

Favorite Foods

By "Odie" Anderson



A friend told me today she had been watching for a Fruit Cake recipe among my favorites. I checked my file and found I had never written up the one I make the most. I have the ingredients ready to make some for Christmas gifts -- a tradition at my house. It's easy and makes 8 1-lb. loaves. If you make the 1-lb. loaves instead of 2 lb. loaves be sure to cut down on the time.

GOLDEN FRUIT CAKE
 2 cups white raisins
 2 cups applesauce (drained)
 2 lbs. candied fruit mix
 1 lb. nuts (whole brazil, pecan) (or walnuts)
 2 cups shortening (part butter)
 1 lb. light brown sugar
 8 eggs
 6 cups all-purpose flour, sifted
 3 tsp. baking powder
 1 tsp. salt
 2 tsp. cinnamon
 1 cup light colored jelly or jam
 1 cup sweet milk
 2 tsp. vanilla

Prepare the fruit and nut mixture. (A pkg. of pitted dates may be added.) The candied fruit may be soaked overnight in pineapple juice for extra flavor (the raisins may be boiled for 20 minutes or so, it fluffs them and makes the cake more moist). Cream shortening, add sugar gradually and beat until well blended. Beat eggs and blend into shortening and sugar. Sift dry ingredients together. Stir alternately into creamed mixture with the jelly and milk. Add Vanilla. Fold in fruit and nut mixture. Pour into 4 - 2# oblong bread pans. Bake 2 hrs. at 275 degrees.

I found this recipe so long ago I can't remember where -- I think it was from a lady in Fruitland. I've made it every year since.

It's easy. Be sure to follow the directions exactly.

MILLION DOLLAR FUDGE

4 cups granulated sugar
 1 large can evaporated milk
 1/4 pound butter
 Mix the above in a large saucepan; bring to a boil on MEDIUM HEAT. Cook 4 minutes. Remove from range and add:
 2 large Hershey Bars (plain 10 oz. size)
 2 - 6 oz. packages Chocolate Chips
 2 cups miniature marshmallows
 1 teaspoon vanilla
 1 cup nutmeats
 Stir only until the chocolate and marshmallows are melted and well blended. Pour into a buttered dish. This will make 5 pounds and will keep well if given a chance.

CRANBERRY SPARKLE

1 pt. Raspberry sherbet
 2 pts. Cranberry Juice Cocktail
 Combine in your electric blender and blend for 1 minute.



Breathmobile To Visit Eastern Oregon

The new Christmas Seal Breathmobile is scheduled to make its first eastern Oregon tour in early December to conduct free breathing tests, according to James Shaw, Ontario, President of the Malheur County Council of the Oregon Tuberculosis and Respiratory Disease Association.

The Breathmobile respiratory health unit is traveling throughout Oregon, providing educational programs aimed at the prevention of respiratory diseases such as emphysema and chronic bronchitis.

A service of the Oregon Tuberculosis and Respiratory Disease Association, the self-contained van is funded by Christmas Seal contributions, memorials, bequests and special gifts.

The Breathmobile will be in the city of ONTARIO on Tuesday December 12. Testing hours on Tuesday will be held from 3 to 7 p.m. The Breathmobile will be located at West Park Plaza, Entrance A. Persons 20 years of age and older may have FREE TEST.

Mrs. James Sutherland, Ontario, Malheur County Representative

Director to the Eastern Region Council, OTRDA, stated, "The Christmas Seal Breathmobile offers Oregonians an opportunity at no cost to learn more about respiratory health and the cause of lung disease."

"The purpose of the free breathing test is to give the participant an indication of the health of his respiratory system, and to recommend he see his doctor if the test results are negative," said Anthony Haberlach, La Grande, Eastern Region, OTRDA Regional Director.



A tip from The Hartford Insurance Group's Junior Fire Marshals: The best way to fight fire is to eliminate any chance that it may occur.



Clear Snow From Fire Hydrants

NO IF'S, ANDS OR BUTS,

Shoplifting is stealing.

STEM by S. Galtier, The E. J. ... M. ...

Oregon Students Win Award

A dozen Albany boys and girls who spearheaded massive attacks on litter and junk cluttering up Linn County roadsides have won the national Kee's America Beautiful first place award trophy for 1972.

The members of the Calapooyia Junior High School Eco Activist Club will be honored by state and local dignitaries at ceremonies at the school, 24th and Hill Streets, at 11:30 a.m. Monday, November 27. Two representatives of the club will bring back the trophy from New York where they received it November 16.

Kessler Cannon, coordinator for the Governor's Committee for a Liveable Oregon, will represent Gov. Tom McCall. W.R. "Bus" Nance, environmental education specialist, or Al Grubb, elementary citizenship education specialist, will represent State Superintendent Dale Parnell and the Oregon Board of Education, according to Ed Grimes, state chairman of Keep Oregon Green and Clean. Grimes is one of the major backers of school-centered beautification activities.

The club's advisor is science teacher Vic Brockett. The Eco Activists set a state record in March when they cleaned up 40 miles of roadside between Corvallis, Albany, and Lebanon. On National Clean-Up Day in April, they had 88 county, state and national political candidates or their representatives volunteer to pick up litter along 96 miles of Interstate 5. Joined by 320 students, the group did the job in two and a half hours.

The Calapooyia students also built Sunrise City Park in Albany, providing the labor for landscaping and installing playground equipment. And then they processed 30 tons of glass for recycling. "Whew! No wonder the club won the Linn-Benton Community College area award for anti-litter activities and went on to become the state winner before going for the top national prize," Grimes said.

Grimes, a Harrisburg dairyman, originated his own beautification program in 1969 when he began offering 100 gallons of ice cream to one school in each of Oregon's 13 community college districts with the most liveable environment. The schools are judged on the basis of appearance of school buildings, and grounds, appearance of the four-block area around the school, and special beautification activities. Cooperating service clubs make the selection of the schools to receive the ice cream award. In this way over the years, Grimes has been able to involve not only hundreds of thousands of students but also adults in community service organizations, local school, intermediate education, and community college districts.

He also has provided travel expenses for Oregon student leaders in the anti-litter movement to attend national meetings.



Emily Dickinson, America's best poetess, wrote many poems about the sea, but never saw it.

SAFETY SENSE

FOIL BICYCLE THIEVES FOUR WAYS
 WHETHER YOU JUST BOUGHT A BRAND NEW BICYCLE OR WANT TO HOLD ON TO YOUR PRESENT BIKE, JUST KEEP IN MIND THAT THERE ARE AN AWFUL LOT OF THIEVES AROUND JUST WAITING TO STEAL YOUR BIKE. SO DON'T GIVE THEM A CHANCE. HERE ARE SOME WAYS YOU CAN USE TO PREVENT YOUR BIKE FROM BEING STOLEN!



1. PARK YOUR BICYCLE IN A LOT WHERE IT IS IN FULL VIEW OF AN ATTENDANT OR GUARD. IF YOU CANNOT DO THIS, CHAIN IT TO A TREE OR OTHER IMMovable OBJECT.
2. BUY A GOOD CHAIN AND LOCK. THIEVES CAN EASILY SEVER MANY KINDS OF CHAINS WITH WALT CUTTERS, BUT THE EXPERTS SAY BIKE OWNERS CAN OBTAIN SOME MEASURE OF PROTECTION BY BUYING A CASE-HARDEE WELDED STEEL CHAIN 3/8 INCHES IN DIAMETER WITH KEY-LOCK COMBINATION. THE CHAIN SHOULD BE LONG ENOUGH TO BE STRUNG THROUGH BOTH WHEELS AND THE FRAME AND THEN AROUND THE IMMovable OBJECT.
3. KNOW YOUR BICYCLE - KEEP A RECORD OF ITS SERIAL NUMBER, MAKE, COLOR AND ANY SPECIAL MARKS OR FEATURES. IN FACT, PUT YOUR OWN SECRET MARK ON IT IN SOME INCONSPICUOUS PLACE.
4. REGISTER YOUR BICYCLE WITH THE LOCAL POLICE OR WITH SCHOOL OR COLLEGE SECURITY AUTHORITIES.

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