

Alvin McCabe family, home honored by Historical Society



Recent photo of Alvin McCabe home near Lone

The Morrow County Historical Society, which is honoring local families who have owned homes for 75 years or more, has recently recognized the Alvin McCabe family of Lone. Menzo Olden homesteaded the farm in 1885. The first part of the house, which was built during 1890 to 1895, contained two sloping ceiling rooms and one bedroom upstairs, a living room and a long narrow kitchen downstairs and long narrow open porches on either side of the kitchen. The taller part of the house was built around 1900—adding two large

Recreation Report

The Umatilla National Forest office at Pendleton has released the following Recreation Report: Heppner Ranger District The Heppner District Office is now open on Saturdays, Sundays and holidays from 7:30 a.m. to 2:30 p.m. for the purpose of selling wood permits. Permits are also available at the supervisor's office in Pendleton. Permits are \$2.50 per cord, with a minimum of four cords or \$10.

Bull Prairie Lake is open for fishing with the conditions being fair. Bull Prairie Lake Campground is also open. It is a fee campground with a nightly fee of \$4. There are 20 campsites, and Golden Age Discount cards are honored at this site.

Ukiah Ranger District Fire danger is low. Snow line is 6,500 feet. There are some wild strawberries available in the district.

Lane Creek, Bear Wallow and Frazier Campgrounds are open from May 15, 1983 until the end of elk season. These are non-fee campgrounds. There is no water or garbage service available.

The Ukiah-Granite Road No. 52 is open. Paving is to start from the forest boundary to Oriental Creek road by mid-July.

Western Route Road No. 53 is open. Road patching contract was to start July 1.

Tower Mountain Road No. 5226 is open.

The original tales of Mother Goose—before the nursery rhymes—were moral tales warning of the dangers of curiosity and trespassing.

bedrooms upstairs and a bedroom and a parlor downstairs. The house was heated by wood burning stoves, and kerosene lights were the source of light for evening reading and visiting.

In 1933 the lower floor of the house was divided to make separate living quarters for two families. Carbide gas lights had been installed in 1928 and were used until electricity came to the area in 1950.

In 1945 the long narrow kitchen was removed and some interior remodeling was done. The original porch on the taller part of the house had deteriorated and had been removed by 1930.

The 1945 remodeling included a new porch on two sides of the parlor room, now a kitchen and family room. A bathroom was added at this time. The family living in the house from 1932-1974 was the Lonnie McCabe family. He was the grandson of Menzo Olden.

The death of Lonnie in 1974 brought a change of people to the house, when Alvin, son of

Lonnie, moved in and became operator of the farm.

In 1979 they did some interior remodeling; removing walls and building the porch into the big room, now a living room again. The kitchen had been returned to the west end of the house and an entry room was added on the west end of the kitchen. Oil heat had been used from the 1940s to 1979, electric heat was used for a time, then a wood stove was installed in the living room. New windows were put in the living room and in the downstairs bedroom.

In 1983 a large wooden deck-patio was added to the west end of the house—the kitchen end.

The shingles on the north side of the taller part of the house are original.

"The house has seen five generations of the same family, and if it could talk, could tell of many changes through the years of wind storms and of dust storms so severe the occupants were forced to leave—and shovel dirt out when they returned," recalls one of the McCabe family members.

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Columbia Basin Electric Cooperative, Inc., has filed with the Federal Government a Compliance Assurance in which it assures the Rural Electrification Administration that it will comply fully with all requirements of Title VI of the Civil Rights Act of 1964 and the Rules and Regulations of the Department of Agriculture issued thereunder, to the end that no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination in the conduct of its program and the operation of its facilities. Under this Assurance, this organization is committed not to discriminate against any person on the grounds of race, color, or national origin in its policies and practices relating to treatment of beneficiaries and participants including rates, conditions, and extension of service, use of any of its facilities, attendance at and

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'Econo-Eating'

By MONINE STRODE-STEBBINS OSU Extension Service

"Leisure-Summer Meals"—the glossy magazine photo pictures the barbecued chicken and the tall glasses of lemonade with the lovely country scene behind. Summer has never seemed like a leisure time to me. In fact, when you have kids home from school, summer is anything but leisure, and meals are a real challenge. The house that used to be so quiet is now bustling with activity. The phone that used to ring a few times rings off the hook and is only for me when I refuse to answer it because it's always for the kids.

The little dabs of leftovers that made easy little lunches no longer suffice for the people that are around for lunch. You no longer know what's in the kitchen. The gallon of milk you brought home last night is gone in a day. The kids are either super busy or super bored—there seems to be no in-between stage. Appetites are either nonexistent or ravenous. All in all it seems as though my summers have always been a little out of control, especially when we first make the change from a school schedule to a summer schedule.

How can you save money in the summer when it seems like the food just evaporates? How can you make sure everyone that's going which way has the food they need to be healthy? How can you use up little dabs of leftovers that aren't really enough for the whole gang? How can you keep things to drink in the house without spending a fortune? It certainly is a challenge.

One of the things I discovered was "sun tea" which I make by the gallon. Just a glass jar, a sunny place, and three or four tea bags per gallon is all that's needed. If you don't like the kids to have caffeine, there are a number of herb teas that are delightful. Just fill the jar with cold water, hang the tea bags so the strings can be pulled out and let it sit in the sun until it's as dark as you like it. This usually takes about six or eight hours for my taste. Then you can take out the tea bags (if you lose the strings inside, or use generic tea bags that don't have strings, it really isn't too crucial to remove the bags), sweeten if you wish and refrigerate. This gallon of beverage which is refreshing and low calorie then costs from four cents to about nine cents—a lot less than pop or any beverage other than water.

What do families like to do most in the "Good Old Sum-

mer time"? According to a survey done recently, the most favorite activity is picnicking. Whether it's off to the city park or a long drive into the country, it's fun to take your food to the great outdoors.

Picnicking can be as complicated or as simple as you want to make it. It can be a sandwich, cookie and fruit like you would take in a lunch to school or work, or it can be a gourmet treat that takes special care. The family loves it either way to add a little spice to your life—take your family outdoors for a meal.

If you want to travel light but have something gourmet, try choosing special breads to make your sandwich. Pocket bread is easy to make and is a real treat.

French bread, hamburger buns and other special breads can add variety, too.

One of our favorites is a loaf of French bread made into one big sandwich. Then take along a knife and cutting board. Deli meats and cheese are the preferred filling and can sometimes be bought on sale. If they're too expensive, try some other fillings, like egg salad or chicken salad. Turkey drumsticks are often on sale and can be boiled and the meat taken off the bones for a good sandwich filling.

Be sure the foods you take are kept safe. Meat, or combination foods, like egg salad need to be kept at refrigerator temperatures or used within two hours. Pack them into an ice chest with plenty of ice. I like to save money and the mess of melting ice by freezing water in a large plastic container or a ½-gallon milk carton. Also, it gets expensive to buy ice in the store.

If an ice chest isn't available, stick to cheese, peanut butter or hard cooked eggs in their shell. Another choice would be to take commercially canned meat or fish along

and open it when you're about to eat.

Ease of preparation and easy cleanup make a picnic more fun for the cook in the family. Plan for cleanup when you pack the lunch. For instance, put in a plastic sack if you take along a melon. Then you have something to put the rinds and seeds in.

Camping is a real family favorite, too. The same principles apply here. Choose things that are easy to prepare and take a short cooking time and plan what you take according to what refrigeration you have available.

In camping, though, the planning is much more critical. When our family was doing a lot of camping, I always kept a checklist so I wouldn't forget anything that was really necessary. The basic items were kept in a special "camping box." Then I just added the special things needed for the menus I had planned.

Barbecue and patio meals are great in the summer. You don't always have to have steak or expensive cuts of meat. If you marinate meats, or use commercial tenderizers you can use the less expensive cuts. Don't forget the lower cost meats like turkey and chicken that can be cut up to make delightful barbecue meals. You don't have to purchase marinades, they are just a combination of some kind of acid—lemon juice, orange juice, vinegar or wine, sometimes a little oil and some flavoring. You can even use Italian type salad dressing for marinades.

You can also make your own barbecue sauces from common things you have at home for considerably less than a jar of ready-made sauce. You can speed up the barbecue time by cooking the less tender meats for awhile in the oven or microwave. I especially like to pre-cook chicken and then finish it with barbecue

sauce on the grill. If your barbecue sauce has sugar in it, you need to use it only in the very last few minutes of cooking or it may look burned before the meat is cooked through.

You can serve smaller portions of meat and concentrate on the plentiful fruits and vegetables that are low in cost and high in nutritional value. Kabobs or skewers are very festive and easy to prepare. It makes a little bit of meat look a lot bigger. If you are using a variety of meats, fruits and vegetables on a kabob, they need to have the same cooking time or each item should be put on a separate kabob.

Here's a simple barbecue sauce that's great on chicken but also good on other low-cost meats. Use it in the last 10 minutes of barbecuing on the outdoor grill. It can also be used in the oven as a sauce for less tender meat.

Barbecue Sauce
One-third cup soy sauce
1 cup ketchup
2 tablespoons brown sugar
1 clove garlic, minced
½ teaspoon ginger
dash of Tabasco sauce, if desired

Combine and then baste over meat in the last 10 to 15 minutes. If used as an oven barbecue sauce, double recipe and put in a large pan, covering meat with the sauce and baking covered for 2 to 3 hours, until tender. 300 degrees F. cont. p. 2



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