

FARM CO-OPERATIVE DIVISION

A MESSAGE TO EVERY MEMBER.

R.E.A. HIGHLIGHTS

BY R. L. WOOLLEY

Action was taken by your board of directors on an additional allotment of funds for wiring and plumbing at their meeting on Wednesday afternoon. Word has already been received from Washington, D. C., that the funds have been allocated and that as soon as the executed contracts between the association and the federal government were received, requisitions will be honored.

This will give some of those who are interested in installing new pumping systems and other items for which these funds are available an opportunity to complete their installations as soon as the proper applications have been approved by the board, and the contracts and required papers are executed by the members interested.

Boardman people are still asking for connection to the system. Only this week two additional meters were set. This makes a total of 34' within the city now taking service, and a total of 667 participating members. In addition we are connecting several others at other points, so we are still growing.

SUGGESTIONS ON HANDLING FRUITS AND VEGETABLES

By CHARLOTTE E. CLARK and JAMES LACEY

Extension Dept., Iowa State College

The following article was submitted by Monte Hedwall, manager of the Hermiston cold storage lockers, with the suggestion that it be clipped from The Herald for future reference.

When fresh raw fruits and vegetables are preserved by freezing, they retain their natural colors and flavors provided the correct methods are employed. Temperatures of 0 degrees F. stop the development of molds, yeasts, and bacteria and retard the action of the enzymes. Enzymes are always present in plants and normally carry on the process of ripening. If ripening is allowed to go too far, self-digestion by the enzymes results in undesirable softness. Heat destroys enzymes and extreme cold retards their activity.

In selecting and picking fruits and vegetables to be preserved by freezing, it is essential that they be at just the right stage of maturity. This right stage is the same as would be most desirable if used fresh. In other words, fruits should be selected when they are just ripe so they are full-flavored and sweet but have not become really soft. Vegetables on the other hand should be selected when they are young, tender, and full-flavored. Vegetables that are more mature may be tough, less sweet, and less colorful.

Good quality frozen fruits and vegetables can be removed from freezer lockers only when good quality products were stored. When frozen, some particular varieties of fruits and vegetables are much more satisfactory than others. Those who expect to use freezer lockers will find it advantageous to produce the varieties which lend themselves particularly to this type of preservation. Promptness in freezing fruits and vegetables is vastly important in determining quality. The necessity for speed in handling from the time of picking until the fruits and vegetables are packed and frozen cannot be over-emphasized.

Prepare Fruits and Vegetables for Storage

Fruits should be clean, although they need not always be washed before packing. For example, if red raspberries are harvested in a clean manner, washing is not always necessary. Rinsing in cold water, however, tends to plump berries and remove dust. Fruits may be packed with either dry sugar or in a cold sugar and water syrup. Sugar in either form preserves the fresh color and flavor. The density of the syrup depends on the fruit with which it is to be used. A 50 per cent solution is made by combining equal parts of sugar and water. The sugar is put into hot water and when dissolved, the syrup is cooled. A 60 per cent solution is made by dissolving three parts of sugar in two parts of water (60 pounds sugar and 40 pounds water or six cups sugar in

CANNING SCHEDULE

From July 1 to 6

8 to 11 a.m.	12 to 3:30
Mon.—Fruit & Berries	Beets-Beans
Tues.—Peas	Peas
Wed.—Fruit-Berries	Beets-Beans
Thurs.—No Canning	No Canning
Fri.—Fruit-Berries	Beets-Beans
Sat.—Peas	Peas

There will be no canning on Thursday, July 4. Laundry and cannery will be closed.

Other products canned by special arrangements.

Hermiston Co-op. Cannery

four cups water.)

Vegetables should be washed and prepared as for immediate cooking, e.g., peas shelled. Previous to packing and freezing, vegetables are blanched for three reasons:

1. Blanching aids cleaning.
2. Blanching, although it does not actually set the color, drives off air, producing a more brilliant color.
3. Blanching checks the action of the enzymes which cause color changes and decomposition.

Vegetables are blanched by putting them into boiling water for a very few minutes, then into cold water to chill them quickly. The number of minutes to keep the vegetables in hot water varies. Vegetables may be packed dry or in a two per cent solution, made by dissolving one teaspoon of salt in a cupful of water.

Use Desirable Containers

Fruits and vegetables may be stored in glass jars, tin cans, paraffined paper cups, parchment lined waxed boxes or fiber board containers. The latter should not be confused with the ordinary ice cream cartons. Parchment and cellophane containers are also used. Containers may vary in size from a pint to four quarts.

Containers are not filled to the very top since some room is required for expansion. Allow one to one-half inches head space especially in glass containers. When packing fruit with dry sugar, distribute the sugar evenly.

Quick freezing insures better quality products because it prevents color changes and improves and retains flavors. Temperatures between -5 degrees F. and 5 degrees F. are most satisfactory except for a few things as asparagus which is better when frozen at -20 degrees F. The containers should be stacked with space between them to facilitate freezing. Later to save space in the locker they may be stacked very close together. After fruits and vegetables are completely frozen, they are stored in freezer lockers where the temperature may be as high as 15 degrees F. Above that there is danger of some molds growing.

Thaw Before Using

Fruits to be served raw should be allowed to thaw in the containers in which they are frozen. The time required for thawing depends on the size of the container and where it is placed.

Fruits that have been preserved by freezing can be used, after they are thawed, just the same as though they were somewhat sweetened fresh fruits. Frozen vegetables can be cooked in the same manner as fresh vegetables.

Fruit and Berry Defrosting Time Chart

1. Condition—At room temperature; time necessary for thawing—3 to 4 hours; temperature—70 degrees F.
2. Condition—In household refrigerator (mechanical); time necessary for thawing—12 hours or overnight; temperature—38 to 45 degrees F.
3. Condition—In ice box; time necessary for thawing—8 to 10 hours; temperature—45 to 50 degrees F.

Fruits to be eaten raw are most delicious if served just before they are completely defrosted.

Vegetables may be cooked in either one of two ways depending on whether or not they were frozen in a salt solution. Vegetables frozen dry may, while in the frozen state, be put directly into a small amount of boiling water. Then they cook as they thaw. Vegetables frozen in brine may be allowed to thaw in the brine. After the brine has been drained off, the vegetables may be put into a small amount of boiling water and cooked until tender. Frozen vegetables cook in less time than fresh ones. Whole kernel corn is best when cooked in milk in a double boiler for 15 to 20 minutes or in a small amount of water over direct heat for three minutes.

Frozen vegetables should be cooked as soon as they are thawed, otherwise they will begin to spoil.

Storage Doesn't Improve Quality

Meat stored in freezer lockers should be prepared in proper manner before storage. First of all, to have good quality meat removed, it is necessary that good quality meat must be provided. Beef, pork, and lamb of good texture come only from animals that carry good finish. In the process of aging beef and lamb, the desirability of good finish is most evident. Thin carcasses cannot be aged sufficiently to produce tender cuts.

Of equal importance is the knowledge that meat stored must all be consumed to make such storage economical. Beef carcasses are not all T-bone steaks, nor are pork carcasses all chops and hams. The less demanded cuts comprise a high percentage of the carcass, and these must be used in some form to reduce the cost of the more desirable portions. The use of meat cuts from the lockers should be planned to permit roasts, chops, and other tender cuts to be served first, and the less demanded cuts at later dates. Careful locker patrons plan the slaughtering at intervals.

Proper methods of cutting and convenient and safe methods of wrapping are also necessary for satisfactory storage.

Age Meats Before Cutting

Beef and lamb carcasses should be aged in a chill room for at least a week before cutting for frozen storage. Aging at temperatures of 33 degrees F. to 38 degrees F. is most satisfactory. In colder temperatures freezing of the carcasses prevents aging, and temperatures above 38 degrees F. may permit spoiling. More desirable flavor and greater tenderness are evident in meats properly aged before cutting.

A few plants are now equipped with band saws, and are able to reduce loins, hams, shoulders, and chuck cuts into desirable chops, slices, and pot roasts after the larger portions have been in frozen storage for some time. For roasts, meat may be cut into portions of three to eight pounds before it is wrapped and stored. For broiling or frying it may be cut into the most convenient sizes, and wrapped in the individual small packages before being placed in the lockers. Wrapping the larger cuts prevents desiccation, or drying out that occasionally lowers the quality. However, pieces that weigh in excess of six to eight pounds, may freeze so slowly that some spoilage occurs before complete freezing has been accomplished unless sharp freeze rooms are used.

When frozen meat is removed from a freezer locker, it begins to thaw. The time required for it to thaw depends on the size of the piece, layers of fat, and temperature at which it is kept. Regardless of how quickly meat thaws, it should be cooked as soon as it is completely thawed, otherwise it will begin to spoil.

Meat that has been frozen and thawed spoils more readily than fresh meat for three reasons: First, because the surface is more moist; second, because the defensive agencies which retard spoilage in fresh meats are impaired by freezing; third, changes have been going on very slowly while the meat was in frozen condition, therefore this meat makes a better food for bacteria.

Any one of three methods may be employed.

1. Thaw During Cooking. Meat may be allowed to start to cook as soon as it is removed from the locker. A frozen roast could be put into a moderately slow oven (300 degrees F.). A frozen standing rib roast of beef would require about 47 minutes per pound to cook to the medium stage and about 55 minutes per pound to cook it to the well done stage. This is about 20 minutes per pound more than for similar fresh or thawed cuts. When broiling or frying frozen steaks or chops, the fire should be slow enough so the meat will not get too brown before it is cooked through. A rolled beef roast requires 10 to 15 minutes more time per pound than a standing rib roast. Small roasts require more minutes per pound than large roasts. It is essential to know how much more slowly a frozen roast cooks in order to guard against the possibility of serving a roast when it looks done but is still raw in the center.
2. Thaw at Room Temperature. Meat may be allowed to thaw entirely before cooking it. To do this fairly rapidly the meat may be placed on a rack in a pan at room temperature (70 degrees F.). This way it will require about two to 2½ hours per pound to thaw. A roast required 8 to 10 hours; a steak cut 1½ inches thick requires about two hours per pound to thaw. If some juices run

out of the meat as it thaws, they should not be wasted. They may be added to the gravy.

3. Thaw in a refrigerator. To thaw frozen meat in the home as slowly as possible, keep it in a mechanical refrigerator where the temperature is about 40 degrees F. When held at this temperature, meat thaws slowly, depending on the shape, thickness, and size of the cuts. Roasts require 10 to 14 hours per pound to thaw in a refrigerator. Thus a frozen piece of meat weighing four or more pounds may be kept in a mechanical refrigerator safely for a few days before cooking it.

The methods used in cooking meat that has been preserved by freezing and then thawed are the same as for cooking fresh meat.

TIMELY THEME MARKS DRAMA

An unusually timely human document, "A Bill of Divorcement," featuring Baureen O'Hara, Adolph Menjou, Fay Bainter and Herbert Marshall, is said to contain many thought-provoking aspects, especially in these days of international strife, wars and threat of wars.

The gripping story revolves around a shell-shocked veteran who returns home from the obscurity of a long illness to find his family disintegrated, his wife in love with another man, his grown daughter a virtual stranger who fears his presence.

Menjou is cast as the tragic war-torn husband who escapes from a mental hospital on the eve of his divorced wife's marriage to Herbert Marshall. Miss Bainter plays the distraught wife who, crushed by circumstance, is torn between pity and new-born love.

Nineteen-year-old Maureen O'Hara portrays the tempestuous daughter whose romance with a young man is shadowed by her sudden realization that there is a blemish in the family blood that precludes any thought of matrimony for her.

"A Bill of Divorcement" will be shown Thursday and Friday, July 4 and 5. There will be a continuous show Thursday, July 4.

HERMISTON BAPTIST CHURCH

Grayden D. Loree, Pastor

Our Sunday morning topic will be "Allegiance—To Whom?" Who is your master? You can have only one. "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" Rom. 6:16.

We are continuing our evening Bible study in the book of Genesis. This week we are taking up chapter six. Come and bring your questions.

CHURCH OF CHRIST

George Weston, Evangelist

Meeting in Columbia school house.

If you desire to worship God according to the New Testament teaching, we invite you to join us in the following services Lord's day: 10 a. m., Sunday School; 11 a. m., worship and Breaking of Bread, subject "I Will Repay"; 8 p. m., gospel service, subject "The Gift of the Holy Spirit," illustrated by chart.

All evening meetings Bible drill for the young folks.

Wednesday, gospel service at 8 p. m., subject "The Lure of the Serpent." Come and be sure of a hearty welcome.

Picnic at Bingham Planned

The Umatilla Pomona YGA will have a picnic at Bingham Springs, Sunday, June 30. Those attending are expected to provide their own lunch, but ice cream will be furnished. All YGA members are urged to attend, and bring their friends.

NOTICE OF FINAL HEARING UPON FINAL REPORT

IN THE COUNTY COURT OF THE STATE OF OREGON FOR UMATILLA COUNTY

In the Matter of the Estate of Russell Brownell, also known as D. R. Brownell Jr., Deceased.

NOTICE IS HEREBY GIVEN that the undersigned administrator with the will annexed of the estate of Russell Brownell, also known as D. R. Brownell Jr., has filed his final report with the clerk of the above entitled court, and that the Judge of said Court has made an order herein designating Saturday, the 13th day of July, 1940, at 10:00 o'clock a. m. as the time, and the rooms of the above entitled court in the county court house in Pendleton, Umatilla County, Oregon, as the place when and where hearing is to be had thereon. All persons interested are hereby notified to then and there appear and show cause, if any they have, why said report should not be approved, the administrator discharged, his bondsman exonerated and the estate closed.

Dated this 13th day of June, 1940.
L. BROWNELL,
Administrator.
W. J. Warner,
Attorney for Estate.
(June 13-July 11)



- 38 Chevrolet Sedan
- 38 Ford Sedan
- 36 Ford Sedan
- 35 Ford Coach
- 29 Ford Coach
- 30 Ford Coupe
- 38 Plymouth Sedan
- 36 Plymouth Sedan
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- 37 Pontiac Coupe
- 37 Ford Pickup
- 34 Chevrolet Pick-up
- 33 Chevrolet 1½ T. truck

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FOR SALE — GOOD UPRIGHT piano. \$65.00 cash or terms to reliable party. Inquire at H. W. Laudermilk, 1½ mile N. W. of Hermiston. 44-2c

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FOR SALE—REASONABLE, MY 10 acre ranch with modern 6-room house; hot and cold water, bath and all fixtures; also first class barn for 20 head of cows and all necessary outbuildings; all newly painted and in first class condition. No encumbrance. A. P. Garner. 44-3p



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TO TRADE—40-ACRES. SOME cleared, timber and water. Small orchard, team mules, cows, drag saw, stump puller. Will give or take some cash, for eastern Oregon ranch. Harry Barr, Rt. 1, Rainier, Ore. 44-4p

FOR SALE OR RENT—6-ROOM house. Hermiston. See F. A. Baker, agent, Stanfield. 44-3p

ROOMS FOR RENT — MRS. Floyd Knerr, or phone 3331. 43-3c

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FOR SALE—21 WEANER PIGS. Cheap. First class condition. H. H. Whipple, Irrigon. 44-3p

FOR SALE — REBUILT POCKET watches, Elgin, Waltham and Hamilton; \$5.00 to \$12.00. A. W. Behrman, Hermiston. 43-3c

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HERMISTON RESIDENCE PROPERTY for sale at a bargain. See F. A. Baker, Stanfield. 43-3p

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