

Extension Events...

with Birdine Tullis



Food Preservation Helps

Summertime is busting out all over, with fruits, berries, and garden produce of all kinds. Many aids are available at the Extension Office for those interested in food preservation, whether it be drying, freezing, canning, jellies, jams or whatever! The list of bulletins available is extensive, and all are available free. Extension bulletins provide you with the most up to date and tested information available.

A bonus, but later in the season, Molly Saul, Extension Home Economist will present a food drying program during our County Fair this year. We have scheduled her to be part of "Action Alley" to share her skills and information of drying all kinds of things. Watch our special schedule of Action events at fair for time and date.

Canadian Exchange

Jyl Hobbs, Irrigon, and Janette Piper, Lexington, will be leaving for Canada on July 30 to spend a week visiting in Canadian 4-H homes in the Fraizer Valley, as part of an eastern-Oregon-Canadian 4-H exchange. They will be observing the 4-H program there, and participating in 4-H events of the area. Four girls will be traveling to Canada with Ken Killingsworth, Wheeler Extension Agent. The other two will be selected from Wheeler and Gilliam counties.

Later in the summer, four Canadian 4-H members will be coming to Oregon to complete the exchange program. Pree Leaves for Hood River County

Many residents of Morrow County have met Pree Garner, PRYLE from Barbados, West Indies. Pree has spent a week here observing 4-H programs, meeting members and leaders, as well as observing agriculture and other local businesses.

Pree, along with Eric DeWulf, IFYE from Belgium, enjoyed attending Chamber of Commerce in Heppner last Monday. Both young men told Chamber about their homelands. Another special treat for Pree and Eric was their opportunity to be guests on radio station KUMA Coffee Hour. A visit to north Morrow allowed them to attend a 4-H activity as well as to see the Columbia River and the developing businesses and agriculture there.

Pree left Morrow County last Friday to spend a week in Hood River before departing for Pennsylvania to attend a training workshop. Eric will be with the Roger Palmer family until July 25, when he will depart for Roseburg.

The only complaint from Pree concerning his visit, and the PRYLE program is that he is allowed to spend a week in each area—he'd like to have stayed longer in Morrow County.

A Summer Concern

Driving around our county, I note that the lush green grass along roadsides and fields as well as areas in town, has now turned to summer dry, and

Helix hosts benefit for hurt rider

The Helix community is holding a fund raising day to earn money for hospital expenses for a local man who suffered a broken back in a rodeo accident.

Roger Smith of Helix has been undergoing therapy at St. Mary's Hospital in Walla Walla, where he will remain for the next several months.

The fundraising day will be held on Labor Day, Sept. 4, in Helix. Events will include an auction, booths selling crafts and baked goods. Persons wishing to make contributions may send money to the Roger Smith Fund in care of Helix Community Baptist Church, Helix, 97835.

"Action Alley"

Purpose of the new event is to allow more 4-H'ers to share information with the general public about the many exciting things they are doing. We are hopeful, too, that it will provide interesting events and entertainment for those who are attending our county fair. The stage in the main hall will be the place reserved for the "Action" with seating provided for the audience. Schedule of the special presentations will be available so you may choose a topic of interest.

We are excited about the new addition, and will be contacting all leaders and members to encourage them to participate. Clubs, or individual members, may schedule a time with Birdine or John to tell, show, or demonstrate any information they wish to share. A space has been provided on fair pre-registration for this new event. It might be a repeat of a demonstration, a speech, song, dance, or whatever. Watch for more 4-H Action: at County Fair, August 19-22!

4-H Leader Salute....

Gail Hughes & Rene Henry

Two first year leaders with an active club of younger girls—that's Gail Hughes and Rene Henry. Their project choice is clothing, and we find their club members are the first to sign up for special events and opportunities offered 4-H members. They are teaching their members to be involved!

It is our feeling that first year leaders need to be recognized for the good work they do...and here are two who are doing an excellent job of leadership.

Glad to have Gail and Rene and their club in the Morrow 4-H family!

Lanham promoted to Army Colonel

Michael C. Lanham, recently was promoted to Army colonel while serving as the director of plans and operations, Military Traffic Management Command in Washington, D.C.

Lanham entered the Army in November 1956 and re-

ceived his commission through the ROTC program. His commission through the ROTC program.

He received a master's degree in 1960 from the University of Pittsburgh.

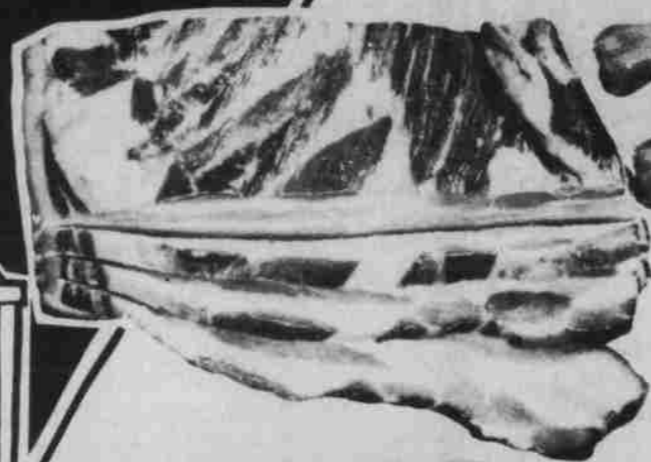
The colonel's parents, Mr. and Mrs. Conley J. Lanham, live in Heppner, Ore.

THRIFTWAY

SUNNY SERVICE,

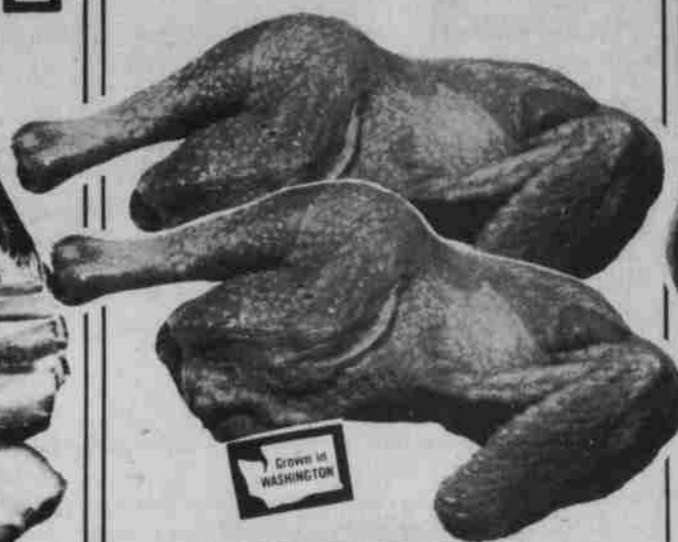


Summer Fun Savings



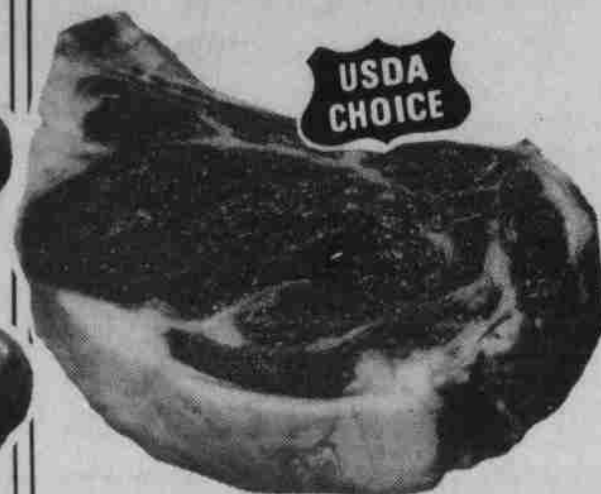
SLAB BACON
LENNON, BY THE PIECE

98¢ LB.



SPLIT BROILERS
WASHINGTON GROWN
2-4 LB. AVERAGE

79¢ LB.



BEEF RIB STEAK
USDA CHOICE

\$19.8 LB.

- BEEF SPENCER STEAK USDA Choice lb. \$3.99
- FRYER BREASTS Fresh Washington Grown lb. \$1.59
- SLICED LUNCH MEATS Morrell, Assorted, 1-lb. Pkg. ea. \$1.39
- GERMAN WIENERS Morrell, 1-lb. Pkg. ea. \$1.59
- RICH'S TURKEY FRANKS Low Fat, 12-oz. Pkg. ea. 89¢
- RICH'S TURKEY BREAST Smoked, 4-oz. Pkg. ea. 99¢
- RICH'S SMOKED TURKEY 6-oz. Pkg. ea. 99¢
- SWIFT'S SIZZLEAN 12-oz. Pkg. ea. \$1.63

PRICES EFFECTIVE
7 FULL DAYS
JULY 26 THRU
AUGUST 1, 1978

We Reserve the Right to Limit Quantities



FRESH FRYER LEGS OR THIGHS
WASHINGTON GROWN

\$12.9 LB.

FRESH PORK BLADE STEAKS

\$12.9 LB.

HEAD ON FRESH WHOLE SILVER SALMON
2-4 LB. AVERAGE

\$24.9 LB.

ADDITIONAL SAVINGS

- MRS. BUTTERWORTH PANCAKE SYRUP 36-oz. Size \$1.69
- DEL MONTE PINEAPPLE-GRAPEFRUIT DRINK 48-oz. 63¢
- NISSIN CUP-O-NOODLES Chicken, Shrimp, Beef-Onion, 2.5-oz. 53¢
- HIGH YIELD COFFEE Regular or Auto/Drip, 26-oz. Size \$4.69
- LAWRY'S TACO SHELLS 5-oz. Size 63¢
- LAWRY'S TACO SEASONING MIX 1 1/2-oz. Size 29¢
- KRAFT GRATED PARMESAN CHEESE 3-oz. Size 65¢
- ZEE MIX & MATCH NAPKINS 140-count 57¢
- TIDY CAT PET LITTER 10-lb. Bag 79¢

EXTRA CLEANING VALUES

- PALMOLIVE LIQUID DISHWASHING DETERGENT** 32-OZ. SIZE **\$10.9**
- IRISH SPRING DEODORANT BATH SOAP** 5-OZ. SIZE **35¢**
- AJAX POWDERED CLEANSER** 21-OZ. SIZE **43¢**

Have a Great Day with THRIFTWAY



Hermiston
305 SW 11th

DAIRY SPECIALS

- SOOPER SCOOP ICE MILK** ASSORTED FLAVORS HALF GALLON **79¢**
- BAG-O-POPS** Darigold, 18-ct. \$1.39
- SOUR CREAM** Darigold, Pint ... 69¢
- KRAFT INDIVIDUAL SLICES** American and Cheese & Bacon, 6-oz. Pkg. 69¢



THRIFTWAY DISCOUNT NON-FOODS

- SECRET ANTI-PERSPIRANT** 5-OZ. SIZE **\$11.9**
- PRELL SPONGES** 16-OZ. LIQUID OR 7-OZ. CONCENTRATE YOUR CHOICE **\$29.9**
- ASSORTED CAR-BOAT SPONGE** **88¢**
- ASSORTED SPONGE** **\$17.9**

MEAD'S THRIFTWAY

Umatilla
711 "H" Street

