



MR. AND MRS. DALLAS HARSIN

Harsin-McCabe vows are exchanged here

Lisa Jean McCabe, daughter of Mr. and Mrs. Ernest McCabe, Heppner, chose summer colors of pale green and white for her wedding to Dallas Dean Harsin, son of Mr. and Mrs. Wayne Harsin, Cornelius, on July 28 at 2 p.m. The ceremony was read by Rev. Ed Cutting at the United Methodist Church.

The bride, given in marriage by her father, carried a trailing bouquet of carnations, stephanotis and baby breath in an ivy background.

Maid of honor was Kelly Kelkenny of Heppner. Bridesmaids were Cindy Harsin of Pendleton, sister of the groom, Barbara Sherman and Marie Van Marter, both of Heppner.

The bride's attendants wore floor-length, pale green frocks with pinafore sleeves; full skirts accented with large tie-back bows. They wore large hats with pale green bands and streamers, and carried bouquets of daisies and baby breath.

Best man was Gary Kemp, Heppner. John McCabe, brother of the bride, Keith Carnuit, David Hanna, Tim Bellamy, all of Heppner, were ushers.

Candlelighters were Laurie McCabe, sister of the bride, and Kerry Harsin, brother of the bridegroom.

The reception was held at the United Methodist Church. Decorations, in the bride's colors, featured fresh daisies, baby breath and ivy entwined on silver candelabras.

Cake was served by Mrs. Bill Liebe, Pilot Rock, aunt of the bridegroom. Mrs. Raymond Lundell, Eugene, and Mrs. Tommy Bristow, Portland, aunts of the bride. Katrina Bristow, Portland, the bride's cousin, served punch and Mrs. Jim Doherty, Portland, sister of the bride, poured the coffee.

Mrs. Greg Greenup was in charge of the guest book.

The couple will reside in Heppner following a wedding trip to Canada and the state of Washington.

Shelley McCowan is bride of David Cox



MR. AND MRS. DAVID COX

Shelley McCowan, daughter of Vern Cowan and Frances Latka, Heppner, became the bride of David Cox, son of Mr. and Mrs. Stanley Cox, Heppner, Aug. 11 at 2 p.m.

The ceremony was read by Rev. Edwin Cutting at the United Methodist Church. The church was decorated with pink and white daisy mums on the altar.

The bride, given in marriage by her father, wore a floor-length white satin gown with a veil train and carried a bouquet of pink and white daisy mums.

Maid of honor, Sally Win-

ters, wore a yellow floor length gown and carried a bouquet of daisy mums.

Best man was David Winters. Chuck Holt and Kip Morris served as ushers.

For her son's wedding, Mrs. Cox wore a pink chiffon dress. The reception was held at the home of Mr. and Mrs. Riley Munkers. The four tiered white wedding cake trimmed with pink roses was served by Lorraine Wiese, the bridegroom's aunt. Debbie and Dianne Cox, sisters of the groom, poured.

After the wedding, the couple is residing in Heppner.

Cow Belles have booth at Fair

"Cooking With Beef," a timely cookbook, will be on sale at the CowBelle Corner at the Fair this week.

Also available are beef tea, Morrow County place mats, jerky kits and CowBelle stationery.

Any purchase entitles one to sign up for the beef certificate drawing. One hundred dollars worth of certificates will be given during the rodeo, courtesy of the Morrow County Livestock Growers and the CowBelles.

CowBelle recipes will be available. One, "The Affordables," is a new publication that stresses not the price per

pound, but the cost per serving.

Cong. Al Ullman will be guest at a 7 a.m. breakfast Friday at the Wagon Wheel Restaurant. It is open to the public, but reservations should be made to insure fast service of food.

Jodi Ann Snow earns degree

A graduating class of 1,342 candidates for baccalaureate and advanced degrees was presented at the University of Oregon's 1973 Summer Graduation Convocation, Aug. 11. University President Robert D. Clark conferred the degrees at services held in the outdoor amphitheatre of the Music School.

State Rep. Larry Perry of Eugene gave the commencement address on "Degrees of Social Responsibility."

Members of the graduating class, who will receive degrees if all requirements were completed by the close of the 1973 summer session, included 643 candidates for baccalaureate degrees, 517 candidates for masters degrees, and 182 candidates for doctoral degrees.

Among the candidates was Jodi Ann Snow, Ione, B.S. Degree in sociology.

Prindles visit Vancouver Island

Mr. and Mrs. Milo Prindle enjoyed the scenic beauty of Vancouver Island, where they recently spent a week. In order to attend a directors' meeting of Pacific Logging at Parksville, B.C., the Prindles flew to the island, then rented a car to drive through Victoria, Nanaimo and Parksville, averting a ferry strike which left most tourists stranded. One of the highlights of the trip was the Taffy Ho bar, which is a half a mile long.

GARAGE, LAWN SALE SATURDAY

The Episcopal Church Women will sponsor a Garage and Lawn Sale Aug. 25, 1 p.m. until dark.

The sale will be held outside at the Episcopal Church and features such items as an old refrigerator, toys and 400 pieces of heavy dishes. Zella Prindle is chairman.

Soroptimists hear Japanese teacher

Sumiko Onosata, chaperone for Japanese students visiting Morrow County, told of her family and work at the Soroptimist Club meeting Thursday.

Mrs. Onosata showed pictures of her 10-year-old son and 8-year-old daughter. Mr. Onosata is employed as an engineer for an electrical company.

As an English teacher, Mrs. Onosata speaks and understands English well. Her 56 students range from ages 4 to 14, and attend school six days a week, 11 months a year. In her teaching she uses pantomime, dramatization, writing, tape recorders and games as aids.

To demonstrate her hobbies, she exhibited samples of her flower making and paper folding. A flamingo and a ball had been fashioned by folding paper.

In the same exchange program last year there were 117 Japanese children who came to Idaho and Washington. This year 500 plus came to America to stay in the states of Oregon, Idaho, California, North Dakota, Nebraska and Minnesota.

Students pay their own expenses, about 100 yen.

While in Morrow County, Mrs. Onosata is a guest at the Don Bennett Ranch. A ranch is a new experience to her as she had never seen sheep or cows, and had seen horses only at a distance.

From Morrow County, the group will spend a week at Lake Tahoe and San Francisco.

The Soroptimist Club began work this week on its parade float, under chairmanship of Carolyn Davis. They have chosen a popular holiday to fit the parade theme, "Take a Holiday."

Following the luncheon, Joyce Berstrom and Carolyn Davis were initiated as new members.

FRIENDS INVITED TO A WEDDING

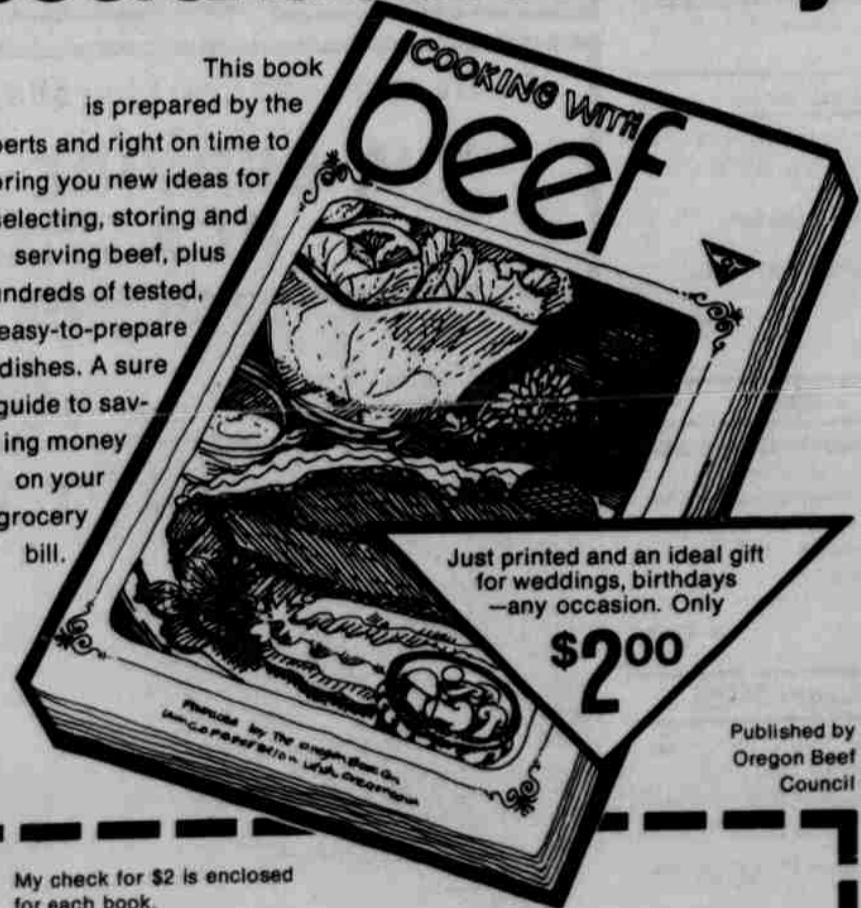
All friends are invited to attend the wedding of Mary Kay Hughes to Samuel Paul Bellamy, Heppner.

The ceremony will be performed Saturday, Aug. 25, 5 p.m., in the First Christian Church, Heppner.

A reception will follow at the church.

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Consider the unhappy demise of Henny Penny. Hysterically crying "The sky is falling!" she collected her barnyard friends to go with her to tell the King, and all, alas, perished in the foxes' den.

So, girls, don't panic! Government bungling notwithstanding, the heavens will not fall (courtesy of Senator Ervin) and the clouds will roll by. The cost of living will soar, but in spite of individual, union and corporate greed, this too will pass.

In the meantime there are things we can do. If you raised a vegetable garden this year, you can pat yourself on the back about the things you've canned and frozen. If not, do plan to have one next year - you may need it even worse. And if you are lucky enough to live on a farm, you can really be smug as you fill up crocks with eggs in waterglass and make your own pot cheese!

Of course, it doesn't pay to preserve food unless you do raise it yourself. Neither will it pay to hoard dozens of eggs and quantities of meat. If such things become out of sight, or even unobtainable we can find substitutes to tide us over. Watch your magazines for helpful ideas along these lines.

There is also the consolation that eating balanced meals, but in smaller portions, is actually better for us (thank you Mr. Richardson!). You will hardly notice the difference when you switch from two rashers of bacon to one, from two eggs to one, and with one piece of toast.

Getting back to the garden, bless it, there will still be cucumbers for pickles; tomatoes for canning and for juice and tomato paste. Remember the tomato preserve and green tomato relish our mothers used to make. The August Better Homes and Gardens has what sounds like a terrific recipe for catsup, and also one for making sauerkraut in the jars it will later be canned in. Cabbage also freezes very well, shredded or in loose-leaf blanch in boiling water 40 seconds, chill in icy water, drain and package.

The Dazey Company has the greatest little gadget called Seal-a-Meal, available at housewares departments and hardware stores for about \$17. Its heavy plastic bags (in three sizes) eliminates most of the air, an enemy to frozen food. The flattened envelopes freeze faster, preserving more of the vitamins and flavor, and

store more compactly. No label is needed as you can see what is inside. The pouch can be dropped into boiling water for defrosting and further cooking. Standard freezer jars and plastic containers are good too.

For 35 cent Ball Jars, Box T, Muncie, Indiana, 47302, will send their freezer book with up-to-date ideas. They also have one on canning for 50 cents.

A lot of good advice is given in Hazel Meyer's Freezer Book and her Freezer Cook Book. (Lippincott).

The general rule for freezing most vegetables in blanching, chilling in cold water and draining. Rolling in paper towels, such as Terry Towels, is helpful, as it removes more moisture and the vegetables can be transferred directly from the roll to container.

Summer squash and zuc-

chini are best steam-cooked and mashed before chilling, as they tend to be spongy if only sliced and blanched.

Here is a great way to use zucchini after it is larger than ordinarily desired for table use, but still tender.

ZUCCHINI RELISH
10 cups chopped or ground zucchini, 4 cups chopped onion. Sprinkle 5 tablespoons salt over top and let stand overnight.

Drain in collander and rinse by pouring cold water over zucchini.

Bring to a boil: 2 1/2 cups vinegar, 6 cups sugar, 1 teaspoon dry mustard, 2 tsp. celery seed, 1/2 tsp. black pepper, 1/2 tsp. turmeric, 1 tablespoon cornstarch.

Add zucchini, bring to boil and simmer 30 minutes, stirring occasionally. Do not over cook. Put in sterilized jars and seal.

Top award for two-county unit

Home Economics Extension in Umatilla and Morrow Counties has received the top national award for Family Life programs, Youth Division, according to Extension home economist Molly Saul.

The award was given by the National Extension Homemakers Council, and was presented to Mrs. S.H. Griffin, president, Oregon Extension Homemakers Council, at the annual meeting recently held at Michigan State University.

The award was based on the World of Work career program for youth, sponsored by Home Extension Advisory Committees in the two-county area for the past two years. Early in 1971 the advisory committees for the two counties felt there was a lack of, and a need for, exposure to career opportunities for junior and senior high school students. For several years Extension members in both large and small school districts had expressed concern over the situation.

The purpose of the two World of Work career days that followed was to provide 9th through 12th grade students in the two-county area an opportunity for face-to-face contact with workers in a wide variety of career fields. This

was to acquaint them with all requirements of the career and job entry level prerequisites - including school curriculum.

The World of Work career day has been held for the past two years at Blue Mountain Community College, and will be held there again March 2, 1974. The event is a cooperative endeavor of the OSU Extension Service, the community college, local businesses, IED personnel, faculty and students of county junior and senior high schools.

At the World of Work career day held last March there were 377 student participants, 113 local resource persons, and 75 individual Extension study group members taking part.

The program was sponsored by the Home Extension advisory committees in both counties, but was spearheaded by 4-H and youth Extension agent Jerry Brog, and program assistants Joy George and Birdine Tullis. Much of the credit for the success of the program is attributed to Mrs. Robert Ranslam, Mrs. Dennis Jones and Mrs. Glenn Thorne of Pendleton; Mrs. Jerry Meyers of Heppner and Mrs. Jack Johnson of Weston.

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