

### Favorite Foods



By "Odie" Anderson

Usually our 4th of July Picnic consists of fried chicken, fruit salad, rolls, pie, cake, vegetables of some sort, both raw and cooked and ice cream. I broke all rules by fixing "Oven Porcupines". Our picnic was a last minute arrangement this year. I had hamburger, rice, and tomato sauce in the house and found a way to use them. The "Porcupines" proved to be a huge success. They disappeared in a hurry!

**"OVEN PORCUPINES"**

**HAMBACHI**

1/4 cup catsup  
2 tsp. molasses  
2 tsp. vinegar  
1 tsp. prepared mustard  
1-1/2 tsp. Worcestershire sauce  
Dash of Tabasco Sauce.

Slice ham 1/2 inch thick, place on hibachi or outdoor grill over glowing grey coals. Combine sauce ingredients and brush on ham. Grill 5-minutes, turn and brush other side. Continue grilling 5 more minutes or until desired degree of browning is reached.

### APPLE VALLEY

BY FRANCES SMALLEY

1 pound ground beef  
2 cup uncooked rice  
2/3 cup water  
3 cup chopped onion  
1/2 tsp. salt  
1/2 tsp. celery salt  
1/8 tsp. garlic powder  
1/8 tsp. pepper  
1 can (15 ounces) tomato sauce  
1 cup water  
2 tsp. Worcestershire sauce

Heat oven to 350 degrees. Mix meat, rice, 1/2 cup water, the onion, salts, garlic powder and pepper. Shape mixture by rounded tablespoonfuls into balls. Place meatballs in baking dish 8x8x2 inches. Stir together remaining ingredients, pour over meatballs. Cover with aluminum foil; bake 45 minutes. Uncover; bake 15 minutes longer. 4 to 6 servings.

Hurry-up dishes are popular with every cook. I bought a canned ham on sale the other day and wondered how to glamorize it for a Cook-Out. Then I found this Sauce. It's a zesty mixture of all the sauces used to perk up flavor!

**APPLE VALLEY** - Russell Shoemaker of Payette was an afternoon guest Thursday and Mr. and Mrs. Ron Rookstool and family were evening guests in the Roy Rookstool home to help Mrs. Cora Rookstool celebrate a birthday anniversary with ice cream and cake.

Mrs. Cora Rookstool and Sarah Yingling attended a Shoemaker family reunion on July 4th at the Larry Shoemaker home near Nampa.

Mrs. Sarah Yingling left Friday for her home at Casper, Wyoming after a month's visit with her sister, Mrs. Roy Rookstool.

Mr. and Mrs. Dwight Seward attended the 35th wedding anniversary reception for Mr.

and Mrs. Joe Perez, Jr., Sunday afternoon.

Mr. and Mrs. Lloyd Dibble and a group from the Parma Nazarene Church enjoyed a July 4th picnic at the A. V. School Park.

Mr. and Mrs. Waldo Smalley Mr. and Mrs. Doug Daniels and family of Glenwood, Washington and Mr. and Mrs. Del Meeker and family of Ontario were guests Friday to Sunday in the Robert Smalley home at Hermiston, Oregon. Mr. and Mrs. Meeker returned home Saturday and left their three children for a week's visit in the Smalley home. The other guests returned home Sunday afternoon.

Mr. and Mrs. Robert Shippy and family of Weiser were July 4th guests of Mr. and Mrs. Earl Boston.

Mr. and Mrs. James Stephens of Owyhee were Sunday visitors of Mr. and Mrs. William Knox.

Mr. and Mrs. Clifford Knox of Grandview visited July 3 with Mr. and Mrs. William Knox and helped her celebrate a birthday anniversary.

Mrs. Fay Collins and Elaine Olson attended the Eagles State Convention June 26-July 1 at Grants Pass, Oregon.

Mr. and Mrs. Dwight Seward and Gary were Tuesday evening overnight guests of Mr. and Mrs. Hugh Pierce at Boise and on the 4th they all enjoyed a picnic at Idaho City.

Larry Simmons of Boise accompanied Mike Nichols, John Hartman, Jim Torell, Gary Bartles on a back-packing trip into the primitive area of the Sawtooth Mountains above Stanley. They were gone Monday till Sunday of last week.

Mrs. Larry Simmons and children of Boise were Thursday afternoon and evening dinner guests of Mr. and Mrs. Rex Nichols.

Mrs. Dorothy Mason and daughters of Ontario were Sunday

### EVENTS AROUND ADRIAN

**ADRIAN** - Mr. and Mrs. James Mosier and Christ of The Dalles spent last week visiting her parents, Mr. and Mrs. George DeHaven.

Mr. and Mrs. Larry DeHaven and family of Owyhee Corners spent Saturday night with his parents. Sunday they moved to Klamath Falls.

Mr. and Mrs. George DeHaven visited George's sister, Mr. and Mrs. Gaylen Raney in Huntington Sunday.

Mr. and Mrs. Oscar Schafer and Mr. and Mrs. Clyde Bowers were camping and fishing at Cascade Thursday. They returned Sunday afternoon.

Guests at the Fred Deffer home the evening of July 4th for ice cream and cake were Mr. and Mrs. E. C. Flating, Fairbury, Nebraska; Mr. and Mrs. Francis Deffer; Mr. and Mrs. Darrell Williams; and Howard Brown and David Farrell of Portland, Oregon.

Saturday evening, June 30, Mr. and Mrs. Vern Parker went to Unity, where they met their son, Bob Parker and family of La Grande, and they all spent Sunday fishing at Unity Reservoir.

Guests at the Bill Looney home July 4th for a patio dinner were Mrs. Loraine Merritt afternoon visitors of Mr. and Mrs. Rex Nichols.

Mr. and Mrs. Ed Sells returned home Friday from a 9-day vacation trip. They visited at Ucon, Idaho with Mr. and Mrs. Charles Hawkins. Toured the Yellowstone Park; visited at Lewistown, Montana with Mr. and Mrs. John Thomas and Mr. and Mrs. Otto Von Holt, returning home by way of Coeur d'Alene and Moscow, Idaho.

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

and not mine. It is an embarrassment and I must confess that after 6 weeks of TV I'm sort of becoming weary of the whole show. In the testimony of many of those who were on the stand there was so much third party hearsay that I wonder just why such testimony was considered when it would have been thrown out of any court in the land.

There's always some good in everything. Nothing's all bad. One feature in the hearings seems to have dried up rather abruptly and this feature is the matter of campaign contributions. Suddenly it was discovered by some of the committee that all donations are not completely altruistic. Some of them may have been given with the promise of some favor for the donor from the donee. Large companies or groups that now claim to have supported someone because they liked his stand on issues are looked at with a skeptical eye. I can visualize a dearth of funds from well wishers to a lot of candidates in the election of 1974. I'll bet a high percentage of legislators are now wishing they had been able to conduct their campaigns without help from some source of wealth. I'd also bet that many of them are hoping that the Watergate committee will ease up on the contribution angle.

No corporation, or group of people or private citizen will be able to make any kind of a sizable donation without fear of damage to their reputation. A very few congressmen could have possibly made the campaign without having an angle or two. Some of them will not be able to return to Washington if they have to stand alone on their two feet. This may be good but it certainly will go far toward making Congress a club of very wealthy men with many personal interests that will not, necessarily, coincide with the interests of the common man.

Thursday Mrs. R. G. Neer and friend Mrs. Albert Leopole and daughter, and Mrs. Mervil Hutchinson and daughters of Nyssa went to the Owyhee Dam. Saturday, Mr. and Mrs. K. I. Peterson, their son, Mervin, their daughter, Mrs. R. G. Neer and friend Mrs. Albert Leopole and daughter and Mrs. Mervil Hutchinson and daughters took a picnic lunch and went to Leslie Gulch.

July 4th, Mr. and Mrs. Vern Parker called on her brother, Mr. and Mrs. Robert Toomb in Payette, Idaho.

Mr. and Mrs. Mervil Hutchinson and girls and Mrs. Marie Moore were Fourth of July dinner guests at the K. I. Peterson home. Mrs. Edna Cowling was a guest that evening for ice cream and cake. That evening their daughter, Mrs. R. G. Neer of Salem and her friend, Mrs. Albert Leopole and daughter, also of Salem came and visited in the Peterson home until Saturday.

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### KINGMAN KOLONY NEWS

BY DALE WITT

**KINGMAN KOLONY** - Mr. and Mrs. Jim Phifer were July 4th dinner guests of their daughter, Mr. and Mrs. Jerry Feiteg in Nyssa.

Mr. and Mrs. Jim Phifer left last Friday and camped at Magoon Lake, where they attended the Phifer family reunion. There were thirty in attendance.

Mr. and Mrs. Wayne Robb went to Baker last Sunday where they visited Mr. and Mrs. Harry Hathaway.

Mike Robb of Portland came last Friday to attend his class reunion. He attended the dinner at Eastside, Saturday evening and the picnic at the Jerry Brewer home in Big Bend on Sunday and is visiting his parents, Mr. and Mrs. Wayne Robb this week.

Mrs. Wayne Robb reported Darryl Breshers died Thursday evening at St. Alphonsus Hospital in Boise of pneumonia following his tractor accident three weeks ago.

A nice crowd attended the Pollyanna Club picnic at the Ben Greybill home Sunday.

The picnic was held on the lawn with tables and chairs for all, and a big table full of food. There is sure some good cooks in Kingman Kolony.

Dinner guests in the Herschel Thompson home Saturday was their son, Mr. and Mrs. Don Thompson and family of Seneca, who came to spend a few days.

Mr. and Mrs. Rex Walters and Mr. and Mrs. Sol Clark of Boise brought the dinner on July 4th and Mr. and Mrs. Al Thompson and Mr. and Mrs. Herschel Thompson were their dinner guests.

Mr. and Mrs. Gerald Osborn and family of Big Bend and Mr. and Mrs. Mike Smith and baby were July 4th dinner guests in the Myron Osborn home.

Mr. and Mrs. Frank Rhodes and family left for Roseburg, California, June 23. They visited friends there until Tuesday then went to Chowchilla, California where they stayed with an aunt and uncle and visited friends in that area. They returned home on Sunday evening.

Tammy Rhodes, daughter of Mr. and Mrs. Rollo Rhodes of Roswell was a Saturday overnight guest in the Frank Rhodes home.

Mr. and Mrs. Earl Campbell and Connie spent July 4th at the Owyhee Dam. They had a picnic dinner. Others attending the family dinner were Mr. and Mrs. Ronnie McCain and family, Ontario; Mr. and Mrs. Bruce Campbell and family; and Mr. and Mrs. Danny Cutler and family.

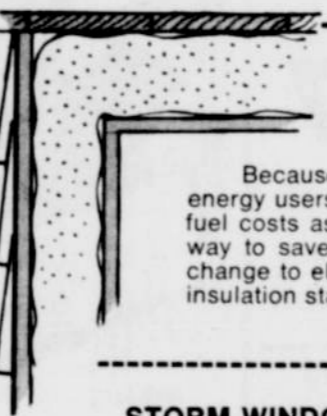
July 4th dinner guests at the Willis Conant home were Mr. and Mrs. Mitch Anderson Jim Conant and family; Mrs. Paul Gehrke and Mrs. Frank Rhodes and family.

Mr. and Mrs. Bill Conant and family were supper guests at the Willis Conant home July 4th.

Mr. and Mrs. Klaas Laan and Pete Laan of Holland had a picnic dinner in the Park at Parma on July 4th.



## Common sense energy savers for home heating



### INSULATION

Because heating and cooling are the largest energy users in a home, and insulation can reduce fuel costs as much as 50%, this is your one best way to save energy. Whether or not you plan to change to electric heat, ask about Gold Medallion insulation standards at your Idaho Power office.

**STORM WINDOWS:** Almost half of your home's winter heat loss goes out through the windows. Double glass can pay for itself in savings in a period of six years according to recent M.I.T. tests.

**LOWER HEAT SETTINGS:** Each added degree of heat can add from three to four percent in energy consumption. A setting of five degrees lower can effect a 20% savings.

**OVERNIGHT SETTINGS:** Do not turn down the thermostat in your home or office more than about five degrees overnight. It may take more energy to restore the heat loss in the morning than was saved.

### Planned tree planting can affect your home's heating and cooling comfort!



Homes are subject to chill factor just like people. A row of conifers (fir, pine, spruce) planted on the side of the house exposed to prevailing winds can cut down significantly on heat loss.

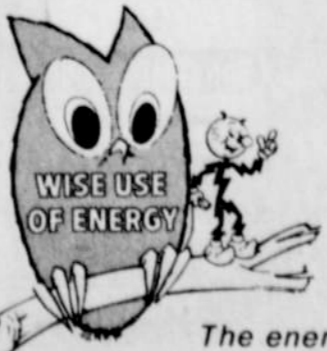
Deciduous trees planted on the sunny side of the house provide shade during the summer, and shed their leaves during the winter to let the warmth of the sun add to your comfort.

**INSULATING HEAT DUCTS** in basement or crawl areas can save heat for areas where it is needed.

**CLOSING FIREPLACE DAMPERS** when there is no fire will help prevent continuous draining off of heat through the chimney.

**WEATHERSTRIPPING DOORS** and caulking windows can cut off drafts and reduce heat loss.

**CLOSE DRAPERIES** when the sun goes down. Open them again to the morning sun.



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**QUILTED SLEEPING BAG \$9.95**

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JOHNSON'S 7 oz. REG. \$1.39

"NO MORE TANGLES" SHAMPOO **79c**

19 IN. PORTABLE PATIO TABLES **1.99**

SUDDEN BEAUTY HAIR SPRAY **67c**

16 oz. REG. \$1.15

VASELINE 10 oz. REG. \$1.25

INTENSIVE CARE LOTION **73c**

SUNBRERO -BY MEDI-QUIK

SUNTAN LOTION **77c**

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REVLON HAIR COLOR **\$1.66**

REG. \$2.25

INSULATED JUG **1.99**

1/2 GALLON REG. \$2.69

PACK OF 1 DOZ. POP-ICE **\$1.00**

3 PACKS REG. 49c

TIKI TORCH **\$1.99**

IDEAL FOR BACKYARD 3 PC. REG. \$2.00

BARBECUE SET **99c**

PAPER NAPKINS 60 COUNT **9c**

SARDINES 3 3/4 oz. CAN **19c**

HUNT'S POTATO SALAD 3 PACK REG. 49c **13c**

1/2 GAL. CARTON HOLDER **47c**

REG. 79c

4 QT. PLASTIC MIXING BOWL **47c**

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**Michael's PHARMACY**

202 Main Street  
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### Herb Sez ...

I suppose if I happened to be a very staunch Democrat, I may get a certain pleasure from the Watergate hearings. This would be coupled with a prayer of thanks that it was the opposition party that was caught

### Professional Directory

#### Physicians and Surgeons

K. E. KERBY M.D.  
K. A. DANFORD, M.D.  
Physicians and Surgeons  
Dial 372-2241

HOURS: 9 to 12 noon & 2 to 5 P.M. - Monday through Friday, 10 to 12 Saturday.

MAULDING CLINIC  
L. A. Maulding, M.D.  
Charles E. Vanetti, M.D.  
Physicians and Surgeons  
Dial 372-2216

HOURS: 9 to 12 noon and 2 to 5 P.M., - Monday, Tuesday, Thursday and Friday, 9 to 12 noon, Wednesday and Saturday. Weight labs. "By appointment only" Wednesday.

DAVID W. SARAZIN, M.D.  
Physician and Surgeon  
HOURS: 10 to 12 noon & 2 to 5 P.M. - Monday, Tuesday, Wednesday, Friday, 10 to 12 Saturday. Phones: Office 372-3809 Residence 372-3173

#### Optometrists

DR. JOHN EASLY  
387 S. W. 4th AVENUE  
Ontario, Oregon  
- Phone -  
Ontario . . . . 889-8017

DR. J. E. HEITZMAN  
7 North 2nd Street  
Nyssa . . . . 372-3747

#### Veterinarians

TREASURE VALLEY ANIMAL HOSPITAL  
Phone 372-2251  
DR. B. E. ROES  
Nyssa . . . . 372-3552  
DR. JEFF HOWLETT  
DR. JULE PLUMMER  
372-2798