

Label Reading Important Part Of Food Buying

By MARJORIE WILCOXEN
County Extension Agent

Does the sheer volume of products at the food market confuse you, or at least make selection a little difficult? You know good food when you taste it—but how do you tell before you buy it?

Learning to judge quality is an important but sometimes difficult ability to develop. However, you are not completely "on your own." There are many food buying guides to help you.

Labels are one reliable guide in buying food. Read food labels in order to discover the "inside story" of foods you buy. Many of today's foods—fresh or processed, ready-to-cook or ready-to-eat—are bought in a variety of packages or containers. These packages may appear to be blindfolded that keep you from examining the products. The label on every food package, however, can serve as a bill board carrying information to help you make wise food choices that will suit your needs.

If you are like most homemakers, you make speedy decisions in the food market. A quick choice often is satisfac-

tory for a product you've used frequently, but a less familiar item may call for more study. Use the label to compare the less well-known product with the one you now use. It will help you to learn the merits of the unfamiliar product.

The Federal Food, Drug and Cosmetic Law requires that every food package must prominently and conspicuously carry certain information on a food label if the product is to be shipped across state lines.

Oregon's labeling laws, applying to foods used and produced within the state, are essentially the same as those of the Food and Drug Administration. This includes the name of the product; the net contents. Where ingredients are listed, the listing must be in order of importance—if potatoes are listed first on the label of a can of beef stew, it means that there are more potatoes than any other ingredient.

The law also prohibits any adulteration of the product, the concealment of inferiority, and the use of misleading pictures or containers. In other words, the label must tell the truth about the product inside.

Mrs. Iva Booker of Heppner is on an extended visit with her son-in-law and daughter, Mr. and Mrs. Joe Wise and family in Dothan, Ala. On her return home, she will visit a son, Wallace Turner in Denver, Colo. Mrs. Booker left for her trip from Pendleton by plane on Tuesday, November 7.

Turkey Boning Demonstration Set Here Tuesday

By GAIL L. McCARTY
County Extension Agent

Is your turkey too big for your roaster and oven? Are you tired of picking over turkey bones? If so, why not try boning your Thanksgiving turkey this year? The Morrow County Extension Service is sponsoring a turkey boning demonstration next Tuesday, November 21, starting at 7:30 p.m. in the dormitory building on the Morrow County fairgrounds.

Tom Zinn, Gilliam county extension agent, will show details of turkey boning and help you do your first one. He suggests that two people come as a team with one unfrozen turkey to bone out. Each team will also need:

1. boning knife or other slim bladed knife
2. small pair of pliers or artery forceps
3. cutting board
4. part of aluminum foil

Zinn explains that he boils the bones and small parts of the turkey to use for dressing or soup stock. An eighteen-pound turkey should give you a twelve-pound roll of boneless turkey while a twelve-pound turkey yields approximately an eight-pound roll.

For additional details, please contact your county extension office.

So that we will know how many to expect, approximately, please pre-register by phone to the county agent's office—676-9642, before Tuesday, November 21.

College Hosts Day for Women

By DONNA EPPENBACH

IRRIGON—Mrs. Paul Slaughter, Mrs. Dean Acock and Mrs. William Graybeal attended the Campus Day for Women held at Blue Mountain Community College at Pendleton.

While there they toured the campus, attended a lecture and were served a noon luncheon.

Mary Adams had as a recent visitor her brother, I. W. Rash, of Wenatchee, Wash.

Mrs. Grace Snyder traveled to Yakima to visit her daughter and has spent the last two weeks in the Yakima hospital with pneumonia and other complications.

Roy Scarbrough has been confined to the Veterans hospital in Walla Walla.

Mrs. Vernon Stewart and Sharon went to La Grande to bring home her mother, Mrs. Ellen Reeder, and her grandmother, Mrs. Ruth McCoy, who spent several days visiting with Mrs. Doris Courtney and family, and Mr. and Mrs. Frank Stewart.

In observance of American Education Week, November 5-11, the A. C. Houghton elementary school invited parents and other interested persons to observe classes. The theme this year was "How Good are Your Schools?"

Mr. and Mrs. William Graybeal had as visitors her daughter, Mrs. Catherine Wanacek and her granddaughter and husband, Mr. and Mrs. Benjamin Wood, all of Spokane, Wash. They went to Walla Walla to visit Mr. and Mrs. Dale Shingledecker and family on Saturday, and returned to Spokane the next afternoon.

Sunday afternoon visitors of Mr. and Mrs. Donald Eppenbach were Mr. and Mrs. Al Eppenbach and John, Mr. and Mrs. Kenneth Matlack, Mr. and Mrs. Earl Isom, Mrs. William Graybeal, Mr. and Mrs. John L. Marlow and Jerie of Umatilla, Mr. and Mrs. Norma Eppenbach and Mark of Umatilla, Mr. and Mrs. Gene Cunningham and family of Hermiston. They came to help celebrate Donald Eppenbach's birthday while he was home from La Grande, where he attends Eastern Oregon College.

Dave Graybeal reported he received a full crop of chestnuts from his chestnut tree. This is the first crop taken off this tree which Mr. Graybeal believes is the only one in this area.

Jack Gayman and Ronald Bacon returned home from the Toll Gate area with two spike elk.

CowBelles Slate Meeting Friday

Installation of officers will be one of the items of business on the program of the Morrow County CowBelles for their luncheon meeting to be Friday, November 17, at noon in the Wagon Wheel banquet room.

Mrs. Walter Wright, outgoing president, and Mrs. Frank Anderson will be installed as new president, along with other elected officers. All members of the organization are urged to be present.

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Rebekah Club Holds Meeting

By DELPHA JONES

LEXINGTON — Three Links club of Holly Rebekah lodge met at the home of Mrs. Archie Munkers last Thursday for its regular meeting. Samples of Christmas cards were shown and orders taken. Plans were also made for the December card party.

Refreshments were served at the close of the meeting to Mrs. A. F. Majeske, Mrs. Florence McMillan, Mrs. Dorothy Burcham, Mrs. Oris Padberg, Mrs. Al Fetsch, Mrs. Joe Yocom, Mrs. Cecil Jones, Mrs. George Steagall and son Tom, by the hostess, Mrs. Munkers.

Mr. and Mrs. Gene Majeske were in Portland on business this week.

Mrs. Al Fetsch motored to Portland on Monday where she met her sister, Mrs. John Hartman of Toledo and her mother, Mrs. Natalie Rauch, who was returning home after a visit in Toledo.

Mr. and Mrs. Kenneth Palmer went to Ft. Lewis, Wash., on Sunday where they visited their son, Mike, who is taking his basic training there.

Lexington Bridge Club was entertained at the home of Mrs. Ed Baker last Thursday. Those enjoying the play were Mrs. Lester Cox, Mrs. Eldon Padberg, Mrs. John Ledbetter, Mrs. Dean Hunt, Mrs. C. C. Carmichael, Mrs. Gene Cutsforth, Mrs. Bob Davidson and the hostess, Mrs. Baker. Prizes were won by Mrs. Ledbetter, high; Mrs. Carmichael, second high, and Mrs. Hunt, low.

Mrs. William J. Van Winkle and Mrs. Eldon Padberg traveled to Hermiston last Thursday. Mr. and Mrs. Harlan Flint of Beaverton were visitors at the home of her parents, Mr. and Mrs. Bob Davidson the past week.

Mr. and Mrs. Cecil Jones were in Hermiston last Wednesday. While there, they visited Mrs. Bob Taylor and small son.

Mrs. George Irvin of Hood River was a recent caller in Lexington.

RCA Representative Is Meeting Guest Of Rodeo Directors

Jerry Anderson of Ellensburg, Wash., field representative of Rodeo Cowboy's Association, was a guest at the November 8 meeting of the Morrow County Rodeo committee in the fairgrounds dormitory building.

Anderson was present to answer questions and discuss RCA policies. He stated that the organization had about 3,000 active members, with about 2,200 holding permits to work in other shows; that members took part in 512 approved rodeos during the past season, and that about \$4 million had been paid during the season in prize moneys. Several advantages were noted in RCA affiliation, including the signing of more of the professional bronc riders for rodeos and good stock contracts, with overall expenses remaining about the same as at present.

A good turnout of directors was present for the meeting. It is expected that several of the group will attend the Northwest Rodeo Association convention, to be held in The Dalles on December 2 and 3, according to Tom Currin, publicity chairman.

Club Adds Members

The Cookettes 4-H club met at the home of our leader, Mrs. Wolff, on October 24. We had two new members, Kaylene Phegley and Sally Winter. We read out of our new cookbook, "Easy Meals" and discussed things we were going to make. Mrs. Wolff was our hostess and she served cookies and peanuts.

Lisa Collins, reporter

Civic League to Meet

Monthly meeting of the Heppner Civic League has been announced for Monday evening, November 20, at 7:30 p.m. in the kindergarten rooms of the Heppner grade school. Several items of business will be discussed. All mothers of kindergarten children are urged to be present.

Community Club Active in Irrigon

A meeting of the Irrigon Community 4-H members was called to order by Judy Snyder, president, on October 9, at 7:30 p.m. at A. C. Houghton cafeteria. Darrel Pummel led the American flag salute and Karen Richards led the 4-H salute. After two songs, Mr. Pummel talked about starting an archery class. Mrs. Wilson gave a project report on leadership, and Mr. Richards discussed junior leadership.

At the next meeting, December 14, at 7:30 p.m., the horse

club will give the project talk and the girls' cooking club will give a demonstration.

Karen Richards, reporter

Pep Club Sells Pies

Heppner High school pep club is sponsoring Thanksgiving pie sales on Tuesday and Wednesday afternoons next week, from 4 to 6 p.m., next door to Peterson's. Proceeds from the sales will go toward paying for new uniforms for cheer leaders.

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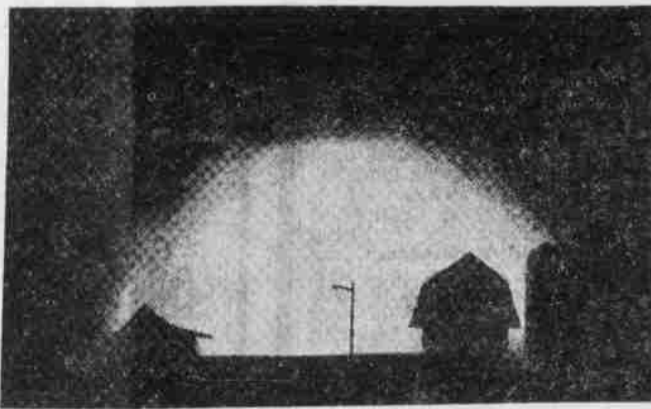
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