

4-H foods and clothing day scheduled

By BIRDINE TULLIS,
Morrow Extension Service

With county fair just a short month away, a special event is planned for July 28, from 10 a.m. to 2:30 p.m. at the Annex, Fairgrounds, Heppner. Included will be pre-fair training and timely information for both foods and clothing members. All 4-H'ers are invited to attend. Each should bring a sack lunch for a picnic on the lawn at noon. Punch will be furnished.

"Everything from making cookies to making meals" will be explained by Joanne Kock, Sherman County Extension, during the morning session, with emphasis on contests and events for 4-H Foods members in preparation for fair. Mrs. Kock will be judging at county fair, so she will have many ideas and helps for the 4-H'ers as they plan their participation.

Following the picnic lunch at noon, events will change pace to offer style revue hints and training in modeling, helpful information about judges and being judged, sewing hints and techniques, and more. Resource persons for the afternoon will be Erin Evans, junior at University of Idaho, Diann Morder, Ann McLaughlin, and other older 4-H members who are experienced models. Ruth McCabe, 4-H leader and clothing judge, and Birdine Tullis.

The clothing and foods training have been combined this year to be offered on the same day to save time and driving for parents and members. Any member having specific questions relating to their foods or clothing project will have an opportunity to visit with the resource people.

The event is planned to be both fun and educational for members.

Just a month till fair... we hope all members will attend.

ity when directions are carefully followed.

Dial gauges must be tested for accuracy before each canning season. The county office of the OSU Extension Service can tell you where to take them for testing.

A boiling water bath canner is needed for canning fruits, pickles and jams. Be sure to take a quart jar along when making a purchase. The canner should be deep enough to allow two or three inches of water to boil over the top of

the jars. A pressure canner (without gauge) can double as a water bath canner if it's deep enough. Ms. Raab points out.

Take a jar inventory and decide whether or not you need to purchase new jars this spring. Inspect canning jars on hand for nicks and cracks, especially around the top

edge. A nick could prevent a good seal. Also remember that very old canning jars become brittle with age and can break under pressure and heat.

If you need to purchase more jars, watch for specials or look for standard canning jars at garage sales. Ms. Raab recommends.

The specialist also empha-

sizes the importance of having reliable canning instructions before you begin. Free publications are available at the Morrow County offices of the Extension Service in Heppner and Irrigon.

Planning ahead can save time and money when the produce is ready.

Women's Aglow to meet Tues.

Nellie Sonders will be the special speaker at the Heppner Women's Aglow Fellowship meeting to be held Tuesday, July 28, at the All Saints Episcopal parish hall in Heppner.

Mrs. Sonders, who has lived in Spray since 1928, has been married 58 years, a Christian

for 53 years and is the mother of five children. Her topic will be from 1 John 4:4 "Greater is He who is in you than he who is in the world."

The meeting will begin with a potluck salad bar at 6:30 p.m. The fellowship meeting is at 7:15. The public is invited to attend.

Central



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FOOD VALUE DAYS

FRESH PRODUCE



CORN
YAKIMA VALLEY

7 \$1
FOR



LETTUCE
GARDEN FRESH HEADS

39¢
EA.

SLICING CUCUMBERS 4/\$1
FLAVORFUL NECTARINES GREAT SNACK LB. 59¢
SWEET ONIONS JUMBO WALLA WALLA 5 LBS \$1

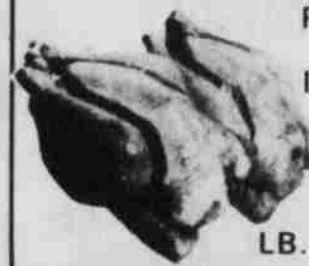
QUALITY FRESH MEAT

BEEF TOP SIRLOIN STEAK
BONELESS USDA CHOICE



\$3.19
LB.

GAME HENS



PATTI JEAN
USDA INSPECTED

89¢
LB.

TURKEY HAM

JENNIE-O UNSLICED WHOLE OR HALF

\$1.59
LB.

GROUND TURKEY

LO-FAT HIGH PROTEIN

95¢
LB.

OREGON CHIEF
SLICED BACON

TYSON CHICKEN, HEAT 'N EAT

\$1.59
LB.

CORN DOGS

SHOULDER BLADE CUT USDA CHOICE

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LAMB STEAKS

PACIFIC FRESH

\$1.98
LB.

SNAPPER FILLETS

ARMOUR

\$1.59
LB.

THURINGER CHUBS 20-OZ

BUNDIG ASSORTED

\$3.49
2.5-OZ.

CHIPPED MEATS

MEAT OR BEEF

49¢
LB.

BALL PARK FRANKS

ORDERING BY MAIL

Beauty aids, automobile parts, clothing, records and hobby supplies are just some of the things available to consumers through mail order companies.

"But you must be a careful shopper to avoid disappointment," cautions Alice Mills Morrow, OSU Extension specialist. This means reading the descriptions carefully and checking to see if you could buy the same or similar item locally at a competitive price. Be sure to take into consideration the cost incurred in shipping or mailing... it must be added to your cost to get the true comparison figure.

With some merchandise, such as clothing, it may be difficult to make decisions without seeing the merchandise. Before ordering, it's important to know if goods can be exchanged or returned for a refund.

The new publication, "Ordering Merchandise by Mail," now available from the Morrow County Office of OSU Extension Service, has more information about mail order buying.

"FOOD FOR LATER" SERIES

If you're planning to can food at home this summer, now is the time to gather the necessary equipment, points out Carolyn Raab, Oregon State University Ext. foods specialist. The right equipment is essential for safe, high quality products. Many pieces of canning equipment are a one-time investment, she adds. Pressure canners and water bath canners fall into this category. Watch for specials on these two items in the coming months.

A pressure canner is needed to process low acid foods (meat, fish, poultry and vegetables). Two basic types are available. One has a dial-type gauge to regulate the pressure. The other has a weighted device. Both work satisfactor-



CRISCO SHORTENING
3 LB.
\$2.19



CAKE MIXES
DUNCAN HINES ASSORTED, 18.5-OZ.
69¢



WESTERN FAMILY POP or MIXERS
ASSORTED FLAVORS,
\$1.29 6 pack 12oz cans plus dep.



PET LITTER
PURR-FECT CAT 25LB. BAG
\$1.59

FROZEN FOODS



GRAPE JUICE

WESTERN FAMILY 16-OZ.
89¢

FOLGERS REG., DRIP, E.P. **\$4.59** 2 LB.
FOLGERS REG. OR DRIP **\$2.59** 1 LB.
FOLGERS **\$3.99** 26-OZ.
TREE TOP **\$1.29** 6 PK, 6-OZ.
SWANSON **79¢** 9-OZ.
WESTERN FAMILY **75¢** 16-OZ.

MORE GREAT VALUES

KRUSTEAZ BUTTERMILK **\$1.49** 56-OZ.
WESTERN FAMILY **89¢** 30-OZ.
BIG "G" **99¢** 9-OZ.
CHARMIN 1 PLY ASSORTED **\$1.09** 4 ROLL.
CRACKER BARRELL MELLOW OR SHARP **\$1.89** 10-OZ.
PARKAY **\$1.39** 2 LB.

BAKERY ITEMS

WHEAT BREAD

WESTERN FAMILY 100% WHEAT, 22% OZ.

79¢

FRANZ COUNTRY HEARTH **97¢** 24-OZ.
WESTERN FAMILY **63¢** 12 CT.

DAIRY DELITES

ICE CREAM

DARIGOLD ASSORTED, 1/2 GAL.
\$1.59

DARIGOLD **47¢** QUARTS
WESTERN FAMILY "AA" **75¢** DOZEN

VARIETY BUYS

ROSE MILK **\$1.69** 8-OZ.

SUCARYL **\$1.49** LIQUID SWEETENER 6-OZ.

DRISTAN **\$1.99** LONG-LASTING NASAL MIST 1/2-OZ.

RIGHT GUARD **\$1.69** ROLL-ON REG. OR UNSC. 1.5-OZ.

SERVE-U
FOOD STORES

WE RESERVE THE RIGHT TO LIMIT QUANTITIES