

The College of Idaho Touring Choir here Saturday

Touring choir in concert Saturday

The 45-member College of Idaho Touring Choir and Chamber Singers will present a concert Saturday, Feb. 8, at Heppner High School at 5 p.m., according to High School Music Director Bill Buckenbush.

This choir just completed an engagement singing with the Spokane Concert Orchestra under Conductor Donald Thurman when the orchestra spent two days on the campus of the Caldwell Idaho college.

Music to be performed in the concert here will include a variety ranging from renaissance to 20th century choral literature. The groups sing a cappella, with piano and with organ accompaniment. Featured in this year's tour program are several sections of Mozart's "Coronation Mass" plus selections from works of Brahms, Bruten, Dello Joio, Sweelinck, Mouton, Schutz, Vautour and a number of contemporary composers.

A recent visitor of Judge and Juanita Carmichael was Bill Smith, president of the Rodeo Association, St. Paul, Ore. He is the son of the late William Smith, Lexington and will be remembered by many of his friends as the little boy who won the Roman Races held at the Morrow County Rodeo in the early 1940s.

Church Directory

METHODIST
SS 9:45 a.m.
Worship 11 a.m.

LUTHERAN
SS 9:45 a.m.
Worship 11 a.m.
Children Choir, 9:30 a.m.

CHRISTIAN
SS 9:45 a.m.
Worship 11 a.m.
Even. Serv. 7:30 p.m.

NAZARENE
SS 10 a.m.
Worship 11 a.m.
Even. Serv. 6 p.m.

EPISCOPAL
Communion 8 a.m.
SS 9:45 a.m.
Worship 11 a.m.
Adult Ed. 10 a.m.

ASSEMBLY OF GOD
SS 9:45 a.m.
Worship 11 a.m.
Sun. Eve. service 7:00
Bible Study Wed., 7 p.m.

SEVENTH-DAY ADVENTIST
Sabbath School 9:30 a.m.
Worship 11 a.m.

CATHOLIC
Catechism Mon. & Wed.
Worship:
Heppner, Sun. 11 a.m.
Saturday 6:30 p.m.
Ione, Sun. 8:45 a.m.
Saturday worship, 8:30 p.m.,
St. Patricks

CHURCH OF CHRIST, Lexington
SS 9:45
Church 11:00
Sun. Eve. 7:30
Bible Study, Wed. 7:30

INTERFAITH FELLOWSHIP
Bible Study, Wed., 10 a.m.
340 Baratt Blvd.

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LEBUSH SHOP

Warning issued on use of crock pots

The popularity of crock pots as Christmas gifts means many people will be using them for the first time this year.

Nellie Oehler, acting extension foods and nutrition specialist at Oregon State University, offers some advice to insure the safety of foods prepared in the pots.

A crock pot is a slow-cooking appliance that uses about the same amount of electricity as a 100 watt light bulb. Foods such as stews, soups and pot roasts are excellent when cooked by this slow method, Mrs. Oehler says.

However, because the temperature in the pot never reaches 212 degrees Fahrenheit, home-canned, low-acid foods should be boiled for 15 to 20 minutes before putting them in the crock pot for cooking, the specialist advises. This will eliminate the danger of botulism, which may occur in home-canned vegetables and meats.

The deadly toxin that causes botulism is produced by spore-forming bacteria that grow in oxygen-free areas, such as canning jars.

Another precaution recommended by Mrs. Oehler is to avoid overloading the crock pot. If filled too full, the pot will take too long for the internal temperature of the food to reach 140 degrees F., the temperature at which the spore-producing bacteria, staphylococcus aureus, are

destroyed. "Staph" bacteria grow vigorously and produce a heat resistant toxin between 44 and 115 degrees F.

For a guide to the amount of food to put in the crock pot, follow the recipe book that comes with the appliance, advises Mrs. Oehler.

McCabe a \$20 winner

Ernest McCabe, Heppner, won \$20 last week for identifying Avon Melby as the Mystery Person.

He missed the number of clues, however, and the jackpot this week is at \$15. This week's winner stands to receive a total of \$35 for identifying the Mystery Person—if he also gets the correct number of clues.

Last week's clues: public service (reports the news); given their husband is a teacher; north, east, west, south (spells NEWS); a member of a club composed of professional and business executives associated primarily for service (she's a Soroptimist); media maid (reporter); calling (as in "Avon calling").

CowBelles--and the right to beef!

Morrow County CowBelles are out to prove that this is beef country by planning a series of beef promotion events during the spring months.

CowBelle President Gail Hughes says beef demonstrations will be conducted in local stores, a poster contest will be run in all county schools, and another Mini Beef-a-Rama will be held in April.

CowBelles want every Morrow County resident to understand the value of the industry to the local economy, and the value of beef as a source of protein for the family. They will also help consumers find ways to stretch food dollars through beef cookery demon-

strations at Court Street Market, Feb. 7, and Central Market, Feb. 21.

In addition to the poster contest for 5th grade students, each high school home economics department has received beef to be utilized in their class work. Jeanne Howell, beef education chairman, delivered the beef to each school early this fall.

Claudia Hughes, membership chairman, has invited women to contact her for membership in the organization. Annual dues may also be sent to her. The funds are used to support a variety of activities that promote the use of beef.

Immunization clinics set

The first of the Morrow County Health Department Immunization Clinics is scheduled at Heppner Grade School on Tuesday, Feb. 4, 8:45 a.m., with a clinic immediately following at the Day Care Center at approximately 10:30.

A clinic will be available for high school students at a later date.

tentatively scheduled for Feb. 16 and 17. Definite times and places will be announced next week.

Immunizations to be offered include DPT, DT, measles, rubella, and measles-rubella combination vaccines and trivalent oral polio vaccine.

Pre-school children are welcome at the clinics.

SHRINER DINNER HERE TONIGHT

Members of the Tri-County Shrine Club and their wives are gathering for a 6:30 p.m. dinner meeting tonight in the banquet room of the Wagon Wheel Cafe.

Les Grant, Arlington, is the president of this Gilliam, Wheeler and Morrow group. John Wood has made the arrangements for tonight's meeting.

What's in handwriting?

By MARGARET McNAIR
Graphoanalyst

It matters not how far or what wonderful "Morrow County" lies

A love of music is revealed in the handwriting above. The writer possesses interpretative understanding, rhythm and timing enhanced by an imaginative touch, and intense feelings.

Self-confidence, a desire to organize, systematically and creatively, practical goals and determination are characteristics which point toward managerial ability.

The writer might organize or handle effectively a sale of the symphony's season tickets. But the writer might enjoy even more being a church organizer, or lay-

LIBRARY BOARD CONSIDERS GROWTH

The seven members of the Heppner Library Board discussed growth at a meeting on Jan. 22. Plans for the remodeling of the "back room" into a children's room were shared with Pauline Bier of AAUW, one of the organizations interested in helping with the project.

There was discussion concerning library fees for borrowers living outside the city. It was decided to present this possibility for consideration by the grant organizations in the county.

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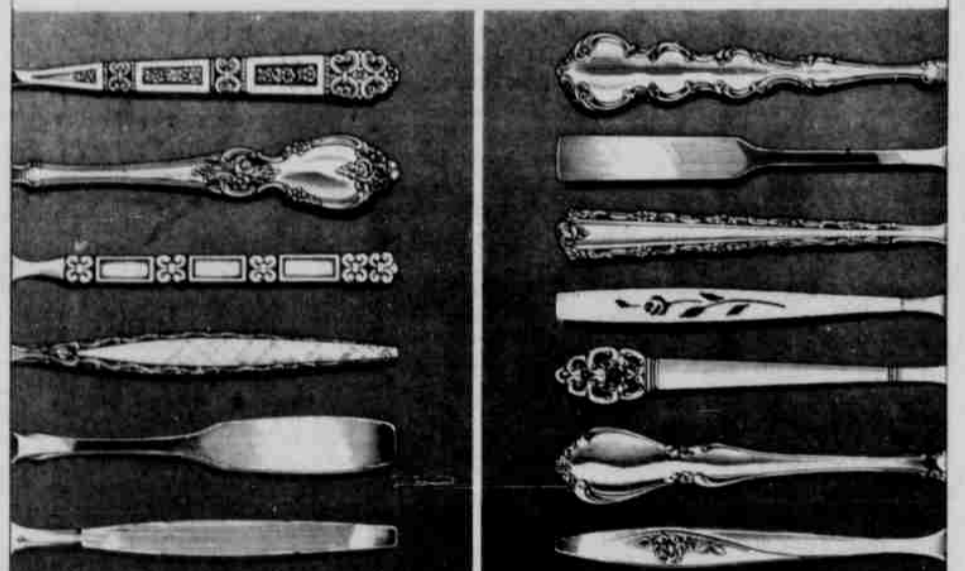
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More food for a hungry world... or less?

With lives at stake, decisions had better be based on fact.

There are hundreds of millions of people in the world whose food intake is near starvation level.

These people must have food. They will not get it if we produce less beef in this country, as some suggest.

The United Nations Food and Agriculture Organization says beef is a source of high-quality, assured-quantity protein that helps provide adequate nutrition. This is as true for industrialized nations as it is for developing nations.

It is unfortunate that many people are being misled, because of faulty information, into believing less meat will mean more of something else.

It is a fact that...
Beef has every amino acid the body needs... the amount and quality of protein no single vegetable, grain or fruit can provide.

It is a fact that...
It takes about 3 pounds of grain to produce one pound of beef, not 8 or more, as has been reported.

It is a fact that...
75 percent of all feed consumed by cattle is grass, forage and by-products which are inedible by humans.

It is a fact that...
Most cattle are raised on land that cannot grow food for humans—nearly 900 million acres in the U.S. alone.

It is a fact that...
Only ruminants (animals with four stomachs) such as cattle can produce high quality protein for humans from this otherwise unusable natural resource.

What we need in this world is more food, not less. That means more beef and other animal proteins as well as more grain, vegetables and other foods. The beef industry accepts its share of this challenge to increase food production through increasing efficiency and use of available resources.

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