

## Oriental cooking class offered

A one meeting class on cooking Oriental foods is being offered through the Warm Springs Extension Service on Saturday, March 20th, 9:30 a.m.-noon.

Ann Bowsby and Takako Carlson are coming from Beaverton especially to teach the class. Ann and Takako will demonstrate how to cook rice correctly, a Filipino chicken dish, and Japanese style Egg Foo Young and salmon

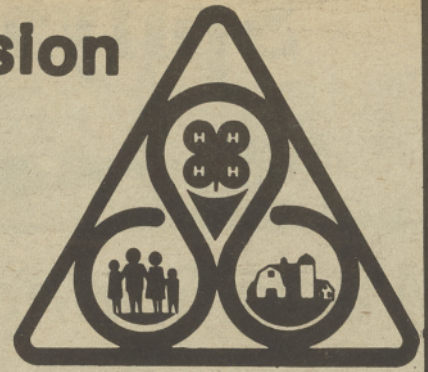
coquettes. All participants will be able to taste the foods prepared at the end of the class. Stir fry and fried rice methods will also be discussed.

Ann and Takako have designed the class content so that dishes prepared use inexpensive foods available in Central Oregon. Equipment used will be simple and found in most homes. All dishes to be prepared have an Oriental flavor, easy to prepare and a

balanced meal within themselves.

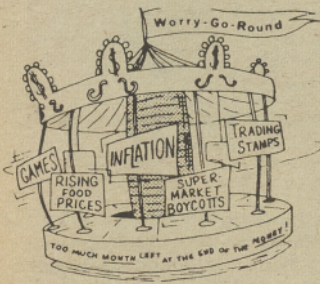
Recipes for all dishes will be available to participants in the class. If you would like to attend, sign up by calling the Extension Office at 553-1161, Ext. 238 or coming to the office in the Old Administrative Building. There is a \$1.00 materials charge for the class and a limit of 25 participants as reserve your spot now!

## Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

## Ways of handling job loss Family Lifelines—



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

#### What to do when you lose your job.

The first step is to sit down and review the situation with yourself and family members. This action helps the family share concerns and to decide what actions must be taken.

Second, review all expenses, needs and wants and stop all unnecessary spending. Some quick ways to reduce spending are to cook foods from scratch instead of buying more expensive pre-made or conventional foods. Sew some of the family clothing, reduce the use of gasoline by combining errands and shopping into one trip to town, and think about how you can conserve at home and cut down buying at stores.

On the first day of unemployment, go to the nearest unemployment office and file for benefits. Benefits are decided from the first day of filing, so it's important to do it soon and reduce the waiting time before the check arrives.

Another step to take is to contact all people and companies you owe money to. Explain the problem and try to work out a solution, such as smaller payments on all bills for a short time. Be sure and communicate with the creditors as bills can be referred to collection agencies if no communication has been made for a certain period of time.

The important things to remember are not to panic, to file for unemployment benefits quickly, to communicate, and be prepared to change your standard of living to fit money coming in.

Single copies of "What to do When You Lose Your Job" are available free through the Warm Springs Extension Office by calling 553-1161 Ext. 238. We'll send you one.



curiosity. At age three or four, children are fully mobile and have learned to climb, which puts high shelves and medicine cabinets within their reach.

Parents have a responsibility of keeping dangerous products out of their children's reach. After buying a new product, read directions, special instructions and warnings on packages and containers of household cleaning products. The label often gives first aid information. Next, keep household products in their original containers. Storing these hazardous items in cups, bowls or soda bottles leads children to think these substances are safe to eat or drink.

Always keep products in view when they're in use. Even a pause to answer the telephone or doorbell gives a youngster plenty of time to reach an unguarded product.

Drawers and cabinets should be selected and arranged especially for safe storage. Lock drawers and cabinets if possible, and remove stepstools or boxes from the area because they give the child a way to climb up to a storage area that he or she couldn't otherwise reach.

All prescription drugs, including vitamins and aspirin, should be stored well out of reach. Be sure containers have child-proof tops. Children are imitators, so don't take medicines in their presence.

When discarding empty containers, make sure they are empty and stored in a trash can with a tight-fitting lid so they cannot be found and used in lay.

It's worth the time to check with a doctor, poison control center, or the county Extension office about house plants. Some are harmful, or can cause rashes if touched or consumed.

Keep the telephone number of the family doctor and the Oregon Poison Control Center on hand in case of emergency. Poison control center information is free and available 24 hours a day. Call 1-800-452-7165 from anywhere in Oregon. When making such an emergency call, read all the information from the concerned container label to the doctor or poison specialist. Stay calm and describe the child's symptoms as accurately as possible.

### 4-H News

## Trip to China offered to 4-Hers

The first 4-H international program with the People's Republic of China will be offered in the summer of 1982, Melvin J. Thompson, coordinator, International Relations, National 4-H Council, announced recently.

The two programs include: Bicycling in South China, July 5-24, for young people 15 to 21 years of age and Living on a Chinese Commune, July 18-August 10, for persons 18 to 25 years.

The overland excursion by bicycle will begin with an orientation in Hong Kong and proceed through cities and towns in South China. It will take the travelers to a commune, a mountaintop Buddhist monastery, the folk-art center of Roshan and the fable hot spring spa of Conghua.

The commune experience will provide a rare privilege of living and working for ten days with the Chinese people. Following orientation in Hong Kong the group will travel into mainland China to visit Peking, the Han and Tang dynasty sites, the Great Wall, Ming Tombs, the Forbidden City, Bulin and much more.

Fees for the two programs, including international travel from San Francisco, lodging, meals, medical insurance,

bicycle rental, orientation and educational servicing costs, plus and experienced group leader and translator are: \$2,190 for the bicycling tour and \$2,590 for the commune living experience.

Details and applications may be obtained from county extension offices, state 4-H offices at the land-grant universities or from 4-H

International, National 4-H Council, 7100 Connecticut Avenue, Chevy Chase, Md. 20815.

The programs in China are part of a broad range of international exchange and training programs arranged through National 4-H Council in support of the 4-H youth program of the Cooperative Extension Service.

## Community pride conference

Jefferson County 4-H members and leaders interested in working toward making their communities a better place in which to live and make a living will be among those attending the 1982 Community Pride Conference in April.

According to Doris Brackett, Oregon State University Extension agent in Warm Springs, a team of two-to-four 4-H members in grades 9 through 12, and one leader may represent the county at the April 23-25 conference at Camp Davidson on Suttle Lake.

The conference is held every two years to create an awareness of the Community Pride program, to learn group action skills and problem-solving techniques, explains

W.L. Anderson, OSU Extension 4-H/Community development specialist.

County groups will learn how to identify a community problem on which to work, how to organize for action and how to work with others in the community, he adds.

Persons interested in learning more about the 4-H Community Pride program or 4-H leaders or members who would like to start a Community Pride club in Warm Springs may want to attend the conference as a team member. The cost is \$20.00 per team member and all those interested in attending are asked to register with the Warm Springs Extension office by March 15.

#### Poison prevention important at home

Soaps, detergents and household cleaners cause six percent of all accidental poisonings of children under five years old. Cosmetics, nail polish, perfume and hair spray are also items children often swallow. When proper use and storage of medicines and household products is practiced by every family member, the accidental poisoning of children, pets and other family members can be prevented.

Studies show that most poisoning accidents in the home happen in the kitchen or bathroom where dangerous products are commonly kept. Children are attracted to colorful containers especially when they are open. They are eager to know what is in them, however, children don't approach the unknown with the same caution as adults. When children first start to crawl, they naturally want to reach, touch and taste everything. Products involved in accidental poisoning at this age are those stored on the floor or in floor-level cabinets in the bathroom and kitchen. Toddlers reach low tables, night stands and bathtub ledges, so all objects in these locations arouse children's