

Toasted Wheat Germ Shows Off With Herbs N' Spices



Wheat germ, orange and apple edible garnishes.

Basic, down to earth toasted wheat germ really gets around. It's turning up even in exotic, spicy curry dishes. An unexpected ingredient, to be sure, in middle eastern cuisine. But its nutlike mellow flavor is most compatible with a variety of herbs, spices and seasonings. Wheat germ's nutritional values are beneficial in any recipe, whatever the origin. In fact, the only far out thing about wheat germ is the great goodness packed into those tiny golden flakes. Its concentrated wealth of natural vitamins, minerals and protein is pretty amazing.

CURRIED WHEAT GERM AND SAUSAGE BALLS

¾ cup vacuum packed wheat germ (reg.)
1 pound bulk pork sausage
1 egg, beaten
½ teaspoon sage
¼ teaspoon thyme leaves, crumbled

¼ teaspoon salt
1 medium onion, finely chopped
1½ teaspoons curry powder
3 tablespoons flour
1 (10 ¾-ounce) can condensed chicken broth
¾ cup half and half
Hot cooked rice

Chopped green pepper, orange sections, apple wedges

Mix ½ cup wheat germ, sausage, egg, sage, thyme and salt. Form into 24 balls. Brown in skillet until cooked through. Remove from pan. Drain off all but 3 tablespoons drippings. (Add butter if more fat is needed.) Sauté onion in drippings until tender. Stir in curry powder. Cook, stirring, 1 minute. Stir in flour. Add undiluted chicken broth with half and half. Cook, stirring, until mixture boils and thickens. Add sausage balls to sauce. Heat through. Serve over rice. Sprinkle remaining ¼ cup wheat germ over top. Garnish with green pepper, orange and apple. Makes 4 servings.

Newell Heights Items

By Dale Witt

Mr. and Mrs. Alfred Simpson and Mr. and Mrs. Ray Simpson were New Years dinner guests of Mr. and Mrs. Johnnie Eason of Boise.

Marilyn and Steve Fenn of Quincy, Washington were Thursday evening dinner guests in the Alfred Simpson home and Steven was an overnight guest.

Mr. and Mrs. Richard Fenn and family of Quincy, Washington left for their home Friday morning after spending a week here visiting his mother, Mrs. Carl Fenn and other relatives. The children brought their snowmobile and really enjoyed their vacation.

Mrs. Carl Fenn was a New Years dinner guest in the Wes Walker home.

Mrs. Marion York and children of Vale visited Mrs. Ray Simpson Tuesday.

Mr. and Mrs. Howard Schutte, Kara, Lynn and David of Nampa came Sunday to visit Mr. and Mrs. Leonard Schutte. The children visited in the Leonard Schutte home until Wednesday.

Tuesday, Pastor and Mrs. Hushagen and family of Nampa, Mr. and Mrs. Arthur Burns of Eden, Idaho and Mrs. Edna Neyer of Eden were guests of Mr. and Mrs. Leonard Schutte.

Barbara Schutte, who attends the Boise State College came Wednesday to spend her New Years vacation with her parents, Mr. and Mrs. Leonard Schutte. She is taking the Boise State Nursing program.

Mr. and Mrs. Brent Schulthies had the "Schulthies family" for New Years dinner.

New Years day dinner

guests at the Gus Gustofson home in Caldwell were Mr. and Ms. Carl Lee Hill, Terri and Amy Linville, Mr. and Mrs. Vernon Ward, Caldwell Dennis Ward of Caldwell and Mr. and Mrs. Larry Horn.

Mr. and Mrs. Gary Costley and family of Battle Creek, Michigan, called on Mrs. Frankie Worden during the Christmas holidays. They had been visiting her relatives near Nyssa.

Mr. and Mrs. Merrill Call and family spent New Years Eve with the Irvin Durfee family.

New Years Day, Mr. and Mrs. Merrill Call and family were dinner guests of their daughter, Mr. and Mrs. Stanley Smith.

Mr. and Mrs. Bob Eye-stone and son Eddie of Ogden, Utah came January 1 to visit his cousin Vern Hirsch and wife Annabelle. They had not seen each other since they were boys. They had dinner in Caldwell and in the afternoon called on another cousin, Howard Eye-stone and wife Elizabeth.

Mr. and Mrs. Carl Lee Hill and Terri attended the New Years Eve party at the Jim Phifer home in Kingman Kolony, other guests were Mr. and Mrs. Jerry Frietag and Connie of Nyssa, Mr. and Mrs. Kenneth Price of Ridgeview, Mr. and Mrs. LeRoy Sprague and Mr. and Mrs. Veri Bishop of Parma. After they rang in the New Year, they had a pot luck supper.

Ross Mills went to the Joe Oniel home at Parma, Tuesday where he visited his cousin, Mrs. Orvalle Mills of Velva, North Dakota. Mr. and Mrs. Ronald Mills of Mac, North Dakota and Mr. and Mrs. Wesley Mills of

Ruso, North Dakota.

Friday, Ross Mills went to Ontario where he got his car license and visited his sister, Mr. and Mrs. Ronald Batt. Bob Reiner of Boise spent several evenings last week visiting in the Eugene Pratt home.

Shelia Pratt returned to college at Eugene Sunday and Carolyn Pratt returned to the College of Idaho Sunday. Burdette Pratt and family of Moscow is spending the New Years holidays with his parents, Mr. and Mrs. Eugene Pratt Sr.

Mr. and Mrs. Clint Chamberlain announce the birth of a baby daughter, Paula Mae, born December 31 at 12:07 p.m. She weighed seven pounds and 12 ounces. She has two brothers, Donald and Peter to welcome her.

Mr. and Mrs. Carl Bege-man and Mrs. Edna Cowling of Adrian and Mr. and Mrs. W. C. Van DeWater and son Kent of Caldwell were New Years dinner guests of Mrs. Dale Witt.

Mr. and Mrs. Don Linville, Mr. and Mrs. Max Linville of Adrina, Mr. and Mrs. Louis Linville of Owyhee Junction and also Mr. and Mrs. Howard Connaughy of Owyhee Junction were New Years dinner guests of the Terry McGinnis family in Meridian, Idaho.

Vern Kreigh and Freda Laughlin of Buhl, Idaho spent their New Years vacation with the formers son, Mr. and Mrs. Dick Krieh.

Mr. and Mrs. LeRoy Sprague met her brother, Mr. and Mrs. Dan Jones of Emmett in Ontario and had dinner there together and visited on New Years Day.

Mrs. Rollo Fenn accompanied Mr. and Mrs. Golden Draper to Ontario Friday evening where they attended the movie "Against the Crooked Sky." Mr. and Mrs. Jay Draper and family also went to the movie.

Foreign Policy Conference at TVCC

A Bicentennial American Issues Forum Conference is being arranged in Ontario for the purpose of providing current information on three foreign policy topics. These topics were identified by the National Bicentennial Committee to be scheduled January and February of 1976. Eight other conferences are scheduled around the State of Oregon.

An authority capable of presenting information in an interesting manner will be a keynote speaker for each conference. Following this presentation there will be audience reaction. Small group discussions on the selected topics will follow with feedback to the total conference from the small group discussions. There will also be information and training provided for those in attendance on how to arrange and present a conference in communities, neighborhoods clubs, churches, Homemakers' study groups, as well as for other programs.

This is an excellent opportunity for leaders and teachers to receive training for a valuable program in public affairs relative to Oregon people.

There will be opportunity for unsigned opinion ballots to be turned in on the foreign policy program topics selected. These will be reported to Congressional bodies in Washington, D. C. in the late

spring of 1976. One or more of these three topics will be selected for each conference:

"The American Dream Among Nations: What Impact? What Future?"

"The U. S. in the World Economy: Toward Cooperation or Conflict?"

"Rethinking U. S. Foreign Policy: How Should Our Power Be Used?"

The conferences are presently scheduled in: Roseburg on January 7, 1976, 12:00 noon - 3:00 p.m., in the Extension Office Conference Room, 1134 S.E. Douglas Avenue (Brown-Bag Lunch); and Ontario on January 16, 7:00-10:00 p.m., and January 17, 9:00 a.m.-12:00 noon, at the Treasure Valley Community College Administration Building, Room AD-14.

Conferences are scheduled later for: Salem, January 29; Astoria, February 7; Portland, February 14; Pendleton January 23; Corvallis, March 6; and tentative plans in February for Bend and Coos Bay.

The programs are arranged by the Oregon State University Extension Service and the Oregon Great Decisions Council.

Check with your County Extension Office for more information. The place and hours for the remainder of the conferences will be available soon.



"The world is in a bad way when an egg falls and breaks the bowl." African Proverb

Newell Heights Items

By Dale Witt

NEWELL HEIGHTS - Mr. and Mrs. R. D. McKinley went to La Grande on Monday where they visited their daughter, Mr. and Mrs. Jack Earnest and family. They returned home Wednesday evening. New Years Day they went to Caldwell and visited another daughter, Dr. and Mrs. Hugh Eddy and family.

Mr. and Mrs. Luit Stam were New Years dinner guests of Mr. and Mrs. Jim Miller in Big Bend.

Mr. and Mrs. Jake Groot of Parma were Tuesday morning coffee guests of Mr. and Mrs. Luit Stam.

Wednesday overnight guests of Mr. and Mrs. Alfred Simpson were Mr. and Mrs. Leslie Elmore and Kevin of Ponca City, Oklahoma. Wednesday dinner guests in the

Alfred Simpson home were the Leslie Elmores, Mr. and Mrs. Marvin Elmore of Rupert, Gilbert Deffenbaugh of Nyssa, Mrs. Ray Simpson and Mrs. Marion Yrok and girls of Vale.

Mr. and Mrs. Ray Simpson went to Portland by bus Saturday, December 20.

They visited the Raymond Simpsons at Gresham until Tuesday. They also visited Judy and Larry Smith at Gresham. They visited Bud Simpson and wife at Portland in Vancouver, they visited their daughter, Mr. and Mrs. Bill Holdt and family. They returned to the Raymond Simpsons who took them to Fairview to catch the bus, returning home Monday, December 29.

Mr. and Mrs. Paul Butler and Megan Rochelle of

Ontario and Donald and Peter Chamberlain were New Years dinner guests in the Leon Chamberlain home.

Mr. and Mrs. Leon Chamberlain and Jed were New Years Eve dinner guests of their daughter, Mr. and Mrs. Tunis Garner in Homedale.

Mr. and Mrs. Tunis Garner of Homedale visited in the Leon Chamberlain home New Years Eve.



Salisbury steak, which is unless hamburger, comes from a Dr. J. H. Salisbury, who about 75 years ago recommended ground steak three times a day for a whole list of ailments.



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