

Oriental cooking class April 17



SALMON CROQUETTES—Takako Carlson made making salmon croquettes look easy at an Oriental cooking class offered last month. Those who missed that class will have a second chance April 17. Contact the OSU Extension office for more information.

Spilyay Tymoo photo by Shewczyk

Your second chance at learning the art of oriental cooking is coming up April 17. Thirty people attended the first class in March taught by Takako Carlson and Anne Bowlsby of Beaverton. The class was sponsored by the Warm Springs OSU Extension program. All people who attended the first class signed up for the second class—there are a few vacancies left for registration.

The first class cooked Filipino Chicken Adobo, stir fried vegetables with rice, salmon croquettes, Okonomi Egg Fu Yung. The second class will be cooking egg rolls, Won Ton, Tempura vegetables and meat as well as some of the dishes cooked in the first class. Recipes from both classes will be available at the second class. Food cooked is economical to serve and simple to prepare.

The second class will be offered twice on the 17th. The first session will begin at 9 a.m. and the second will begin at 1 p.m. Each session will be two hours long. Those who have already signed up need to pay their registration and let the extension secretary know which one of the two sessions they wish to attend.

Small-fruit workshop April 14

A workshop for small fruits production has been set for April 14 at 7:30 p.m. at the County Courthouse in Madras, announced Martin Zimmerman, Oregon State University Extension Agent. Dr. Ralph Garren, Oregon State University Small Fruit Specialist will be present to discuss various aspects of grape, raspberry, and strawberry production.

Wide interest in grape culture has been evident in Oregon the past several years and Central Oregon is no exception states the Extension agent. A large part of the agenda will be devoted to that topic.

Other topics relating to small fruit production in Central Oregon will be included on the agenda.

Similar meetings will be held

April 8 at 1:30 p.m. at the Monument Grange Hall and at 7:00 p.m. at the Mount Vernon Grange Hall. All interested people are invited to attend.

Summer 4-H club project

Do you have a dog or puppy at home you wish would behave? If so, you might consider joining or enrolling your kids in a 4-H Dog Club.

There is a local person who is interested in being a leader for a 4-H Dog Club during this coming summer. Youth (and their dogs) who are interested in joining should call the Warm

Springs Extension office at 553-1161, ext. 238.

4-H is an informal educational program for youth through high school. In 4-H young people can "learn by doing" in project-oriented clubs. The 4-H Dog project is only one of the possibilities for a 4-H Club project.

Smith joins extension staff



Pat Smith

The Warm Springs extension service has added an aide to their staff. Pat Smith will be helping agents Pennie Albrandt and Doris Brackett with a variety of activities in the extension service and 4-H clubs.

Currently, Pat is getting the coupon exchange organized, and instructing community members in food buying and money management in this program. According to Pennie Albrandt, she is an all around assistant for the complete extension program."

Upcoming events that Pat will be involved in include Summer Week, June 14-19 for older 4-H members. The following week will be devoted to younger 4-H members. She will also be organizing the state fair exhibits and arranging for 4-H Youth from Warm Springs to attend.

After being a homemaker and a 4-H sewing club leader for one year, Pat is familiar with the duties of the extension service. She says she likes working with the extension service. It keeps her busy and the part-time schedule is just right for her, she says.

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

Family Lifelines—



Fears are real

Children, like everyone else, fear things that are strange. But most childhood fears should be regarded as normal and most of them appear and disappear at predictable ages.

Into all children's lives come events that cause fear. Infants fear loud noises. Later they fear strangers, the absence of mother, the dark or the

boogeyman. Although most children's fears seem silly, parents should accept the fear and comfort the child.

It's important to realize that some fears are normal at certain ages and are common to most children. The best policy is to permit them to withdraw from fearful objects, sounds, people, or animals and to talk about it. Forcing a child into an elevator or swimming pool or near a big dog to "cure" his fear is damaging to a child's self-confidence and trust in you.

Teasing, shaming or forcing a "cure" puts undue attention on childish little fears that would ordinarily drop out of sight in the maturing process.

Homemade bisquit mix saves money

Making your own bisquit or baking mix will save you money, time and result in baked goods that taste better and contain no additives or preservatives.

When buying commercial bisquit mixes part of the price is for ingredients, packaging and someone else's time involved in mixing the ingredients to make the mix. You also pay for additives and preservatives put in the mix so that it can be stored on grocery store shelves until it is sold.

Why not make your own mix in 15 minutes, always have it on hand, and pay only for the ingredients that you need for other types of baking anyway? One recipe makes the same amount of bisquit mix as a large 60 oz. box of commercial mix.

Homemade Bisquit Mix

9 cups flour
1/3 cup baking powder
1 cup plus 2 tbs. non-fat milk
4 tsp. salt
1 1/4 cups shortening or 1 1/2 cup lard

Combine all dry ingredients until well mixed.

Cut in shortening or lard with a fork, two knives or a pastry blender until shortening pieces are the size of small peas throughout the mix. Store in refrigerator. Makes 13 cups.

Use this mix as you would commercial bisquit or baking mixes. Different bisquit mix recipes are interchangeable.

This mix will store in the refrigerator indefinitely and the only other ingredients you need add to make baked products are water, eggs or milk.

When comparing costs of commercial and homemade bisquit mixes; homemade mixes cost half the price of commercial mixes. A 60 oz. box of commercial mix costs about \$2.25 depending on brand and place of purchase as compared to \$1.15 for ingredients to make 60 oz. of homemade mix.

Why not use some of your own time to save money on baking mixes in the future?

Wasco county bull tour

The 33rd Annual Wasco County Bull Grading tour will be held on Thursday, April 22. The tour will start at the mid-Columbia Livestock Exchange at 8:30 a.m.

Warm Springs Extension will provide a van if enough livestockmen want to attend. The van will leave the Old Administration building at 6:30 a.m.

Tour stops this year will be at the Dr. John Skirving and Son Ranch on Three Mile Creek and then the tour will move to Washington, where we will visit four ranches in the Centerville-Goldendale area.

The Klickitat County CowBelles will serve a roast beef luncheon for \$2.50.