

Cooking with Molly

By Molly Bishop,
Home Economist, Roman Meal Company

Sack Lunches To Go

It's picnic time again, and I'll bet you'll be making lots of sandwiches. Perhaps you have to make several all at once every day for your husband to take to work and for the kids to take off to summer school or summer jobs, or just to the park. Here are a few time-savers.

Sandwich Shortcuts

First, line up the bread slices in matching pairs on your kitchen counter. If you plan to use a filling that's rather moist, spread butter or margarine to the edge of the slices. This will keep the bread from picking up moisture from the filling and getting soggy (your husband will love you for that one). Spread the filling on alternate slices. Spreading will be faster and more even if you use a flexible spatula. Put on the top slices and stack two or three sandwiches one on top of the other. Slice through them all at once with a sharp knife.

Sandwich Fun

Does your family get tired of the same old thing? Even small children need an occasional relief from their favorite peanut-butter-and-jelly. Sandwich variety can start with bread. It is easy to get into the boring habit of using white all the time. Sample your grocer's variety breads. Use rye or pumpernickel or Roman Meal bread once in a while. It will make a big flavor difference.



Q. What can we do to get rid of bad tastes and odors in our community's drinking water?
A. Most bad tastes and odors in community water supplies are caused by natural organic materials—decaying plant and animal matter—or synthetic organic chemicals such as pesticides, herbicides and solvents.

These undesirable substances, while not present in sufficient concentrations to pose any threat to public health, are still capable of giving drinking water a foul taste.

Many potable water plants try to eliminate these tastes by aerating the water, by treating with chemicals, or by dumping powdered carbon into the water. Since none of these techniques is totally satisfactory, a new process for assuring more effective removal of objectionable tastes from water was needed. Calgon Corporation developed a process using granular activated carbon in place of sand in water plant filters to remove tastes and to filter small particles from water.

The carbon is the same as that used in "charcoal" cigarette filters. It removes virtually all of the common organic taste and odor-causing materials in drinking water quickly and economically. As water passes through the tiny carbon granules, the offending substances are trapped and held by the carbon.

Calgon's granular activated carbon is now being used in many communities in nine states across the country and in several foreign countries to eliminate taste and odor problems in their water supplies. Approximately 100 other communities in these and other states are currently evaluating the use of this carbon for improving the taste of their water supplies.

For more information on cities which have solved their water, taste and odor problems, write to P.O. Box 1346, Pittsburgh, Pa. 15230.

Allakaket Gets Schoolhouse with Help from Army

FT. WAINWRIGHT—The village of Allakaket on the Koyuk River received its own schoolhouse this winter with help from the United States Army.

Elements of the 242nd Aviation Company, Ft. Wainwright, transported the building, complete with furnaces, insulation and decking in a CH-47 (Chinook) and a CH54B (Crane) from Bettles, 175 miles northwest of Ft. Wainwright, to the native village from 49 miles southwest of Bettles.

"The building is a rectangular pre-fab aluminum affair," said Captain Craig Jenkins, pilot of the Chinook. "It's what you might call a 'modern adaptation of the quonset hut.'"

Captain Jenkins explained that the Crane was capable of carrying the building internally by itself; however, since a couple of the I beams of the disassembled building were too long for the pod, a Chinook was also used in the mission.

"The schoolhouse was originally taken to Bettles by a unit of the National Guard in Anchorage," he said. "From there we ferried it to Allakaket."

"This is our second mission of this type in the past three

months," said CW4 Dale Lance, Aircraft Commander of the Crane. "We can foresee a lot of this in the future with the pipeline coming through and the National Guard activities in Alaska."

The entire project was a joint effort of the Army and the Alaskan Bureau of Indian Affairs in coordination with University of Alaska. It was funded by the Ford Foundation as an experiment in which Alaska natives

would assemble the school, provide teachers, and run the school by themselves.

"The whole thing is involvement on the part of the natives," said Dr. Donald Moyer, Director of Planning and Institutional Studies at the University.

"Although there is a school at Allakaket run by whites they won't be assisting the natives with their school unless the natives request it," Dr. Moyer concluded. "The idea is for the native to develop his own program."

Handicap Hire

Commissioner of Public Safety Emery W. Chapple, Jr. said today that his department supports the concept of hiring handicapped persons, only he wondered why more didn't apply.

"We actively solicit the hiring of such people if their handicap doesn't interfere with their job efficiency," said Chapple. "With the average departmental turnover there are a number of positions which could be filled by the handicapped."

Commissioner Chapple said that most any of the department's civilian jobs would be likely areas of employment for handicapped persons.

REPUBLICAN CONVENTION

The 1972 Alaska Central District Republican convention will be held in Fairbanks, Alaska, March 24, 25, 26, 1972, for the purpose of electing delegates to the May 12-14 state Republican convention, electing a chairman and other officers, and to consider any matters that may properly come before the convention.

For the purpose of selecting delegates to this 1972 district convention, the Central District boundaries as outlined in current Republican party rules will be followed, i.e., the Central District contains House Election Districts 13, 14, 15 and 16. Political subdividing of the state under recent reapportionment decrees will not be considered in delegate selection for the March 24-26 district convention.

Delegates to the convention will be selected at precinct caucuses held at least 15 days prior to the Senate District convention (advertised at least 10 days prior to said caucus) and the number of delegates is determined as follows: one delegate for each block of 25 votes (or portion thereof) cast in the November 1970 general election for the Republican U.S. House candidate.

JOHN B. (JACK) COGHILL
Chairman,
Central District Republicans
Box 268
Nenana, Alaska

STATE OF ALASKA'S AIR QUALITY IMPLEMENTATION PLAN

PUBLIC HEARINGS

Fairbanks, February 25, 1972
Anchorage, February 26, 1972
Juneau, February 29, 1972
Ketchikan, March 2, 1972

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God in his infinite wisdom created every little thing for some purpose. Even the snowflake and raindrop cleanse the atmosphere in their brief journey. Let's do our part!

Let's become informed and see if that plan is what we want. If not, voice your concern at the public hearings.

CLEAN AIR -- PASS IT ON

STATE OF ALASKA CLEAN AIR COALITION