

Favorite Foods

By "Odie" Anderson



I was asked to make cookies for a party the other day so I checked to see what I had on hand to make them. I found Corn Flakes and coconut and plenty of eggs, so, with that in mind, I chose Corn Flake macaroons.

I found they are easy to assemble, inexpensive, and delicious, and Oh yes! Low in calories.

CORN FLAKE MACAROONS

- 2 egg whites
1/2 tsp. salt
1 cup sugar
1/4 tsp. almond extract
1 cup coconut, shredded
2 cups corn flakes

Preheat oven to 350 degrees. Beat egg whites until foamy, add salt, add sugar gradually, while beating constantly until stiff peaks form. Beat in flavoring. Fold in coconut and corn flakes. Drop by teaspoons onto greased baking sheet about 2 inches apart.

Bake 15 to 20 minutes or until lightly browned.

(Note: Remove macaroons immediately. To remove them easily, place baking sheet on a damp cloth, and use a spatula or pancake turner.) Makes 3 dozen cookies.

Since the price of meat has soared I've been checking my fish recipes and came up with this tuna macaroni dish. The cream of mushroom soup gives it flavor and the processed cheese adds protein.

TUNA MACARONICASSEROLE

- 2 cups uncooked elbow macaroni
1 - 10 1/2 oz. can condensed

- cream of mushroom soup
1 cup milk
1 tbsp. chopped onion
1 tbsp. chopped pimento
2 tbsp. chopped green pepper
1/4 tsp. black pepper
1/4 lb. processed sharp cheese (grate or cube)

1 - 8 oz. can chunk style tuna
Cook macaroni. Drain and set aside. Combine soup, milk, onion, pimento, green pepper and pepper. Place over low heat, add cheese and stir until cheese is melted. Mix macaroni and tuna in a 1 1/2 qt. casserole. Blend in cheese sauce. Bake in a 325 degree oven for 20 minutes. Serves 6.

Salads are easiest if they can be made ahead and stored in your refrigerator. They are time consuming to make the last minute and who wants to be in the kitchen while the guests are arriving. This salad is good served with hot rolls. It may also be served as a dessert salad. I double this salad.

MANDARIN-SHERBET SALAD

- 1-11 oz. can Mandarin oranges, drained
1/2 cup maraschino cherries, sliced and drained
1/4 cup blanched toasted almonds, chopped (optional)
1 pkg. orange gelatin
1/2 pkg. orange sherbet

Add enough water to juice drained off of oranges to make 1 cup liquid. Heat and dissolve gelatin in this liquid, stirring until completely dissolved. Add sherbet and stir until dissolved. Chill until slightly thickened. Add oranges, cherries, and almonds. Pour into mold and chill until set. Serves 6.

Herb Sez ...

It's most interesting, this business of lobbyists. The strongest lobbyist is the great populace of people at home. They usually make themselves heard and the legislator must use his best judgment on which way to jump, especially when letters from home are evenly divided.

When this column greets you the Equal Rights Amendment will be rescinded or okayed by Idaho. There have been a lot of letters received here at the Statehouse on the subject. Strangely, my mail, in comparison to others, has been very light. The great majority just doesn't seem to have an opinion. I hope to please the majority with my decision.

The pressure is now on the House to support the bill for kindergartens. Here again the mail is light. Out of a population of 19,000 people, I've received two letters regarding kindergartens -- one pro and one con. This leaves the legislators from District 9 with a last latitude.

Last Monday Boise High School's a cappella choir sang for us at the Lincoln Day Program in the Joint House and Senate. It was thrilling. I was reassured by seeing over 100 young people singing. It again proved to me that the future of



MARIA LASCANO, daughter of Mr. and Mrs. Ramon Lascano, Nyssa, is the proud recipient of a \$75 scholarship provided by the Nyssa Siempre Adelante. TVCC Financial Aids Officer, Gary Halcom, presented Maria with the check.

Maria is a law enforcement major at the college. She eventually hopes to become a judge, and said that the money would be helpful to her in pursuing her objective.

this nation will be in good hands because a great majority of the young people are basically sound. Perhaps sounder than I was at their age.

I'm still working on the water channel bill. It takes a lot of effort and time and is almost a cinch to make nobody happy, but will satisfy most of the people.

At the present time many

schools are visiting the Capitol and I'm sorry that the House won't be in session this afternoon. I will personally be at a hearing of the Health and Welfare Committee on the bill providing for merger of the Department of Environmental Protection and Health, the Department of Social Rehabilitation Services and the Youth Training Center.

Governor McCall Issues National Guard Statement

Since its birth, the United States has had a civilian defense system. Even at the height of the world wars, and the Korean conflict and the Vietnam war, a civilian always was in charge--the President.

Supporting the regular armed forces were the reservists and the National Guard, units comprised almost entirely of civilians. Sometimes they, too, had to go to war, and they were ready to go to peace.

But even more importantly, America has been ready to go to peace. The National Guard is a new ready reserve for peace-keeping missions wherever its members may be called, and a peace-keeping force at home. The National Guard also has been our guardian in times of disaster and civil turmoil.

The National Guard also has become a more well-recognized part of the community--helping to collect and dispose of abandoned autos, providing assistance to charitable organizations, and much more. Helping America to be better has become a first-line responsibility of the Guard.

The National Guard now has underway a visitation program that continues through March. It has been termed the "Belong

to the Guard for a Day" program. Young men are invited to visit Guard units, talk to Guardsmen, and find out what they do. You who visit will discover what you may do when you become members of a group constantly on duty to serve the community, the State and the Nation.

Wish I'd Said THAT



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KINGMAN KOLONY NEWS

BY DALE WITT PHONE 372-2183

KINGMAN KOLONY - Mr. and Mrs. Sonny Rhodes and family of Roswell were Friday evening dinner guests of Mr. and Mrs. Frank Rhodes.

Mr. and Mrs. Jim Phifer attended the Athletic Banquet in Ontario at Eastside Cafe Thursday evening and the Smorgasbord in Adrian Saturday evening.

Mr. and Mrs. Frank Rhodes and family visited Mr. and Mrs. Sonny Rhodes at Roswell and Mr. and Mrs. Wayne Rhodes at Parma Sunday afternoon.

Mrs. Bill Toomb left Saturday January 27 and went to visit her sister, Miss Jeannette Martin at Clarkston and her daughter Dorothy, Mr. and Mrs. Vincent Scott at Culdissac, her daughter, Mr. and Mrs. Jim Phifer, Mrs. Mable Piercy and Mrs. George Schiemer came last Sunday to attend the 25th Wedding Anniversary and open house for Mr. and Mrs. Vincent Scott. It was sponsored by their three daughters.

Oregon Blue Book Off Press

The 1973-74 edition of the OREGON BLUE BOOK, featuring an aerial view of the golden pioneer atop the Capitol, is off the presses and is ready for distribution and public sale, according to Secretary of State Clay Myers.

Twenty thousand copies of the Blue Book were printed, about half of which, under Oregon law, will be distributed free to schools, libraries and governmental agencies, while the remainder will be sold to the public at \$2.00 a copy.

Myers noted the Legislative Section of the Blue Book has been expanded in this edition to include House and Senate committees named at the beginning of the session last month.

The Agencies, Boards and Commissions Section has been completely reorganized to reflect the major governmental changes, such as creation of the Department of Human Resources, effected in the 1971 session, Myers said.

Myers said special effort was made to make this edition as current as possible. He noted that it includes, for example, a Marion County district judge who was sworn in only a week before publication.

Editor of the Blue Book was Assistant Secretary of State George Bell, who also edited the two previous editions. Assistant editor was Linda Koellmann. The Blue Book was printed by Daily Journal of Commerce, Portland.

Mrs. Rosie Martinez of Cairo Junction was a Saturday evening visitor in the Ed Nedrow home.

Mr. and Mrs. Paul Gehrke were among those from this

area who attended the Adrian PTA Smorgasbord Saturday evening.

Mr. and Mrs. Paul Gehrke visited in the Earl Erwin home Sunday morning.

Mr. and Mrs. Merle Kygar were Friday evening guests in the Earl Kygar home.

Sunday February 25, Mr. and Mrs. Charles Culbertson, Mrs. Buster Talbot and Ladeanna Coleman were dinner guests of Mr. and Mrs. Earl Kygar.

Mr. and Mrs. Dick Krieh and Mrs. Mable Piercy accompanied Mr. and Mrs. Carl Piercy to Ontario Thursday evening where they attended the Honor Banquet for the Adrian basketball and football players. It was held at Eastside Cafe.

Mr. and Mrs. Carl Piercy attended the Smorgasbord in Adrian Saturday evening.

Mrs. Bill Toomb attended the World Day of Prayer service at the Methodist Church in Nyssa Friday afternoon.