



The right combination of a little of this and lots of that turns this recipe of fresh wholesome dairy ingredients, seasonings and chicken into a supreme casserole creation. It's handsomely garnished with sliced avocado and almonds shortly before it comes out of the oven. Half and half and grated sharp cheddar cheese team to make a smooth, lustrous sauce to cover chunks of cooked chicken.

CHICKEN SUPREME OREGON

- 4 chicken breast halves
 - 1 onion, cut into wedges
 - 3 cups hot water
 - 1 teaspoon whole pepper
 - Salt
 - 1 bay leaf
 - 2 celery stalks, cut up
 - 1/4 pound mushrooms, sliced
 - 3 tablespoons butter
 - 2 tablespoons flour
 - 1 cup half and half
 - 1/2 teaspoon basil
 - 1/4 teaspoon rosemary, crumbled
 - Few dashes liquid red pepper seasoning
 - 1 cup sharp cheddar cheese, grated
 - 1 avocado
 - 2 tablespoons toasted sliced almonds
- Combine chicken, onion, water, pepper, 2 teaspoons salt, bay leaf and celery. Cover, bring to boil and simmer 50 minutes or until tender. Lift chicken from broth. Discard skin and bones. Strain and save broth. Pull apart or cut chicken into bite size pieces. Place in 1 1/2-quart baking dish. Saute mushrooms in butter in skillet. Lift out and add to chicken. Blend flour with butter left in skillet. Stir in half and half, 1/2 cup chicken broth, basil, rosemary, red pepper seasoning and 1/4 teaspoon salt. Cook, stirring until mixture thickens and boils. Blend in cheese. Pour over chicken and mushrooms. Bake uncovered in 400 degree oven 25 minutes or until thoroughly heated. Halve avocado, discard seed and skin. Slice lengthwise. Top casserole with avocado and almonds. Bake five minutes longer. Makes 4 servings.

News About SERVICEMEN HC3c R. Santos

PUERTO RICO - Coast Guard Hospital Corpsman Third Class Richard R. Santos, whose wife Yolanda is the daughter of Mr. and Mrs. Raymond Perez of Route 1, Nyssa, has reported for duty at the Coast Guard Air Station here.

A former student of Bee County Junior College, Beeville, Texas, he joined the Coast Guard in February 1972.

Army Reserve Opportunities

April 1974 is the month the United States Army Reserve will promote PROJECT 100. This is a program to enable the Army Reserve to achieve 100% strength. A variety of programs are available to prior service personnel as well as non-prior personnel.

Any interested young man or woman who would like to receive more information about serving in the United States Army Reserve is encouraged to contact Major Bill Morrison at 372-3151 (Business) or 372-3690.

Police Report Accidents

Jose Rodriguez, Sr., 66 Nyssa died the morning of Thursday, March 14, following an auto accident at the corner of Second and Main Street at the stoplight.

Police speculate that Rodriguez suffered a heart attack just prior to the accident. The vehicle he was driving jumped the sidewalk and struck another parked vehicle.

Acting Police Chief Pancho Rios reports an auto accident March 15 at North Fifth and Ehrgood, involving cars of Hazel Michael, 79, Nyssa and Ken Seward, 21, Nyssa. Mrs. Michael was hospitalized and released. Seward was cited for failure to yield.

Jose Luis Rodriguez, 20, Nyssa and Zelma Young, 58, Fruitland were involved in

Samba Group Meets

Members of the Samba club were entertained at the home of Mrs. Emil Stunz Friday, March 15. Guests were Mrs. Frank Morris and Mrs. Harry Miner. High honors went to Mrs. Stunz and Mrs. Tom Eldredge won second high.

Students Attend District #9 Speech Competition

Seven Nyssa students attended the District #9 speech competition at Eastern Oregon College in La Grande on March 9.

This was the first time these students have participated in this competition, according to their instructor Don Bates.

Dean Wilson, gave an after dinner speech; Kathy Kunkel, a serious and a humorous reading; Renee Lattin, serious reading; Marian Chadwick, humorous reading; Carla Hoskins, poetry reading; and Steve Bosselman, radio speech.

Kathy Kunkel made it into the finals for her humorous reading, "Cutting from Pygmalion."

Mr. Bates will be director for the district competition next year. Dale Wilkins of Vale was director this year.

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NU ACRES HAPPENINGS

Mr. and Mrs. Ben Payne visited Mr. and Mrs. Mike Mikesell at Notus Wednesday.

Mr. and Mrs. Archie Stevenson of Boise were dinner guests Thursday of Mr. and Mrs. Ben Payne. The two women were schoolday chums.

Mrs. John Stam and Mrs. John Craner attended the Garden club meeting at Madge Thomsons in Nyssa Thursday.

Mr. and Mrs. Ben Payne were dinner guests of Mr. and Mrs. Nel Manning of Council, at the Maudie Owen's Cafe Saturday evening. The Mannings came home with them and were overnight guests.

Mr. and Mrs. Cecil Evans called on Kinsey Keveren in the Ontario Hospital Saturday evening. Kinsey had hip surgery there Wednesday morning and is doing real well now.

Mr. and Mrs. John Stam returned from Chicago where they attended a meeting for cooperatives recently.

IT'S A LEMON

When you stop and think about it—the lemon has been put to more uses than any other citrus fruit.

Ever since the Parisians invented lemonade in 1630, and perhaps even before, man has known that the fresh, delicious smell of lemon can be transferred to other products. And that's exactly what man has set out to do, and so has woman.

And now the lemon squeezes through again, this time to the delight of cigarette smokers! A dash of lemon freshness has been added to the new menthol Twist cigarettes. They taste fresher than ordinary cigarettes and



give a smoother cool. Twist is the first new cigarette product to combine lemon as a flavoring with menthol; it has a cork-tipped filter with a thin lemon stripe on the filter tipping wrap.

There's a reason that the makers of this cigarette say: "Our new menthol is a lemon." Sales figures suggest that it's a peach of an idea!

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