

Home Extension News

CONGER FAIRVIEW
Wood fiber flowers will bloom Friday, Oct. 2, at Joan's Kitchen, when the members of the Conger Fairview Home Extension Unit hold their regular monthly meeting.

Mrs. Frank McCormick will be the instructor.
All members are requested to attend this important business meeting. A reliable baby-sitter will be present.

SHASTA-HOMEDALE
Out door meals was the first project for the Shasta Home Extension Unit, Friday, Sept. 18.

The meeting was held at Ward Park at 10:30 a.m. under the direction of Mrs. Neil Mayfield and Mrs. Orville Ferrill. Each member helped prepare the meal which was broiled hamburgers and barbecue sauce, corn and carrots cooked in foil, vegetable relish dish, "Some-mores" was the dessert dish.

Finance chairman, Mrs. Harvey Woodard and Mrs. Ben Angus, held a lemon seed counting contest. Each member was asked to bring a lemon, count the seeds and pay a penny for each seed in her lemon. Money is being raised for the coming year's activities.

The business meeting was called to order by Mrs. Mayfield who read the constitution and by-laws. She announced that the children would be taken care of in the lecture room with a mother in charge.

Mrs. Hershel Berry and Mrs. Claude Williams were appointed health and safety chairman.

Mrs. Wilbur Book was appointed 4-H chairman.

Mrs. Berry gave a report on the importance of the sky watch program and stressed the need of more volunteers.

Present were 18 members, six visitors, and 12 children.

The next meeting will be held at Joan's Kitchen, Oct. 16, at 10:30 a.m. The project will be family recreation.

MIDLAND
Take a crisp fall day with plenty of sunshine, add a mixture of wood fires with delicious aromas of food cooking in the coals, blend in old and new extension members, fold in generously lots of laughter, serve in the open and you end up with a combination of Rally Day and the project "Outdoor Meals" for the Midland Home Extension Unit meeting Thursday, Sept. 24, at Moore Park.

Our menu consisted of broiled hamburgers in barbecue sauce, steamed 'taters, individual serving of frozen peas cooked in foil, cole slaw and then topped off with "Some Mores." Mrs. Leon Andrieu lead the project with everyone participating. There were 13 old members and the following new members were welcomed into the unit: Mrs. Eva Glenn, Mrs. Lawrence Moteschenbacher, Mrs. John Peterson, Mrs. Fred Costel and Mrs. Charles Packer.

Our business meeting opened with our new chairman, Mrs. Joe Horsley, presiding.

The following committees were appointed for the coming year:

Mrs. Norman Risely, membership; Mrs. Carol Horsley, hospitality; Mrs. George Overmire, publicity; Mrs. Ralph Sukraw, luncheon; Mrs. Norman Risely, 4-H; Azalea House, Mrs. Verling Huff; Mrs. Hanley Rayson, world citizenship; Mrs. Eva Glenn, research; Mrs. Leon Andrieu, legislative; Mrs. Wilson Phipps, health and safety.

A letter from Margaret Scala was read to the group telling of her activities and duties in connection with Azalea House. Margaret was sponsored by the Midland Unit.

The next meeting of the Unit will be held at Joan's Kitchen, Oct. 8 at 10:30 a.m. This will be a craft meeting which will review some old crafts and new ones taken up by some of the new members since no craft will be on our year's program. Anyone interested is welcome to attend this meeting.

LINDLEY HEIGHTS
Lindley Heights Home Extension Unit had a perfect day at Moore Park on Wednesday, Sept. 23, with outdoor meals as the project. Myrtle Allen and Mary Schlegel were the leaders.

Menu consisted of ground beef with barbecue sauce, steamed potatoes, peas, tossed vegetable salad, sliced tomatoes, pan biscuits and fresh peach dumplings.

A brief business meeting followed the noon meal.

Mayme Cammock led the group singing. Everyone was tired but happy and headed for home after picture taking. Many had camping to catch up with at home, so adjournment was earlier than usual.

The next meeting will be held Oct. 14.

TULELAKE
At the recent meeting of the executive committee of the Tulelake Grade School PTA, final plans were made for a rummage sale to be held in the Hodges Building, Tulelake, Friday and Saturday, Oct. 23 and 24.

ALTAMONT
Thirty-two members and guests of the Altamont Extension Unit spent a most enjoyable day at Moore Park observing methods of "Outdoor Cookery" as presented by Mrs. Leone Bronson and Mrs. Thelma Thurman. Assisting with the delicious luncheon served were Mrs. Laura Berry, Mrs. Hallie Miller and Mrs. Ann Kunz.

A well-balanced meal including meat, vegetables and a dessert, all prepared over the open fire was

served to those present. Special mention must be given to the delicious drop biscuits baked in dutch ovens over which everyone was scrambling for second and even third helpings.

Mrs. Nicki Larson, chairman, presided over the business meeting which was held during the inter-vals in which the food was cooking. Project leaders for the various demonstrations to be held during the 1953-54 season were selected, names to be announced from time to time. Several items of business were discussed including the appointment of Mrs. Thelma Overton as ACWW Chairman to collect "Pennies for Friendship" at the meetings.

The matter of the reduced treasury came under consideration and several ways in which to raise money were discussed. It was decided that a large project in which a considerable amount of money might be raised to tide the unit over several years would be the most desirable. Mrs. Gladys Thurman was appointed chairman, with a number of co-chairmen to assist her, in investigating the possibility of the unit's sponsoring a square dance jamboree and party sometime this fall.

A motion was made that this unit contact the Extension Office to see if a desirable system of cleaning Joan's Kitchen and the lecture room could be worked out by the groups using these fine facilities.

The meeting adjourned early in the afternoon with everyone feeling that it had been time well spent.

MEAT LOAF
Use soup stock in meat loaf instead of milk, adding 1 teaspoon each of garlic salt, orange, monesodium glutamate and marjoram for a different flavor. Chop a whole onion and simmer in a tablespoon of olive oil until clear, and add 1/2 cup soup, stock, salt and pepper and other seasonings. Add to 1 pound ground beef, and 1/4 pound ground pork, a cup bread crumbs and a beaten egg. Mix well and bake in loaf pan about 45 minutes. Will serve four generously.

BRANDED VENISON
Here's a good way with tougher cuts or with any cut from an animal of advanced age. Lard a six-pound piece of venison with bacon or salt pork, then brown it thoroughly in bacon fat. Put it in a casserole with 2 cups of peeled tiny onions, a bunch of baby carrots, scraped but left whole, 2 cups

of red table wine, an herb bouquet of parsley bay and rosemary, 2 or 3 juniper berries, if available, and 2 cups of water.

Cover and cook in a 350 degree oven for an hour, or until the meat is tender. Pour off the sauce, reduce to 2 cups by boiling rapidly, thicken with a roux of 2 tablespoons of butter and 2 of flour.

Cook smooth and fold in 2 cups of sour cream. Correct seasoning, pour back on the meat, and serve in the casserole with wild grape jelly and corn bread as accompaniments. Serves 8 to 12.

Venison Soup
Use parts of venison too tough for stew and any and all bones and scraps for soup. The stock may be made all at once and kept frozen until ready to use. It makes a very fine soup, right with any meat.

Hunter's Pot Roast
Poke holes in the meat and stuff in slivers of garlic and salt pork. Brown in fat, put in a Dutch oven and add any desired vegetables and either red wine, stock or tomato juice with an herb bouquet. Cover and cook until tender. Rectify seasonings, bind sauce slightly and serve with potato pancakes. Turnips are usually one of the "desired vegetables" as are onions.

Saddle of Venison
Perhaps the choicest of all the cuts. Lard it well and bake it in a hot oven for 20 minutes. Reduce heat and finish cooking to 140 degrees (if you use a meat thermometer) for rare; higher for better done. If you do not use a meat thermometer, put in 450 degree

oven for 20 minutes, then reduce heat to 325 degrees until desired doneness, comparable to beef.

Venison Loaf
Here's another pioneer favorite. As venison was the beef of many of the early families, it was obviously used in exactly the same ways. Make this like a meat loaf, using marjoram, thyme or basil as the seasoning and adding more than the usual amount of fat. Happy hunting!

Feeding The Family

Notes On Venison And Venison Cooking For Wives Of Hunters

With the Oregon hunting season of red table wine, an herb bouquet of parsley bay and rosemary, 2 or 3 juniper berries, if available, and 2 cups of water.

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Thinner steaks are better pan-broiled—if you like them rare, that is. Sear them quickly on each side in hot butter.

Many persons prefer venison steaks marinated. An equal amount of red wine and olive or cooking oil is good. Too long a marinating period will allow marinade to permeate the meat so that the flavor of the venison will be completely obscured. A happy thought for those who can live without game, but not for the rest of us.

Venison Hash
Cook 1/2 cup of minced onions in 1/4 cup of butter. Add 2 cups of minced cooked venison, a tablespoon of flour, a cup of red wine, salt, pepper and marjoram to taste. Heat gently and serve on fried corn meal mush or on toast. Serves four.

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