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He will be the new sales representative in the Morrow County area.

Please give him a call at 676-9669 and let him show you BI-COUNTY EQUIPMENT'S line of new and used farm equipment.

Good health habits demonstrated at fair



photo by Denna Papneau

Health was the center of attention at Ione's latest fair. The theme for this event was "Wellness," in the hope that people would become aware of good health habits. With this theme in mind, many booths presented healthful foods, health age computer readouts and "fit or fat" tests. Several other organizations participated with pamphlets, posters and other information.

Various speakers and a movie helped to explain the effects of alcoholism, epilepsy and stress.

Senior News

The Grand Squares dance club will give an exhibition at the Heppner Senior Mealsite on Wednesday, Nov. 17, following the noon meal.

A Thanksgiving dinner will be served at the mealsite on Tuesday, Nov. 23, instead of on Wednesday, the regular meal day.

Any senior citizen desiring a noon carry out meal on Wednesdays is asked to call Cherie Clark, 676-5222, or Bill Collins, 676-9947.

Ione and Lexington residents needing a ride to Heppner on Wednesdays are asked to call Dot Halvorsen, 422-7143, to make arrangements.

Seniors attending the noon meal at the mealsite are not charged for transportation. For those over 60 who do not attend, the cost is 75 cents round trip. Cost for commuters under 60 is \$1.50.

Heppner seniors needing a ride to the mealsite should call Mary Nikander, 676-5571, to make arrangements.

'Econo-Eating'

By MONIE STRODE
Oregon State University
Extension Home Economist

Potatoes, like many items in the store, come in a variety of forms. You can buy them fresh, frozen, dried, in other foods such as soups or main dishes, or as snacks.

Generally, the more done to make a product ready-to-eat or more convenient, the more it costs. Consider the potato. Fresh potatoes may sell for as little as eight cents and as much as 33 cents a pound, depending upon the time of year, grade and size of container. Loose no. one grade fresh potatoes are most expensive and no. two spuds sold in 50 lb. bags, the least expensive.

French fries or other frozen products may cost 60 cents or more per pound. Potato chips have jumped to about \$2.40 a pound due more to the cost of cooking oil and handling than to the cost of potatoes.

If you decide to do some of the work yourself, you need to look at the cost of the additional ingredients at home.

For instance, you can make French fries at home, but the cost of the oil to cook them and the cost of the appropriate appliance may make them cost more than the 60 cents in the store.

When comparing fresh to preserved vegetables, you need to consider storage and use. If you typically throw away a fourth of a bag then the potatoes you fix are more expensive. Sometimes a smaller bag, even at more cost per pound, is cheaper after all.

Another grocery item you might look at is breakfast cereal. Regular or quick oatmeal costs about 70 cents a pound, while instant flavored oatmeal costs \$1.70 to \$2.22 per pound—two or three times as much. You have to be an alert shopper, too, because package sizes look the same and cost the same; the difference is in the weight.

Granola, a ready-to-eat cereal usually with oatmeal as a main ingredient, can cost as much as \$1.91 per pound. You might make your own granola or serve oatmeal for breakfast as a more economical choice.

You can find bargains at the meat counter if you're willing to do part of the work. Cut-up chicken often costs 10 cents more per pound, so learning the technique for cutting your own can be useful. If there is a sale on whole chickens, you can cut up several and make your own packages of thighs (regularly \$1.78), breasts (regularly \$2.38) and drum sticks (regularly \$1.68), using the less meaty pieces for soups or casseroles.

If you already know how to cut up chicken, then try cutting up turkey. It's basically the same process. Thaw the turkey in its original container in the refrigerator rather than on the counter. It takes about two or three days to thaw, depending on the size of the bird. The wrapper usually gives you a good idea of the time needed.

After the turkey is cut-up, you can divide it into meal size pieces and re-freeze it. It will be safe as long as you have thawed it in the refrigerator and cut it quickly. Don't leave the meat on the counter after finishing.

Turkey is usually a special bargain now because of Thanksgiving promotions. You might arrange to buy

Local girls invited to enter Teen-Ager Pageant

The National Teen-Ager Foundation has embarked on a search for the most outstanding teen-age girl in the state of Oregon. Young ladies between the ages of 13 and 18 are invited to apply for entrance to the competition, which is judged on scholastic achievement, leadership, poise-personality, and appearance. This year marks the 12th anniversary of the Miss Oregon National Teen-Ager Pageant, which will be held at the University of Portland May 20, 21 & 22, 1983, announced Mrs. Charles B. Scarborough, state director.

The Oregon competition is the official state preliminary to the Miss National Teen-Ager Pageant, scheduled for August 1983 in Fort Myers, Florida. The Oregon winner will receive, among other prizes, a \$1,000 cash scholarship, a \$4,000 tuition scholarship to Millikin University, a full modeling course scholarship from Barbizon International and an all-expense paid trip to compete in the national pageant. As Miss Oregon National Teen-Ager, she will compete against winners from all 50 states, the District of Columbia, and Puerto Rico for Miss National Teen-Ager of 1983, over national syndicated television.

The National Pageant will award the National winner a \$13,000 cash scholarship, four runners-up \$5,000 each, and ten \$1,000 cash scholarships. Millikin University will award the National winner an \$8,000 tuition scholarship and the National talent winner an \$8,000 tuition scholarship including her state award. The National Teen-Ager Foundation will award the recipient of the Millikin University talent award a \$1,000 cash scholarship for expenses, Scarborough said.

The Oregon participant who receives the Oregon Citizenship Award, based on scholastic achievement and leadership, will receive a \$4,000 tuition scholarship to Eckerd College in St. Petersburg, Florida. She will then compete regionally for a \$10,000 tuition scholarship (five are awarded) and also for the National Citizenship Award of a \$20,000 college expense scholarship from Eckerd College.

Johnson & Wales College will award one state winner a full four-year tuition scholarship to obtain an Associate in Science Degree and a Bachelor of Science Degree with the award based on potential in the field of Business, Computer Systems Management, Food Service of Hospitality related programs. The National Teen-Ager Foundation will award the recipient of the Johnson & Wales scholarship a \$1,000 cash scholarship for expenses.

Each selected finalist will participate in the Volunteer Community Service Program of the Miss National Teen-Ager Pageant, which is designed to promote teen involvement in volunteer civic and community affairs. A Mini-Modeling Course will be given during the three day state pageant.

Miss Becky Cartwright is the reigning Miss Oregon National Teen-Ager and will participate in the activities and crown the 1983 winner. Miss Stephanie Hix of Mont-

gomery, Alabama is the reigning Miss National Teen-Ager. Oregon teen-agers who wish further information to participate may write to Mr. Charles Scarborough, state director, 3622 Harvard Drive, Ocean-side, California, 92056 telephone (714) 439-2259.

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We will be Closed Thursday, Nov. 11

for **Gardner's** Veterans' Day. **MEN'S WEAR**

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Where the customer is the company