

## Family Lifelines—



If you think about it, families are the basis our world is built on. People make families, families make communities, communities make states, states make countries, and countries make our world.

It only follows that the experiences learned by members within a family help build the type world we live in. Each and everyone of us, no matter how small and helpless we feel, can help the chain along in a positive direction through good family communications and understanding between family members.

"Yelling to make children obey is usually about as smart and useful as trying to steer your car by blowing the horn..."

Of course some days we all have more patience than other days, but if you remind yourself that discipline is an investment in your child's future personality and success it will come easier with practice.

Possibly that quote best explains the reason for the following article on controlling children in a way that builds self-esteem, encourages decision making and builds respect between a parent and child.

The following article comes from Marcelle Straatman, Oregon State University Extension Human Development Specialist.

During the first five years of life children learn easily and fast. They are busy exploring all kinds of things including many behaviors. Adults need to be sensitive to good and bad behavior and help children act responsibly for their age and ability to understand.

This is "positive" discipline. Too often we tend to tell children what not to do and fail to tell or show them what they

can do. Often children are probably wondering, what's a kid supposed to do?

Consider the case of a preschool child throwing sand at another child. The positive discipline approach would be to say, "Let's keep the sand in the sand box or sand pail—sand is to shovel, not to throw."

This response tells the child what to do. We can follow this by saying, "You can play in the sand but you can not hurt Mary's face and eyes by throwing sand."

An unproductive disciplinary approach by an adult would be, "No, don't do that" or quit that." These words provide no guidance for what should be done. In addition, words like "no" and "don't" are often a challenge to children's growing need to show their independence.

If the sand continues to fly, it's important to enforce the rules stated. Using positive discipline we can say, "I see you can't keep the sand in the sand pile and not throw it. You probably need my help to stop you from throwing sand so let's find a different place to play." Then guide the child to another play activity.

Positive discipline does not blame children or label them as "bad or naughty." Rather, the adult focuses on desirable and undesirable behavior and provides the limits children need.

Children learn by their mistakes and we must be patient as they learn. Realizing that where limits are not observed there are consequences in the first step in learning to be responsible for one's action.

Your approach to discipline will have a lasting effect on your child's later school work, social activities, and adult attitude. Without positive guidance children may become insecure, or anxious and may even feel guilty. Parents do share with teachers and child-care givers the important task of discipline and all must work together to help children grow into responsible productive youngsters.



## Beating the cash crunch

Cash, bread, plastic money, checks; there are many names for the money that has to be spent daily to live. Amounts of money available are shrinking, and on top of that a dollar is not worth what it used to be!

Although the outlook is not good now and everyone will have to "tighten up on spending," there are still ways to spend money wisely and to plan for and afford necessities and a few luxuries.

This is the second part of a continuing series of articles and tips on smart shopping, family budget planning, and ways to make money buy more for you.

How many times have you heard this? However, "making your list and checking it twice" readily can save you money this time of year when it comes to doing Christmas shopping.

Making a list saves you time, money and energy because you are better organized, and more relaxed. A list helps you think about the gifts you need to buy, you know where you need to go to make your purchases, and you know if you have enough money to cover your costs.

A list also helps you control unnecessary buying, while doing any kind of shopping. With a list you are more likely to keep your mind on finding certain items instead of wandering and buying items that "catch your fancy." Most of the time these items are the ones you don't really need and the ones that end up costing the most and eat up and money before you know it.

Of course more of this will work if you don't stick to the list, you do you'll finish faster, avoid impulse purchases, please all of the people on your list and possibly save some money in the process.

## Extension Notes



from Pennie Albrandt and Clint Jacks

## Cattle prices expected to increase modestly

Reduced feed cattle marketing and a leveling off of nonfed slaughter should allow for modest increases in feed cattle prices later this fall and through the first half of 1982. However, continued constrained consumer budgets due to a sluggish economy and large total red meat and poultry supplies will hold down price gains. Slaughter cattle prices should range in the \$63 to \$67 range in the first quarter of 1982.

Feeder cattle prices dropped almost 20 percent during 1982.

In 1982 lower grain prices and a better potential for profits at the feedlot, should be positive price factors. On the other hand, high interest rates and an increased supply will hold prices down.

Feeder steers, 600-700 pounds, are expected to range in the low 60's in the first quarter of 1982 and in the \$63 to \$67 range in the second quarter. Feeder cattle prices will continue to be at the mercy of slaughter prices. If the industry over produces feeder cattle prices could fall well below these levels.

## Prepare your holiday bird

Young turkeys are best for roasting, but "fryer" chickens and "roasting" chickens are also good roasted.

The safest way to thaw a turkey is inside the refrigerator starting a couple of days before it needs to be cooked. A chicken will take only about one day of thawing in the refrigerator before planned use.

To prepare your bird for roasting, wash and drain the bird well. Sprinkle inside with salt and pepper and stuff with bread or rice stuffing.

Put bird, breast side up, in baking bag large enough to catch drippings. Rub skin with fat or oil and baste bird throughout roasting period, every one half hour for a great

tasting, moist bird.

To keep your bird from overbrowning, cover around places with browned places with aluminum foil.

An easy rule to remember on how long to roast a bird is 20 minutes per pound at 325, or until legs can be moved up and down easily and the thigh meat is soft.

Right after your holiday dinner, all of the stuffing should be removed from the body cavity. The meat should also be removed from the bones. Refrigerate the stuffing, meat and gravy right after dinner. Meal size packages of turkey, or "T.V. Dinners" of all the meal leftovers can be wrapped for freezing and used as quick meals for later.



## Sweet potato or yam?

There are three types of sweet potatoes available in high quantity and quality this fall and winter?

The three types are the "Jersey" which is a cream-colored potato with a yellow, dry flesh. It is good baked or broiled and mashed with butter or gravy. The "Garnet," more widely known as a "yam" is also a member of the sweet potato family. It has a dark red or purple skin and deep orange, moist flesh. This potato is best used in pies, cakes, breads, pudding or any recipe calling

for mashed or grated sweet potatoes. The third type of sweet potato is the "Jewel." Its flesh is bright orange and very moist, but its skin is a light copper color. When cooked, this potato is a bright orange color and moist, making it ideal for baking, steaming, roasting and casseroles.

When buying sweet potatoes choose those that are firm, smooth, clean and without cut or bruised spots. Store sweet potatoes in a cool, dry place, about 55 F, but don't refrigerate.

## Cranberries—Oregon red gold

Many of us would have a difficult time celebrating the holidays without the tradition cranberry, known as "red gold" to Oregon cranberry producers.

The cranberry is a native North American fruit. Long before the pilgrims arrived, the bright little berry was an important ingredient in the American Indian's pemmican which sometimes combined venison, fat and crushed berries.

And how many of you think cranberries grow on bushes? Actually, cranberry plants are only about two to three inches high and grow in "bogs." The name of bog is used because cranberry bogs are built on peat swamps which have been cleared, drained and leveled. A

layer of sand on top holds the moisture in the bog. The whole area is surrounded by dikes which holds the water in during production and harvest.

Cranberries are harvested in October and November in Curry and Coos counties of Oregon. This year there is a limited supply of berries for the fresh market so prices will remain on the high side. Fresh cranberries come in 12 oz. plastic bags and they can be frozen easily so that you can have "fresh" cranberries after they are out of season. If you are going to chop or grind cranberries for a recipe, freeze them first and there will be no juice to drip.

Here is a recipe you might want to try out for your celebrations?

### Cranberry Fruit Nut Bread

2 cups sifted all purpose flour  
1 cup sugar  
1½ tsps baking powder  
1 tsp. salt  
½ tsps baking soda  
¼ cup shortening  
¼ cup shortening  
1 tsp grated orange peel  
¾ cup orange juice  
1 well-beaten egg  
1 cup fresh cranberries, whole or coarsely chopped  
½ cup chopped nuts

Sift together dry ingredients. Cut in shortening. Combine peel, juice, and egg. Add to dry ingredients, mixing just to moisten. Fold in berries and nuts. Turn into greased 9 x 5 x 3 inch pan. Bake 350 oven for 50-60 minutes. Cool. Wrap and store overnight. (This freezes well).