

"Health" candy not what it seems

Family Lifelines—



Health food claims have even reached the candy counter.

Some examples of candies advertised as 'high protein' or 'nutritious' are yogurt-covered nuts and raisins, and carob bars.

Most of these candies are no better nutritionally than the traditional chocolate bar, says

Margaret Lewis, Oregon State University Extension nutrition specialist. "Some yogurt coatings used on nuts and raisins contain more oil and brown sugar than they do yogurt," she notes. "This small amount of yogurt does not contain enough calcium and other nutrients to make much difference, and the oil and brown sugar will increase the calorie content."

Carob is another ingredient often used in "nutritious" candies. It is true that carob has less caffeine and less fat than chocolate but chocolate has only a small amount of the caffeine found in coffee or cola

drinks and chocolate is not a major source of caffeine for most people. Manufacturers who use carob often add saturated fat to it to make an acceptable product, the specialist explains. In fact, a plain chocolate bar often has less saturated fat than does carob candy.

Remember that candy is candy, says Lewis. Adding carob or yogurt to the ingredient list does not make the product more nutritious, or allow you to eat more of it without side effects to your health.

Clothing sales save dollars



Beating the cash crunch

Clothing sales present many money savings opportunities to those who shop carefully. Retail stores hold special sales to make room for new goods and to introduce new seasonal merchandise. Even in the heat of summer you will see fall and winter cloths starting to appear in stores. Families can extend clothing allowances by buying at these sales, but if buying is done unwisely, shopping sales can actually increase the annual cost of clothing.

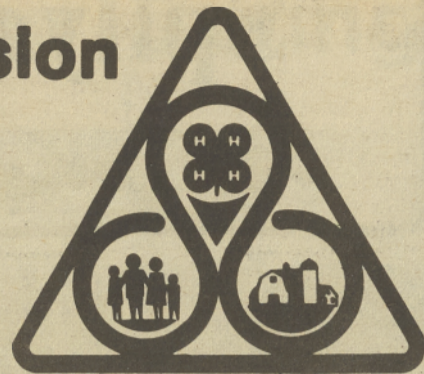
Buying clothing whether on sale or not involves planning for the garments needed, and comparison shopping. The word "sale" draws some people into a store regardless of their need for the sale item. Planning clothing purchases, will help you resist sale clothing that does not fit into your wardrobe or needs. Write down a clothing shopping list just as a list save shopping time and helps keep you on the track ow helps keep you on the track of what you need.

Retail stores hold different types of sales. Clearance sales are held for merchandise that is left at the end of the season. These sales offer the best savings, but be sure that the garments you are considering will look in fashion next year when the wearing season returns. Special purchase sales offer pre-season or post-season goods that the store has purchased at special or reduced prices in the wholesale market. These sales may not save you as much money, but they provide a wider selection of garments. Goods sold at special purchase sales may not carry familiar brand names. Since these garments are not the regular

merchandise, the shopper should look them over very carefully. Annual sales offer goods from the regular merchandise line that are sold at reduced prices for a short period of time. At the end of the sale, the merchandise returns to regular price. Special event sales may occur at any point during the selling season. Their purpose is to increase sales by offering some items at special prices or reduced prices for all items in the store.

Whatever the type of sale, look over comparable garments in several stores. Make a mental list of the features you want in the garment. Then compare garments. Considering the appearance and style, the fabric and workmanship, and the label information as well as the price will help you to get the best buy for your money. Try on garments to be sure that they fit and are comfortable. No matter how much money you save, a sale garment is not a good buy unless you will wear it enough to receive economic value from it.

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

Mulch helps flowers, gardens

A layer of mulch on the flower bed or garden plot can benefit flower and vegetable plants in several ways.

Mulches reduce soil temperature, decrease surface moisture evaporation and help control weeds, says Ray McNeilan, Oregon State University Extension home gardening agent. Mulches may reduce evaporation by as much as 70 percent.

"Mulching materials are available in the form of plastic films or various types of organic matter," McNeilan says.

Clear plastic film mulch should be used carefully because it increases soil temperatures. These high temperatures can kill plant roots, or increase a plant's water needs. Weeds may also be a problem with clear plastic mulches.

Black plastic film mulch blocks sunlight and therefore causes only a slight increase in soil temperatures. Because the sunlight doesn't get through to the soil surface weeds aren't a problem with black plastic mulch.

Before applying plastic mulch make sure the soil is watered unless there is a way to irrigate the plants after the mulch is down.

Organic mulches made up of small particles, such as sawdust, should be applied 1-2

inches deep. This will avoid compaction problems that can prevent air exchange between the soil and the atmosphere.

Apply coarse of fluffy materials, such as bark chips, in layers 3-4 inches deep.

Organic mulch should be applied evenly, McNeilan advises. Don't pack it around the stem or trunk of a plant. When the mulch is thoroughly wet, pull it back a few inches from the stem or trunk to allow air circulation around the base the plant.

Lawn clippings, leaves, and sawdust all make good organic mulches. McNeilan gives the following recommendations for using these materials.

Use lawn clippings as mulch only after they have become dry, or apply less than one inch at a time. Thicker layers mat down, creating slime. Do not use grass clippings from lawns treated with a weed killer.

If possible, compost leaves before using them as mulch. Non-composed leaves may compact and produce heat during decomposition.

Avoid leaves of madrone, walnut, and locust trees. These leaves give off substances that may prevent or inhibit the growth of nearby plants.

Most wood sawdusts make effective mulches. However, unbleached red cedar sawdust contains phytotoxic materials and should not be used for mulch.

Wagon trains travel from Hillsboro to Kah-Nee-Ta



The Culture and Heritage 4-H group from Warm Springs join in with the 4-H wagon train from Hillsboro who made the trip July 10. It took the Wagon train ten days to make the trip.

Fourteen Warm Springs 4-H Culture and Heritage club members recently had the opportunity to travel with a real live wagon train. The

wagon train was part of a Washington County Extension 4-H program known as

"Breakaway '82" and was billed as "A 4-H challenge program in cooperative program in cooperative living with emphasis on interpersonal relations, environment, and family."

Eight authentic wagons 78 horses, and 125 people began the trek from Hillsboro, Oregon to Kah-Nee-Ta on July 10th. Warm Springs 4-H'ers joined the wagon train at Camas corral (Thursday evening July near Bear Springs) and traveled with them the remaining distance to Kah-Nee-Ta.

Friday night (at Log Springs Corral) was one of the

highlights of the trip when volunteers from Warm Springs prepared an authentic Indian

salmon bake and fry bread for the weary travelers. Everyone really enjoyed the meal and appreciated all the work that went into preparing it.

Washington county 4-H'ers were especially interested in hearing Linton Winishut tell about the history of Warm Springs. And enjoyed the singing group present various songs, through the evening.

The wagon train arrived at its destination (Kah-Nee-Ta Village) Saturday afternoon shortly before 5:00 p.m. According to Lyle Spiesschert, Washington County Extension Agent and organizer of Breakaway '82, this was "the fastest wagon train in history." The group averaged 20 miles per day through rain, sleet, and sunshine. But in spite of the hardships, it was an experience few of the participants would have missed.