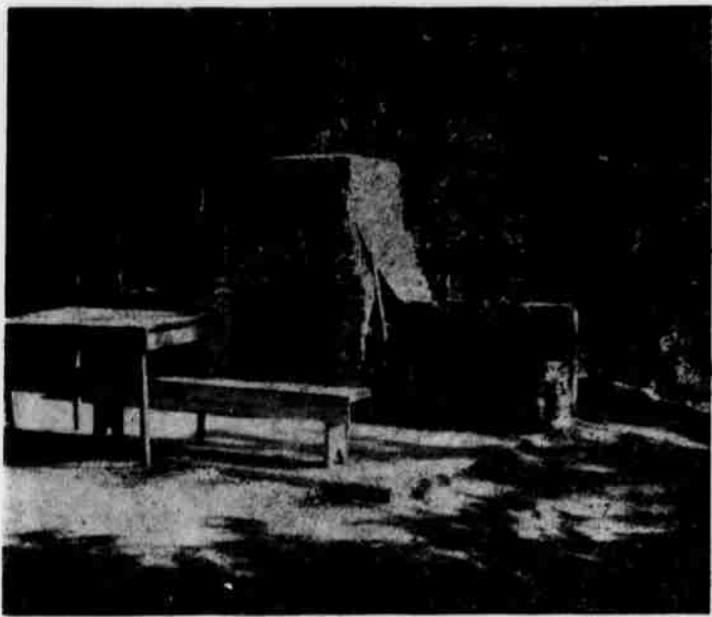
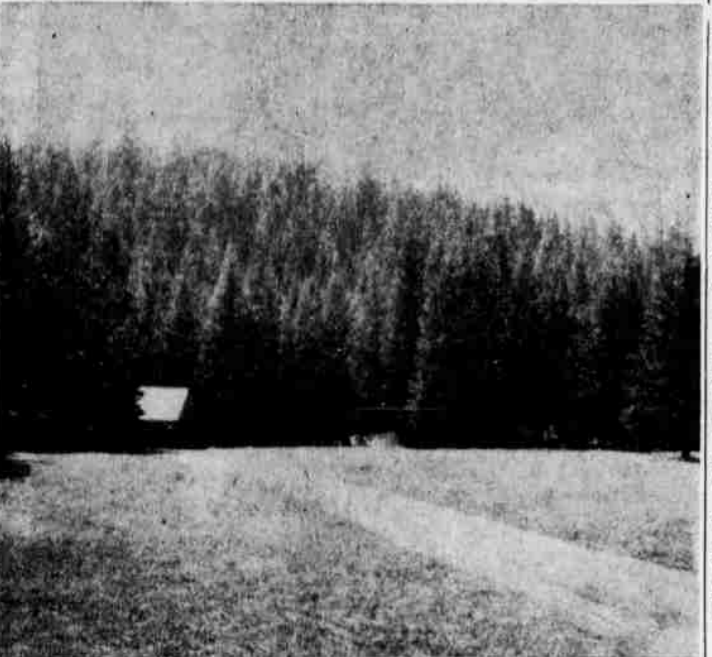


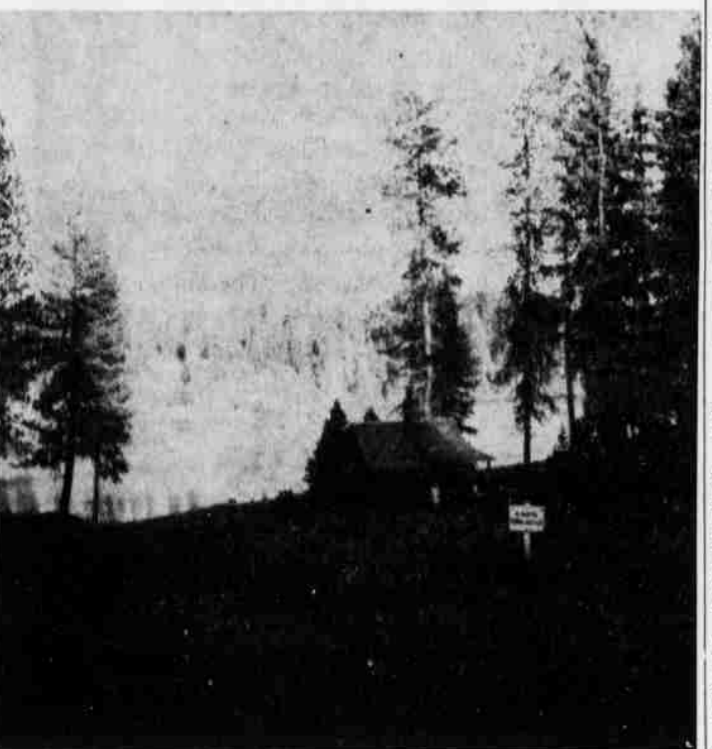
Pleasant Spots for Outings . . .



THIS BIG fireplace at Cutsforth park on Upper Willow Creek has been the scene of many enjoyable gatherings. Visitors to Morrow county are advised to include the park among their stops.



ANOTHER VIEW of Cutsforth park shows the wide open area that may be used for games and gatherings at the park. Kitchen and dining hall is at left. Trees form pretty backdrop.



BULL PRAIRIE reservoir, 39 miles from Heppner, has a natural setting that marks it as the real out-of-doors. This photo shows the Forest Service ranger station at the lakeside.

Chats From Your Home Agent

Wheat and Flour Get Economists Attention

By ESTHER KIRMIS
Morrow county fair on August 19-23 in Heppner surely heads the topics of conversation these days.

Mrs. Douglas (Grace) Drake, co-chairman of the Wheat Utilization committee for the county, called me the other day to talk over some ideas she had for a booth at the fair. In some way she'd like to illustrate the types of wheat grown in the county and how they are used in various eatable products at the family table. The idea sounds good.

I told her about the new bulletin, "Bulgar" put out by the Pacific Northwest Cooperative Extension (Oregon, Washington and Idaho.) In it is stressed the versatility of this wheat product in breakfasts, lunches, dinners, and desserts.

It goes on to explain that Bulgar is either soft or hard wheat that has been soaked in water. Then it is cooked in steam or water under pressure, or at normal air pressure. After this treatment, it is dried, and the bran is partially removed. The kernels are either left whole or cut to suitable size (fine, medium, or coarse).

It's not a flour. On food market shelves, bulgar appears in packages under various trade names such as Aka, Sunnyland Bulghor, and Sun-Dry Bulghor.

We have these bulletins on hand at the county agent's office, if you'd like one.

Speaking of wheat and flour, Mrs. M. E. Hadwick, Irrigon, showed me a type of frozen bread dough that was quite interesting. It's advertised as "Bake and Serve—We make it—Mom bakes it—Guaranteed Husband Approved."

The seven steps under the baking instructions on the bag she showed me are:
Use 1 pound loaf pan
Grease pan thoroughly
Place bread dough in pan with round side up and grease top with any good vegetable shortening.

Proof (rise) at room temperature—until one inch above pan
Preheat oven 375 degrees. Bake bread in oven for 30 minutes or until top is golden brown.
Remove from oven. Take out of pan and immediately place on wire rack.

When hot, slice bread on side. It comes in white, whole wheat, or raisin. The raisin El-dorg served to me was delicious. The dough, of course, needs to be kept frozen until baked.

She obtained hers at Stewart's Market in Umatilla. I called Forrest Burkenbine at the Central Market in Heppner and he tells me that they will soon stock it.

"Let's Go Letters" on the Morrow County Fair have gone out to all Home Economics 4-H leaders and members telling them of exhibits, contests, and other activities in which they are eligible to take part.

Home Economics leaders in the county include:

From Heppner: (clothing)—Mrs. Eva Griffith, Mrs. Barney Malcom, and Mrs. William Rawlins; (foods)—Mrs. Robert Abrams; (knitting)—Mrs. Larry Simmons, Mrs. Larry Cook, Mrs. William Gentry, and Mrs. Rachel Harnett.

From Ione: (clothing)—Mrs. L. A. McCabe, Mrs. Louis Carlson, Mrs. Keith Rea, Mrs. Bryce Keene, Mrs. Howard Crowell and Mrs. Roland Bergstrom; (foods)—Mrs. Hershall Townsend.

From Lexington: (clothing)—Mrs. Eldon Padberg and Mrs. R. H. Davidson; (foods)—Mrs. William Doherty and Mrs. Wilbur Steagall; (knitting)—Mrs. Gene Cutsforth.

From Boardman: (clothing)—Mrs. Earl McQuaw; (knitting)—Mrs. Joe Tatone and Mrs. Jack Getz; (foods)—Mrs. James Harper.

From Irrigon: (clothing)—Mrs. John Swearingen; (foods)—Mrs. Louis Shade and Mrs. Fred Murtishaw; (knitting)—Mrs. George Sawyer.

"Twist into Fashion" is the theme the Style Revue committee chose for the annual 4-H Style Revue on Wednesday night of the fair. It will be held out-of-doors in the Little League grounds again this year.

Working on our "Twist into Fashion" revue this year are Mrs. L. A. McCabe, Mrs. William Rawlins, and Mrs. Roland Bergstrom, Ione; and Mrs. Eldon Padberg, Lexington.

As I said—everything points towards the Morrow County Fair, August 19-23.

Four Boys Picked To Attend Oregon Range Youth Camp

Picked last week to attend the annual Oregon Range Youth Camp were FFA, 4-H and city youth—Kenneth Wright and Mark Murray, Heppner, Stephen Lindstrom and Tim Tullis, Ione. These boys, sponsored by scholarships provided by the Morrow County Livestock Growers Association, Heppner-Morrow County Chamber of Commerce, Morrow County Farm Bureau, and Heppner Soil Conservation District, will attend the camp to be held at the Lake Creek Guard Station, August 5-10.

Morrow county's quota to the range camp consisted of four boys between the ages of 14 and 17 years. The camp is held annually to acquaint these boys, who in future years, will be business and agricultural leaders, in maintaining and using wisely our vast natural resources of range, forest, wildlife, and soils. Although directed by the Pacific Northwest section of the American Society of Range Management, the camp draws upon the Oregon State University Extension service, rancher organizations, federal agencies and many local civic groups and individuals in rounding out the camp program.

The four organizations giving 1963 scholarships have provided them for several years. Sponsoring them in 1962 were John Wagenblast, Lexington; Dick Struckmeier, and John Rawlins, Heppner, and Roland Ekstrom, Ione, says N. C. Anderson, county agent.

Emory Clapp, U. S. Forest Service, Heppner, is Morrow county chairman for this year's camp.

Needles Planning For 4-H Fair Entries

Karen Hams entertained the Needles 4-H club July 8 at her home. The members sewed early in the afternoon and then held a business meeting. The club's goals were reviewed to see how many had been accomplished to date. Also, after some discussion, the members decided to have a booth at the fair.

So far in July, Shirley Hicks, Cheryl Smouse, Arleta McCabe and Ruth McCabe have also entertained the club at work meetings. A few of the members are nearing completion of their garments for the fair.

Arleta McCabe, reporter

Bureau Opposes Tax Referral

Harold Beach, President of the Oregon Farm Bureau, said the OFBF board of directors has unanimously adopted a resolution opposing referral of the income tax measure passed by the 1963 Oregon Legislature.

Beach said the opposition to a referral did not mean the Farm Bureau was satisfied with the tax plan, but it was their conclusion little would be accomplished by a referral.

"A special session would be extremely expensive and since the lawmakers had 141 days to draw up a tax bill, it is doubtful they could do any better in a special session," Beach stated.

He also said the board of directors expressed disappointment over the lack of attention given to property tax relief by the legislature. The mounting burdens of the property tax is one of the most serious problems confronting agriculture in the state, according to the Farm Bureau president.

The board of directors also took action on the creation of a special committee to carefully examine the possibility of initiating a sales tax measure to offset property taxes.

Accidents kill one farm resident every 47 minutes. Every 33 seconds a farm resident suffers a disabling injury.

The wise farmer carries a fire extinguisher and first aid kit on tractors, trucks, and self-propelled machinery.

Lexington Oil Co-op Sends Out Checks

Joel Engleman, Lexington Oil Co-op manager, announces that "Pay-Back" checks are in the mail to 76 patrons for the three-month period of April, May and June.

The checks may be used for credit or cash at the Co-op and are given every three months during the year on the gallonage of gasoline, diesel fuel and stove oil sold.

The Co-op patrons also receive additional dividends at the end of each fiscal year on the year's business. It serves the people with petroleum products, paints, batteries, tires and other farm supplies.

Mr. and Mrs. Walt Hill and three daughters, and their cousin, Carol Graves, all of Pendleton visited relatives in this area over the week-end. They called on Mr. and Mrs. Howard Pettyjohn, Mr. and Mrs. Louis Carlson in Ione, Mr. and Mrs. John Graves and Mr. and Mrs. Dean Graves in Hardman.

Mrs. Carl King and sons, Frankie, visited the past week with her sister, Mrs. James Ware, and her daughter, Mary Shannon, in Corvallis. She returned this week-end but Frankie remained for a longer stay.

Former Heppnerites vacationing are Mrs. Vic Kreimeyer and daughter, Vickie, Portland, visiting relatives in and around San Antonio, Texas. Vic Kreimeyer and son, Greg, are doing some fishing in Canada with friends.

Mr. and Mrs. J. W. Farra visited a cousin, Mrs. Tom Farra of Mt. Vernon Sunday in St. Anthony's hospital in Pendleton. Mrs. Farra is recovering from back surgery.

National Week Observes Need For Farm Safety

Today's farmer may use as many as 35 different types of machinery during the year.

"The increasing variety and complexity of machinery helps get the job done faster and easier than ever before, but not necessarily more safely," states Marvin J. Nicol, the National Safety Council's director of farm safety.

Nicol's comment came on the eve of the 19th annual National Farm Safety Week, being observed throughout the nation this week, July 22-28.

According to a study in Indiana, one out of six non-fatal farm accidents involves machinery other than tractors. Tractors account for about 45,000 non-fatal injuries each year, and fatalities are on the increase. "Despite variance in machines, common sense and basic rules of safe handling apply to all. If followed consistently, the needless waste of human resources can be drastically reduced," Mr. Nicol advises.

The Farm Safety Council lists three reminders: wear simple close fitting work clothes; always turn off machinery before adjusting, unloading or servicing; always keep shields and guards in place when operating; refuel machinery only when the motor is off and has cooled, and take a short break every few hours to forestall fatigue.

The Heppner FFA Chapter is including a study on Farm Safety in its program this year, realizing the need for young farmers and helpers to become more safety-conscious. Safety education is growing each year in importance in rural living.

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Gonna pick your way thru summer again?

Summertime and the livin's not so easy when ice water and a fan are the only things to give a few minutes relief from the heat. And when it's time for bed . . . well . . . eventually you fall asleep from exhaustion. The early morning may be comfortable, but you know it will be another scorcher by noon. Why don't you do something about it? Many of your neighbors have installed

air-conditioning. Why haven't you? You've nothing to lose but discomfort. That first restful night will give you more comfort and satisfaction than you ever thought possible. You'll enjoy it all the more when you realize how little it costs for so much air-conditioned comfort. Let your appliance dealer show you how to take the sizzle out of summer.

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Columbia Basin Electric CO-OP

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