

Chats With Your Home Agent

By ESTHER KIRMIS

4-H foods leaders and I got together on December 2 at the home of Mrs E C Daniels, Boardman, for a training session on this popular 4-H project.

Alice Daniels has a large kitchen in her Boardman ranch home so the six leaders had plenty of elbow room for food preparation.

We began with a review of the objectives of the 4-H food program which are preparation skills, meal management—planning—and buymanship, house-keeping details, eating for health, table service, etiquette, social graces, entertaining with food, and sharing knowledge with others.

The women then discussed factors in teaching foods to youngsters such as patience, short interest span, safety, etc. Project requirements for all five years of 4-H foods were gone over and I gave a demonstration on muffin preparation to show techniques in measuring, prepara-

tion, and use of equipment. The muffins were judged after they were taken from the oven.

All the 4-H leaders had a hand in preparing a "4-H foods luncheon" which consisted of a shrimp luncheon salad, green vegetable, carrot sticks, muffins, fruit pudding, and a milk drink. (All a part of 4-H food project).

Table setting, dish washing and the "basic four"—a guide to good eating—were touched upon and a model program for "Mealtime Fun" (Foods I) was prepared.

Attending the training session were: Mrs Douglas Drake and Mrs Herbert Case of Heppner; Mrs Perry Pummel and Mrs Ward Honey of Irrigon; Mrs E C Daniels and Mrs Delbert Carpenter of Boardman; and Mrs Myron Watts, Boardman was a guest.

I think all the foods leaders felt they had a better knowledge of the foods program after this meeting and felt better prepared to lead their 4-H clubs.

County agents N C Anderson, Joe Hay and myself spent the week of December 7-11 at the annual conference for Oregon research, extension, and resident staffs in agriculture and home economics on the Oregon State College campus.

This conference is quite a climax to the extension year as you meet with agents and other staff from all over the state; listen to nationally known speakers who are tops in their fields; attend county agent's association meetings and banquets; and conference with OSC specialists.

You feel like you've been "re-charged" by the time the conference comes to a close.

You should perhaps be interested to know that Charles A Tom, wheat producer of Sherman and Morrow counties, was one of a panel of speakers that spoke on "Human relations in a changing agriculture." He spoke from

the producer's standpoint by giving the public relations problems of present day farmers. He did a good job in a straightforward manner.

Christmas is in the air. Soon the sound of rain on the roof will be changing to reindeer on the roof!

December sees homemakers shifting into high gear as they prepare for the festivities. Each year seems to get busier with children requiring more costumes, family traditions growing and also the gift list! Any wonder the homemaker views the approaching holidays with mixed emotions? Here are some do-it-now suggestions that will help prevent night sessions those few days before Christmas.

Take advantage of meat sales and roast a large cut of meat. Cut it into slices and cover with gravy. Freeze for a quick meal.

Make several batches of favorite cookies and freeze an assortment wrapped together. This way variety is offered without having to open a number of packages.

Prepare foods now that must mellow immediately. Fruit cake, peppermints and various cookies come under this listing.

Invest in plastic placemats that harmonize with family dishes and cloths. Informal meals that take a minimum of preparation time and energy, plus handy plastics that do not need to be laundered, will save minutes at a time that it is really appreciated.

Boardman Notes

The Boardman Garden Club will have its Christmas party with exchange of gifts at the home of Mrs Louise Earwood, Friday, Dec 18, at 7:30 p m. Mrs Russell Miller will show slides of the Christmas story, "Gabriel

Low-Calorie Cookies Rate Tops For Holiday Snacks



Cookies are part of Christmas, too—a "must" for holiday callers and family nibbling. Delight them with these crisp, raisin-spice treats that have an appetite-saving secret: sweetness without added calories.

Ordinary sweets are filling fare. They have a way of killing young appetites and stretching waistlines, especially at holiday times.

Not so with this cookie treat. Its sweet trick is a smidgin of saccharin, 400 times sweeter than sugar but calorie-free!

Raisin Spice Cookies

Turn on oven; set at moderately slow (350°).

Dissolve: 1 saccharin tablet (¼ grain) in 2 Tbsp. water

Boil for 3 minutes in a quart saucepan

½ cup water ¼ tsp. nutmeg
¼ cup shortening 1 tsp. cinnamon
1 cup seedless raisins

Let cool until your hand can be held comfortably on the bottom of the pan.

Add dissolved saccharin and ¼ tsp. salt Beat in ½ tsp. baking soda
Beat in 1 egg

Sift together 1 cup sifted, all-purpose flour ½ tsp. baking powder
Stir into egg mixture

Drop by tablespoons 2 inches apart onto well-greased cookie sheet. Bake on oven shelf slightly above center for eight minutes or until glossy and just barely soft to the touch. Remove from pan at once. Makes two dozen. Calories in one cookie: 56.

Tells Mary."

The thermometer went up twelve degrees Monday night after 6 p m. when it was 45 above. At 10 p m it was 57 above. Tuesday at 11 a m it read 64 above, with a strong wind blowing.

If you are searching for that ideal last-minute gift, the Boardman post office has the answer—an attractive gift book containing United States Savings Stamps.

"While everyone looks to us to do his Christmas mailing, few people think of us as suppliers of gifts," postmaster Flossie Coats has announced. "Actually, we've been in the business for some years now with Savings Stamps, and they are an ideal gift."

The gift books come in two sizes. The \$2.50 version contains ten 25-cent Savings Stamps; the \$5.00 size has 20 stamps. These

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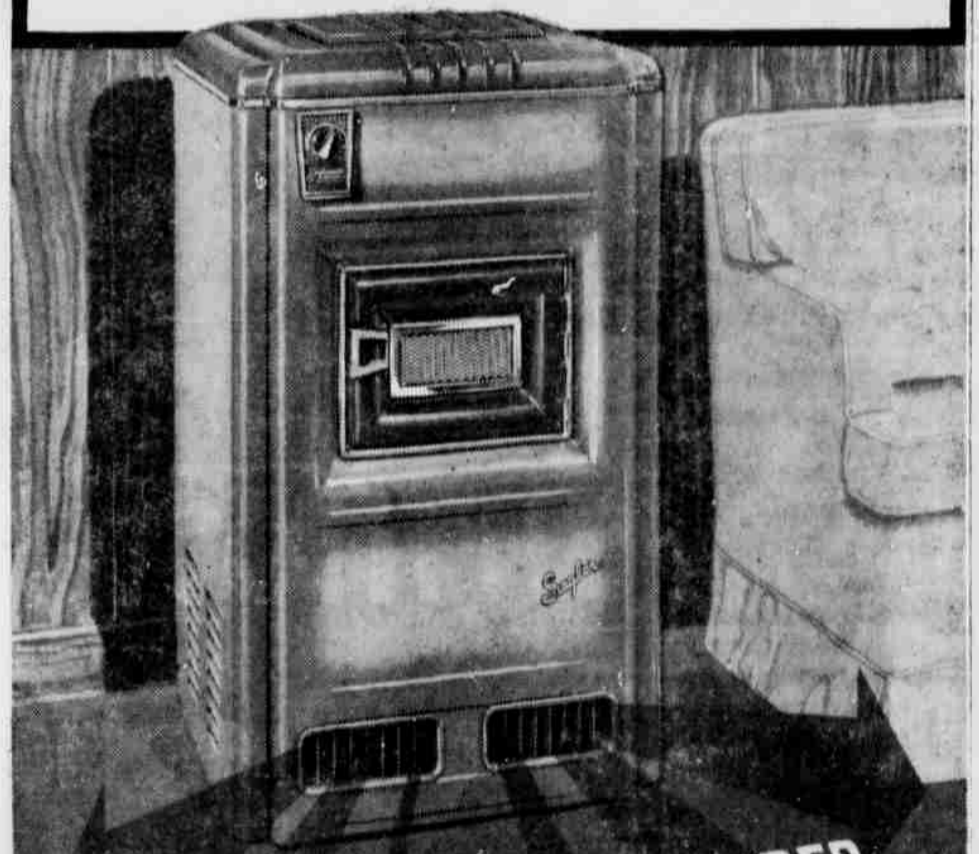
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