



OUT OF THE PAST

10 YEARS AGO

Students winning in the Junior High Science Fair were eighth graders, Pat Simpson, Barbara Tensen,

Merla Ashby, Chipper Burroughs, Barbara Fangen, Helen Trost, Larry Wilson, Craig Robbins and Steve Parker.

Wattwise

Home Making Tips

"All in a Pot" Cooking

In the past year we have heard a lot of news about slow cookers, take-offs from Rival's Crock Pot (the term Crock Pot is a trademark of Rival). In times of energy conservation a slow cooker may be a good buy, using little more electricity than a 100 watt light bulb. In terms of convenience, they require little "looking after" and contain nutrients right in the pot.

There are problems when cooking at low temperatures, mostly with food poisoning caused by bacterial growth. Bacteria grows best at temperatures between 65° F and 145° F. Therefore potential disease carrying foods should be heated to a temperature at least 150° F and maintained for at least 30 minutes. Any meal containing pork or poultry should be cooked at 170° F until ALL parts of the meat have reached that temperature. The utensil used as a slow cooker, whether it be a new slow cooker or a deep fat fryer recycled, should be able to maintain a temperature of 150° or above.

Slow cookers have gained high regard for food preparation because they retain "pot

liquor", the liquid which seeps from the food as it cooks and which holds most of the nutrients.

When choosing a slow cooker look for the following characteristics: An extended range of temperatures, it should be easy to separate from normal cooking range to a special purpose temperature. The temperature control should be easy to reach and not where you may be likely to burn yourself. A removable stone inner vessel is highly desirable.

A slow cooker with the heating coils wrapped not only on the bottom, but around the sides will give more even heating of the food. A transparent glass lid is a good idea, everytime the lid is lifted, you lose moisture and heat escapes. Also take note on the ease of cleaning—sometimes an unhappy chore.

Although slow cookers are campaigned as "turn it on-leave it be" items, always give it "one last look" before leaving unattended for any length of time, making sure it is at a proper temperature, the lid is on, and that it is not likely to get pulled or knocked off the counter by children, adults or pets!

Seventh grade winners in the science fair were Vicki Kido, Michael Hiatt, Douglas Farmer, Carey Lytle, Kent Boydell, Dan Haney, Monty Howard and Cynthia Spiller.

Nyssa FHA chapter are Garnet Ritchie, president; Sharon Hartley, vice-president; Donna Butler, Irene Jayo and Joretta Moeller.

Construction of a new bridge across the river at Nyssa moved a step closer Monday when the roads and highways committee of the state senate unanimously recommended passage of House Bills 325. The bill was sponsored by Rep. Emil Stunz and Sen. Elmo Smith, as enabling legislation to make possible an agreement between Oregon and Idaho

for the construction of this bridge.

30 YEARS AGO

Merle Kygar of Nyssa was among the prisoners of war recently released from Billbad prison in the Philippines. The war department notified his parents, Mr. and Mrs. J. W. Kygar of Nyssa rural route by telegram that he had been rescued and said that more details would be sent later.

An Eighth Air Force Fighter Station, England—First Lieutenant Clifford Ashby of

Nyssa joined the ranks of "aces" at this P-51 Mustang base when he shot down two and one half enemy aircraft during a recent bombing escort mission, bringing his total enemy planes destroyed to six and one half. The "half" Jerry is a FW 190 knocked out of the sky with the aid of a fellow pilot.

The twenty-three-year-old flight leader, the son of Mr. and Mrs. James Ashby, is a member of the 356th Fighter Group commanded by Colonel Philip Turkey, Jr., of Cape Elizabeth, Maine.

40 YEARS AGO

James Hite and Emma Glascock, both of Nyssa, were quietly married at the Christian parsonage in Payette Monday, March 4 by the Rev. J. Raymond Fite, in the presence of Mr. and Mrs. George Glascock and Mr. and Mrs. Rudolph Hite, parents of the bride and groom.

The bride wore a brown silk crepe wedding dress and the groom was dressed in a business suit. The young couple are at home to their friends at the Hite ranch in the Owyhee district, as the

groom is helping his father run the farm this season.

On Wednesday night a large crowd charivariated the newly weds at the home of Mrs. Hite's parents. This is the third marriage in the Hite family in four months.

The ladies of the Eagles Auxiliary held a nice surprise party Wednesday night in the Eagles Hall, celebrating the first birthday anniversary of the local chapter.

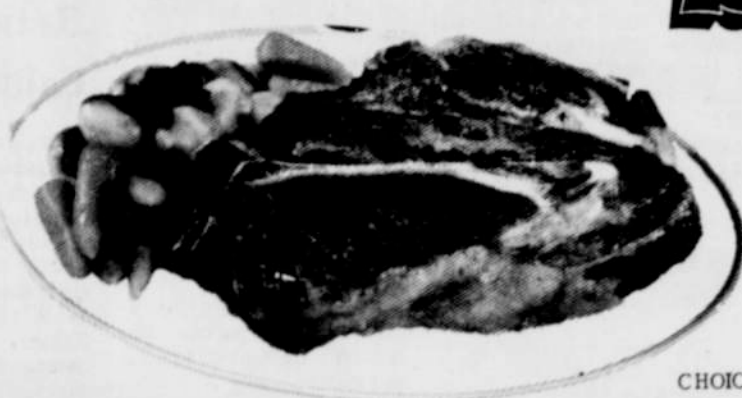
Issues for 50 and 60 years ago are missing from our files.

TENDER TASTY THRIFTY

Chuck STEAK



MORRELL
BEEF WIENERS 89¢ lb.



CHOICE

79¢ lb.

VALUES GALORE

PAR T PAK SUGAR FREE
SODA POP

6 qt. BOTTLES
PLUS DEPOSIT **\$1**

VALUES GALORE

KRAFT REAL
MAYONNAISE

129 qt. JAR

VIVA PAPER
TOWELS JUMBO SIZE ROLL **45¢**

DELMONTE
TOMATO SAUCE 8 oz. CANS **7/\$1**

PLUMP & MEATY
RAISINS 2 lb. PKG. **\$1.39**

DELMONTE
SAUERKRAUT 16 oz. CANS **29¢**

HORMEL CANNED
SPAM 12 oz. CAN **89¢**

NALLEYS
CHILI REG. OR HOT 15 oz. CAN **45¢**

FRANCO AMERICAN
SPAGHETTI 15 oz. CANS **5/\$1**

KRAFT JET PUFFED
MARSHMALLOWS 1 lb. PKG. **55¢**

HAWAIIAN
PUNCH 46 oz. CAN **59¢**

FROZEN FOODS

EVER FRESH
CORN & PEAS 20 oz. PKG. **43¢**

NATURIP 10 oz. PKGS.
STRAWBERRIES **3/\$1**

CHEF BRAND HAM

LEAN AND TENDER
MORRELL PRIDE BONELESS

\$1.59 lb.

VALUES GALORE

SWANS DOWN
CAKE MIX 18 1/2 oz. PKG. **39¢**

FRESH CRISP
LETTUCE

5 LARGE HEADS **\$1**

RED RIPE SLICER
TOMATOES

4 PAK TRAY **39¢**

BAKERY TREATS

RAY'S HOME STYLE
BREAD 16 oz. **4/\$1**

RAY'S
CAKE DONUTS **12/99¢**

GRAPEFRUIT

TEXAS PINK

12 FOR 1

RAY'S FOOD FAIR

Nyssa •



"BEAUTIFUL HAIR IS TOUCHABLE" Spring-Summer romance is expressed here by the National Hairdressers and Cosmetologists Association with a brushed montage of touchable waves that move away from the face. Waves move softly into an arrangement that exposes the entire face, beginning a 1975 hairstyling emphasis on "the face." The form, supported by an expertly executed perm, follows the natural contour of the head at the nape area.



"BEAUTIFUL HAIR IS SOFT" A harmonious combination of soft waves and curls, with accent on form and texture, creates a total glow of softness. This soft styling by the National Hairdressers and Cosmetologists Association will be favored by those who wish to wear hair of shorter lengths. While the crown and sides are left long enough to curl, the nape is softly fitted. This is a versatile styling that can easily be converted to softly frame a variety of facial features.

Extension Study Group Planned

A new Home Extension Study Group is being formed in the Nyssa area. The first meeting will be Wednesday, March 5 in the Nutrition House at 801 Ehrgood Avenue, in Nyssa 10 a.m. Everyone who is interested is cordially invited to attend

and bring a friend. If this time is inconvenient and there are enough interested persons perhaps an afternoon or evening session can be planned. For more information, call the Malheur County Extension Office, 889-9129.