

Improper food canning can result in death

High Food prices spur home canning.

Because of higher retail food prices, many more people are canning this year than usual, reports Extension Home Economist Molly Saul.

She states that all county extension offices have a good supply of up-to-date bulletins which give correct procedures to follow for canning, freezing, pickling, jam and jelly making. All information in the bulletins is based on research done either at the U.S. Department of Agriculture or Oregon State University.

Mrs. Saul says the recent death of a Nyssa man from botulism, resulted in many calls to the extension office. This deadly form of food poisoning is caused by improperly canned food. To prevent the possibility of botulism, it is imperative that all non-acid foods be canned in a pressure canner. This includes all kinds of meat, fish, poultry and non-acid vegetables such as

peas, corn, string beans and beets. The high temperatures attained in a pressure canner will kill the botulinous spore, which produces the deadly toxin in the absence of air.

Mrs. Saul also stated that it is highly important that the gauge on the pressure canner be checked for accuracy at least every two years. If the gauge is not measuring accurately, botulinous spoilage could result. Unfortunately, no place in this Eastern Oregon area tests gauges, but the extension office has the name and address of a concern in Portland which offers this service. Only the gauge need be mailed, not the entire lid. The cost is minimal. If the gauge is not accurate, a notation is made explaining how to compensate for the inaccuracy.

In Morrow County, for further information call the extension office at the Gilliam and Bisbee Building, Heppner, 676-9642.

Something special for 4-H girls

A special program, aimed at all 4-H girls, will be presented July 10, 9:30 - 11:30 a.m., at the Heppner Elementary School in Heppner.

"We want all 4-H girls, those in home economics projects, as well as those in other projects to be there!" said Birdine Tullis, Morrow Extension Aide.

Sessions on hair care and styling, grooming, clothing selection, and modeling will be offered. There will be sessions tailored to the needs and interests of younger girls, and some designed to assist older girls.

Extension agents presenting the "Strictly Us Girls" program are Debbie Barker, Cheri Jo Carter and Kathy Jamieson. They will be assisted by Cheri Carlson, student in home economics at OSU, Jean Jepsen, beautician, and other local resource people.

All 4-H girls are invited to attend the special event. Leaders and mothers are extended a special invitation to accompany the girls.

Neighborhood Center has varied programs

By PAT BRINDLE
The Neighborhood Center is the unifying force to make the communities resources available to those needing them in Morrow County.

The main function as a center is to provide people with services, information and materials.

The nutrition program on Wednesday evenings are for seniors over age 55. Socializing and dinner is provided for about 30 to 35 people, with trays delivered to shut-ins. This program may be expanded this coming year to twice a week, with transportation from Ione and Lexington for more people to attend. Volunteers at the present time bring those needing rides.

During the school year the cafeteria at school was donated for space for the meals, and this summer the Elks are donating use of their kitchen and dining facilities.

The Thursday senior citizens socials are supported by church, lodge and social groups who supply the crafts and refreshments for one month of the year. This program is supplemented by additional purchases of extras such as glue, sequins, etc., as most organizations have limited supplies.

This past year NC has sought out Senior Citizens who could be eligible for food stamps under the project Find program. NC is conducting a survey of senior citizen housing and nutrition needs at the present time with information gathered to be used by other agencies to determine needs.

The GED and ABC (high school and basic education) classes are held in the center. The GED tests were given by



PAT BRINDLE

BMCC three times this past school year making it easier for those enrolled to gain their certificates here instead of traveling to Pendleton. NC provided tuition and book fees and test charges for low-income people.

A limited supply of food is available for emergency orders as well as a good supply of used clothing and bedding. This past Christmas there was packed and delivered throughout the County 31 baskets for needy families and senior citizens. The gifts and food and toys were all donated by interested people, organizations and volunteers.

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Pomona Grange honors dead

Morrow County Pomona Grange met at the Greenfield Grange Hall in Boardman Saturday night. The dinner was prepared and served by the

Women's Activity Group. Preceding the meeting a memorial, under the direction of Mrs. Pearl Wright, honored Grangers who died the last year. They were Donna Wick-

lauder, Greenfield; Carl Troedson and Mable Crawford of Willows; John Bergstrom, Rhea Creek and Alvin Wagenblast, Anna Smouse and Bertha Nelson of Lexington. Candles were lighted and flowers placed on the altar in memory.

The meeting was called to order by Master Barton Clark, who introduced Bob Coble, state deputy, a distinguished guest and honor guests, Morton Wolvertson, Umatilla County deputy and Joe DuPuis, Pomona Master of Umatilla County. Mrs. Berl Akers, the newly appointed District 6 Chairman of the Women's Activities; and Berl Akers, State Grange gatekeeper and Steward for Morrow County Pomona.

Reports were given on the State Grange activities by those attending, including an agriculture report on cattle imports, tax reform, title insurance and

others. Flossie Ball reported on the Women's Activities of the County and Dorris Graves on the lecturer's programs of the County.

Mr. and Mrs. Barton Clark entertained the group with a talk and slides of their recent trip to Japan with the tour group sponsored by the Oregon State Grange.

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