

Favorite Foods



By "Odie" Anderson

Do you have a hard time getting your family to eat green vegetables with their meals? They contain the nutrients necessary for good health.

You can dress them up to be so good they'll ask for seconds. I learned to eat broccoli a long time ago with salt, pepper and butter but I really like it in this casserole.

BROCCOLI CASSEROLE

2 pkg. frozen broccoli
1 can crm. of mushroom soup
1 cup sharp cheddar cheese, grated

1 cup crushed vegetable thins
1/4 cup butter

Cook broccoli in a small amount of water until tender. Drain, place in casserole. Mix soup and cheese and pour over broccoli. Melt butter and mix with crumbs. Sprinkle crumbs over all. Bake 30 minutes in a 350 degree oven. Serves 6.

You have probably made this 3-bean salad because it has been very popular in this area. If you haven't it will be a treat for friends and family alike. You can make it ahead, and store it in your refrigerator for several days -- and last but not least, its easy.

1 #2 can green cut beans, drained
1 #2 can yellow cut beans, drained

1 #2 can red kidney beans, drained
1/2 cup onions, chopped
1 green pepper, chopped
1 1/2 cup celery, diced
3/4 cup sugar
3/4 cup cider vinegar
1/2 cup salad oil
1 tablespoon salt

Mix vegetables in a bowl, toss lightly and cover with dressing mixture of sugar, vinegar, oil and salt. Let stand overnight in refrigerator. Serves 8 - 10.

My Neighbors

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"Well I felt sorry for the poor creature being a hundred-to-one shot and I felt my bet would boost her morale."



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"Throne Room" in Minnetonka Cave, where stalactites and stalagmites have blended in limestone, embellished with whipped-cream-like frosting, is but one of many interesting and unusual formations within the cavern in Idaho's Bear Lake Country.

Idaho Department of Commerce and Development

KINGMAN KOLONY NEWS

BY DALE WITT — PHONE 372-2183

KINGMAN KOLONY - Mrs. Eunice Phifer of Ontario was a Friday afternoon visitor in the Chas. Bowers home. Mr. and Mrs. Jim Phifer were Sunday morning callers and Mrs. Bill Toomb called Sunday afternoon.

Mr. and Mrs. Oscar Schafer called Friday on Art Sparks at the hospital in Caldwell. Saturday he was moved to the nursing home in Nyssa.

Mrs. Carl Piercy attended the Happy Dozen Card Club meeting at the home of Sue Ashcraft in Adrian Friday afternoon.

Mr. and Mrs. Otis Bullard of Nyssa visited Mr. and Mrs. Al Thompson Saturday afternoon, and Charlie Gossett of Boise was a Sunday afternoon visitor.

Mrs. Dale Witt and Mrs. Rhea Percival were Friday evening dinner guests of Mr. and Mrs. Carl Begeman.

Mr. and Mrs. Myron Osborn visited Mr. and Mrs. Roy Hinkles in Parma Sunday afternoon.

Mrs. Mary Macy went with a group of former classmates of the Adrian High School to visit Mrs. Melvin Wilson in Ontario Thursday. Others attending were Mrs. Dan (Carol) Skerjanec, Mrs. (Laura Jo) Phillips and Mrs. (Nancy) Carter.

Thursday evening Mrs. Klaas Laan and Mary Ann Laan of Parma took Mary Macy to the airport in Boise where she boarded a plane to Sacramento, California. There she was met by her husband Mike Macy, and Sunday they returned to their home in Riverside, California.

Mr. and Mrs. Mitch Anderson and boys of Coos Bay came Saturday to spend their spring vacations with relatives here.



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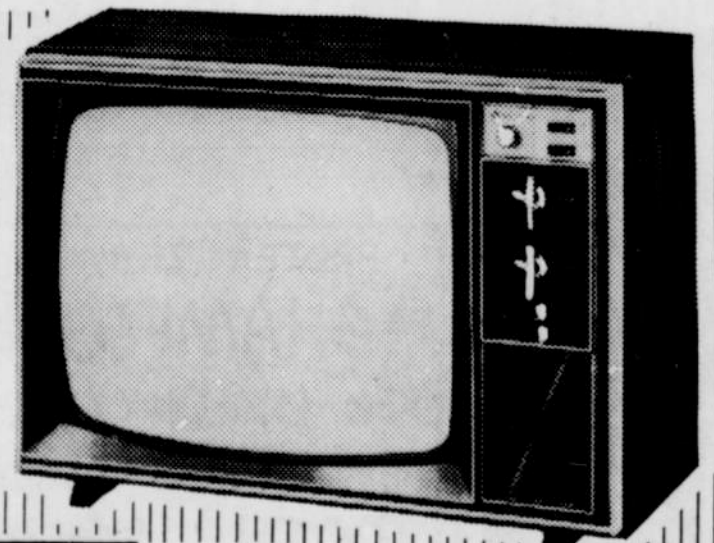
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