

Favorite Foods



By "Odie" Anderson



The Cake Mixes "have come a long way" since the housewife first found them on the Grocery Shelf. We add fruits, gelatines, oils, eggs, and flavorings to the point where we can't tell them from the scratch cakes. Here's one I like.

QUICK LEMON CAKE

- 1 pkg. white cake mix
- 1 pkg. lemon instant pudding
- 4 eggs
- 1 cup apricot nectar
- 1/4 cup oil
- 2 cups powdered sugar
- 1/4 cup lemon juice
- 2 tsp. oil

Mix first 5 ingredients in mixer for 5 minutes at medium speed. Grease 13 x 9 x 2-inch cake pan and pour in batter. Bake at 350 degrees for 35 to 40 minutes.

Combine remaining ingredients. Immediately after removing cake from the oven, cover with icing made by mixing powdered sugar, lemon juice and oil.

When a casserole or salad is labeled "Low Calorie"

homemakers perk up their ears, many of them need to watch calories. Trimming calories in this dish and calories in that dish really brings results. I've been doing this in the past few weeks and its gratifying, believe me!

Pounds stack up each year, and, before you know it, they've made quite a stack. Trim them!

SEAFOOD SALAD

- (50 calories per serving)
- 2 envelopes low-calorie lemon gelatin
- 1 tsp. salt
- 2 cups hot water
- 2 tsp. vinegar
- 1 cup flaked crab meat or diced shrimp
- 2 tsp. chopped celery
- 2 tsp. chopped green pepper
- 2 tsp. chopped onion.

Dissolve gelatin and salt in hot water. Add vinegar and chill until slightly thickened. Add crab or shrimp, celery, pepper and onion. Pour into mold and chill until firm. Unmold and garnish with crisp salad greens. Serves 4.

AHS NEWS

Election of new officers by the Adrian Future Farmers of America chapter finds Larry Price in the president's post for the next year, according to Joe Witty chapter advisor. Officers will be installed in April.

Others elected were Steve Bishop, vice president; Dennis Beebe, secretary; Bob Martin, treasurer; Tim Mackenzie, reporter, and Neal Evans, sentinel.

Witty said that the chapter has held its parent-son banquet at which the Future Homemakers of America members served. They will be guests at the chapter's annual swimming party which is planned before school recesses.

ELLEN JONES

ATTENDS SCHOOL

Ellen Jones returned Sunday from Pendleton after attending a Grange Lecturer's School conducted by State Lecturer Margaret Rice of Beaverton.

One feature of the instruction was on mouth-to-mouth resuscitation and approximately 40 members were encouraged to practise on a "model" drowning victim. Instruction was given by Mrs. Jean Harris of the American Red Cross.

APPLE VALLEY ITEMS

BY FRANCES SMALLEY

APPLE VALLEY - Mr. and Mrs. Ed Sells were Friday overnight guests of Mr. and Mrs. Terry Sells at Burley. Mrs. Sells has been caring for Cory, the small son of Terry Sells, while his mother has been sick. They took him home with them as he can be cared for at home now.

Mr. and Mrs. David Sells and baby of Boise were Sunday evening dinner guests of Mr. and Mrs. Ed Sells.

Stanley Hawkins of St. Anthony, and C. S. Hawkins of Caldwell were Saturday luncheon guests in the Ed Sells home.

George Shoemaker of Lake Lowell visited in the Roy Rookstool home on Thursday. Lloyd Dibble and Sue attended the opening service on Friday evening of the Crusade at the Nampa Nazarene College Church.

Mr. and Mrs. Lloyd Dibble and Sue visited on Saturday in Cambridge, in the home of their son and family, Mr. and Mrs. Henry Dibble.

Mr. and Mrs. Tom Apple and Gina were Monday evening visitors in the Dwight Seward home. Sunday dinner guests of Mr. and Mrs. Dwight Seward were Mr. and Mrs. Hugh Pierce, Kent and Kimberlee and Gina Kaven

of Boise and David and Geran Manley of Nyssa.

Mr. and Mrs. Larry Miller and sons moved last week into their new trailer home on the Albert Miller farm.

Mrs. John Lilly and son were Sunday visitors in the Gene Honey home.

Mrs. Helen Wilson visited Sunday with Mr. and Mrs. John Miller at Melba.

Mrs. Nell Correll, Lucile and Orville Reed were shopping in Ontario on Friday.

Sue Dibble accompanied the Nazarene Young People on a roller skating party in Nampa on Friday evening.

The Nazarene Missionary Group met in the Lloyd Dibble home on Tuesday evening. They made baby quilts and other accessories for the nursery of their new church.

Mrs. Peggy Upshaw moved this past week into her new home in Parma. She purchased Mrs. George Harvey's house and sold her place to Mr. and Mrs. Terry Seigenhagen. Mr. and Mrs. Ernest Honey of Caldwell visited Friday evening with Mr. and Mrs. Gene Honey.

Sunday noon dinner guests of Mr. and Mrs. Gene Honey were Mr. and Mrs. Dan Schledewitz of Weiser, Mr. and Mrs. Albert Bowen and Mrs. Don Derry-



SAFETY ACHIEVEMENT AWARDS made to Idaho Power Company's Hells Canyon development projects were accepted by, from left, Fred C. Stewart, operations superintendent; C.D. Butler, assistant superintendent;

G.C. Admsmond, Brownlee operating supervisor; and S.E. Preston, maintenance supervisor. Awards were presented by William Bohlender, right, safety consultant for Oregon's State Accident Insurance Fund.

berry and family of Payette. Sunday evening dinner guests of Mr. and Mrs. Gene Honey were Mr. and Mrs. Bill Borrow of Pasco, Washington.

Mr. and Mrs. C. L. Fritts left Friday for Hermiston to visit their son and family, Mr. and Mrs. Don Fritts for a few days.

Mr. and Mrs. Waldo Smalley were pleasantly surprised Thursday evening when Mr. and Mrs. Harvey (Bud) McIntyre of Spokane, Washington drove in. They were wanting to see the old home of his grandparents. It had been changed so much by new owners, it was hard for them to remember it. They had spent the winter in Arizona with their daughter and family and were on their way home to a ranch near Spokane. He will be remembered by many as the second son of Archie McIntyre. He was a second grader in school when his parents left here.

Sharon Boston, Linda Hale, Anita Puetz and Alice Dandewall took part in the Oregon State Bowling Tournament at The Dalles over the weekend.

Safety achievement awards for operating a total of more than 30 years and producing billions of kilowatt-hours of energy without a lost-time accident have been presented to the three projects in Idaho Power Company's Hells Canyon development.

The awards were made by Oregon's State Accident Insurance Fund (SAIF).

A.G. Blair, Idaho Power safety director, said the development's Brownlee Dam has been operating more than 15 years and has generated some 30 billion kilowatt-hours (kwh) of electricity in that period. Oxbow Dam, 12 years and more than 13.5 billion kwh, and Hells Canyon Dam, more than 5 years and nearly 14 billion kwh.

The awards were accepted from William Bohlender, SAIF safety consultant, by Fred C. Stewart, development operations superintendent; C.D. Butler, assistant superintendent; G.C. Admsmond, Brownlee operating supervisor; and S.E. Preston, development maintenance supervisor.

Fish Trucks Roll To Stock Steelhead, Salmon

Game Commission fish liberation tank trucks are rolling almost around the clock and will continue to do so through April in order to stock more than 2,800,000 steelhead and 852,000 chinook smolts in time for their spring migration to the sea.

Reino Koski, who heads the Commission's fish liberation program, said these high-grade young salmon and steelhead are brought along carefully during the year to reach size lengths of 7 to 9 inches at a precise time of year. At that size range the youngsters take on an iridescent silvery hue, indicating the urge to migrate. Upon stocking, these young fish head almost immediately to the sea. Although some young steelhead and salmon will be found migrating at all times of the year, the spring migration is the big push and most are out of the streams by mid-May. The period of migration is longer on inland streams.

About 1-1/2 million steelhead smolts are winter-run fish; the remainder are summer-run. On inland streams, summer steelhead are scheduled for release in the Clackamas, McKenzie, Deschutes, Hood River, and Willowa. A large number of summer smolts will also be stocked from the Fish Commission's hatchery into the Santiam in conjunction with the Game Commission's upper Willamette steelhead research program. Coastal streams to receive summer steelhead include the Rogue, Umpqua, Siletz, Nestucca, Wilson, and Kilchis.

Winter-run steelhead are scheduled for release in four inland streams and 23 coastal rivers plus several tributaries. Heavy plants will be made in the Sandy, Clackamas, Siuslaw, Alsea, Siletz, Coquille, Wilson, Nehalem, Nestucca, and Chetco.

Bulk of the chinook smolts are spring-run fish. These will be stocked in the Rogue, North Umpqua, Nestucca, Three Rivers, McKenzie, and Deschutes. Fall chinook smolts are set for planting in the Nestucca, Three Rivers, the Alsea, and experimental lots in Lint Slough in Lincoln County.

Koski said that raising young steelhead and salmon to the smolt stage insures the highest possible survival and return as adult fish.

The Old Timer



"It doesn't do much good to put your best foot forward, if you are dragging the other one."

SHOP WHERE THE SAVINGS ARE

COUNT ON US! EAT BETTER AND PAY LESS...

DETERGENT
BOLD 46 oz.
79¢

SAUSAGE
LIBBY VIENNA
4 oz. TIN
25¢

CHEERIOS 49¢
W/O COUPON... 66¢
GOOD AT CLOVER FARM STORES
LIMIT: 1 COUPON PER ITEM
EXPIRES: APRIL 7th. 1973
C-52345

FLOUR \$1.09 BAG
W/O COUPON... \$1.53
GOOD AT CLOVER FARM STORES
LIMIT: 1 COUPON PER ITEM
EXPIRES: APRIL 7th. 1971
C-2751

SHAMPOO \$1.39 WAVE
ALBERTO BALSAM REG-DRY-OILY
7oz.

HAIR SPRAY 49¢
CINDERELLA REG-SUPER-UNSCENTED
13oz.

BISCUITS 12¢ EA.
PIWSBURY BALLARD 8oz. TUBE
*PIWSBURY EXTRA LITE BUTTERMILK

POTATO CHIPS 59¢ EA.
CLOVER CWB 12oz. *REGULAR
*CRINKLED

BOUILLON CUBES 10¢ EA.
STEARO 5ct. CHICKEN-BEEF
NOW...

CAT FOOD 18¢ EA.
FRISKIE ASST. KINDS
6 1/2 oz. TIN

FRYERS 49¢ LB.
CUT UP EXTRA FANCY

SPARERIBS 98¢ LB.
HORMEL LEAN & TENDER

BACON 99¢ EA.
HORMEL SUNDAY 12oz. PKG.

FANCY FRYER LEGS & THIGHS 69¢ LB.

FANCY FRYER BREAISTS 79¢

3 LEGGED FRYER'S 55¢

HUNK STYLE SAUSAGE 89¢

TOMATOES 25¢ LB.
SAVE! LARGE SLICING

CUCUMBERS 15¢ EA.
SAVE! SOLID CRISP

GRAPEFRUIT 13¢ EA.
TEXAS PINK

SPINACH 39¢ EA.
MRS. CONDIES CELLO PKG.

FRUIT YOGURT 3/89¢
JOHNSTON'S ASST FLAVORS 8oz. SUNDAY

PINK SALMON 1.09
BUMBLE BEE 16 oz. TIN

SALAD DRESSING 45¢
TREASURE VALLEY QUART

CHARCOAL 69¢
10 LB. BAG CLIFFCHAR NOW...

KOTEX 1.19 PKG.
REGULAR 40 COUNT
SUPER PACKAGE

B-B-Q SAUCE 35¢ EA.
ONION BIT HICKORY SMOKED REGULAR GARLIC HICKORY ONION

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