

# Home Extension News

**WEEK OF OCT. 20-24**  
 Oct. 20 and 21, Etching Alumina Trays will be the subject for the project leader training meeting to be held on Thursday night at the Fairgrounds. The first day will be an all day meeting from 10:00 to 3:00 (sack lunch); and the second day will be an afternoon meeting from 1:30 to 3:30. Jessalene Mallie, Recreation Specialist from Oregon State college, will be here to conduct the meeting.

Oct. 23, The Program Planning leaders from all Home Extension Units will meet at the Exhibit Bldg., Fairgrounds, for the first of three planning meetings. The meeting will be from 10:30 to 3:00.

**CHIOQUIN**  
 Simple hints for greater poise and charm were given to members of the Chiloquin home extension unit on Thursday when Dolores Bracken, county home extension agent, spoke to the group at the home of Mrs. William Priebe. She stressed the need for relaxing, and being unaffected. Keep the voice low. Treat children with courtesy. Be unselfish, discuss things other than self.

Keep weight down by saying no to second helpings and between meal snacks. See a doctor about a diet if necessary to lose much weight. Do exercises to keep muscles firm. Watch posture. Move gracefully.

Be well groomed with clean hair, simple costumes, neat appearance. Speak clearly. Introduce people with no reference to their ability, etc., for example, "Miss Smith may I present Mrs. Bowmer, who has the best garden in town." Do not forget, it's a woman's place to speak to a man and to extend her hand.

Vice-president, Mrs. Bert Hicker of Modoc Point, conducted the business meeting which preceded the discussion.

Attending were Mrs. Walter Zimmerman, Mrs. Bob Potts, Mrs. Andrew Valdez, Mrs. Edward Priebe, Mrs. Pat Hill, Mrs. Hai Wing, Mrs. Klamath Agency, Mrs. Fred Markward, Mrs. Manuel Ochoa, Mrs. Friedman Kirk, Mrs. Gerry Wolf, Mrs. Fred Bickers, Mrs. E. B. Romaine, Miss Bracken, and the hostess Mrs. Priebe.

The November meeting will be on the Project of repairing innerspring cushions. So, if any women have chairs or davenport seats with springs beginning to bulge, plan now to attend the November meeting details of which will be published later.

**MIDLAND**  
 The Midland Home Extension Unit met Thursday, Oct. 9, at Joans Kitchen. The meeting was called to order by the chairman, Mrs. Leon Andrieu, and then turned over to the Project Leaders: Mrs. Stanley Rayson and Mrs. Olive McPherson. The project for the day was Repair of Innersprings which proved to be a very interesting subject, one which anyone would find not too difficult to do themselves. The inner workings of cushions are not the great mysteries you would expect and are really a very simple thing to remedy.

A delicious luncheon was served by Mrs. LeRoy Houck, Mrs. Donna Hayes, Mrs. J. M. Walker and Mrs. J. Gustafson.

The business meeting took place after lunch and a number of things were discussed. Mrs. Jack Lund was appointed recreation chairman and it was decided to have a 10 minute recreation period for a game of some sort with a small prize furnished by the club. Mrs. Ralph Sukrow was named standard unit chairman. A gift for Joans Kitchen was voted on and it was also decided to collect all sorts of reading material to be given to the Klamath County Rest Home. At the next meeting, all members are requested to bring books, magazines, etc., to be taken to the home.

AS an added incentive to be on

(Time for meetings, all members who arrive before 10:30 a.m. will have a chance at the "gift" of the day, furnished the next time by Mrs. Ralph Sukrow. The winner bringing the "gift" the next time, Mrs. J. M. Walker was appointed to program planning. There were 15 members present at this meeting.

Dolores Bracken will lead the next meeting Nov. 13. The subject will be "Poise and Charm Can Be Yours." All members are asked to attend and bring a friend as a future member of the club. Let's make it a good year with full attendance.

**LANGELL VALLEY**  
 The Langell Valley Home Extension Unit met Oct. 1 at the parish hall.

Willie Mae Schmidt and Verda Urbach were project leaders for the month, to teach "Repair of Innerspring Cushions."

The next meeting will be on Nov. 5. The topic will be "Charm and Poise Can Be Yours."

A delicious potluck luncheon was served to Geneva Smith, Edith Walsh and Kathleen, Esther Keyser, Opal Harris, Ruby Houston, Florence Baidock, Miriam Potu-cek, Betty Staller, Bessie Campbell, Carolyn Dearborn, Marion Randall and Debbie, Doris Schmidt and Janice, Evelyn Seater and David and the project leaders.

**POE VALLEY**  
 The Poe Valley Home Extension Unit met at the home of Mrs. Marvin Dord, Oct. 7 Mrs. William Urbach will be the next hostess, Oct. 21.

**KLAMATH**  
 The Klamath County Home Extension Unit met Oct. 6 at the home of the extension agent, Dolores Bracken in the Linda Vista Apartments.

Miss Bracken served luncheon at prettily appointed tables and all members of the unit were present except Mrs. Claude Williams who is out of town.

A tea, to be given in early December for all unit chairmen in the county and alumni chairman was planned, date and place to be announced later.

The project leader's meeting for instruction on making aluminum trays is scheduled for Oct. 20-21, the information to be passed on to unit members in December.

The meeting Oct. 20 will be all-day session, 10 a. m. to 3 p. m. Hours Oct. 21 are 1:30 to 3:30 p. m. Both meetings will be held in Joan's Kitchen. All leaders are urged to be there and to take a sack lunch. Coffee will be furnished for a nominal charge.

The program planning committee will meet at the fairgrounds, Oct. 23. Sack lunch.

All committee members were asked to visit their respective units during the year.

The next regular meeting will be Nov. 4 at the home of Mrs. J. A. Scott, Malin.

**LINDLEY HEIGHTS**  
 The repair of innersprings cushion was the project for a meeting of the Lindley Heights extension unit held Oct. 8 at Joan's Kitchen at the fairgrounds. Another meeting will be called soon to complete the work.

Following a sack lunch Mrs. E. E. Kilpatrick showed pictures of her European trip when she represented the ACWW at a world conference in Denmark.

The unit has started a contest for new members, losers to treat the winners at the end of the year. The new members, Mrs. Evelyn McKale and Mrs. Irma Heckreth were present.

**\* PICTURE FRAMING**  
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GRADE "A" BEEF  
 SIRLOINS lb. 69c  
 ROUNDS lb. 75c  
 T-BONES lb. 79c

**Beef Roasts** Grade "A" 59c lb.  
**Veal Roasts** Grade "A" 59c lb.  
**Pork Roasts** Lean 49c lb.  
**Pork Steaks** Lean 59c lb.  
**Sausage** Country style, pure pork 29c lb.  
**Ground Beef** Fresh ground, all beef 49c lb.  
**Veal Steaks** Grade "A" veal 59c lb.  
**HAMS** Morrell's, large size. Half or whole 59c lb.

**Mayonnaise** Durkee's Quart 65c  
**COCOA** Nestle's 1-lb. 49c  
**CATSUP** Dennison's 14 oz. bottle 15c  
**Meat Balls** Haley's In Gravy - 15 oz. 45c  
**FLOUR** OCCIDENT 10 lbs. 89c  
**Crackers** GRAHAM Sunshine 2 lb. 59c  
**Cucumber Chips** Nalley's 15 oz. 23c  
**Salad Dressing** Nalley's 15 oz. 39c  
**TUNA** White Star, fancy Bite size, No. 1/2 Tin 29c  
**Deviled Meat** Crown No. 1/4 Tin 3 for 25c  
**PREM** Swift's 12-oz. tin 39c  
**ASPARAGUS** Standby, fancy all green. 15 oz. 39c

<b>VEL</b> Large size 29c	<b>SURF</b> With 10c Coupon Good on Your Favorite Coffee. Lge. 29c	<b>DREFT</b> Large Size 29c
<b>CRISCO</b> With Coupon On Tin 3-lb. Tin 73c	<b>NU-4</b> Giant Size 59c	<b>OXYDOL</b> Large Size 29c
<b>COFFEE</b> Golden West 1-lb. 83c	<b>CHEERIOS</b> Giant Size 23c	

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 1/2 a Fryer in A Can - 2 lb., 2 oz. 98c

**Cake Mixes** Pillsbury's 3 for \$1.00  
**Kosher Dills** Hunt's Large 24 oz. bottle 29c  
**CHILI** CON CARNE Stridd's - 15 oz. Tin 29c  
**PEAS** Royal Club, Small, fancy "Dainty Dimple" - No. 2 Tin 22c  
**Tomatoes** Sacramento Solid Pack, No. 2 1/2 Tin 24c  
**Lipton's Tea** Scoop! Reg. \$1.09 Black, 100 Bags 79c  
**CORN** Three Sisters—Whole Kernel, 303 Tin 15c

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