

# Two ways to make, save \$\$



## Beating the cash crunch

### Garage Sales for Extra \$\$\$

'Tis the season to hold a garage sale. If you're planning a sale and hope to turn some used clothing into quick cash, think about what people buy and be a good pricer.

The best selling items are children's wear, especially because children outgrow their clothing before they wear them out. Other types of garments are garments that don't tend to have a lot of fashion or high style features about them. Good quality garments will sell

much more quickly than poorly-sewn garments whether they are sewn at home or purchased ready-to-wear.

A good rule of thumb for pricing is to charge one-eighth the original price of the garment, depending on its condition, the quality of workmanship, and whether the item is still fashionable.

### Convenience is Expensive

Cutting down on the food budget is a high priority for many Oregonians. The problem is that food prices seem to keep going up. Still, it is possible to save dollars and maintain a nutritious diet.

"You need to know where your food dollar goes. Part of it goes to pay for the food itself and part of it goes to pay for the service that someone else does. For example, if you're buying cereal, old-fashioned oatmeal would cost maybe sixty-seven cents a pound, while instant oatmeal would cost as much as two dollars and sixteen cents a pound. When whole chicken costs seventy-nine cents a pound, cut-up chicken costs eighty-nine cents a pound. So you're paying ten cents a pound for someone else to do the work."

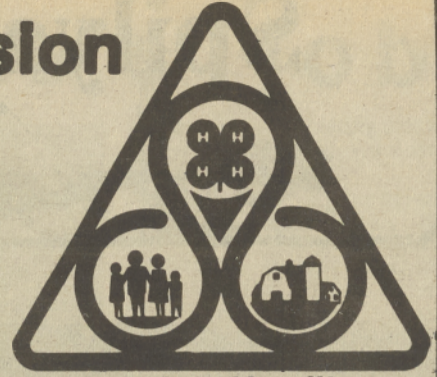
Grocery store sales of convenience foods are expected to rise from \$60 billion in 1979 to \$104 billion in 1982, according to a recent industry study. Convenience foods, in the broadest sense, are those products which significantly transfer the time and energy required for food preparation from homemakers and food service operators to food processors.

The rapid increase in homeownership of microwave ovens will be a primary factor in the future demand for convenience foods. The microwave surge will bring a bigger demand for frozen convenience foods in general and for breakfast and evening meal items in particular.

The sales of convenience fish and seafood, poultry products, prepared foods and fruit products are all expected to more than double by 1989. Currently, all these items are sales leaders among convenience food. During 1972-79, convenience food with the most sales gains were frozen vegetables, cookies and crackers, soft drinks, canned fish, and syrups and dressings.

So, the adage that time is money is true. Or, put another way, convenience is expensive.

## Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

## Fuel wood should be seasoned a while

What kind of wood should the home owner use for fuel? Some varieties are better than others but usually whatever fuel wood is readily available. Sometimes it may not be possible to be selective about the kind of fuel wood available. However, the greater the wood's density or weight, 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. When buying fuel wood, be sure to determine whether it is green, partially dried, or well air-dried. This doesn't mean that you should not buy green wood, but if you do, be prepared to season it. Green wood freshly cut from the woods usually requires six months to a year for thorough drying. Thoroughly 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. Fuel 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, split face down—for best drying. The wood should be stacked away from buildings to prevent infestations of termites or other insect pests.

It's important to keep the wood covered while it's drying. Exposure to rain and snow will slow your 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 wood 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.

## Horse club meeting Sept. 28

The Warm Springs 4-H Horse Club will hold an organization meeting Tuesday evening, September 28, 1982 at 6-8 p.m. at the Community Center. Children between the 4th and 12th grades and their parents are invited to attend. You do not have to own a horse to belong to the club.

There will be a slide presentation called "Buy a Horse—Not Trouble." A second slide presentation will cover why horses act as they do, what scares horses and why it scares them as well as ways to handle horses safely.

Other things children will learn about in the horse club

are how to ride and show horses, proper feeding and health care, training methods and how to select equipment. The club plans to do some barrel racing, pole bending and other games as well as trail riding and special Indian Heritage ceremonies.

## Education classes starting soon

Mark the following two events on your calendar to attend!

### Machine Maintenance and Wing Dress-Making Classes

This will be a two-meeting class from 9:00 a.m. to 12:00 noon on two Saturdays, October 30 and November 6. The classes will be held at the Extension/4-H meeting room and kitchen in the basement of the Daycare building.

Bring your own machine if you would like to learn how to clean, oil and maintain it, or if there are parts of your machine you would like to learn how to use. If you don't have a machine, you're welcome to use a machine provided by Extension during the class.

In addition to learning about your sewing machines, instruction will be available on making wing dresses from start to finish. Each person will make a dress during the two classes. There is no charge for this class but participants will have to supply material for their wing dress project. More information on this class will appear in the next two editions of Spilyay Tymoo. If you are interested in attending, call your name into Sandra at the Extension office. Phone: 553-1161, extension 238.

### Oriental Cooking Class

Coming to Warm Springs for a third time to show us how to cook easy, inexpensive, low fat and good tasting oriental dishes are Takako Carlson and Anne Scissons. Takako and Anne live in Beaverton and donated their time last Spring to teach two classes that had attendance of over 60 people. Their food was a hit and so were they.

At the latest class to be held on Saturday, October 23, from 10:00 a.m. to 12:00 noon, dishes to be prepared are Won Ton Soup, fried Won Ton, slamon chowder, yaki-soba (fried noodles using inexpensive packaged instant soup/noodles), and suwae (marinated cucumber and seafood). Recipes will be available for dishes prepared during the classes given in the Spring.

There is a \$2.00 charge for the class to cover cooking supplies. If you are interested in attending this class, come to the Extension office and sign up and pay the \$2.00 fee to Sandra. There is a 20-person limit to the class and the only way a space can be reserved for you is to pay the class fee when signing up.

## Parents/teachers are a team

### Family Lifelines—



After the excitement of getting first-graders off to school subsides, parents often express many concerns about their children's first classroom experiences. Parents ask themselves, "Will my children be hurt or misunderstood?" "How will their grades turn out?" "Will they be liked by teachers and other children at school?"

Although parents and teachers differ in their degree of interest in children, they have almost the same goals for all children. Parents provide guidance, support, love, stability, and general education for their children. Teachers provide education and guidance in social and working situations with adults and play

mates. Both teacher and parent roles involve a great deal of responsibility. It's important for parents and teachers to recognize their common purpose so they can work together toward common goals.

What does this involve? It should be more than the parents just meeting or seeing the child's teacher. It means developing a partnership that supports children in their effort to achieve academically and socially in the school environment.

How do strong teacher-parent partnerships develop? After a couple of months of school when the teacher knows your child, it's time for a visit. Arrange a time when the teacher can sit down and talk and share notes with you. Parents may have questions written down that they want to ask. In case of disagreements, the question is not who is wrong or right, but rather what would be best for the child.

It's also important for parents to encourage their children's interest in school and in their teachers by talking about the child's successes and failures in school. Sometimes a child needs help in understanding assignments or experiences in social relationships. Parents and teachers both can help in these situations by working together to help the child understand the new situation.

Sometimes parents are fearful of teachers. A parent may harbor feelings that developed long ago when he or she was a student. Good feelings about school and teachers are transmitted to children in the same way as bad feelings about school that hang on from the past. If parents are to form a team with teachers, old fears about school must be looked at as childhood experiences that no longer bear on the present. Sometimes teachers fear parents too. For the team to accomplish their goals, parents and teachers need to forget old fears and strive for an honest effort at working together. This will lead to a successful, productive school life for children.