



Mrs. Johnson is shown preparing sourdough for the fragrant breads and pastries she made during the demonstration.

## Sourdough baking is making big comeback

All over the country the interest in sourdough baking is making a comeback.

Whether the interest is spurred by the mystery of sourdough, the history, the flavor or the simple satisfaction of the process, the interest in sourdough baking by both men and women was apparent at the sourdough program sponsored recently by the Morrow County Extension Service.

Guest "sourdough" artists who shared secrets of creative sourdough cookery were Flora Johnson, Condon, and Linda LaRue, Ione.

Ms. Johnson, who claims to be a "dump and look" cook, entertained the gathered group with bits of sourdough history, lore and personal experiences as she prepared fragrant breads and sweet rolls.

Biscuits high, and light enough to float off the plate, and crepe-like applesauce and strawberry pancakes were the specialty of Ms. LaRue. Demonstrations of handling, shaping and baking techniques were provided by both women, as well as a store of favorite recipes and information on making starters and care of starters.

Free take-home starters were provided by Birdine Tullis, Morrow Extension Service from her starter, which actually was given her by an Alaskan friend.

Information on home grinding of grains was an added bonus provided by Ms. Johnson. The Johnsons have been grinding their own grain for approximately 30 years. They utilize wheat grown on their

farm near Condon. She claims she finds little difference in the varieties of wheat they have grown and ground and has no difficulty storing the grains after they are ground. After grinding she sifts the coarsely ground grains, separating the finely ground "flour" from the coarser grains for use in different products. For demonstration Ms. Johnson used an antique hand grinder which she inherited from her mother-in-law. For larger quantities they use a small mechanical grinder.

Samples of sourdough products were available for tasting including Ms. Johnson's chocolate, banana nut, and whole wheat breads, whole wheat crackers, White bread, sweet coffee cake, and cinnamon twists, Mrs. LaRue's biscuits, applesauce and strawberry pancake rolls, Ms. Tullis's sourdough chocolate and applesauce cakes, and Jeanne Howell's pumpernickel rye sourdough bread.

Sourdough starter typically results in crusty loaves of tangy bread but it can be used with great success in sweetened baked goods. Although the sourdough flavor is not always readily distinguishable, the starter mixture adds moistness, leavening, and a distinctively different flavor to products. Starter may be stored in almost any glass container, (not metal!) but stores in Heppner are reporting a big run on old fashioned crocks as the word is getting around about sourdough.

A few copies of recipes and information provided at the sourdough program are still available at the Morrow County Extension Office, according to Birdine Tullis.

## Food preservation season draws near

Forecasts are that more homemakers will be "putting foods by" this year than ever before.

Homemakers preparing for the canning season ahead should be checking their equipment, especially pressure cookers. Gauges on pressure cookers should be checked yearly, prior to the canning season. Companies supplying canning lids promise a more adequate supply for northwestern states this year, but homemakers planning to can should be watchful for them to arrive in stores.

Success in home canning depends upon the proper canning procedures. When you're not sure of proper canning techniques, be sure to get the information you need before you start canning, advises Nellie Oehler, Oregon State Extension Foods and Nutrition Specialist. If you've had canning problems in the past, perhaps the methods you used or the length of time you processed foods were at fault.

Always use the pressure canner to process low-acid foods such as vegetables and meat for safety's sake, Ms. Oehler emphasizes. No matter how long meat or vegetables are processed in a boiling water bath, they are not safe. There is danger of botulism caused by bacteria often present on such fresh vegetables as peas, string beans, corn and spinach. These bacteria are destroyed only by the higher temperatures of a pressure cooker.

The hot water bath method of canning on the other hand, is recommended for fruits, fruit juices and for tomatoes, since the latter is an acid vegetable. However, 2 teaspoons of lemon juice must be added to a quart of tomatoes before canning.

In hot water bath canning and pressure canning it is important to follow an accurate timetable for processing. Reliable timetables and other essential information on techniques for canning fruits and vegetables are given in USDA bulletins "Home Canning Fruits and vegetables," which is available at no charge at the Morrow County Extension Office, Heppner.

Open kettle canning, except for jams and jellies, is definitely not recommended. In open kettle canning the food is cooked in an ordinary kettle, then packed into hot jars and sealed without

processing. When food is transferred from kettle to jar, bacteria may enter and cause the food to spoil.

Other food preservation bulletins of interest to homemakers available at the Extension Office are: "How to Make Jellies, Jams and Preserves at Home" and "Making Pickles and Relishes at Home".

## New hours at museum

Rachel Harnett, curator, announces the Morrow County Museum will be open longer hours than usual this weekend so visitors can enjoy its expanded exhibits.

Saturday the regular 10 a.m. to 5 p.m. hours will be kept. On Sunday and Monday Mrs. Harnett expects to be there to welcome visitors from 9 a.m. on. She encourages visitors to talk with her about family histories and old times.

The museum has been doubled in area since last May and the replicas of pioneer rooms should be very interesting to all members of visiting families, she points out.

The Public Library will be open as usual from 2 p.m. until 4 p.m. on Saturday and Sunday. It will not open on Monday.

## Methodist sale well recieved

The weatherman favored the annual United Methodist Women's Yard Sale last Saturday. The ladies were pleased with the community response and buyers seemed pleased with their bargains. The luncheon and baked goods sale showed the results of hours of work in home kitchens.

The antique table managed by Lesley Patching sold many small articles from the old Gilliam home as well as interesting contributed articles. The artificial cemetery pieces made for the sale sold well, also.

## CAMPBELL RECEIVES DEGREE

Thomas Patrick Campbell, II, received his bachelor of business administration degree in management from the University of Portland, May 4.

The Rev. Paul E. Waldschmidt, C.S.C., president of the university conferred 294 bachelor degrees and 96 master degrees at the 73rd commencement ceremonies.

Thomas is the son of Mr. and Mrs. Tom Campbell of Kimberly. He is a graduate of Monument High School in Monument, Or.

## PICNIC PLANNED

The International Wood Workers of America, will host their first annual picnic, June 28 at Cutforth Park.

Members are asked to sign up by May 30, if they plan to attend. Signup sheets are posted in the lunchrooms and other locations.



We also carry a full line of Kodak Cameras for every occasion

**Murray's Drug**  
HEPPNER OREGON  
UNITED Pharmacies



DONNA MILES

Mr. and Mrs. Millard Nolan have received a letter from their granddaughter Donna Miles, a sophomore at Eastern Washington State College, Cheney, Wa., that she has been elected president of Psi Chi Theta.

This is a business fraternity for women who are planning to major in business and economics.

Donna will also chairman the regional Psi Chi Theta and Alpha Kappa Psi convention in Spokane in October 1976.

## Pioneer gravesite locations wanted

Harold Becket, Bryce Keene and Rachel Harnett have been designated as a committee to search out information about pioneer burials. They hope to learn about many burials that took place outside the county's designated cemeteries.

Some graves are on old ranch sites, some are along the early trails and roads. Many graves in the regular cemeteries are not marked or the early markers have become difficult to read. Others are outside the county.

This committee of the County Historical Society hopes families will bring them facts about the deaths and burials of pioneer ancestors. If possible some of the information can be brought to this Sunday's Pioneer Picnic, or it may be given to Mrs. Harnett at the museum.

## Elementery graduates

Graduating students of Heppner Elementary School were hosted at a dinner and dance last Friday at the Elks Lodge.

Students who will enter high school this fall are, Teresa Anglin, Jerry Baker, Connie Burkenbine, Michelle Cutsforth, Mary Daly, Eric DeBraal, Jay Devin, Barbara Devine, Tim Ertz, Jeff Fortenberry, Nella Miller, Scott Groshens, Howard Huddleston, Lance Jones, Linda Keithley, Brenda Lankford, Phillip Marquardt, Brett Martin, Wendy Meyer, Laurie Olsen, Bryce Powell, Darla Rea, Bobbi Schiller, Richard Schmidt, Don Servi, Ray Temple, Joycelyn Thorpe, Terry Toll and Kathy VanSchoiack.

Graduating from Mr. Beck's class are the following eighth grade students: David Bradley, Eugene Cate, Randy Cole, Perry Cooper, Leonard Corwin, Joya Evans, Judy Far-

ley, Julie Grieb, Laurie Harrison, Maureen Healy, Bill Kenny, Cindy Kerr, Rosanna Marlatt, Scott McEwen, Chappo McLean, Jackie Molahan, Dennis Peck, Wanda Pugh, Rick Rea, Marti Rogers, Syndi Sams, Shawna Setta, Mike Stookey, Delbert Turner, Ron Ward, Twani White, Randy Worden and Marie Yocum.



"Happy Father's Day... Have some ice cream!"

## Pancake Feed Pinochle Party

Lexington Grange

June 1, 6 p.m.

Pancake supper \$2.00  
Children under 12 \$1.00


All you can eat  
Pinochle \$1.00 Prizes

**'75 GRADUATES**

# Congratulations!


**The future belongs to those who have prepared for it**

Graduation is only the beginning. We know that you are looking forward to a successful future in science, business, medicine, commerce and industry and that additional formal education and training will be required to help you achieve your goals. Remember, "in today, already walks tomorrow" so make sure that you plan now for your future.



## Morrow County Grain Growers INC.

3 grandkids



## G-T WANT ADS PAY

**PRICES GOOD FRIDAY, SATURDAY**

Parakos

**CHOICE QUALITY MEATS**

Hill's Boneless Fully Cooked **HAMS** \$1.59 lb.

Oregon Chief Bulk **SAUSAGE** Pure Pork \$1.09 lb.

Hill's **Wieners** 1# Reg. 79c

**Strawberries** cup 35c

**Radish or Green Onions** 10c bun.

**Blue Bell 4 pak**

**Potato Chips** 95c

Nabisco **Ritz** 1# 69c

**8 pak Coney Buns** 40c

**Hamburger Buns** 60c Doz. pkg.

**Downey** 64 oz. \$1.69

**Comet** 14 oz. 4/\$1

**Top Job - Mr. Clean** 28 oz. 79c

**Spic & Span** \$1.29

**Purex** 1/2 gal. 55c

**SUPER PRODUCE SAVINGS!**

**OUR STORE SELLS BEEF**

**Central MARKET**

**GOOD WISHES TO OUR GRADUATES**

Your diligence and perseverance have brought you to your goal... congratulations! We're proud of you!

*"Something from the jewellers is always something special"*

**Peterson's Jewellers**

177 MAIN ST., HEPPNER  
PH. 676-9300

## LIBRARY BOARD MEETS TONIGHT

The board of the Heppner Public Library will hold its May meeting tonight. This board meets on the fourth Thursday evening of each month at 8 p.m. in the library. These meetings are open to the public.

Library services are offered as always from 7:30 p.m. until 9:30 p.m. that evening although the librarian will sit in on the board meeting part of the evening.

## CONDUCTS SERVICE

The Rev. Renne Harris, Vicar of Ascension Chapel, Portland, will conduct services at All Saints Episcopal Church in Heppner on Sunday, May 25, at 8 a.m. and 11 a.m. Fr. Harris is a graduate of Heppner High School class of 1939.