

LEMON STICKY BUNS

Here's an all-purpose recipe for busy cooks who like to plan ahead. It makes 4 1/2 dozen Lemon Sticky Buns and they offer a rare treat for weekend breakfasts, brunches or even a dessert for dinner. The buns are frozen before baking and may be held in a freezer for up to 4 weeks.

Many cooks have discovered that not all yeast doughs freeze well. This recipe is developed for freezing—it is higher in yeast, shortening and sugar than other bread recipes. The buns are completely prepared and placed in a baking pan with lemon flavored syrup and chopped almonds. They are frozen in the pan, ready to thaw, rise and bake before serving.

Be sure to allow plenty of time for thawing and rising, about three hours at room temperature. The dough doesn't start to rise until it is thawed, so another 2 hours should be allowed for the buns to double in size. If the time seems long, just remember, the cook's work is done. The buns need no further attention except for timing the rising and baking.

LEMON STICKY BUNS

- 2/3 cup milk
- 1/2 cup sugar
- 1/2 teaspoon salt
- 3/4 cup (1-1/2 sticks) Fleischmann's Margarine
- 1/2 cup warm water (105°F, 115°F.)
- 2 packages Fleischmann's Active Dry Yeast
- 2 eggs
- 5 to 6 cups unsifted flour

Prepare pans (directions below). Set aside until ready to use. Scald milk; stir in sugar, salt and 3/4 cup Fleischmann's Margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle in Fleisch-



mann's Yeast; stir until dissolved. Add lukewarm milk mixture, eggs, and 2 cups flour. Beat until smooth. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes.

Divide dough into 3 equal pieces. Roll one piece to an 18 x 7-inch rectangle. Roll up from long end to form a roll, 18 inches long. Pinch seam to seal. Cut into 18 1-inch slices. Arrange cut side up in a prepared pan. Drizzle 1/3 cup of remaining syrup over rolls. Cover tightly with plastic wrap, then with aluminum foil; place in freezer. Repeat with remaining pieces of dough and syrup. Keep frozen up to 4 weeks.

Remove from freezer; let stand covered loosely with

plastic wrap at room temperature until fully thawed, about 3 hours. Let rise in warm place, free from draft, until doubled in bulk, about 2 hours.

Bake at 350°F. 25 to 30 minutes, or until done. Invert buns onto plates to cool. Makes 4-1/2 dozen small buns.

To prepare pans: Sprinkle 1/2 cup chopped planters or Southern Belle Blanched Almonds in each of 3 ungreased 9-inch round cake pans. In a saucepan combine 1-1/2 cups sugar, 1/2 cup (1-stick) Fleischmann's Margarine, 1/2 cup light corn syrup, 1/4 cup water and 3 tablespoons grated lemon peel. Bring to a boil. Cook 3 minutes, stirring constantly. Pour 1/3 cup syrup over each pan of almonds. Refrigerate remaining syrup.

Newell Heights Items

By Dale Witt

Mrs. Dick Kriegh was guest of honor at a birthday dinner Sunday at the home of her daughter, Mr. and Mrs. Glen Palmer. Dick Kriegh, Mr. and Mrs. Steve Kriegh of Hometown were also dinner guests. Dick Kriegh was absent because of deer hunting.

Mr. and Mrs. Carl Lee Hill and Terri visited in the Kenneth Price home in Ridgeview Saturday evening.

Mr. and Mrs. Kenneth Price were Sunday evening dinner guests of Mr. and Mrs. Carl Lee Hill.

Mrs. Alfred Simpson, Mrs. Marion York and girls and Mrs. Leonard Mecham of Parma were Saturday afternoon visitors in the Ray Simpson home.

Darryl Simpson visited Mr. and Mrs. Ray Simpson Saturday evening. Jed Chamberlain and Jim McCume of Sunset Valley went to Rexburg Friday, returning home Sunday evening.

Mr. and Mrs. Paul Butler and Megan Rochelle of Fruitland, Mr. and Mrs. Tunis Garner and Ginny and Tom Danielson of Hometown, and Mr. and Mrs. Clint Chamberlain, Donald, Peter and Paula Mae were Sunday dinner guests of Mr. and Mrs. Leon Chamberlain.

Mr. and Mrs. Arthur Carter of Newberg, Ore. came Friday and are visiting Mr. and Mrs. R.D. McKinley. Mr. and Mrs. Marion York and family of Vale spent the weekend with her parents, Mr. and Mrs. Alfred Simpson. Alfred Simpson, Marion York and Johnnie Simpson went deer hunting in the hills. Marion got his deer.

Tuesday dinner guests of Mrs. Dale Witt were her cousins, Mr. and Mrs. Reese Hawkins of Burr Oak, Kansas her brother, Mr. and Mrs. Oly Conable of Beattie, Kansas and her sister, Mr. and Mrs. W. C. Van DeWater and son Kent of Caldwell. The Conables just returned from a two week visit with relatives in California. They visited Mrs. Dale Witt until Saturday afternoon when they returned to the Van DeWater home in Caldwell.

Mrs. Alfred Simpson visited Gilbert Deffenbaugh in the Nyssa hospital Saturday afternoon. He is having some tests taken.

Mr. and Mrs. Ray Holly of Boise were Sunday dinner guests of Mr. and Mrs. Gerrit Timmerman.

Mr. and Mrs. Cecil Frahm of Riddle, Oregon have purchased the LeRoy Sprague property and moved there October 1. They are retired. Have two married sons. They lived in Nyssa a number of years ago. The Spragues have moved into Nyssa for the present. They plan to move on their other property in this area later.

Mr. and Mrs. Arnold Fenn and baby and grandson Tracy

of Milwaukie, Oregon came Friday to visit his mother Mrs. Carl Fenn. Arnold and other friends here are deer hunting this weekend.

Mr. and Mrs. Pat Linville and son and Mr. and Mrs. H. J. Rayner both of Seattle were weekend guests of Mr. and Mrs. Don Linville and Mr. and Mrs. Louis Stam.

Mrs. Wesley Walker, Mrs. Alfred Simpson and Mrs. Marion York and children and Tracy visited Mrs. Carl Fenn Sunday afternoon.

Mrs. Marie Moore attended the gathering for the ministers and wives, active and retired of the Boise Presbytery at the home of the Rev. and Mrs. James Moore at Horseshoe Bend on Monday, Sept. 27. This was to meet with the Rev. Don Leavett, the new Board of Pensions Executives for the West of the United Presbyterian Church.

Kingman Kolony News

By Dale Witt

Willis Conant returned home Saturday from a two week trip to Kansas and Nebraska. He accompanied Mr. and Mrs. Glenn Brown.

Sunday afternoon Mr. and Mrs. Willis Conant gave a birthday party for their daughter, Mrs. Ralph Lewis and Janet Conant. There was lots of birthday cake and ice cream. Guests were Mr. and Mrs. Ralph Lewis and family, Mr. and Mrs. Jim Conant and family and Mr. and Mrs. Bill Conant.

Mr. and Mrs. Wayne Robb attended the 25th wedding anniversary celebration for Mr. and Mrs. Phillip Breshers in Roswell Sunday afternoon.

Mr. and Mrs. Fred Goodwin of New Pine Tree, California came Saturday to visit her sister, Mrs. Inez Goodwin and family.

Mr. and Mrs. Don Fox went to Boise Friday and visited their daughter, Mr. and Mrs. John Thiel and family and watched Randy play football.

Mr. and Mrs. V. V. Carter of Eugene came Sunday to visit Mr. and Mrs. Don Fox.

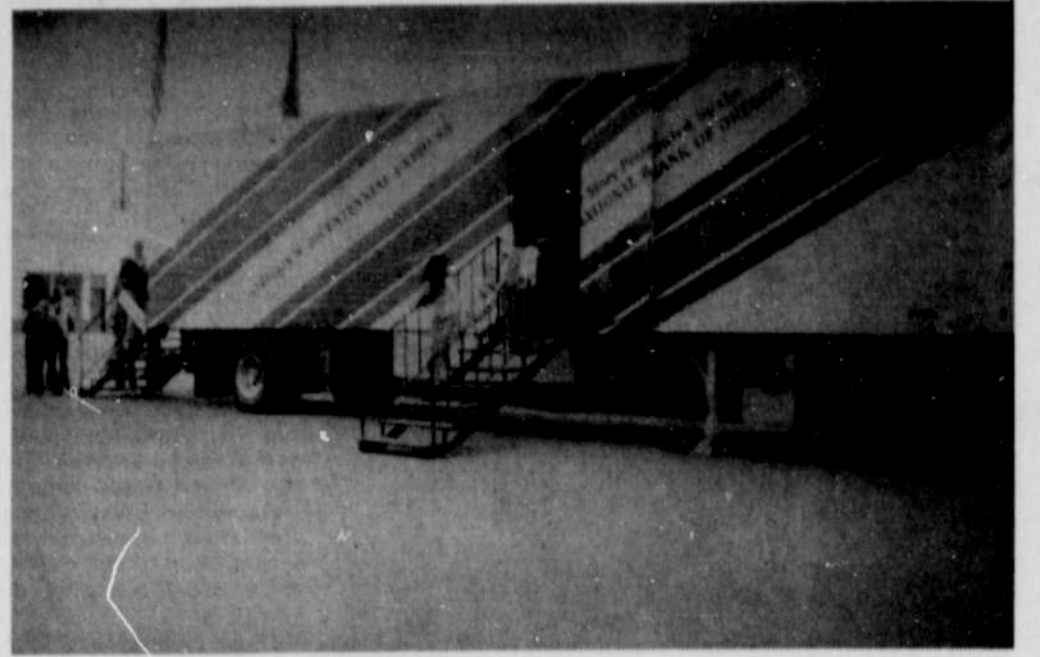
Mr. and Mrs. J. T. Cox and son Steve of Kenewick, Washington spent the weekend with Mr. and Mrs. Myron Osborn and family.

Mr. and Mrs. Rollo Rhodes and family of Roswell were Sunday afternoon visitors of Mr. and Mrs. Frank Rhodes and family.

Mr. and Mrs. Ben Graybeal of Vale were guests for pinocchio at the Frank Gehrke home Saturday evening.

Mr. and Mrs. Earl Ervin were Sunday dinner guests of Mr. and Mrs. Robert Radford and family in Adrian.

Earl Ervin returned home Friday evening from a trip to Stockton, California.



OREGON'S BICENTENNIAL EXPRESS was in Nyssa Tuesday and Wednesday, with many youngsters from the local schools as well as outlying schools going through the historical exhibit. The display is sponsored by the U. S. National Bank of Oregon in cooperation with the Oregon Historical Society and the American Revolution Bicentennial Commission of Oregon. The Oregon Trucking Association provides transportation for the trailer throughout Oregon.



CONSUMER

SAVE MONEY, TIME AND TROUBLE

If you're looking for a family-pleasing food that's convenient, inexpensive and nutritious, there's a vegetable that might help save your skin: potatoes, particularly in one of their many frozen forms. So many American homemakers are discovering this that over the last 20 years the per capita frozen potato consumption increased from one pound to more than 30 pounds a year!

Perhaps one reason is that some of the hottest ideas in food planning come from the frozen potato. For instance, a nifty idea in hors d'oeuvres is French fries in cups served with spicy dips; and frozen



hash browns make a great breakfast fried into cakes and topped with poached eggs.

Another reason, in these tight budget times, might be potatoes' economy. You only use what you need with prepared potatoes, and, according to the U. S. Department of Agriculture, the cost per serving of frozen French fries is less than homemade. As much as 30 percent of a fresh potato can go to waste in spoilage, peeling and trimming.

As for quality, frozen potatoes aren't out in the cold there, either. Varieties grown especially for processing are used to assure year-round goodness. Freezing keeps the potato at the peak of its perfection.

For taste, convenience or economy, the frozen prepared potato is the potato perfected or, as the frozen potato folks say "we took a good thing and made it better."

Parma Community School Starts Oct. 11

The Community School program in Parma, Idaho, will be offering the following classes to begin on October 11. Pre-registration is needed and all interested people are asked to phone the Community School's office 722-5744.

Oil Painting will be offered by Mrs. Marj Cain. The class will meet on Thursday evenings starting October 14, from 7:00 p.m. until 9:00 p.m. The cost will be \$25.00 for eight weeks.

Macrame will be taught by Edith's Craft Shop of Caldwell. It will start October 11 on Monday evenings for four weeks, from 7:30 p.m. to 9:30 p.m.

Women's Tailoring to be taught by Mrs. Dalley will begin on Tuesday evening October 12, from 7:00 p.m. to 10:00 p.m. for seven weeks. Students will make a lined coat or jacket.

A First Aid class of eight hours will begin sometime in November.

If there are people in the area that are interested in adult education or GED classes, contact Mrs. Jim Jefferies the Director at 722-5744.

"Up With People" Is Coming In November

At the invitation of the American Cancer Society, supported by Malheur county physicians, Up With People, an international educational program, will present its new musical production, Tuesday November 9 and Wednesday, November 10, at the Ontario High School auditorium, 8:00 p.m. All proceeds from ticket sales will benefit American Cancer Society-Malheur County Unit.

Seeking total community involvement, the cast members will live in private homes throughout the area. Advance members will arrive two weeks prior to performance dates and will be participating in community activities. Those groups or service clubs interested in arranging speaking engagements or special events, should contact Zanetta Thornfeldt, 889-3032.

Spices Spark Thrifty Beef



Bone-in chuck, cooked sauerbraten-style, shows how spices can help make budget foods tastier. Thinner than the usual beef cut, bone-in chuck steak needs about 24 hours in a marinade richly spiced with mixed pickling spice, instant minced onion and brown sugar. Beef bouillon makes the gravy and about 45 minutes simmering cooks it to fork-tenderness.

- SAUERBRATEN CHUCK STEAK**
- 1 tablespoon mixed pickling spice
 - 1/2 cup white vinegar
 - 7 tablespoons water, divided
 - 2 tablespoons instant minced onion
 - 1 tablespoon brown sugar
 - 3/4 teaspoon salt
 - 2 1/2 pound bone-in chuck steak
 - 1 cup beef bouillon
 - 3 tablespoons flour
- Tie mixed pickling spice in a cheesecloth bag. Place in a small saucepan. Add vinegar, 4 tablespoons of the water, minced onion, brown sugar and salt. Heat to boiling point; reduce heat. Cover and simmer 5 minutes, cool. Place steak in a snug-fitting bowl or baking pan. Pour cooled marinade over steak. Cover and refrigerate 24 hours, turning once. Place steak and the marinade that clings to steak in a large skillet. Add bouillon. Cover and simmer until steak is fork-tender, about 45 minutes. Remove steak to a heated platter. Blend flour with remaining 3 tablespoons water. Stir into skillet. Cook and stir until thickened. If desired, add 1/4 teaspoon bottled brown sauce to gravy. Pour over steak. Serve with cooked noodles, if desired.
- YIELD:** 4 to 6 portions



The performer's waiting room in theaters is traditionally called the "Green Room" because it is painted a soft green to relieve eyes after the harsh glare of stage lights.

Bureaucratic Deficit Spending Opposed

A large majority of participants in the American Monitor Poll from the Adrian Malheur area favor a systematic investigation of the federal bureaucracy by Congress to reduce waste and inefficiency in government. They also strongly oppose adding \$50 billion to the public debt in 1977 as already approved by Congress when it passed the 1977 Federal Budget. Local voters generally echoed the views expressed throughout the state and nation.

The American Monitor Poll has interviewed more than 15,000 voters all over the country on these and other issues since it was formed over a year ago. The Washington-based 300-10 Action Plan, sponsor of the monthly poll, calls it "one of the most effective programs in America today for the expression of grass-roots political opinions in this election year." George Millett, Executive Secretary of the 300-10 Action Plan,

points out that the major pollsters question only about 1,000 to 1,500 citizens compared to American Monitor's 15,000 to 25,000.

For this poll taken in July, a total of 790 eligible voters in Oregon voted on the two issues. 213 were from District 2 represented in Washington Representative Al Ullman.

Nationally, 59% of the voters questioned were in favor of having Congress set up a commission to overhaul the massive federal bureaucracy. 35% were opposed to the commission, and 6% were undecided. 96% voted against adding another \$50 billion to the public debt in 1977. The House of Representatives earlier this year passed this debt increase when it enacted the 1977 Federal Budget by a vote of 221 to 155.

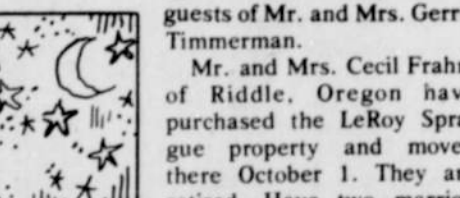
The Poll is conducted strictly by volunteers, called Team Captains, in more than 250 Congressional districts. Results are delivered by the 300-10 Action Plan staff to

Poison-Proofing Film Available to Groups

A new children's movie could save a life—and it's free.

"Teaching Children Poison Prevention" is aimed at children ages five to 11. The full color, 14 1/2 minute film opens and closes with a group of children aged three through seven talking about medicines with a doctor and a teacher. The middle segment is an animated cartoon.

The movie is available on a free loan basis from Parke-Davis and Company. Interested schools, PTAs and other groups should write C. R. Shelton, Community Relations, Building 69-2, Parke-Davis & Co., P.O. Box 118, Detroit, MI 48232.



Norse mythology considers the morning star the frozen toe of a sorceress' child!

each Congressional office to keep the Congressmen informed of the activity and opinions of their constituents as reflected by the Poll.

BUSINESS DIRECTORY

A MARKET PLACE FOR QUALITY - QUICK SERVICE - SATISFACTION

<h3>Automobile Dealers</h3> <p>WHITE MOTOR CO., INC. NEW CARS</p> <p>Datsun Saves Sales - Parts - Service Motor Tune-up Brake Work Transmission Service</p> <p>120 N 8th Payette 642-4445</p> <h3>Auction Houses</h3> <p>FRUITLAND AUCTION "Home of Action Auction Service" SALE EVERY WED. 6:30 P.M. Specializing in Estates - Farms - Households - Dairies Furniture</p> <p>Auctioneers - Col Harold Stelling & Asso. 245 3rd Fruitland 452-4480</p> <h3>Concrete Products</h3> <p>Division of Idaho Concrete Co., Inc.</p> <p>Ready Mixed Concrete - Concrete Pipe For Farm - Sewers - Irrigation and Highways Washed & Graded Sand & Gravel</p> <p>North of Nyssa 372-3509</p> <h3>Diesel Service</h3> <p>ONTARIO DIESEL SERVICE Ray & Bruce Tuttle-Owners Repair on all Diesel Farm Equipment (Not tractor.) Diesel Trucks Detroit Diesel Sales & Service 588 S.E. 1st Ave., Ontario. Phone 889-8681</p>	<h3>Farm Equipment</h3> <p>AL KROPP & SON Sperry - Rand - New Holland Speedrower - Balers - Automatic Bale Wagons - Stack Retrievers - Forage Harvester - Self-Loading Wagons Spreaders - Haybines</p> <p>1723 SW 4th Ave. Ontario 889-8371</p> <h3>Farm Supply</h3> <p>FARMER'S SUPPLY CO-OP Loye Frakes - Manager Feed - Seed - Fertilizer Ag Chemicals Fertilizer - Seeding Livestock Supplies - Crop Dusting</p> <p>514 SW 4th Ave. Ontario 889-5365</p> <h3>Fire Protection</h3> <p>CASCADE FIRE PROTECTION Malton Cowgill - Owner Protect Your Farm - Industry - Boats & Business With an Engineered Sprinkler System Lower Insurance Rates - 60 to 90%</p> <p>1238 NW 4th Ave. Ontario 889-6535</p> <h3>Food & Entertainment</h3> <p>EASTSIDE CAFE and LOUNGE Oriental and American Dishes Banquet Rooms For Parties up to 285 Live Music & Dancing Six Nights a Week Open 7 Days a Week 11:45 a.m. to 2:30 a.m.</p> <p>105 SE 2nd St. Ontario 889-9944</p>	<h3>Food & Entertainment</h3> <p>ROYAL CAFE & SHANGRILA ROOM [Formerly La Paloma] Delicious Luncheon Buffet American & Chinese Menu Live Music Every Night Banquet Facilities for 400 Make Your Xmas Reservation NOW 88 NW 4th Ave., Ontario, Phone 889-9212</p> <h3>Fuel Oil</h3> <p>STANDARD OIL CO. OF CALIFORNIA Bud Anderson - Distributor Chevron Heating Fuels - Gasoline Diesel Fuel - Lubricating Oils Chevron Oil Heating Equipment</p> <h3>Livestock Auction</h3> <p>VALE LIVESTOCK AUCTION Sale Every TUESDAY 12:30 p.m. Special Horse Sale 2nd Saturday Each Month 1 p.m. For Livestock Appraisal or Information, Call Nick Van Lith, 670 12 St. N., Vale Phone 473-3116</p> <h3>Loans</h3> <p>BAKER PRODUCTION CREDIT ASSN. Ontario Branch</p> <p>"Where Successful Farmers and Ranchers Finance" Keith Gressley, Mgr. 201 SW 2nd Ontario 889-6471</p>	<h3>Roofing Contractor</h3> <p>ONTARIO ROOFING CO. "Vern Hancock - Owner" Serving All Malheur County With Quality Materials & Workmanship At Reasonable Prices Built-Up - Shingles - Wood Shakes New Roofs - Repair & Recover</p> <p>South of Ontario 889-6742 Or Frank McArthur 372-2640</p> <h3>Septic Tanks - Heating</h3> <p>TREASURE VALLEY PLUMBING & HEATING, INC. Total Comfort Heating Systems Septic Tanks Pumped & Installed All Sizes of Sewer Lines Cleaned 24 Hour Service Phone 889-5318, Ontario or 452-3777, Fruitland</p> <h3>Title Companies</h3> <p>LAND TITLE INSURANCE AGENCY "W.B. Schlupe, Mgr." Serving All of Malheur Co. "Accuracy By Professionals"</p> <p>70 SW 3rd Ave Ontario 889-6451</p> <h3>Water Well Drilling</h3> <p>NICHOLSON WELL DRILLING Specialists in Deep & Shallow Wells Home - Farm - Ranch - Water Wells State Licensed & Bonded Dealer - Fairbanks Morse Pumps 540 SW 4th St. Ontario 889-3857</p>
---	--	--	--

ADRIAN Business Directory

Fire Dept. - 503-372-2220
St. Police 503-889-6468

Adrian Mercantile
503-372-2727
208-724-6131

Adrian Oil Company
503-372-2877
208-724-6130

Bea's Beauty Bar
503-372-2653

Callahan Repair Service
Wrecker Service
503-372-3213

Freel Brothers Trucking
Commodity & Livestock
503-372-2736

Martin's Market & Adrian Supply
503-372-2722

Mirage Cafe & Lounge
Live music Sat. night
503-372-2338

Parker Lmbr. & Hrdwre
503-372-2433
208-724-6174

Stephen Plumbing
Oregon & Idaho licensed
503-372-2783

Van DeWater Leveling
503-372-2562

Webb Service Garage
503-372-2464