

'Econo -Eating'

By MONINE STEBBINS
OSU Extension Service

The cracker barrel has returned. Have you noticed all the bulk foods that are now available in most markets? I'd always been somewhat aware of these products starting to appear, but when I decided it was time to take a look at them for the column, I was just amazed.

Each store I checked has some bins of bulk food. There was one store with more than 220 choices and another with 210. They've come a long way from the cracker barrel, though. They are lined with plastic and have a hard plastic lid. The barrel may sit on the floor, but there is a false bottom that can be raised to keep the product high enough to reach into easily. Some stores have very sophisticated plastic bins with lids that are held up by magnets as you reach into them.

One of the things I was concerned about was the potential for contamination. That is a concern of the store and of the State Department of Agriculture. There are no specific rules and regulations that cover bulk foods now. The State Department of Agriculture is using the general rules of cleanliness and food safety for these areas. The Food and Drug Administration is in the process of developing guidelines for bulk foods.

In the meantime, most markets are very aware of the need for safe handling of food. The State Department of Agriculture prohibits self service in hazardous foods. Most of the food you see is dry. Grains and flours, dried beans, nuts, candy, spices, teas, coffees, and snacks. That's because dried foods offer few chances for foodborne illness. They can be contaminated by insects and rodents, but as far as making you ill, there's not a big worry.

Insects can be controlled by using tight containers, keeping the areas clean and not storing foods for a long time. You need to do the same when you take these products home. Store them in containers such as coffee cans and hard plastic canisters that have tight fitting lids. Plastic bags and cardboard boxes do not protect the food from insects.

Now we are seeing a number of mixes — cookie, cake, muffin and pancake mixes. There are even pie crust and pizza crust mixes. Some of these bulk food items even carry a national brand name. With these products all looking very similar, it's important for the customer to label the product with the name for their own use as well as the number for the cash register. In some cases, it's also important to take home recipes so you'll be able to use them.

One thing they are considering in the regulations is whether the customer can bring in

their own containers or the store should provide all new containers. Now most bulk food places will weigh your container while it's empty, allow you to fill it and then have you pay for the product added. Most have plastic sacks available, though you must buy them in some cases.

I guess the thing that gives me the most concern is the behavior of customers. Most stores provide scoops and tongs to handle foods. One store even had disposable gloves because there are some items that are very hard to get out using a utensil. In a study done in Philadelphia, half of the people getting a "natural snack" out of a bin that had a scoop, used their hands. There is a small danger of transmitting disease since hands may carry bacteria which can cause illness. My personal bias is that foods that are eaten without any processing, are not ones I care to buy from bulk. If it can be washed, peeled, shelled or cooked it just seems better to me.

The store tries to minimize this kind of contamination by having bulk foods where an employee can keep an eye on the customer. It may be in a special area that has its own clerk, near the checkstand or where a one way mirror allows the office staff to observe customers. They also check and clean the area frequently.

Easy Oatmeal Cookies
1/2 cup butter or margarine
1/2 cup shortening
1 cup brown sugar, firmly packed
1 cup sugar
2 eggs
1 tsp. vanilla
1 1/2 cups all-purpose flour
1 tsp. salt
1 tsp. baking soda
3 cups uncooked oats
1 cup chopped dried fruit
Cream butter or margarine, shortening and sugars together. Add eggs and vanilla. Beat well. In separate bowl mix flour, salt and soda. Add to creamed mixture and mix well. Then add oats and dried fruit. Drop rounded teaspoonfuls of the mixture on greased cookie sheets. Bake 7 to 8 minutes in 350 degree oven. Let cool about a minute, then remove to a cooling rack.

What's Your Opinion



Question: "What are you most looking forward to this summer?"
"Swimming and staying with Grandma," said Lisa Berry, age seven, of Hermiston.

Lucky father to receive \$10 beef certificate

The Morrow County CowBelles are sponsoring a Father's Day beef promotion again this year announced a spokesperson for the organization. A \$10 beef certificate will be awarded to a Morrow County father of the baby born closest

Cautions parents about children's safety

"With school soon to be out, parents should take special steps to ensure the safety of their children," says Sheriff Roy Drago of Morrow County. "You can make the summer a fun time for your children by making sure they follow some

simple guidelines for their safety." With the increased time on their hands without supervision, this is the time especially to know where your children are at all times. You should also caution your children

about contact with strangers. "Remind your children to never enter a stranger's car or house. Never accept money or gifts from strangers. Never let a stranger touch them or join in play," said the Sheriff. Children should play together, never alone or in a vacant building or alley. They should always go with a friend when going to a public place.

Ask your children to always tell you of any unusual actions of any grown-up they encounter. Have them take notice of playmates they see getting into a stranger's car and get the license number of any car of a stranger who tries to bother them or their friends. "As parents, you should know the character of the adults who become friendly with your children," stated the Sheriff. Know the background of babysitters or anyone who has charge of your children in your absence. Remember to report any incidents to law enforcement officials immediately. The most important thing for children to know is that there are certain people they can depend on — parents, law enforcement officers, and teachers.

"The Sheriff's office is concerned about the safety of all children," Sheriff Drago concluded, "Let's make this a safe summer for everyone."

Area students graduate from BMCC

Elue Mountain Community College in Pendleton will be graduating several area students with the class of 1983-84. Among the local graduating students listed by the college are:

Heppner: Janice Lee Anotegui - Certificate in General Business; Nancy Carol Brownfield - Associate of Science Degree in Marketing and Management; Heather May Carpenter - Associate Degree in General Studies; Lorri May Day - Associate of Science Degree in Accounting; Tim Edward Hedman - Associate of Arts Degree in Liberal Arts; Michael Vern Nolan - Associate of Arts Degree in Criminal

Justice; Jeffrey Stephen Sumner - Associate of Science Degree in Business Agriculture.

Ione: Sylvia Marie Ladd - Associate of Arts Degree in Liberal Arts; Ralph Lee Morter - Associate of Science Degree in Production Agriculture; Treve Henry Peterson - Associate of Science Degree in Production Agriculture.

Lexington: Marsha May Green - Certificate in Bookkeeping; Susan Elizabeth Wright - Associate of Science Degree in Nursing.

Boardman: Susan B. Carlson - Associate of Science Degree in Accounting; Lisa Dee Mittelsdorf - Associate of Arts Degree in Liberal Arts; Wendy Lee Mittelsdorf - Associate of Arts Degree in Liberal Arts; Bonnie Elizabeth Scott - Adult High School Diploma; Philip Edward Sharkey - Associate of Science Degree in Production Agriculture; Caren Sue Stubblefield - Associate of Science Degree in Accounting.

to Father's Day, June 17, at either Pioneer Memorial Hospital in Heppner or Good Shepherd Community Hospital in Hermiston. Representatives from the CowBelles will contact the hospitals and notify the lucky winning father.

Willows Grange sets BBQ June 13

Willows Grange at Ione will hold a special meeting June 13 beginning with a hamburger barbecue at 6:30 p.m.

A special Father's Day program will follow the barbecue. A spokesperson for the Grange said that all members and friends are invited to attend

the dinner and program. Another special event will be the presentation of 25-year pins to eight members: Charles and Frances Carlson, Charles and Bev Doherty, Barbara Emert, Rose Baker Linda Prock, and Donna Peterson.

6th annual Kinzua picnic scheduled

Former residents and friends are planning a Kinzua Community sixth annual potluck picnic June 16 at the Isobel Edwards Hall, Fossil, announced a spokesperson for the event.

Registration begins at 11 a.m. with a potluck at 3:30 p.m. (ham provided). For further details, contact Mrs. Steve Conlee, P.O. Box 226, Fossil, Or 97830 or Mr. Dan Walter, P.O. Box 354, Fossil, Oregon 97830

Country Club plans BBQ June 10

The Willow Creek Country Club will have a Family Barbecue and play day on Sunday, June 10, at 4 p.m.

A spokesperson for W.C.C.C. asks that persons whose names begin with letters A through I bring a salad, and names J through Z bring dessert.

The following persons comprise the committee for the event: Muriel and Elmer Palmer, chairpersons; Don and Martha Peterson; Betty and Louie Carlson; Cindy and Cliff Green; and Marylee and Ed Heimstra.

"Make It Yourself with Wool" adds new category to contest

Recent information from state and national "Make It Yourself With Wool" contest officials announce a new category for hand woven woollens, according to Ruth McCabe, District II Director.

It is hoped the hand woollens will add a new dimension to the popular contest since the weaver does not necessarily have to be the person who constructs the garment.

The weaver may be a professional as a weaver, but whoever constructs the garment must be a non-profes-

sional in the field of sewing and must adhere to all rules of "Make It Yourself With Wool". The hand woven division is divided into Junior, Senior, and Adult.

All divisions of the wool contest will be judged October 20, 1984 at the District contest, Heppner.

Other age divisions and rules for the contest remain the same as previous years. Entry forms for the contest are available at all Extension offices or from the district directors.

Dance the Night Away!

MUSIC BY



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NOTICE OF BUDGET HEARING
A meeting of the Board of Directors will be held on June 25, 1984 at 1:00 p.m. at Howard Pettyjohn Home. The purpose of this meeting is to discuss the budget for the fiscal year beginning July 1, 1984, as approved by the Heppner Rural Fire Protection District Committee. A summary of the budget is presented below. A copy of the budget may be inspected or obtained free of charge at 471 N. Main, Heppner between the hours of 8:30 a.m. and 5:00 p.m. The budget was prepared on a basis of accounting consistent not consistent with the basis of accounting used during the preceding year. Major changes, if any, and their effect on the budget, are explained below.

Morrow Heppner
(County) (City) (Date) Don Bennett
(Chairperson of Governing Body)

FINANCIAL SUMMARY		ADOPTED BUDGET This Year 1983-84	APPROVED BUDGET Next Year 1984-85
ANTICIPATED REQUIREMENTS	Total Personnel Services	4980.00	4980.00
	Total Materials and Services	360.00	625.00
	Total Capital Outlay	3143.00	3386.98
	Total All Other Expenditures and Requirements		
TOTAL ANTICIPATED REQUIREMENTS		8483.00	8991.98
ANTICIPATED REVENUES	Total Revenues Except Property Taxes	475.00	525.00
	Total Property Taxes Required to Balance Budget	8008.00	8466.98
TOTAL ANTICIPATED REVENUES		8483.00	8991.98
ANTICIPATED TAX LEVY	Total Property Taxes Required to Balance Budget	8008.00	8466.98
	Plus: Estimated Property Taxes Not to Be Received	475.00	425.00
TOTAL PROPERTY TAX LEVY		8483.00	8891.98
TAX LEVIES PARTIALLY FUNDED BY STATE OF OREGON	Levy Within Tax Base	8483.00	8891.98
	One-Year Special Levy Outside Tax Base		
TOTAL PROPERTY TAX TO BE PARTIALLY FUNDED BY STATE OF OREGON			
TAX LEVIES TOTALLY FUNDED BY LOCAL TAXPAYERS	Levy Within Tax Base		
	One-Year Special Levy Outside Tax Base		
TOTAL PROPERTY TAX TO BE TOTALLY FUNDED BY LOCAL TAXPAYERS		8483.00	8891.98

STATEMENT OF INDEBTEDNESS
 NONE AS SUMMARIZED BELOW NONE AS SUMMARIZED BELOW

FUNDS REQUIRING A PROPERTY TAX TO BE LEVIED

	ACTUAL DATA LAST YEAR 83-84	ADOPTED BUDGET THIS YEAR 84-85	APPROVED BUDGET NEXT YEAR
Total Personnel Services (Includes all Payroll Costs)	4980.00	4980.00	
Total Material and Services	360.00	625.00	
Total Capital Outlay	3143.00	3386.98	
Total All Other Expenditures and Requirements	8483.00	8991.98	
Total Expenditures and Requirements	-0-	100.00	
Total Resources Except Property Taxes	8200.00		
Property Taxes Received			
Property Taxes Required to Balance			
Estimated Property Taxes Not to be Received			
Total Property Tax Levy			
Levy Within Tax Base			
One-Year Special Levy Outside Tax Base			
Serial and Continuing Levies (Operating)			
Serial Levies (Capital Construction)			
Levy For Payment of Bonded Debt			

ORGANIZATIONAL UNITS-PROGRAMS
FUNDS NOT REQUIRING A PROPERTY TAX TO BE LEVIED

HEPPNER RURAL FIRE PROTECTION DISTRICT

	ACTUAL DATA LAST YEAR	ADOPTED BUDGET THIS YEAR	APPROVED BUDGET NEXT YEAR
Total Personnel Services (Includes all Payroll Costs)			
Total Materials and Services			
Total Capital Outlay			
Total All Other Expenditures and Requirements	19,491.47	27,478.47	
Total Expenditures and Requirements			

Published: June 7, 1984

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