

Unit in Pattern Alteration Opens Fall Workshops

By DONNA GEORGE

October 1 marks the beginning of the 1965-66 Home Extension year for over 100 homemakers who are members of Morrow County's Home Extension units. In addition many non-members are expected to participate in the programs of special interest to them.

Scheduled in early fall are a workshop in "Pattern Alteration," unit officer training; project leader workshop in ideas for teaching, and a lesson in food spoilage.

All persons or groups interested in any Home Extension program during the year, are encouraged to contact Donna George, home extension agent, at the county extension office.

Pattern Alteration to be Taught

Well-dressed women are coming increasingly aware of the importance of good fit in their garments. Many who make their own clothes are not yet satisfied with the fit and would like to learn to make adjustments in the pattern to insure a professional appearance, and there are few indeed, whose measurements are exactly the same as any standard pattern measurements.

A Pattern Alteration Workshop will begin in October with project leaders from throughout the county being trained by Agent Donna George. After this training in Lexington, the leaders will in turn teach other women in community workshops. While most participants are expected to come from Home Extension unit membership, others are reminded that the workshop is open to all women with sewing experience.

The workshop will include instruction in taking body measurements, determining alterations needed for various figure variations, and making these alterations on the pattern to insure proper fit.

Each person will make a notebook illustrating important alterations on miniature pattern samples; and making those needed for herself on a regular pattern. Then she will apply the principles learned, constructing a basic dress for herself at home.

In order to provide the necessary learning experiences, the dress should have a straight skirt, waistline seam and set-in sleeves. The use of muslin "practice" garments is encouraged. At a final meeting of the workshop the group will evaluate their nearly-finished garments to determine any additional changes needed.

All women interested in the Pattern Alteration workshop are urged to call the County Extension Office at once (Heppner 676-9642) to have their name placed on the mailing list for additional information. Requirements include (1) sewing experience including such garments as dresses or blouses and (2) willingness to devote the time and effort necessary for completion of the workshop.

Lesson Leadership to be Studied

Within Home Extension units, the "lesson" for each meeting is generally presented by a team of members who received special training and materials from the home extension agent. While these leaders usually do a very commendable job, as beginners they may lack confidence and fear their lessons, like the game "gossip" will change as the information is relayed.

A special program will be held to give project leaders training in teaching effectively and help them develop confidence for leading group lessons. The meeting is scheduled Tuesday morning, October 5, at the Heppner Fair Annex. All Home Extension members are urged to attend. Other interested persons including members of other groups with educational programs are welcome also.

Topics will include ideas for making more interesting presentations of clothing, foods and human relations lessons as well as instruction in speaking, discussion leading and use of visual aids. Sponsored by the Home Extension county committee, the sessions will be taught by experienced, successful project leaders.

Opportunity Act Loans Available

Economic Opportunity Loans are available through Farmers Home Administration to farm and rural families who need a small amount of capital to improve their earnings but cannot qualify for credit from existing public or private sources, including other FHA loans.

Loans to farm families and eligible non-farm families or individuals to develop small businesses will range up to \$2,500. They will carry an interest rate of 4-1/2 percent and must be repaid within 15 years.

In addition to loans to farmers for farm improvements, and development, FHA can make opportunity loans for non-farm enterprises that will raise family earnings. The agency now also administers a loan and technical assistance program for small cooperatives serving rural families who have limited income and resources.

Additional information may be obtained from Farmers Home Administration office at 105 S. E. Evers Avenue, Pendleton, Oregon. This office services Umatilla, Morrow, Sherman, Gilliam and Wasco counties.

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Officer Training Scheduled

In order to save time and travel for the many women who will attend both sessions, Home Extension Unit Officer Training will also be at the Fair Annex, Tuesday, October 5, following the Project Leader Workshop that morning. Officers elected last spring will receive training for their respective offices and special leadership training to help them give effective direction to their units activities.

"Food Spoilage"

To be Taught by Agent

First of eight monthly lessons for the year for Home Extension Units will feature Food Spoilage—its causes and prevention. It will deal with such questions as:

What are the symptoms of food poisoning?

Should I feed my family uncooked canned tomatoes?

How can we be sure leftover food is safe?

This lesson will be presented at each of the unit meetings by Donna George, home extension agent. Other lessons during the year will be presented by trained project leaders.

Watch for the time and place of the Home Extension Unit meeting in each community. Visitors are always welcome.

Nugaines Wheat Said Superior To Gaines Variety

Gaines, the Pacific Northwest 4-year-old soft white winter wheat and world titleholder for top yields, will soon be replaced by an even better variety, Nugaines, a sister selection of Gaines with equal yielding ability but superior milling quality and test weight has just been named and released in Oregon, Washington and Idaho.

Both Gaines and Nugaines are susceptible to stripe rust in the seedling stage. However, as the plants develop, the tolerance to stripe rust of both varieties increases, with Nugaines showing the greater tolerance under some conditions.

Greatest advantage of Nugaines over Gaines is in milling quality. Dr. Mark Buchanan, WSU's agricultural research director said. This marked improvement showed up two years ago in milling tests conducted by the USDA's Western Wheat Quality Laboratory.

Nugaines is similar to Gaines in appearance and growth characteristics. Both are short-strawed wheats with long common heads, white chaff and beards. Both produce higher yields if seeded fairly early in the fall and if fertilized heavily with nitrogen.

Until named, Nugaines was called "Sib-7" by researchers and kibitzing farmers. Official designation of the experimental wheat was C. 1. 13968.

Both varieties, Nugaines and Gaines, were developed by Dr. O. A. Vogel, U. S. Department of Agriculture plant breeder stationed at Washington State University, Pullman.

Release followed a review of 7 years of production data and milling and baking trials by agricultural researchers and administrators, wheat growers, certified seed growers, millers, bakers, and marketers.

Nugaines was released jointly by the Colleges of Agriculture of Oregon State University, Washington State University, and the University of Idaho in cooperation with the U. S. Department of Agriculture.

In announcing the action of the reviewing committee, Dr. Buchanan said the new variety is recommended for the areas in the three states now producing Gaines.

Farmers will be able to get seed of the new variety by the fall of 1967. It will take two years for the certified seed growers in the tri-state area to increase the present supply of 250 bushels of Foundation seed to the amount required for general commercial production, Dr. Buchanan said.

Test weight of Nugaines has averaged around 61 and 62 pounds per bushel, or about one pound higher than Gaines.

Dr. Buchanan said the new variety should continue the yield advantages initiated by Gaines.

He pointed out Gaines yields of more than 100 bushels per acre on dryland farms and 150 bushels on irrigated farms are frequently reported.

Buchanan said it has been estimated that Gaines has boosted Pacific Northwest wheat yields on 100,000 irrigated acres by 20 to 50 bushels per acre; on one million dryland acres by 10 to 15 bushels per acre; and on an additional 100,000 dryland acres by 5 bushels per acre.

Nugaines has the same parentage as Gaines. Ancestry of both includes Norin-10, a semi-dwarf Japanese wheat; Brevor, a soft white winter wheat; Orford, a soft white spring wheat; and Burt, a hard white winter wheat.

Gaines was named in honor of the late E. F. Gaines, cerealist at Washington State University from 1913 to 1944.

FARM Page

Plans Underway For Observing 1965 4-H Week

As part of National 4-H Club Week, September 25 through October 2, activities in South Morrow county 4-H demonstrations and other programs will be available to interested organizations. Groups interested in having 4-H club members or leaders present such programs at their meetings are encouraged to contact the County Extension office to make arrangements.

Clubs in the Heppner and Ione areas are expected to tell the public about their club work through window displays in stores during the National 4-H Week. These displays will be put in place Saturday, September 25, and remain up throughout the week.

A committee of the South Morrow 4-H Leaders Council is arranging to have the displays judged on the Danish system for awards. A scoresheet will include the following information for judging:

1. Effective message (caption or title sign), 15 points.
2. Draws attention (an attention-getter that reinforces the main idea), 20 points.
3. Holds attention (tells a coherent, clearcut, one-idea message quickly), 25 points.
4. Sells 4-H (appeals to such motives as desire and need for income, health, comfort, convenience, recreation), 15 points.
5. Presents pleasing appearance, 10 points.
6. Uses explanatory material effectively, 10 points.
7. Tells where assistance and more information are available, 5 points.

Livestock Imports Hearing Slated

A hearing has been called by the Oregon Department of Agriculture for October 5 at 1:30 p.m. in the Agriculture Building, Salem, to consider changes in regulations relating to importation of livestock.

Major changes proposed by the department would: Place all animals in captivity under regulations pertaining to importation of livestock and domesticated animals.

Set forth requirements for tuberculosis and brucellosis testing of bison (buffalo) prior to their entering the state.

Revise the section applying to importation of dogs and set up rabies vaccination requirements for adult dogs but exempt puppies under four months of age from vaccination requirements.

Eliminate brucellosis testing requirements for cattle originating in certified brucellosis free areas and certified brucellosis free herds.

Copies of the proposed regulation changes can be secured from the veterinary division of the Oregon Department of Agriculture and persons not able to attend the hearing can submit evidence by writing or contacting Dr. Jack Denton, supervisor of livestock disease control for the department.

Mr. and Mrs. Charles Ruggles left Sunday for Portland and after spending Monday and Tuesday there, they planned to go to Eugene to attend a state insurance convention.

Social Security Changes Reported by District Head

Vernon Welo, district manager of Social Security, today emphasized a number of points that are important to millions of people under the new social security legislation.

The legislation establishes the new health insurance for the aged program and provides for increases in retirement, survivors, and disability insurance benefits.

Welo said some people will want to take action right away in order to protect their new benefit rights; others will need to take no action at all. He stressed the following:

The 20 million people now receiving social security benefits do not need to take any action at all in order to get the increased cash benefit payments the law provides. The amount of the increase for the months of January through August 1965 will be paid to each beneficiary in a separate check the latter part of September. The first regular checks reflecting the 7-percent increase will be mailed early in October, covering the month of September.

Social security and railroad retirement beneficiaries now 65 or over will not need to take any action to secure their basic hospital protection under the new health insurance program. All aged persons now on the rolls will receive by mail in September or October a full information kit describing this protection, which becomes effective July 1, 1966. Before this effective date a health insurance card certifying to their eligibility for the services will automatically be sent to beneficiaries 65 or over.

Social security beneficiaries will not need to go to the social security offices about the "voluntary" supplementary plan covering physicians' fees and other benefits. At the time they get the basic information kit, they will receive an enrollment postcard giving them an opportunity to sign up for the added medical insurance program, which also becomes effective July 1, 1966.

People 65 and over who have never worked under social security, although not qualified for cash social security benefits, may qualify for the basic hospital insurance protection under the new "medicare" program. Those receiving public assistance from the States may be signed up for the basic hospital insurance by their welfare agencies.

Enrollments in the voluntary medical insurance plan can be accepted beginning September 1, 1965. Therefore, persons over 65 who have not worked under social security should wait until September 1, before visiting the social security offices. Then they can sign up for the basic hospital insurance and, also, enroll in the medical insurance program if they wish that additional important protection.

Certain other groups affected by the law do need to take action now. The major groups involved are:

Persons now 65 or over who are insured under social security but have never applied for benefits. Even though they may still be working full time, it would be desirable for such persons to apply now to establish their benefit rights. This would qualify them for hospital insurance protection and will also assure that they get any cash benefits to which they may be entitled commencing in 1966 because of more liberal retirement test provisions. Under the amendments, any earnings that a person has after applying for social security will automatically be included at a later date in a recomputation of benefits, if it is advantageous to the individual. Therefore, no one can lose by filing for benefits as soon as possible.

Persons 72 or older not now getting benefits because they (or their husbands) had not worked long enough under social security to qualify under the previous provision of the law. Such persons, if they have any social security credits at all, should get in touch with the nearest social security office right away, because the amount of time they need to have worked under social security has now been reduced. Some persons 72 or over will now qualify for benefits of \$35 a month with as little as three quarters of coverage under social security. Benefits may also be payable to the wives or widows of such persons.

Widows aged 60 or 61. Beginning September, widows can choose to have their cash benefits, at a reduced amount, start at age 60, instead of age 62. Application for this purpose may be filed immediately.

Students 18 to 22 years of age whose social security benefits have been stopped, as well as others nearing age 18 who plan to continue in school. Benefits can be paid back to January 1965 to those who have already been dropped from the rolls, but only upon application at a social security district office. Those nearing age 18 and planning to stay in school or return to school also should visit a social security district office, in order to supply the information about their schooling which is necessary if benefits are to be paid after age 18.

Severely disabled workers: A disabled worker may now collect disability insurance benefits if his condition has lasted or is expected to last for 12 full months—even though he may recover. Until now, he could not collect disability insurance benefits unless his disability was expected to continue for a long and indefinite time, or cause his death. The Social Security Administration plans to search

its records and get in touch with those who applied for but were denied disability insurance benefits during the past year. Others who think they may qualify under this change in the law should ask at the nearest social security office about getting benefits. There is no change in the amount of work required under social security for eligibility for disability insurance benefits.

Other persons who will want to inquire about possible new social security benefits include widows past 60 who have remarried and women 63 or over who were divorced after at least 20 years of marriage.

Mr. Welo emphasized that persons over 65 should not cancel any hospital or medical insurance they now have because of the new law. He said: "None of the health insurance provisions of the new law gives any protection whatsoever until July 1, 1966."

For any additional information contact the La Grande district office.

Mr. and Mrs. Bob Parsons and two daughters of Beaverton are visiting this week with her parents, Mr. and Mrs. Lincoln Nash, and expect to attend some of the events of the Pendleton Round-Up. Parsons is on vacation from his work at the Safeway store in Cedar Hills near Beaverton.

ATTENTION, STOCKMEN

Floyd Hutchens has been Appointed Livestock Brands Inspector For the Heppner area. Ph. 676-9178.

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