

## Idea Article **Buying Cheese**

For many people, cheese is just cheese. But there are many kinds of cheese and by doing a little comparison shopping you can save money the next time you buy.

Prices vary widely for different types of cheese. The way to save money is to compare the price per pound.

But you still may want to buy a more expensive cheese if it fits your needs. Natural cheese like cheddar or gouda may be the best choice to serve with fruit for dessert. But if you're making grilled cheese sandwiches, a process cheese—ablend of fresh and aged natural cheese—may be your

best buy. If you're looking for a really economical cheese, you might try process cheese food. It contains less cheese and more water than process cheese.

Also, be aware that mild cheese will cost more than aged or sharp natural cheese, and you'll pay more for sliced or grated cheese.

## Using wood for home heating

What kind of wood should the home owner use for fuel? Usually whatever fuel wood is readily available, because it may not be possible to be selective about the kind of fuel wood available. However, the greater the wood's density or weight, disregarding its moisture, the greater the wood's heating value. Favored woods in terms of heating values are oak, maple, madrone and Douglas-fir.

A more important consideration than the species of wood may be the amount of moisture in it. Before wood will burn, the water must be removed. This causes some of the fuel's heating value to be consumed

in evaporating the water. Green wood freshly cut from the woods usually required six months to a year for drying. Completely seasoned, air dried wood still contains about 20 percent water.

To air dry wood, it should be stacked outdoors where it is exposed to the sun and wind, preferably in an area where it will be exposed to the prevailing winds. Wood should be stacked on bedding stringers which are used to keep the wood off the ground. Split pieces should be stacked round side up, slit face down—for best drying. The wood should be stacked away from buildings to prevent infestations of

termites or other insect pests. It's very important to keep the wood covered while it's drying. Exposure to rain and snow will negate the effort of seasoning the wood. An excellent cover for a standard 4-by-4-by-8 foot cord of fuel wood can be provided by a sheet of heavy gauge polyethylene 5 feet wide by 9 feet long. Attach the polyethylene sheet to a light wooden frame and place it over the stack. This protects the wood, from rain or snow and permits air to circulate through the stack. Sticks of wood should be placed on top of the protective sheet to keep the wind from blowing the cover away.

## Extension Notes



from Pennie Little and Clint Jacks

## Don't start garden too early

When it comes to vegetable gardening, getting too early a start often doesn't earn the home gardener anything but frustration and frustration and some wasted effort.

It's much too early for seeding vegetable transplants in the home. Instead give some attention to preparing garden soil, checking through seed catalogs and getting ready for the spring rush to plant bedding plants.

Most gardeners tend to plant seeds too early, both in the home as transplants and later in the garden before the soil warms. If you plan to grown transplants, don't plant the seeds indoors until a month or so ahead of when the seedlings can be planted outdoors.

This means that cool season crops such as cabbage, lettuce and early spinach, which should be transplanted outside in April can be started indoors in March.

Peppers and tomatoes, which cannot go into the garden until after the last frost in mid May and, would not need to be started indoors until April.

Growing your own trans-

plants is a good way to get the varieties you want to and exciting to watch the young plants grow. But when started too early, the seedlings become leggy and spindly before they can be planted outside. As a result, they are peak and poorly prepared to survive in the garden.

February is a good time to prepare soil for seeding transplants. One of the most serious problems with growing transplants in the house is a disease known as "damping off." The disease attacks germinating seeds and small seedlings.

Using a pasteurized soil mix will help prevent damping off. First make a soil-mixture combining one part loam soil, one part peat moss or screened compost, and one part sand or perlite.

To pasteurize, stir the components together, place them in a two or three inch deep baking pan and bake in a 180 degrees F. oven for 30 minutes. After the soil mix has cooled, store it in a closed plastic bag until it is time to start the transplants.

## Horse production conference

Care of the pregnant mare and young colt is the theme of the Mid-Columbia Horse Production Conference. The conference will be held March 6th and 7th at the Portage Inn, in The Dalles.

Topics for the conference are nutrition of the pregnant mare,

facilities for foaling, nutrition of the foal, early training of foal to 2 year old, management of foals for racing and common veterinary procedures.

Cost for the two day conference is \$40.00 and pre-registration is required. Registration forms and

additional information can be obtained from the Extension office.

The conference is sponsored by Washington and Oregon State University Extension Services and mid-Columbia veterinarians.

## Beef cattle seminar Feb. 26 and March 5

Are you interested in making your cattle herd return more money in starting a new herd? Then mark February 26 and March 5 on your Calendars.

Concepts of beef cattle production and how to make

them return more money will be the topics of this year's Beef Cattle Seminars conducted by Clint Jacks, Warm Springs Extension Agent.

In addition, notebooks of useful information will be

distributed so that livestockmen can begin building a library of useful ideas.

The seminar will be held in the Old Administration Building in the Tribal Court room starting at 7:30 p.m. on each evening.

## Food shopping know how

The new year of 1981 is upon us, and never have we seen so many gloomy economic headlines.

We can postpone buying a new car, new furniture and television sets, but we have to eat. However, even though food prices are forecast to increase 10 to 15 percent in 1981, this doesn't mean our individual food bills have to increase that much.

How can we cope? By being informed food buyers who insistently use our food buying "know how."

Some of the "know how" that most of us have but may not always use includes:

### General Shopping Hints

\*As you plan menus, check newspaper ads for weekly "specials." The radio and TV are also sources for this kind of information. Make a shopping list, writing down items as you think of them during the week.

\*Read food labels when shopping to learn the ingredients and the weight of the food products. Other useful information on preparation, number of servings, type of pack and nutrients is often included on the label.

\*Use unit pricing in the stores as an aid in comparing prices of different size containers and

different brands.

### Shopping for Meat

About one-third of the food budget is spent on meat items, including poultry and seafood, so "know-how" counts a lot when you are buying in this department.

\*Cost per serving to know much meat to buy. An easy rule of thumb for figuring servings per pound is:

Boneless meat yields 4 servings per pound (ground meat, flank steaks, stew meat, liver, boneless ham, fish fillets are all in this category).

Bone-in meat such as roasts, steaks and poultry gives 2 to 3 servings per pound.

Meat with substantial fat and bone provides only one to two servings per pound (spareribs, short ribs, breast of lamb, chicken wings, lamb chops, etc.)

Except in times of extreme shortages, meat is usually specialized quite regularly, and the savings are considerable. If you have a freezer and enough grocery money to invest in the future, you can very profitably buy enough for later use.

\*Use the less-tender and less-demanded cuts

Only about 1/4 of the carcass

ends up as tender cuts and these tender steaks and roasts get the

highest prices. The remaining 3/4 of the carcass is less tender, usually lower priced, just as nutritious, but requires more time to cook. Long, slow cooking in a covered container can make any cut of meat tender. Seasonings such as onions, celery, carrots and various herbs give it extra flavor. A little wine can add a gourmet touch.

### \*Don't overlook variety meats

Beef liver is a bargain both from the nutritional and cost standpoint. Heart and tongue are also nutritious and add variety to menus.

### \*Remember and use meat alternates

Eggs, cheese, cottage cheese, dry beans, peas, lentils, nuts, soybeans, all have high protein content. However, when using vegetable protein or nuts as meat alternates, be sure to serve them with milk, cheese, or perhaps add small amounts of meat to the recipes. Vegetable protein is incomplete and needs to be supplemented with some animal protein.

### Milk

Milk is the main source of calcium and an excellent source

of protein and the B vitamin, riboflavin.

\* The most economical source is non-fat dry milk, purchased in as large a package as you can store and use. If your family doesn't like to drink this milk, try mixing it half and half with fresh milk or use it for cooking.

\* Milk containing only two percent milkfat costs a little less than whole milk and helps not only the food budget but weight-watchers as well. Buying milk in larger containers can also save you money.

\* When richer milk is desired for cooking, evaporated milk is less expensive than whole milk or cream.

### Fruits and Vegetables

\* Buy the fruits and vegetables which are in peak season. This is the time when quality is best and cost is lowest.

\* Learn to select good quality fresh produce. Here you can see, smell and hold a product before making a selection. Avoid wilted and tired-looking produce.

\* Think about how you are going to use fruits and vegetables. Small apples and bananas are usually a better buy for children's snacks. Little potatoes are often cheaper and are fine for boiling in their skins.

\* Check different forms of food—canned, fresh, dehydrated, frozen—to see which is the best buy. This time of year processed items are sometimes less expensive than fresh.

\* Try lower priced brands. Chainstore and other less advertised brands may be similar in quality and usually cost less than nationally advertised products. Generic labeled products which are usually standard rather than fancy quality will cost less and may fit a particular use.

\* You can save money by doing your own seasoning and sauce—making for vegetables. Also, interesting combinations of vegetables can be cooked together at home. You pay extra for those which are mixed already when bought.

### Breads and Cereals

\* Look for discounts on day-old baked goods.

\* Check the specials—breads, particularly store brand breads, are frequently advertised at good prices.

\* Pre-sugared, ready-to-eat cereals cost more than unsweetened ones. They add more calories but less food value than the ones you sweeten. Cereals you cook are usually always less costly than the ready-prepared ones.