

Save money on food— Make a shopping list

With inflation cutting into everyone's buying power, people are looking for ways to save money. Food shopping, if done wisely, may be one place to cut costs. It shouldn't be done by serving less nutritious food. What you save in money can be costly from the standpoint of family health. The way to save money when food shopping is to plan ahead carefully.

The benefits of a shopping list are well known. Unfortunately, more than half of the food shoppers involved in a recent survey said they shop without a list. Without a list, many shoppers become victims of impulse buying and the trouble with impulse buying is that the food retailers become the family meal planners and good nutrition often does not get adequate consideration. Unfortunately, snack type foods are often bought on impulse, and they can take the place of a more balanced, nutritious diet. Impulse buying is generally more costly as well. Many items placed in prominent places in the store are more expensive than acceptable, lower-priced substitutes.

On the other hand time spent studying the grocery advertisements in the local newspaper can be a great money saver.

Find out what meats, fresh produce, frozen foods and staples are on special. Then plan your week's meals around them. On the basis of the week's menu, make a shopping list that includes the special sale items. Include alternates in case one food is a better buy than another. For example, a fresh vegetable might be cheaper than a frozen one.

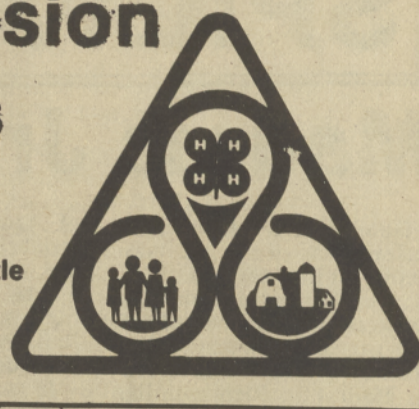
Once in store, take the time to read labels and compare brands, grades, and sizes. They are the keys to additional savings. Store, regional and generic label brands cost less than nationally advertised brands. A lower grade is just as nutritious and can be an excellent substitute in a recipe where the appearance of the food is not important. Eggs, which are a good alternate for meat, can be big budget boosters. Potatoes also are a pennywise vegetable. Large cuts of meat on special often mean a bargain in price per pound and can be stretched over several meals. And day-old bakery items are usually sold for less but are as fresh as if they had been bought the day before and stored at home.

Planning meals, making out shopping lists and shopping carefully are not always easy or enjoyable. But health and well-being as well as lower food costs are worth the effort.



Extension Notes

from Pennie Little
and Clint Jacks



Removing Hidden Dirt from Your Carpets

(Reprinted from the "Idea Thing" Scrapbook 1975-76 Washington State Extension Service)

Your carpet could look reasonably clean and yet have nearly its own weight in dirt concealed in the pile.

Different types of dirt settle in different areas of your rug. The sharp edges of the gritty dirt cut away at the pile fibers; your rug then wears out more quickly.

Vacuuming regularly — preferably with a vacuum cleaner that has a agitator bar — gets rid of most kinds of dirt. However, eventually grease from cooking, tracked-in asphalt, etc., makes ordinary dust cling tightly to the rug fibers. This dulls and changes the rug color and makes the gritty soil harder to get out. It's time to have your carpet cleaned, either by a professional cleaner or by doing it yourself.

A variety of methods, products and machines are available. The shampooer and the so-called "steam" cleaners are the most popular machines. You can rent them at many supermarkets, carpet, hardware and other stores.

Pre-testing Detergent

It's wise to pre-test any detergent or shampoo you plan to use. Allow some to evaporate in a shallow dish. If the residue is powdery or granular, it will vacuum up. If it is sticky, it will mat the rug fibers; the rug will get dirty more quickly after cleaning. If the residue is hard and waxy, it will dull the fibers to the rug won't look bright and clean.

Pre-test the cleaning product on an inconspicuous area of your carpet, also. See if it removes any of the color or damages any of the rug fibers.

It may even be a good idea to check the effect of the rotary brush action on the rug pile in a place which won't be noticed. If you saved some extra carpet

pieces when you had the rug installed, do the pre-testing on these.

The Shampooer

The shampooer applies a detergent solution to the rug and works it into the pile, usually with a rotary brush — or brushes. To use, vacuum your rug thoroughly first. Mix the detergent with water and pour into the tank. As you run the shampooer, release the detergent solution by pressing a lever.

Be sure you don't over-wet your rug; it takes only a little solution to work up a good foam. An over-wet rug could mildew before it dries. Also, some color from the backing might "wick" up to the pile. Your rug would then have brown stains on the surface.

Keep the brush action to a minimum because it could distort the pile. If your rug has long pile, a none-too-thick or dense pile or has a soft twist in the yard, it's more likely to suffer a texture change from too much brushing.

When the carpet dries, vacuum up the residue of the shampoo. This residue holds the dirt you want to get rid of. You need to be careful when you choose the detergent; it must not leave a sticky residue. This would make the carpet get dirty more quickly, make it look dull and allow it to become matted.

Shampooing does give a good surface appearance to most rugs.

"Steam" Cleaners

Actually, this method of cleaning rugs does not use steam; more accurately, it could be called hot water extraction. And, even this title is somewhat incorrect, because most rental machines don't heat the water. You put in hot water from the tap; the water temperature is probably not very high when it gets to the rug. The cleaner

works by applying a large quantity of solution and then suctioning up (or extracting) a good part of it with the same wand.

To use the steam cleaner, first vacuum the rug thoroughly. Spots, stains and soiled traffic areas may be pre-treated.

A detergent is mixed with hot water in the solution tank. The solution will be pumped or sprayed into the carpet pile when you operate a release valve. The machine simultaneously sprays solution onto the carpet and picks it back up. The solution is also picked up when the spray is not being released — until all possible dirty solution is extracted. It is important to extract a high percentage of the solution. Compare the amount of liquid you put into the solution tank with the amount in the recovery tank to check on how much has been picked up.

Over-wetting isn't as much of a problem with this method as with the shampooing if you do a careful job. Steam cleaning will flush out a lot of dirt with little or no texture change in the carpet. Increasing the temperature of the water — as high as is safe for your particular carpet — will get more dirt out.

Comparison of Rug Cleaning Methods

In the hands of a skilled operator, either machine will clean satisfactorily. On badly soiled carpet, the brush action may prove better. For flushing out the most dirt, the extraction or steam cleaning method may be better. If your rug has the type of pile which distorts more easily, perhaps the steam cleaning would be more satisfactory. Guard against over-wetting whichever method you use.

In any case, when you rent a machine, make sure you have all the parts and understand how to use the machine before you leave the store.

New Arrivals

Birth Announcement

Marvin and Vernoica Ike announce the birth of a daughter, Robyn Royale who was born October 25, 1979 at Mt. View Hospital in Madras. She weighed 7 lbs. 13½ oz. at birth. Robyn joins a brother George and a sister Rhonda, her grandmother is Dorothy Cassaway.

Birth Announcement

Walter and Marisa Cooper of Elgin, Oklahoma announce the birth of a son, Michael Elton, who was born November 9, 1979 in Lawton, Oklahoma. He weighed 6 lbs., 15 ozs., and he joins a brother Walter Jr. and one sister Angela. His grandparents are Alfred and Doris Wolfe, Roscoe Thompson Sr., and J.W. and Marie Cooper.

Birth Announcement

Tsennibah Marie, daughter of Willie and the late Marie Selam, was born November 16, 1979, at the University of Oregon Medical School in Portland, Oregon. She joins a sister Tanya. Her grandparents are Jimmy Selam, and Franklin and Gladys Warren.

Birth Announcement

George and Deborah Williams of Warm Springs announce the birth of a son, Kevin on November 26, 1979. He weighed six pounds two ounces and was born at Mt. View Hospital in Madras. Kevin joins two brothers, Jason and Nathan and his grandmother is Harriett Williams.

Birth Announcement

Darrell and Jeri Calica are the proud parents of a daughter Augustina Mae, who was born December 3, 1979 at Mt. View Hospital in Madras. She weighed five pounds two ounces at birth. Augustina's grandparents are Joe and Inez Calica and Earl Miller.

Birth Announcement

Lloyd and Nola Adams are parents of a daughter, Jessie Lee, who was born December 9, 1979. She weighed six pounds three ounces at birth. Jessie joins six brothers and sisters, Lucelia, Bobbie Jo, Billie Jo, Buzzy Jo Berry, Lonella Heath and Caleb Adams. Her grandparents are Beatrice and Reggi Winishut and Lilli Heath.

Birth Announcement

Darell and Vanessa Scott of Bend, announce the birth of a daughter Adeva Christine on December 15, 1979. She weighed six pounds, thirteen ounces and was born at Mt. View Hospital in Madras. She joins a sister Stacy. Her grandparents are Alice and Ed Gabriel.

Birth Announcement

Pedro and Carol Parra are the proud parents of a daughter, Tarivia Nora, who was born December 20, 1979 at Mt. View Hospital. Tarivia weighed seven pounds at birth. She joins a sister Priscilla Maria. Her grandfather Delbert Frank Sr.

Leader's training in February

Klamath County's Extension is hosting this year's training for parents, 4-H leaders, and anyone interested in becoming a 4-H leader or working with youth. The forum is a time to learn skills to use when working with youth. Workshops will be held Friday, night, all day Saturday, and Sunday morning February 22-24th. If you work you may participate in as many days or workshops of the training as you would like. Some of the workshops to be held are: Horse Care, Learn to be a clown (must

attend all days)
Tanning Hides (must attend all days)
Basic Macrame
Keeping Kids Involved
Introduction to Spinning
4-H Livestock Records Made Useable
Puppetry
Secrets of Working With Kids
Live vs. Carcass Evaluation
Rations for 4-H Animals
Advanced Leathercraft
Techniques With Teens
Selecting, Feeding and Judging Market Lambs
AND MANY OTHERS!!

Extension will be providing transportation to Klamath Falls, providing registration fees and making arrangements for meals and lodging for those interested in attending.

This is a great opportunity to increase skills used when call working with youth, a good time to exchange ideas with other adults, and a fun time with entertainment provided Saturday after a lamb-chicken barbecue! If you are interested or have questions, come in or call Pennie at the Extension office in the Old Administration Building, 553-1161 Ext. 238.