

Home and Garden

Bits and Pieces

You can't pack up the weather

by Margaret Schmale

The weather is one thing you just can't pack when preparing for a vacation. When my daughters and I left for California it was pouring rain and 45 degrees. Needless to say the kids had three layers of clothes on, winter coats and an extra blanket over the baby's head. I was just as bundled except instead of a blanket over my head I had a leather jacket.

We stepped from the air conditioned plane onto the San Francisco runway and were greeted by my sister and a blazing 95 degrees. We staggered through the rising heat waves to reach the comfort of the air conditioned buildings. I kept panting, "But it's raining back home. . . ."

Once inside the airport we immediately became a tourist attraction. We were the tourists and the attraction was the pile of clothes I had striped from the kids. One rude little boy said, "Most people pack a suitcase. How come you make your kids wear all their clothes?" I gave him my best paralyzing glare.

Once the clothes were peeled off we quickly adjusted to the thermal blast of the parking lot. As our caravan of boxes, bags, and babies wandered across the sweltering asphalt I began to feel like an extra in Lawrence of Arabia. Soon we were all settled in the waiting air conditioned car. Once inside my sister looked as if she had been reborn. We on the other hand looked as if we'd contracted malaria with the shakes and sweating brows.

Everywhere we went, there was air conditioning; everywhere but outside. I began to feel like a leftover being taken in and out of a refrigerator. It got so cold I knew if I were to cut myself the blood would crystallize before I would get a bandage. The kids never got sunburned because by the time they got thawed out it was time to come in again. The sheer irony of this trip was that I left freezing climate to come to a warm one only to end up freezing again.

Halfway through our visit I knew we were coming down with walking pneumonia, but it was only hay fever. The whole state was infected due to so much rain the winter before. The news called it an epidemic. Drug stores were doing a land slide business in sinus remedies and Kleenex. Anything you could blow your nose on from hankies to head scarves was at a premium.

I finally decided that I could blow my nose just as well back home as in California so we terminated the vacation. Tony Bennet may have left his heart in San Francisco; I left my sinuses there.

Beautiful devil's food.



Time to cool it with beautiful Milk.

When it's hot as Hades, simmer down the family with a tempting, wholesome milk cooler! Whip up this zesty concoction in seconds—then take a few minutes to relax and have a few sips yourself. Just tell the kids the devil made you cool it!

THE RED DEVIL

4 cups ice cold milk
1 pint peppermint ice cream
1 cup whipping cream
2 tablespoons crushed peppermint candies

Combine above ingredients in a blender, or in a deep bowl if you are using an electric mixer. When smooth and fluffy, pour into glasses and get ready to make another batch. Devilishly good! Yield: 7 cups.

Time to tune in to Radio

KEX, KEW, KPAM, KUPL, KWJJ, KXL, KYTE
for special June Dairy Month promotion fun!

Dairy Farmers of Oregon

Dahlias useful

"Dahlias can be used as summer hedges and screens, or to fill in spaces between shrubs," said Oregon State University Extension agent, Clackamas County, home-urban horticulture, Gray Thompson.

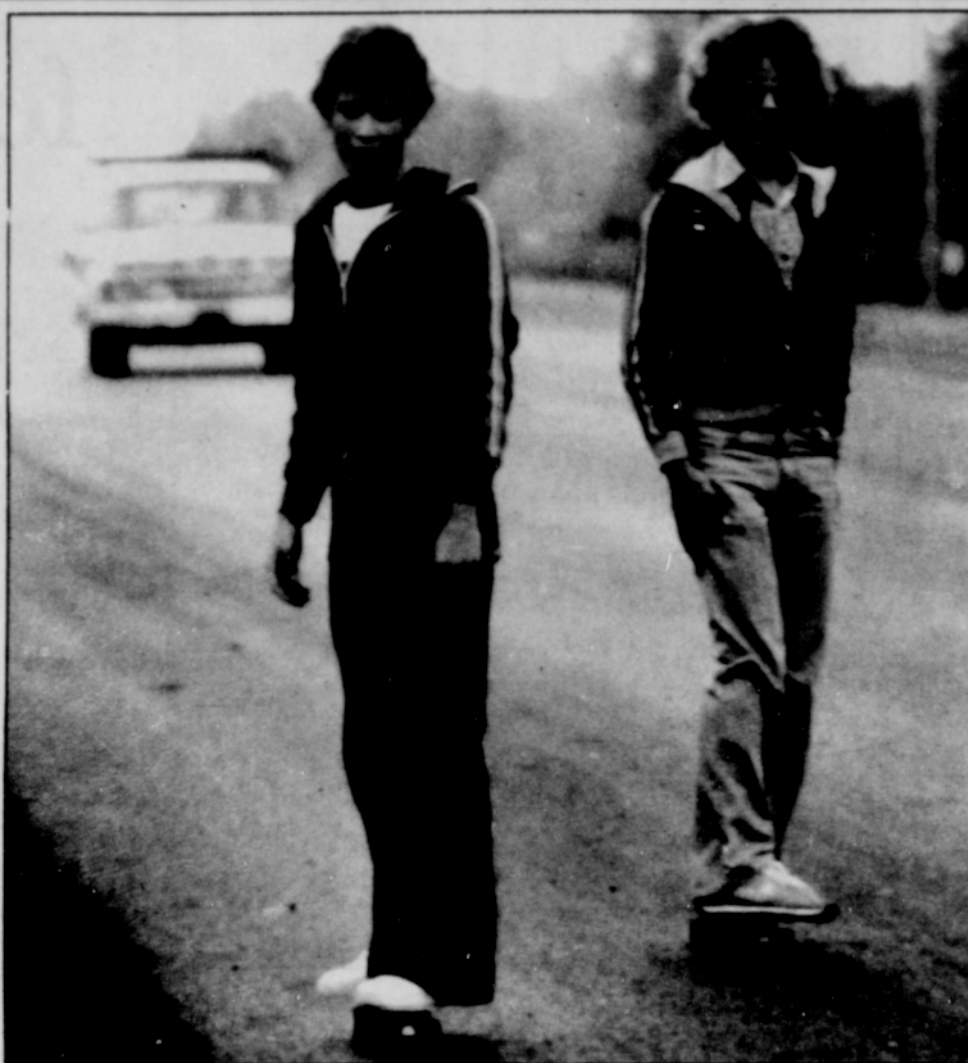
Dahlias are usually purchased as bedding plants or as tubers. They should be planted in a spot that receives several hours of sunlight each day. They thrive best in light, sandy soil with good drainage.

Dahlia tubers should be placed about five inches deep. Bedding plants should be placed one inch deeper than they have been growing.

Dahlias vary in size depending on the variety. Smaller types can be planted one foot apart. The tall, bushy types should be three to four feet apart.

The tall varieties need to be staked for support against the wind. Place the stake — make sure it is sturdy and tall — into the hole at planting time to avoid damaging the tuber.

Place the tuber horizontally in the hole with the bud pointing toward the stake. As the plant grows, use a soft material to tie the stems loosely to the stake.



Surf's up

WHEN THE car breaks down, and bicycle has a flat and you need to get somewhere in a hurry, you may want to take up skateboarding to get to your particular destination. Matt (left) and Dave Falgout of Sandy have tried the revolutionary means of transportation and find it suits them quite well. The two are pictured here on their way to swim team practice in town last week.

Pesky flies should be sprayed

Summer is the time of year for backyard barbecues, picnics and flies. The fly is probably more of an enemy to outdoor activities than the traditional ant.

"Flies are especially troublesome around poultry buildings during this time of year," according to Clackamas County Extension agent Clayton Wills. "Flies can be carriers of disease as well as being a nuisance and for this reason control measures should be enforced — including sanitation around the flock," he added.

There are thousands of flies but only a few are important to the poultry owner. The first fly to appear in the spring is the "little house fly". Later, when the weather warms over 70 degrees F, the "house fly" emerges and produces the obnoxious hordes that swarm your building in the summer. Also common to the bar-

nyard are: stable fly, false stable fly, blow fly, and drone fly.

In Oregon, flies usually become active in May. A female fly will lay between four to five sets of eggs each containing between 50-250 eggs. In one or two days the larva develop and remain in this stage from four-30 days. During this time they stay in a moist place. They then migrate to a drier area where they form pupae.

The best method of fly control is removal of the manure — a good breeding place for flies. It is recommended that all manure accumulated over the winter months be removed. Later as the weather warms, manure should be removed every four to seven days and spread on the soil.

Chemicals for fly control could be advantageous depending on your situation. Farm pest-strips and pressurized spray can in-

secticides could provide a tolerant level of flies in a small backyard poultry flock. The Poultry Industry recommends a spray program. A treatment that should be considered for good control is a residual surface insecticide that should be sprayed around walls, ceilings and rafters, beams, trusses and around windows and doorways.

The best control is obtained by the combination of

sanitation and chemical control. For the small home flock, sanitation will eliminate most problems; for larger operations, chemical sprays and sanitation will give the best results. For more information on fly control, USDA leaflet No. 390, "The House Fly and How to Control It" and Poultry Pests fact sheet are available to you at the Clackamas County Extension office, telephone 655-8631.

Outdoor planters require attention

Exterior planters placed to add landscape interest may represent a thing of beauty or a problem of poor plant choice and poor plant health.

Perhaps the best solution in choosing the best plantings for planters is to plant permanent dwarf evergreen plants for year-around attractiveness, then supplement the planting with annual flowering or foliage plants for a seasonal accent.

Over the past several years nurserymen have developed outstanding dwarf plants which are adaptable to limited planting conditions such as planter boxes.

A reasonably wide selection of smaller, slower growing woody plants is available to the home owner. Choices should be made with an eye toward the growing conditions provided by the planter, according to extension agent, Ray McNeilan.

In full sunlight, select permanent plants which can tolerate hot, sunny and often dry conditions. Possible

plants are dwarf Nandina, dwarf Barberry, Blue Fescue grass clumps, dwarf Hinoki Cypress, Rock Daphne and Nest Spruce as some good candidates.

For the planter in partial shade some of the better prospects could be dwarf Rhododendron Impeditum, dwarf Oregon Grape, erect fuchsias, dwarf evergreen azaleas.

Plant choices should be made carefully to put the right plant in the proper place. Selection should be based on the planter conditions, the exposure provided, the plant requirements and a knowledge of how much care and attention you will want to provide.

An extension bulletin is available which will help in making plant selections for your landscape. "Plant Materials for Landscaping" lists many of the ornamental plants which will do well in Oregon. Write to P.O. Box 1261, Portland, Oregon 97207 for the bulletin.

Plant disease can destroy a crop

Every year, plant diseases take their toll of vegetable and fruit crops. In addition, they disfigure or destroy ornamental trees, shrubs and flowers.

"People can reduce losses and combat plant diseases by following a number of common sense practices that call for only a minimum use of applied chemicals," according to Gray Thompson, Oregon State University Extension agent for Clackamas County home-urban horticulture.

"Discourage Plant Diseases in Your Home Garden," is a new OSU Extension publication explaining these practices. The pamphlet is available to the public free of charge.

Some advice suggested in the pamphlet:

— Do not overcrowd plants. Overcrowding results in high humidity beneath the plant canopy, which favors certain diseases such as downy mildew and Botrytis blight.

— Water properly. Maintain an even water supply and avoid dry-wet

fluctuations. Watering late in the day favors disease conditions. Too much moisture will favor several root and foliage diseases.

— Control weeds in and near the garden. Weeds promote a micro-climate that is ideal for development of fungus and bacterial diseases.

— Remove and destroy diseased tree and shrub branches before a disease spreads. Sterilize pruning equipment between cuts (use rubbing alcohol, or household bleach at the rate of 1 part bleach to 9 parts water).

— Be alert to leaf diseases that occur nearly every year on certain trees such as willow, sycamore, hawthorn and apple.

These practices, followed carefully, will help avoid destructive plant diseases in the yard and garden, Thompson said.

"Discourage Plant Disease in Your Home Garden," FS 242, is available at county Extension offices, or by mail from the Bulletin Mailing Service, Industrial Building, OSU, Corvallis 97331.

The Recipe File

Tired of franks?

The barbecue season has been in full swing since Memorial Day and by now hamburgers and hot dogs are probably getting a little bit tiresome. Many waistlines have also been affected by massive food consumption during the picnic season.

If you suffer from the maladies listed above, don't despair — Weight Watchers International has a way to kill both of those birds with one stone.

The weight-watching game has come up with barbecuing recipes which also conform to the Weight Watchers Food Program, according to Jeannine B. Cowles, president-director for Weight Watchers of Oregon, Inc.

The following recipes are recommended by the Weight Watchers International:

GRILLED CHICKEN

2½ pound broiling chicken, cut in quarters
1 cup chicken bouillon
¼ cup lemon juice
2 teaspoons dehydrated onion flakes
2 teaspoons soy sauce
1 teaspoon thyme
1 garlic clove, crushed
Salt and pepper to taste
2 cups cooked brown rice

Place chicken in a shallow pan. Combine remaining ingredients, except rice, in a bowl and pour over chicken. Marinate for 3 hours. Remove chicken from marinade and place on grill over hot coals, skin side down. Basting frequently with marinade, cook about 10 minutes on each side or until done to taste. Remove skin and serve over hot rice. Makes 4 servings. Divide evenly.

Each serving is equivalent to:
6 ounces poultry
One-third serving Something Extra (¼ cup bouillon)
1 serving Choice Group

LAMB KABOBS

1½ pounds boned leg of lamb, cut in 1-inch pieces
2 medium green peppers, seeded and cut in 1-inch pieces
20 cherry tomatoes
Barbecue Sauce (see recipe)
Divide lamb and vegetables evenly into 4 portions. Thread each portion on a long skewer, alternating lamb with tomatoes and green peppers. Place kabobs on rack over hot coals. Basting frequently with Barbecue sauce, grill about 15 minutes, turning occasionally, until done to taste. Makes 4 servings. Divide evenly.

Each serving is equivalent to:
4 ounces "Beef" Group
½ cup Vegetables
Barbecue Sauce (see recipe)

Don't snub your nose at the iris

The iris plant is one of the old time favorite perennials for many yards. Its popularity and ease of growing makes it one of the better known and used flowers.

While iris is easy to grow, it does require a little attention every couple of years to do its best, according to Home Horticulture extension agent, Ray McNeilan.

Iris clumps should be divided every three or four years. The original planted rhizome expands, puts out new shoots and gradually becomes so crowded that it runs out of room and nutrients. By dividing the

clump each piece of rhizome with attached foliage can be planted by itself thus increasing the beauty of the yard as well as giving the iris a new lease on life.

When dividing iris, cut sections apart with a sharp knife. Each portion to be saved should have a section of fleshy root (called a rhizome) with either a strong bud or fan of leaves. Discard all but the most healthy sections.

Let the rhizomes dry for several days in a shaded place before replanting to let the cut surfaces dry. A bulb dust could be used to protect the cut sections from decay.

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