

Extension offers food shopping skills correspondence course

Cold weather keeping you home? How about using your spare time to learn better food shopping techniques? A new correspondence course, "You, The Food Shopper", will be starting on Jan. 22, running for a four-week period. Lessons are mailed directly to you, with an enclosed answer sheet to be returned. Molly Saul, extension agent, carefully evaluates your return, and answers any questions personally. Many excellent bulletins are included with each lesson.

The course will include information on getting more for your food dollar, unit pricing and convenience foods as a good buy. You may register by contacting the Morrow Extension office, Box 397, Heppner, (phone 676-9642), or by sending your name, address and one dollar registration fee directly to Molly Saul, Box 1107, Pendleton 97801. Everyone wants to make their food dollars go as far as possible, so enroll now for help on the subject!

Fun at school

Fringe benefits, like fun doing wok cookery with the Heppner Junior High Home Ec classes, are things that happen to me as a 4-H person. Many people may not be aware that this year a new home economics program has been started for junior high boys and girls, with Liz Curtis as instructor.

I was delighted to visit their classes, and, boy, oh boy, did they ever cook up some good eating in the woks. The boys seemed even more interested in the oriental cookery than the girls, with several saying they were going home and repeat the recipes for dinner that evening. Actually, what impressed me most was the courteous attention they gave a stranger in their classroom, as well as how quickly they started their assigned duties. I have always felt that boys,

as well as girls, should be given opportunities to learn homemaking survival skills, as well as to become wise

started, and carried on as a result of the program. Actually, the trip is a bargain, when you consider

creativity, good product use, practicality, texture, flavor, attractiveness, completeness and clarity.

Six finalists will be chosen and participate in a bake-off to be held in Portland. Expenses of finalists will be paid. Prizes include \$100 and a silver tray for first place winner, second prize will be \$75, and third prize, \$50. The fourth, fifth and sixth prizes will be \$25. Contest deadline is January 31, 1979. Entries are to be mailed to S'Wheat Roll Contest, Oregon Wheat Commission, P.O. Box 400, Pendleton, 97801.

For complete details of the contest, contact the Oregon Wheat Commission. Copies of the rules are available at extension offices.

'Calf Survival' is topic of meeting tonight

Harold Kerr, Morrow County Agent, announced that a meeting concerning "Calf Survival" will be held Thursday, January 11 at 7:30 p.m. in the Pendleton Grain Growers conference room, at the new facility on the

Wheat League to discuss new China market during Jan. 18 meeting in McNary

The first 1979 meeting of the Oregon Wheat Growers League will be held Jan. 18, 1979 at the Columbia Inn in McNary, announced Earl Pryor, Condon wheat farmer. Pryor is the incoming president of the state-wide wheat grower organization.

According to Pryor, the purpose of the meeting of the board of directors of the Oregon Wheat Growers League (OWGL) is to "primarily adopt the resolutions proposed at the annual meeting of the OWGL on December 6, 1978." Pryor said that the OWGL uses the resolutions for a guide-line to policy for the coming year.

Also on the agenda will be a discussion of the overseas market development program of Western Wheat Associates. Recognition of the People's Republic of China and coming trade policies will be discussed along with concern over the protection of the long-time wheat market of Taiwan, according to Pryor.

"We're going to try something new," Pryor announced. "We are going to have an organizational workshop on the day after the board meeting, January 19, 1979. We have invited all the OWGL state-wide committee chairmen and the OWGL county association presidents to spend the day working on

specific plans for the 1979 coming year." Pryor said that the 1979 Oregon Legislative year will bring attention to many areas of agriculture. He cited specifically areas of taxation as particularly important. About 50 wheat growers are expected to attend the meetings.

Extension Events....

with Birdine Tullis

consumers, so I left the school with the feeling that good things are happening in the home ec department.

Horse workshop

John tells me the Horse Workshop, Saturday, Jan. 13, at 1 p.m. at the Fairgrounds in Heppner, will go on; good weather, or bad. All interested persons are invited to attend, along with our 4-H members and leaders. Topics include, "Year-around Vet Care," "Proper Hoof Care," "Hay Judging," and "Horse Judging." John has recruited a number of excellent resource people to present the program and we hope you all can turn out for the training.

LABO applications due

Any 4-H member 12 through 17 years of age who is looking for an exciting summer this year, might want to investigate the Oregon 4-H-Japan Labo Exchange. We have one applicant so far, Steve Curtis of Heppner, who has sent in his application to travel with the Oregon group.

Applications are available at extension offices, and must include a \$50 deposit. Remainder of the costs are paid in installments, to make it easier for families to manage the financing of the trip. Members visit Japan for a month, living in host family homes, learning and living the Japanese culture. Morrow County has had a 4-H'er traveling to Japan every year since the program was initiated, with many lifetime friendships

that approximately \$800 covers all costs for transportation to Japan, and a month's living costs! Call for more information.

Awards and honors

All award donors for the county fair events were contacted recently, and asked if they wish to continue, or change their award. Since the 4-H section of the fair premium book must be prepared very soon, we hope all will respond immediately. Anyone may sponsor an award for county fair, or for other 4-H events. We are always happy to add others to our list, so if you feel some area is being overlooked for recognition of achievement, feel free to call us.

New knitting leader

Debbie Hyatt, Heppner, is ready and willing to start a 4-H Knitting club in Heppner. Debbie, a former Wheeler County 4-H'er, is new to the area, and does not yet have a phone. Anyone interested in joining her club may call 676-9642, and we will see that she gets the message.

S'Wheat roll contest

Oregon Wheat Commission has recently announced a contest for "a product that will be a symbol of Oregon wheat production." Original recipes are sought, and may be any recipe as long as it uses wheat flour, and is original. Recipes will be judged on

4-H horse events slated

Morrow County 4-H Horse Leaders have set the dates for the 4-H Horse Show and the 'Tune-Up Show'. The 4-H Horse Show has been set for July 29, 1979. The same classes will be offered as in previous years, according to John P. Nordheim, Morrow County Extension Agent. There has been some clarification work done on some rules.

Nordheim also reported the addition of a new event this year—a "Tune-Up Show". This has been set for May 27, and promises to be a fun day with 4-H members tuning up them-

selves and their horses. Fun classes include: Australian pursuit race, three man rescue race, back-to-back bareback equitation, bare-

back equitation and dollar bill ride. Also included in the day's events is a horse judging contest.

'Basting Bakers' meet

At the last meeting of the Basting Bakers, the sewing and cooking 4-H club in Ione, we went to Heppner to visit Rita's Fabrics. We looked for material to make our first project. We will be making pants.

At our other sewing meeting, we finished our pincushions and we will use them on our pants that we will make. In January, at our cooking meeting, we will make cookies and we will have fun!

Patty McElligott Reporter

Registered Hereford BULL SALE
For
L & H Herefords
To be held at the Baker Livestock Auction Baker, Oregon
Saturday, January 20, 1979
1:00 P.M. P.S.T.
39 Excellent Hereford Bulls!

26 Coming 2-Year Olds

13 Yearling Bulls

Sired by these outstanding sires:

Growthy and Strong!

1. C.L. I Domino 327
2. R.N. Miles Domino 523
3. SR MARK Author J374
4. Miles Domino 2R59
5. RND4 Mischief 516
6. RN Standard 400
7. RC Mischief D4
8. Standard Domino 19D
9. HHR Welmore Vern 6

- SIRED BY:
1. C.L. I Domino 327
 2. C.L. I Domino 113
 3. H.H. Advance A272

You will be pleased with the size, quality and gaining ability!

L & H Herefords have been bringing out some of the top bulls at Northwest Sales the past several years. Sons of Miles Domino 2R59 were named Champion and Reserve at the 1978 Klamath Falls Bull Sale. Another son was Champion and High Selling Bull at the Lewiston Show in 1977. Another son was High Selling Bull at Lewiston in 1978.

T.P.R. Records

L & H Herefords Baker, Ore.

Lyle Laeger — Phone 523-5068 523-5871

FRUITLAND, IDAHO 452-3605

ALL WEST SALES MANAGEMENT

Auctioneer: Clay Tchirgi



Kroll's DEPARTMENT STORE

2ND ANNUAL CLEARANCE

The Spotlight Is On Value!

<div style="border: 1px solid black; padding: 5px; transform: rotate(-15deg); display: inline-block;"> <p>10 BIG DAYS Jan. 11th Thru Jan. 20th</p> </div>	<p>Women's Sportswear Knit Tops—Blouses—Polyester Pants—Corduroy Pants & Skirts—Denim Jackets & Vests—And Lots More!</p> <p style="text-align: right; font-size: 2em;">50% OFF</p>	<p>Girl's Dept. Long Sleeve Tops Dresses—Skirts Jumpers</p> <p style="text-align: right; font-size: 2em;">50% OFF</p>
<p style="text-align: center;">Selected Boys & Young Men's Pants Permanent Press Colored Jeans Cords</p> <p style="text-align: center; font-size: 2em;">\$5 OFF</p>	<p>Boys & Young Men's Long Sleeve Shirts</p> <p style="text-align: right; font-size: 2em;">50% OFF</p>	<p>Girls & Boys Sleepwear</p> <p style="text-align: right; font-size: 2em;">40% OFF</p>
<p>Bath Towels Wash Cloths</p> <p style="text-align: right; font-size: 2em;">40% OFF</p>	<p>Men's Flannel Shirts</p> <p style="text-align: right; font-size: 2em;">30% OFF</p>	<p>Selected Men's Pants Cords—Permanent Press—Colored Jeans</p> <p style="text-align: right; font-size: 2em;">40% OFF</p>

Hurry IN!
SALE ITEMS LIMITED TO STOCK ON HAND... EXCELLENT SELECTION!

BIG SAVINGS Throughout The Entire Store!
Watch For Special Tags

Kroll's DEPARTMENT STORE

HEPPNER & BOARDMAN
676-9460 481-5461

