

Pack your lunch to save \$\$



Beating the cash crunch

All of us looking for ways to trim our out of pocket spending. And now that school has started, look carefully at your lunch expenses. With a little planning some of the following tips you can have good tasting, nutritious and

less expensive lunches.

In restaurants appetizers, desserts and beverages add expense to a meal. Choose only a main dish or a hearty side dish such as soup, chowder or a salad with meat and cheese. To really save money pack down brown bag lunches for work and school.

Pack lunches right after dinner using some of the leftovers. If you get tired of sandwiches, a good selection of small, tight containers can make carrying a lunch more tasty. Thermos containers of different sizes and shapes allow for variety and help you avoid buying more expensive pre-packed items. For example, it is much cheaper to make your own packages of chips in plastic bags rather than using pre-packaged chips. Doing your own packing lets you decide how much food goes into a lunch, too.

Fruit juices, lemonade,

tomato juice and other liquids can be frozen so that they are still cold at lunch time. Carrots, cucumber, celery and other vegetables can be cut up or filled with cheese spread for a refreshing way to get vegetables into a lunch.

For sandwiches fillings, buying lunch meat and cheese slices, in bulk means savings. Pre-sliced meats and cheese are much higher priced than bulk pieces. Buy tuna on sale and mix in large quantities so that it is ready for several days of the week. However, be sure and use tuna or meat spreads within a week. Prepare leftover ham, roast beef, hamburger or chicken by grinding it up and mixing it as you would tuna and use as a sandwich spread.

By planning ahead for lunches you can save money and still have satisfying, good tasting lunches at work and at school.

Locals travel to state fair

Warm Springs 4-H extension agents Lee Hamilton and Doris Brackett and 4-H extension aide Pat Smith would like to thank the many adult 4-H volunteer leaders for their help and support when 50 Warm Springs 4-H members participated at the Oregon State Fair for three days.

Many of these adults, say the extension group, in addition to being responsible for a 4-H display and supervising 4-H members, also helped with buying groceries, cooking meals for 80 people, cleaning up, singing and drumming at

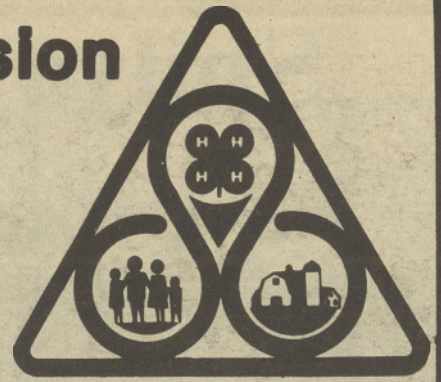
three performances, braiding hair and helping performers with different dances, giving time to some lonely kids and donating food and utensils to use with the meals.

The Warm Springs volunteers to be mentioned are: Ada Polk, Caroline Tohet, Evelyn Nequatewa, John Simmons, Marie Smith, MaryAnn Meanus, Renita Harvey, Gene Harvey, Lucinda Greene, Nancy Waite, Bernice Mitchell and Rodney Mitchell. In addition Billy Katchia, Roberta Jim, Jacob Frank, Vernon Suppah, Yahtin Frank,

Reggie Winishut, Linton Winishut and Beatrice Winishut were to be mentioned.

All of the above volunteers leaders gave a lot of time and are very beneficial in giving positive support to continue traditional way. The Winishut family deserves special recognition, say the extension group, for their total family effort and support. They had a give-away to open up the tepee village and put up tepees to stay in and store supplies. They also coordinated the war dance performances.

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

Support important Family Lifelines—



- school work to be important, worthwhile, and something children can be proud of,
 - sharing school work; stories, papers, drawings, and experiences everyday at home,
 - children to follow through on problems and activities that they tell parents about,
 - children to solve problems in other ways than fights, threatening, or other in appropriate behavior,
 - children to learn to tolerate, respect, and cooperate with other children and adults,
 - confidence-building and pride in accomplishment,
 - children to keep trying in spite of some discouraging results,
 - children to be on time and prepared for school expect in emergencies or illness,
 - a quiet and regular study time at home,
 - children to get a good night's sleep, eat nutritious foods and be clean and neat in appearance as part of doing well in school.
- Teachers and parents alike share in the accomplishments and responsibilities of a happy productive student.

Throughout the nation, parents are getting kids ready for school. All the supplies that are supposed to start the school year right are brought made, and gathered for the big day. The kids may be ready but how do parents get ready?

It's the school's responsibility to educate children, but parents must also be ready to provide the cooperation and motivation that makes learning positive and possible for children.

- school to be exciting,
- children to be successful in school,
- school to teach children and provide learning experiences that will meet their needs,

WE INVEST IN
Youth
MAKE THAT INVESTMENT PAY DIVIDENDS
by INVESTING YOUR TIME AND TALENT AS A

VOLUNTEER 4-H LEADER

Sewing can increase wardrobe, cut costs

Today's working woman is in a dilemma. Although her busy lifestyle demands a well rounded wardrobe, her paycheck is often gobbled up by food, housing, and transportation costs. One solution to keeping today's working woman on-budget and well-dressed is to "sit down and sew," says Albrandt, Warm Springs Reservation Extension Agent.

"Easy for you to say," you're thinking? Well, sewing today is easier than it looks even for the working woman who hasn't dared consider sewing since the seventh grade when she may have made an apron or something similar. Forget those nightmares you had about putting on the waistband and getting the pocket squared just right. Home sewing has changed considerably in the last several years. Anyone who fumbled over the fundamentals before should take a second look. Sewing can be enjoyable, easy, efficient, and a money saver.

September is National Sewing Month, and it's a good time to spotlight how fabric, pattern, and notion companies

have streamlined the sewing experience to make it creative, profitable, and adaptable for busy working women.

Fabric companies have concentrated on blending natural and man-made fibers to make fabrics easy to work with, care for, and wear.

The pattern companies have developed fashion patterns that fit easily into an employed woman's scheduled because they can be made in a few hours or in a day or two. Each pattern uses simplified construction, required limited sewing time, and creates a welcome addition to any wardrobe.

The notion companies have been busy, too. Here are just a few sewing "aids" to help whittle down sewing time and make projects effortless:

- Fusible Interfacing—Quick to use; gives excellent results (Stick on instead of sew on).
- Topstick Tape—Makes perfect guide for perfect topstitching.
- Fusible Mesh—Cuts into strips for quick hemming, basting pockets before topstitching, and fusing trim on

garments.

- Blindstitch Foot—Can machine-stitch hems expertly.
- Glue Stick—Eliminates pinning and basting zippers, patch pockets, trims.
- Erasable Tracing Papers, Pens, and Pencils—trace pattern markings on fabric; they disappear with water.
- Bodkin—eliminates struggling with safety pins when pulling elastic through castings.
- Loop Turner—Quickly and effortlessly turns drawstrings

right side out.

- Iron Sole Plates—Prevent scorching shine, and sticking while you're ironing.

So to save money and have wardrobe that looks like you can't afford it, start sewing. If you need individual help with a sewing project or you have a question to ask, call Pennie or Pat at the Warm Springs Extension Service office and we will give you some help. Extension's number is 553-1161, ext. 238.

Sewing is easier

You don't have to be a Rembrandt, Shakespeare or Mozart to express your creativity, and get feeling of accomplishment and satisfaction. All you have to do is join the growing number of people who are economically creating an up-to-date wardrobe and custom-decorated home interiors by turning—or returning—to sewing.

American Home Sewing Association (a non-profit organization), is currently conducting special promotions to encourage more people to

sew. A wide variety of new products, readily available in most sewing stores, makes sewing easier and more enticing than ever before. You'll find patterns for everything from the newest on the fashion scene to traditional and easy-care materials, and the latest and sewing machines and notions. These products can make your project quick, easy, and professional-looking.

Learn to sew now through learning to operate a sewing machine and Wing Dress making classes in October and November.