

FARM

County Agent's Office

OSU Agronomist To Lead Session

By GENE WINTERS
County Extension Agent

Morrow county farmers will have an opportunity to hear about weed research underway by a staff member of the Pendleton Experiment Station next Wednesday afternoon at 1:30 p.m., February 22, in the Heppner Elks Lodge building.

Don Rydych, Oregon State University agronomist at the station, will report on results of research at both the stations and off station testing. Weed control recommendations based upon results will be presented.

Roadside spraying, fence row spraying and perennial weed control will be discussed by Rex Warren, extension farm crops specialist.

The weed meeting is sponsored by the Morrow County Weed Advisory committee and the Morrow County Wheat Growers Association in cooperation with the County Extension Service.

March Seeding Superior For Some New Varieties

The selection of which wheat or barley variety to plant during February doesn't have consensus among the grain producers of the county. There appears to be more agreement on March seedings.

For a number of years it had been fairly well accepted that winter wheat will yield better than spring wheat when seeded prior to the middle of February. Between then and the first of March it was believed spring wheat began proving superior.

The introduction of new varieties has raised the question about their spring seeding date characteristics varying from the old ones no longer popular. In the past two years the Pendleton Station has done a number of spring seeding date trials. Researchers there used Gaines and Moro winter wheat in comparison to Idaed 59 spring wheat. A winter barley Hudson, was compared to Gem, a spring variety.

Results at the Pendleton Station show Idaed 59 superior to Gaines and Moro when seeded after the first week in March. Yield data for these three varieties were quite similar for the February 24 seeding date and the March 1 date.

Gaines and Moro failed to head out when seeded March 23. Although Idaed 59 seeded on this date yielded nearly as well as earlier dates. Barley performance was a little different with Hudson producing a fair yield when seeded March 23 (although only about half as much as the February 10 seeding). Hudson was a fairly consistent yielder at the different weekly dates until the last seeding.

Gem spring barley yielded consistently good through the period of weekly seeding from February 10 to March 23. The highest Gem yields were noted at the March 11 seeding date. Gem has proved to be a high yielding barley under trials on Condon-Morrow soils as well as Ritzville soils in Gilliam and Morrow counties.

Wheat League's 1967 Cake Baking Contest Slated

Mrs. Marge Graves of Heppner, the Morrow county chairman of the Oregon Wheat Growers League domestic wheat utilization committee, has announced the cake and frosting recipes for the 1967 cake baking contest, sponsored by the League. This is a standard recipe that must be used by all contestants.

Cake baking contestants must be women or men over 21, or married women or men but professional bakers are excluded. All persons interested in entering the contest must show their cakes at their respective county fairs. County premiums will be \$5, \$3 and \$2 with the winner being eligible to compete in the state contest in early December at Portland during the annual state meeting. The state winner will receive a prize of \$100.00.

The recipe is as follows:

4 egg whites
2 1/2 cups sifted flour
1 1/2 cups sugar
3/4 teaspoon baking powder
1 teaspoon salt
1/2 cup shortening
1 cup milk
1 1/2 teaspoons vanilla

In small bowl let egg whites warm to room temperature, about 1 hour. Preheat oven to 350 degrees. Grease and flour two 9x1 1/2" layer cake pans.

Into large bowl, sift flour with sugar, baking powder, and salt. Add shortening, 1/2 cup milk and vanilla. At low speed beat only until ingredients are combined. At medium speed beat 2 minutes. Add unbeaten egg whites and rest of milk. Beat 2 min. longer. Pour into pans and bake 30 to 35 min.

White Mountain Frosting

1 1/2 cup sugar
1 tablespoon light corn syrup
1/2 cup water
2 egg whites
1 teaspoon vanilla
Mix sugar, corn syrup, water in saucepan, cover and bring to a rolling boil. Remove cover and cook to 242 degrees or until syrup spins a thread. Just before syrup is ready, beat 2 egg whites till stiff. (To hold a point.)

Pour hot syrup slowly into beaten egg whites. Continue beating until frosting holds peaks. Blend in 1 teaspoon vanilla.

Auto Deaths Give 1967 Tragic Start

Oregon's 1967 traffic fatality rate had a tragic beginning with 46 killed on the state's streets and highways during January, according to the Department of Motor Vehicles. This is an increase of four fatalities over 1966.

Of the 46 persons killed in January, about 65 percent were under 25 and over 65. The age breakdown is as follows: three persons under 16; 18 dead aged 17 through 25; six fatalities aged 26 through 45; eight killed between 46 and 65; and 11 dead aged over 65.

The majority of the fatalities occurred in rural areas with 25 counted in rural areas, 18 in urban communities, and six not classified by location as yet.

Seven accidents involved multiple deaths and totaled 15 of the fatalities. One bicycle rider and one motorcyclist were killed.

Warren H. Merrill, 39, Salem, has been appointed eastern Oregon field representative for the Oregon Department of Commerce, Division of Planning and Development.

Merrill's territory will include all counties east of the Cascades except Klamath and Lake, according to Paul R. Nordstrom, administrator of the Division.

Nordstrom said Merrill's duties will include: Coordinate state and community economic development activities aid in development of resources, and assist communities in industrial and economic surveys.

For the past five years Merrill has been manager of the Oregon Fryer Commission. Before that he was in wholesale and retail sales, and in public relations work for publishing firms.

Merrill succeeds Don Costello, who resigned in December to enter private business.

Another way to add variety to eggs are an essential ingredient.

With these two bulletins, "Eggs in Family Meals" and "Cheese in Family Meals", you should be able to add variety to your menus not only during the Lenten season but all year long.

Metsker maps of Morrow, Gilliam, Umatilla, Wheeler counties on sale at the Gazette-Times, \$1.25 each.

Tell the advertiser you saw it in the Gazette-Times

Bulletins Aid In Meal Plans For Lent

By MARJORIE WILCOXEN
County Extension Agent

Having trouble planning those Lenten menus? We have several bulletins at the Extension office that might be a great help to you. To list all the food bulletins would make quite a long column so I'll name but two of them this time—"Eggs in Family Meals" and "Cheese in Family Meals".

Eggs, in most homes in this country, are a staple food that homemakers find indispensable in planning and preparing family meals. Eggs can be served in so many ways. In addition to their versatility as a food, eggs make a worthwhile contribution to the nutrient content of diets. They are highly valued as a source of protein, iron and vitamin A, and are one of the new foods that contain vitamin D. Because of the amount and quality of their protein, eggs make a good alternate for meat.

Nutritionists usually suggest that a person eat from four to seven eggs a week, including those used in cooking. If you are counting calories, you can figure that a large egg has 80 calories, 60 of which come from the yolk.

The bulletin, "Eggs in Family Meals," a guide to eggs at their best, opens with tips on buying and storing eggs, then tells how to poach, fry, bake, scramble and cook eggs in the shell. This is followed by a wide assortment of recipes in which ent.

meals is to have one of the versatile cheeses. It's so good in main dishes, salads, and sauces. Served with fruit and crackers, it's a sure-to-please appetizer, dessert or snack.

With more than 400 varieties of natural cheese alone, there're bound to be several cheeses for every taste. Try some varieties that are unfamiliar to you. You may not like some kinds, others may become favorites. If you are used to a mild Cheddar, try other mild cheeses first, and then stronger-flavored ones.

Cheese concentrates a lot of food value into a small package. It contains most of the nutrients of milk, including protein, riboflavin, and calcium. The protein in cheese is of the same high quality as the protein in meat, fish, and eggs. Main dishes featuring cheese usually save money, too, because it is a concentrated food.

In the bulletin, you'll find tips on choosing cheeses to suit your needs and please your palate; a guide to storing cheese at home; suggestions for serving cheese as a snack or dessert; pointers on how to cook cheese; and a collection of recipes starring cheese in family meals.

With these two bulletins, "Eggs in Family Meals" and "Cheese in Family Meals", you should be able to add variety to your menus not only during the Lenten season but all year long.

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Water Outlook Below Average

Farmers, ranchers and other water users in Umatilla, Morrow and Gilliam counties can expect slightly below average water supplies next spring and summer if weather trends continue about average, according to a report released today by A. J. Webber, state conservationist. Soil Conservation Service, Portland, and prepared by W. T. Frost, state snow survey supervisor. If weather continues much warmer than normal there will be greatly reducing usual snowfall accumulation.

Water content of the mountain snowpack on local watersheds averages 88 percent of the usual February first amount—a slight improvement over the 80 percent snow cover on February first of last year. Above normal temperatures are still preventing snowfall accumulation.

Above normal temperatures and rainfall have permitted a greater than usual moisture penetration in watershed soils. These soils are now wet up to 80 percent of capacity compared with 74 percent last year.

Inflow to McKay reservoir was about 14,000 acre feet or 158 percent of the 15 year average (1948-62) in January because of above normal temperatures and precipitation. However, storage in McKay was only 25,460 acre feet at the end of January compared with 26,000 a.f. one year ago.

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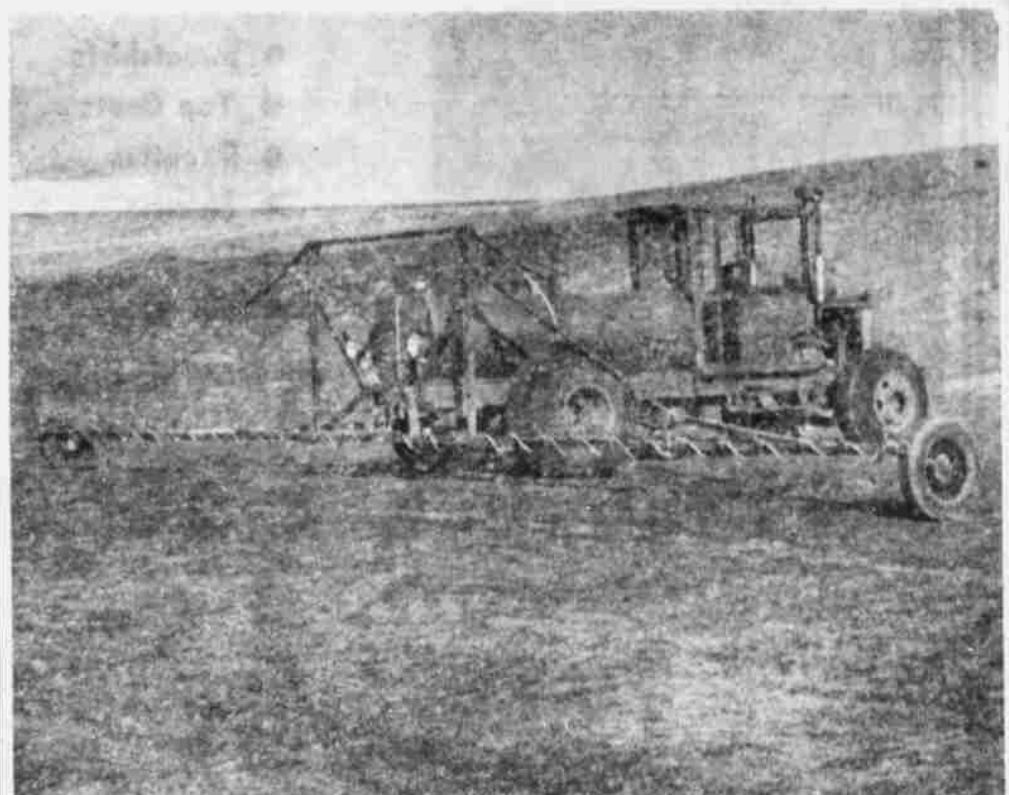
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