

# TURNED-ON RECIPES

by betty smacker

Betty Spaghetti

(20 minutes; about \$1 for 4 servings)

While awaiting the boil of the spaghetti-water, why not make some of my GOOD Betty Sauce?

Brown 1/2 lb. GROUND BEEF in a pan; add 1/4 cup CHOPPED ONION, saute until tender. Set pan aside.

In a large skillet, heat 1/3 cup VEGETABLE OIL; if available, add 1/2 tsp SESAME OIL. Saute 1/4 cup CHOPPED BELL PEPPER in it until tender. Drain and flake in a 7 oz CAN OF TUNA; spoon in the BROWNED BEEF WITH ONIONS; scoop a 10 oz CAN OF TOMATO PASTE over it; pour on a 7 oz CAN OF TOMATO SAUCE; stir in 1/2 cup WATER. Spice with 2 tsp SALT; SEVERAL CHOPPED MARIJUANA STEMS or 1 tsp OREGANO; 1/2 tsp GARLIC POWDER; 1/2 tsp BASIL.

Cook the sauce 5 to 10 minutes while an 8 oz PKG OF SPAGHETTI, VERMICELLI, OR FIDEO is cooking. Drain the spaghetti and pour that GOOD BETTY SAUCE over it. Top with GRATED CHEESE if desired.

Stones 4.

## NIKITA'S NOOK



diana - eternal vigilance

# CLASSIFIED INFORMATION AND ADVERTISING

I need a job; I'd like to groove with an interesting, creative or imaginative job but I'll even settle for a dull one. High School graduate, A - student, 18-years-old, honest & reliable. Call Suzanne Light at 325-6588.

LEE REEVES wishes someone between the ages of 19 to 40, female, who is interested in photo work, to work as an apprentice, in exchange for photo training. Phone 322-7385.

Our bundle distribution of catalogues is going to be quite extensive this quarter. We have a long list of stores, schools, libraries and many other meeting places all along the peninsula where we hope to provide stacks of catalogues for general distribution.

We need volunteers with cars or back-packs to come to the Free U store as soon as possible and pick up bundles of catalogues to deliver to places on the list, as well as any of your favorite gathering places not listed. It doesn't matter if you can only take one bundle of catalogues get there quickly (like before classes begin meeting). This is a job that must be done and we need your help to do it.

STRINGS for Guitar, Banjo, Violin, etc. at discount prices to Free U members. Accessories, parts, and minor repair work also at low prices. Order by phone, 967-0302.

Chick Rock Singer wants job. Can also work as Radio-TV Announcer/Engineer (FCC 3rd Phone with endorsement) Qualified secretary. Typing 50 wpm. Available now. Call Joan 327-3413.

Help Wanted: Organization of communication network among free schools and intentional communities in area between Northern California and Western Canada. Ideas, supplies, money and love are all needed. We need just a few people, but it's strictly a venture for persons willing and able to actively participate. Call George or Mary Wertheim, 854-6812, for more information; call soon, since things are moving fast.

Where have all the children gone? While you are doing your thing or are out earning bread what are your children doing? Are they drawing and painting on refrigerator, mirror, self, and others? Are they running, digging, splashing, swinging, and mostly being? Are they with other little kids in a good place to learn about other little kids- a safe loving place? If you are going to be away and would like to know that your small child is being loved - enjoyed and enjoying - call 323-7964 and ask for Susan. Due to the nature of nurturing I will have room for only a limited number of additional little ones.

## CHLOE'S BACK

Chloe Scott: Creative Dance Classes for children and adults. New series begins Sept. 18. Call 854-3918 for information.