

# "Don't cuss the farmer— appreciate him."

"Almost Everything Starts on a Farm" is the theme for the 1977 American Agriculture Day being celebrated Mar. 21. Honorary Chairman of Agriculture Day '77 is actor John Wayne, who says, in Ag Day messages recorded for television and radio, "For at least one day a year, don't cuss the farmer—appreciate him!"

In observance of American Agriculture Day, the wives of Morrow County wheat growers will be serving 1977 wheat contest cake to persons attending the Mar. 21 meeting of the Heppner Chamber of Commerce. The Chamber meets at noon at West of Willow restaurant.

The official cake recipe for 1977, and rules for the Morrow County Oregon Wheathearts' baking contest, are printed in this issue.

The Oregon Wheat Commission and Oregon Wheathearts are joining the "Duke" in celebrating Ag Day '77 by participating in the Agriculture Display Mar. 18, 19, and 20 at the Valley River Center in Eugene. Sponsors of this 3-day event are the Oregon Women for Agriculture, who will be joined by representatives of the grain, livestock, dairy, orchard, grass seed, row crop and nursery industries in a series of demonstrations and visual displays. The Wheathearts will be serving samples of delicious casseroles, salads and breads all utilizing wheat food products; as well as visiting about the nutritional value and uses of the various wheat products in cooking, at their booth in the Valley River Center, according to Wheatheart Chm. Mrs. Larry Snyder, Condon.

Also on Mar. 21, Oregon Wheathearts will furnish wheat muffins for the buffet lunch featuring Oregon products that will be served to the Oregon Legislature by the Oregon Women for Agriculture.

When our country began, approximately 85 per cent of the American population worked and lived on a farm. Today, only about 5 per cent of our people farm the land. One American farmer feeds 53 people, three times as many as 20 years ago when there were twice as many farm workers. In the last 10 years, agriculture production has climbed 20 per cent, on 6 per cent fewer acres. In 1973, Americans spent only 15.5 per cent of their disposable income for food. Compare that with Asia where residents spent about 83 per cent of their income for food.

The American farmer not only produces enough food to

feed his fellow Americans, but has enough left over to export to other countries, keeping our balance of trade out of the red and helping to raise the standard of living in many underdeveloped nations of the world. Four out of every 10 non-farm jobs are dependent on agriculture in the United States today.

book. Cakes are to be displayed at the Wheat League baking contest on board (may be cardboard covered with foil, etc.)

5. Premiums will be paid directly to the winners from the Wheat League office. County premiums are: 1st-\$10.00; 2nd-\$5.00; 3rd-\$3.00 in each of the following counties: Baker, Gilliam, Jefferson, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Yamhill and Valley. (Contestants from Polk and Marion counties which comprise the Willamette Valley Association must compete at the Polk County fair, since Marion County does not have a county fair.)

6. First place winner in each county will be eligible to enter the state bake-off at the annual convention of the Oregon Wheat Growers League.

Top award of \$100.00 will be paid to the state winner. State winner and first and second runner-up will receive silver cake plates. All other contestants will receive silver cake trays.

If the county winner is unable to compete, the second place winner may represent the county at the state bake-off.

Cake baking contestants may not re-bake their cakes at the state bake-off unless there is a mechanical failure.

7. Check your county premium book for time your entry should be in place.

## OREGON WHEATHEARTS RULES FOR CAKE BAKING CONTEST

1. Contestant must be a resident of Morrow County.
2. Cakes must be exhibited and judged at Morrow County fair.
3. Cake baking contestants must be men or women over 21, or married men or women; excluding professional bakers. (One who makes their living at baking—men or women who decorate cakes for weddings can enter, since this isn't their main source of income.)
4. Each contestant must use the same cake & icing recipe as presented by the Oregon Wheathearts in the fair premium



Rev. and Mrs. Torgrimson

## Peru missionaries set Sunday service

Rev. Phillip A. Torgrimson, missionary to Peru, will be holding a special service at the Heppner Church of the Nazarene this Sunday, Mar. 27, at 11 a.m. The service will include an interesting speaking presentation of the missionary work in his field aided by slides. He will also display curios of Peru.

Rev. Torgrimson's duties have been many, including Mission Director, Director and teacher in the Bible Training School in Peru, member of the Executive Committee of the Mission Council and Missionary Member to the District Advisory Board.

Rev. Torgrimson received his B.Th. degree from Olivet Nazarene College in Kankakee, Ill. He served as pastor a number of years in Wisconsin, Illinois, and Ohio.

The Torgrimsons have one daughter and three sons. Robert is studying for the ministry, Phillip D. is youth

pastor in Pasadena, Tex., and Halvor, age 16, is a student at Quito, Ecuador.

The pastor and congregation of the Heppner Church of the Nazarene invite the public to join them for this special service.

## Kinzua News

Stan Benson, who was injured Friday afternoon in an accident at work, is in The Dalles General Hospital. Stan had surgery Saturday to place a pin in his leg after three tries at holding his leg in the proper position with casts failed. It looks like Stan will be laid up for quite some time. Here's hoping we see his smiling face around town again real soon.

Chuck and Melba Mitchell had quite a house full this last weekend. Melba's sister, Lorraine Wilson, and her family, Umatilla, and Bill and Carrie McConnel, Richland, Wash., were all guests at the Mitchell home.

8. Cake baking contests may be held only in Oregon counties that are affiliated with the Oregon Wheat Growers League. At present (1976) these counties are: Baker, Gilliam, Jefferson, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Yamhill and Valley counties.


9. After the cakes are judged at the county fairs, the contestant may take at least 1/2 their cake home, leaving 1/2 the cake on display for the remainder of the fair, providing this does not conflict with local fair board policy.

## OREGON WHEAT GROWERS LEAGUE

### 1977 OFFICIAL CAKE RECIPE WHEATHEARTS' ALMOND BUTTER CAKE

Mix until fluffy:  
Two-thirds C. soft butter  
1-3/4 C. granulated sugar  
2 eggs  
1 tsp. vanilla extract  
1/2 tsp. almond extract  
1/2 tsp. lemon extract  
Blend ingredients together well, then mix on high speed for 5 minutes.

Sift together:  
3 C. unsifted cake flour  
2 1/2 tsp. baking powder  
1 tsp. salt  
On low speed, add dry ingredients to creamed mixture alternately with 1 1/4 C. milk (beginning and ending with dry ingredients).  
Pour into two greased and floured 9" round cake pans. Bake at 350 degrees for 30-35 minutes or until done.  
**CHOCOLATE FROSTING**  
Melt in top of double boiler over hot water:  
3 sq. unsweetened chocolate  
1/2 C. butter  
Stir in:  
3 C. powdered sugar  
1 egg  
1/4 C. water  
1 tsp. vanilla  
Place top of double boiler in pan of ice cubes. Beat with electric mixer until frosting is fluffy and of proper spreading consistency.  
Spread chocolate frosting between layers and on sides and top of cooled cake.



## FUN TIME

- Where – The Wagon Wheel
- When – Every Friday, 5-7 p.m.
- What – Happy Hour w/snacks

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