wednesday.

Mrs. Art Ferguson visited Mrs. Mary McConnell Wednesday, Mrs. Rollo Fenn and Art Ferguson joined Mrs. Mary McConnell and Mrs. Art Ferguson for dinner that evening.

Mrs. Rollo Fenn and Laura Ward went to La Grande on business Wednesday morning.

Saturday Mrs. Rollo Fenn, Mrs. Mary McConnell and Johnnie and Ronda Ward went to Ironside where they joined Mrs. Abby Jones and Mrs. Edith Ferguson for lunch, while their men went deer hunting.

Mr. and Mrs. Johnnie Eason of Homedale were Sunday dinner guests of Mr. and Mrs. Ray Simpson.

Mrs. Karen York and baby, and her mother, Mrs. Alfred Simpson visited Mr. and Mrs. Ray Simpson Sunday morning.

Mr. and Mrs. Bud Derrick were Saturday luncheon guests at the Ray Simpson home.

Ray Simpson, David Phelps and his brother went deer hunting at Mahogany Sunday morning.

Mrs. Tom Boren entered Holy Rosary Hospital at Ontario Friday morning. She had a reaction to some medicine she had taken. She returned home Sunday afternoon.

Mrs. Martha Bessendorfer visited Mr. and Mrs. L.C. McDermott Saturday afternoon, and Mrs. Earl Province was a Sunday afternoon visitor.

Mr. and Mrs. William Johnston and Mr. and Mrs. Al Ayar, both of Portland came Friday to visit Mrs. Marie Moore and spend a week hunting pheasants. Bill Johnston was hunting pheasants on the Carl Piercy ranch Sunday morning. The men say a very large coyote. Steve Piercy shot it in the leg, Bill also shot it after that. It jumped into the air, fell, got up and ran into the corn field. Several had reported seeing this extra large coyote on their place before this time.

Mr. and Mrs. Jake Borge of Reedsport arrived Monday and will spend some time here taking care of business. Their daughter, Mrs. Jim Groome and boys of Prinesville arrived Thursday morning to visit her parents, and another daughter, Mrs. Ernest Eilers and daughters of near Emmett came Saturday and were overnight guests of her parents.

VA says an average of 24,500 disabled veterans train in its vocational rehabilitation program annually.

VA is pushing on-the-job training programs in areas of public need — health care, education, recreation, welfare and pollution control.

Under recently passed legislation, unused home loan benefits were restored for World War II and Korean Conflict veterans and eligible, unmarried widows of these veterans.



These six attractive young ladies are the Treasure Valley Community College cheerleaders for 1971-72. Standing from the left, they are Stephanie Duval, a sophomore from Ontario; Lhonda Shaw, a freshman from

Fruitland; Kathy Ashman, a Caldwell sophomore. Lying down are Angel Walker, a freshman from Fruitland; Andrea Kinney, an Ontario sophomore; and Judy Winkner, a freshman from Clatskanie, Ore.

PUC SUSPENDS GAS CO. REQUESTS

Requests by three Oregon gas companies for rate increases to offset a Canadian gas price hike have been suspended by Public Utility Commissioner Diarmuid F. O'Scannlain.

Virtually all natural gas used by Oregonians comes from Canadian gas fields and is transported into Oregon by the El Paso Natural Gas Company exclusively.

El Paso has negotiated contracts with Canadian suppliers who have raised the price of gas to El Paso effective November 1.

While El Paso has applied to the Federal Power Commission to increase its rates to its distributors, the federal agency has not yet approved that request.

The Oregon companies requesting the rate increases are California - Pacific Utilities, Cascade Natural Gas, and Northwest Natural Gas.

Commissioner O'Scannlain, in suspending all three Oregon requests, pointed to not only the lack of an FPC order on the El Paso request but also to the present wage-price freeze.

"There remains some question as to whether the FPC may legally grant El Paso its requested increase during President Nixon's imposition on the 90-day freeze," Commissioner O'Scannlain said. "Of course, there is further question at this time as to what federal regulations will follow the freeze. Certainly the need remains on my part to investigate and determine both the lawfulness of the requests and the propriety and necessity of passing any increased gas costs on to the customers."

Speculation exists that El Paso could receive an increase to meet the higher costs of Canadian gas as an exception to the 90-day freeze rules because of the import nature of the product. Commissioner O'Scannlain said the validity of such claims remains to be established.

CC Enrollment At Record High

Incomplete returns indicate Oregon community college enrollment has reached a record high, State Superintendent Dale Parnell announced Friday.

Registration at the 13 schools, according to unofficial figures reported this week, has climbed to 56,982.

"Enrollment is running substantially ahead of last year," said Carroll deBroekert, Oregon Board of Education associate superintendent. "We've projected 63,000 and we don't think the projection will be far off."

The returns are far from being complete as most of the schools have not completed registration. For example, Lane Community College began registration later than planned because of the levy election, and, too, several of the schools have unique open enrollment policies allowing students to enroll at various times in the term.

Incomplete and unofficial figures reported this week are: Blue Mountain, 1,485; Central Oregon, 1,380; Chemeketa, 4,723; Clackamas, 3,117; Clatsop, 1,622; Lane, 8,310; Linn-Benton, 3,389; Mt. Hood, 7,500; Portland, 19,800; Southwestern, 2,000; Treasure Valley, 1,030; Umpqua, 1,803; and Rogue, beginning its first year, 842.

Patsy Mink For President Committee Formed

The formation of a statewide Patsy Mink for President Committee was announced today in Eugene. One of the first tasks of the committee will be to complete a petition drive to secure a place for the Congresswoman from Hawaii on the Oregon Democratic Primary ballot next May.

"It's time to pick a person for President on the basis of their qualifications, regardless of their sex," says Erica Hovet, acting chairwoman of the committee. "The latest Gallup Poll indicates that 66% of the American public would support a qualified woman candidate for President. In her four terms in the U.S. Congress, Patsy Mink has more than demonstrated her abilities and qualifications, and that she is as capable as any of the male contenders for the Democratic nomination."

The members of the committee feel that a victory by Rep. Mink would be significant for several reasons: it is the only primary in which all nationally mentioned presidential candidates will be on the ballot without the ability to remove their names and it is the only primary contest all will be pitted against each other. "If Patsy Mink entered only the Oregon primary, and won the Oregon Primary over the 10 to

14 male candidates, it would be an undiluted victory," said Mrs. Hovet. "That fact alone would have an impact on assuring an open convention."

The group of men and women has met with Rep. Mink and she has agreed to support the move by personally campaigning in Oregon.

In addition to state headquarters at 3204 Fillmore, Eugene, 344-1615, local headquarters are being established by: Gretchen Kafoury, 1508 N.E. Stanton, Portland, 222-6406 or 288-6744 (Mink headquarters); Nete King, 1335 Crawley S.E., Salem, 362-1745; and Barbara Ryberg, 373 Vista, Ashland, 482-3825.

Press Advisors Meet At U of O

Mrs. Dorothy Hallaian, publications adviser at St. Helens High School, was elected president of the Oregon Association of Journalism Advisers at the Oregon Scholastic Press' 50th anniversary conference on the University of Oregon campus October 8-9.

Mrs. Eleonore Hermanson, publications adviser at Sandy High School, was elected vice president, and Mrs. Jayne Merickel, newspaper adviser at Medford High School, secretary-treasurer.

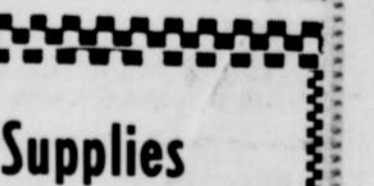
Willard (Bill) Mohn, publications adviser at Grand High School in Portland for eleven years, was awarded a plaque by the Oregon Scholastic Press and the UO School of Journalism for outstanding performance, service and leadership in scholastic journalism.

The plaque has been presented only five times in the 50-year history of OSP.

Some 600 students and 70 advisers attended the conference, representing high schools throughout the state.

Dale Schraufnagel, Nyssa adviser, was among those who attended.

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