

Ideas in Meat Cookery Shared At Tasting Party

By MARJORIE WILCOXEN
County Extension Agent

Eating someone else's cooking is usually a treat or a welcome change. This was especially true at the program "Low Cost Adventures in Good Eating" held November 16 at the Fair Annex in Heppner.

Those attending enjoyed the Tasting Party, where everyone sampled the food prepared by the members of the County Extension Committee.

A variety of low cost cuts of meat was used in preparing the dishes—ground beef, stew meat (beef), beef tongue and brains, dried beef, and chicken.

The demonstrations included such ideas as how to cut a 7 lb. chuck blade roast before it is cooked to make three meals without having "planned-overs"; how to prepare "Shepherders' Potatoes," a camper's or hunter's favorite, and how to prepare "Chicken Loaf." The main thing to remember in cooking meat, and especially the less tender ones, is to use low heat 300 to 325 degrees F for oven, as excessive heat causes meat to become tough and causes the piece of meat to shrink too much in size.

The Testing Table included such dishes as Japanese casserole, and mince meat bran muffins prepared by Mrs. Frank Connor, Heppner Unit; Shepherders' potatoes and beef ragout, Mrs. Albert Wright, Rhea Creek Unit; molded chicken salad and chicken loaf, Mrs. Carl Rhea, Pine City Unit; spiced tongue in horseradish sauce, and breaded brains, Mrs. Dean Aeock, Irigon Unit; creamed dried beef, and mince meat (using beef tongue), Mrs. Marjorie Wilcoxen, Agent.

The door prize, consisting of different cuts of meat, were donated by the members of the county committee and Mrs. Wavel Wilkinson of the Morrow County CowBelles.

Anyone interested in receiving a copy of the recipes should contact the Extension Office, located upstairs in the Gilliam-Bisbee Building, Heppner.

In connection with "Calling Consumers Week", there were many bulletins or booklets from the Extension Service made available to the ladies.

For anyone who wishes to have copies of these, or of others that are available, the following are listed:

Family Fare Food Management and Recipes, Don't Be Taken In—New Consumer Protection Law, Short Cuts to Hot meals, Exploring the Seasoning Shelf, Cheese in Family Meals, Eggs in Family Meals, A Guide to Good Eating, and many, many more telling how to buy and use anything from aluminum siding to zucchini.

Why not give us a call or come and see us and pick up your free literature and recipes.

SCHOOL LUNCH MENUS

Heppner Elementary School and Heppner High School

November 28 to 30

November 28 — Ham and cheese with macaroni, corn, fresh vegetable, milk, bread and butter, prune cake with lemon sauce.

November 29 — Beans and weiners, vegetable salad, rolls, butter, jelly, milk, frosted graham crackers and fruit.

November 30 — Beef stew, cottage cheese and fruit, cookies, milk, carrot and celery sticks.

(December menus not available as of date of publication).

Mr. and Mrs. Ernie McCabe and John traveled to Portland this week-end and Ernie, John and Mr. and Mrs. Ed Bristow attended the Oregon - Oregon State football game in Corvallis. Mrs. McCabe remained in Portland for a visit with her sister-in-law and brother, Mr. and Mrs. Tom Bristow.

Mr. and Mrs. Clint McQuarrie and Dan visited Mr. and Mrs. "Bumpy" Moore in Portland last week-end and the group attended the Oregon-Oregon State football game in Corvallis together.

Gray's Saddlery Moves to Lex.

Gray's Saddlery is now serving the area from its new location in Lexington. It is announced by Nick Gray, owner. The business was moved from downtown Heppner to its Lexington location in order to continue saddlery and leather service at lower costs.

Costs of overhead, together with the recent shortage and higher prices of leather materials, were instrumental in making the move necessary, the owner states.

The business is now located in a part of their residence, one block west of Del's Market, and one-half block north, on the left side of the street. It may be reached by telephone, 989-8475.

The business will continue to keep a good stock of leather items for sale, as well as fill orders on saddles and other items, and will do leather repair work. It is operated by father and son, Nick and John Gray, who urge the continued patronage of customers in this area, as well as invite work from outside areas on leather goods, big or small.

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Public Notices

NOTICE TO CREDITORS

NOTICE is hereby given that the undersigned has been duly appointed by the Probate Court of Morrow County, State of Oregon, Administrator of the estate of Margaret O. Cason, Deceased, and all persons having claims against the estate of said deceased are hereby required to present the same with proper vouchers duly verified to the Administrator at the office

of Mahoney & Abrams, Heppner, Oregon, within six months from the date hereof.

DATED and first published this 10th day of November, 1966.

LEWIS CASON,
Administrator
MAHONEY & ABRAMS
Attorneys at Law
Heppner, Oregon 37-40c

Mr. and Mrs. Bob Jones were among those in Corvallis over the week-end to attend the Oregon-Oregon State football game.

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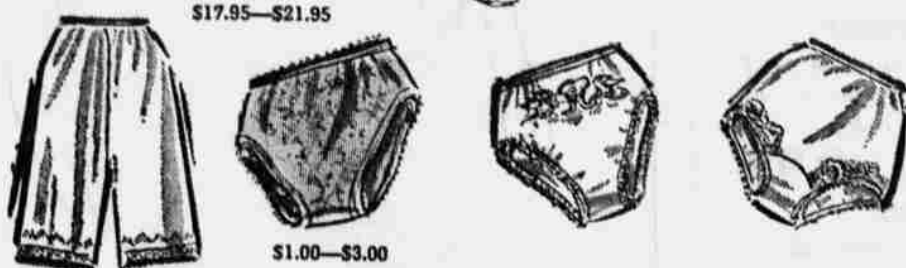
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