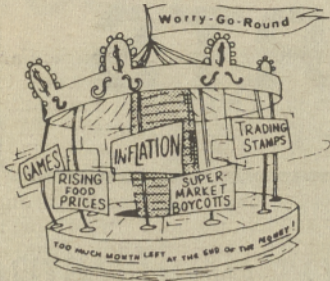


## Save money on holiday foods



### Beating the cash crunch

We all have our holiday food favorites, but pleasing everyone can be expensive at an expensive time of year. A little pre-planning of holiday menus and food for Thanksgiving and Christmas helps a lot.

This is the first of a two part article on ways to save money this holiday season on foods for the family. This article will deal with shopping wisely for holiday foods. The next article in the next issue of **Spilyay Tymoo** will give suggestions on tasty ways to use holiday foods.

Following are a few things to do NOW that will guarantee you have traditional and tasty holiday meals for less money:

—Plan your menus for both Thanksgiving and Christmas celebration dinners now. Try to estimate how many people will be attending those meals so that you will know much of each food you will need to buy.

—Watch for sales on any of the above food items after Halloween and stock up on the items you will need throughout the holiday season.

—Generally, you will find that pumpkins are given away or reduced to very low prices after Halloween. In the next issue of the **Spilyay Tymoo** instructions will be given on how to make pumpkin pie filling from raw pumpkins. In the meantime store pumpkins in a dry, dark place at a cool temperature of 55-66.

Canned, pumpkin starts going on sale after Halloween, but be careful, sometimes if you don't keep track of the normal price of canned pumpkin you can actually buy pumpkin for more money a can while it is in demand for Thanksgiving and Christmas.

—The same can happen on the prices of turkeys and hams;

always popular during the holiday season. Usually, sales take place on turkeys and hams, but it is good to stay on current prices of food items so that you know when a price is good and they are actually "on sale." When turkeys or hams are selling at a good price, stock up on several if possible and freeze them for use late when prices have gone up again.

—Cranberries are in abundance this year so prices and quality should be good. Again, keep track of current prices on any fruits and vegetables so that you know when they are actually on sale. Fruits and vegetables will be higher priced this year and in the next few years. Watch for sales and plan to buy only what you need and can use for holiday fruit salads, jellios, and pies.

Again, planning menus for holidays and setting aside money in the family budget for these items will make the holidays less expensive, less hectic and enjoyable for your family. During these hard times even if it means having one less favorite dish, or half the amount of a favorite dish, the holidays can be an enjoyable time even with less money.

## 4-H training offered

There will be a training for 4-H Outdoor and Natural Science leaders at the Oregon 4-H Center near Salem November 19-20. This training is designed for 4-H leaders, senior 4-H members (10-12 grades), and 4-H camp counselors.

Material to be covered

includes outdoor photography, techniques in using the new Outdoor Leader's Guide, things to do on hikes, and planning a year-round outdoor program.

The training begins Friday evening at 7:00 p.m. and ends Saturday at 5:00 p.m. The cost of \$15.00 includes breakfast

and lunch Saturday, refreshments, overnight lodging and project materials. The Warm Springs 4-H Leaders Association may be willing to pay all or part of the registration cost.

Registration forms are available from the Extension Office. Deadline is **November 10**. (Late registrations will be charged an additional \$4.00)

## Weatherizing homes a worthwhile task

Would you like to be one of the people in Central Oregon whose heating bill goes down this winter. This should provide most homeowners with enough incentive to get a caulking gun and plug those cracks and crevices in house siding and around windows while the weather is still warm. Weatherproofing any home requires the right tools and materials and enough time to do the job right.

In a typical home, from 20 to 35 percent of the heat loss can be attributed to air exchange, the replacement of warm air in the building with cold air coming in from the outside of the house. Air exchange amounts vary depending on the location of the home, its size shape, and quality of construction. Recognizing that the average heating season runs for more than 200 days and nights, air exchange control is important in keeping the heat bill down.

It's not possible to reduce infiltration to zero nor should we want to. Fresh air is needed in the home and some level of air exchange is good to remove moisture, odors, and internal pollutants. In most cases, however, air infiltration is greater than required. It represents a sizeable portion of

home heat loss and makes the home less comfortable because of drafts. For these reasons, combating air infiltration should be a part of your fall activities.

In older homes, windows and doors require immediate attention. Multi-pane windows have far more crack length than single panes and glazing compound or putty should be in good repair. Window casings should be removed to ensure there is insulation in the narrow cavities surrounding the window frames. It doesn't hurt to caulk between the jamb and the neighboring stud.

Depending on the frequently of use in the summer, upper windows may be weatherstripping with plastic or metal-spring type weatherstripping and then caulked shut to ensure a good air-tight seal. Be sure to use a paintable caulk or one of colored silicone, although the silicone type may be hard to match exactly. Window frames should be caulked on the outside and inside, and so should the parting strip between windows. Don't miss the backside of the strip that holds the lower window in place.

Another option is to install window tracks in which the window will slide. Removing sash weights and filling their

cavities is also a good practice as is weatherstripping where the windows meet. Sash locks should be in good repair and should be used to obtain tight seals at the base of the lower and top of the upper and top of the upper windows. weatherstripping can be installed on the upper top and lower bottom sash edges to improve the air seal.

Similar caulking and weatherstripping should be installed around all exterior doors, basement bulkhead doors, attic access doors and panels and interior doors between unheated porches, breezeways and storage rooms. It's a good idea to caulk the opening between the foundation and the sill plate above it. Consider caulking inside the home between baseboards and the floor, around-electrical outlets, switchbox outlets and ground lighting fixtures mounted in the ceiling. Inexpensive foam weatherstripping pads can also be used under switch and electrical outlet cover plates. All openings through the wall for plumbing, heating, telephone, and electrical services should be sealed on both the outside and inside. Corner and trip boards on outside walls should be caulked. Storm windows

should also caulked around their frames. It may be necessary to remove them to do this.

If there is an attic, look for and seal air leaks around vent pipes, chimneys, electrical wiring, and ductwork. In the basement, check around windows, foundation cracks, wood and coal storage chutes, laundry exits and doors leading to the outside or to foundations under heated rooms.

Basically, the task is to seal the house as tightly as possible. In locations where major renovation is underway, a polyethylene vapor barrier also helps to control infiltration, especially when the home has board sheathing and no building paper under the exterior covering.

For more information and help with home weatherization and energy conservation pick up the following publications at the Extension Service office upstairs in the old Administration Building or call the office at 553-1161, ext. 238 and they will be sent to you.

### 20 Ideas under \$20 to save energy at home

1. Turn down water thermostat
2. Insulate water heater

## Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

## 4-H builds futures

One reason for the popularity of home economics projects may be that young people using 4-H to find their "pathway to the future," the 1982-83 4-H theme, realize that the homemaking skills they learn now will stand the rest of time as they strike out on their own.

Traditionally one of the most popular areas of Extension's 4-H youth program, last year boys and girls in grades four through twelve were enrolled in more than 14,000 projects, according to Barbara Sawyer, OSU Extension 4-H youth specialist.

One reason for the popularity of home economics projects may be that young people using 4-H to find their "Pathway to the Future," the 1982-83 4-H theme, realize that the homemaking skills they learn now will stand the test of time as they strike out on their own later.

For instance, in foods and nutrition projects boys and girls learn how to follow recipes, what makes a balanced diet, and how to shop more carefully. Learning how to can, freeze, or dry foods means the

family can take advantage of low-cost, in-season foods for use later.

In clothing, 4-H'ers learn not only how to sew, but how to make their wardrobes stretch by using inexpensive accessories or mixing and matching. Those who choose to enroll in knitting or crocheting projects can add another dimension to their clothing choices, often at a much less cost than if they were to buy the same item retail.

Locally, there are several 4-H clubs that incorporate elements of Indian culture with home economics related projects. Last year 4-H leader, Margaret Wabanimee, taught her 4-H sewing crafts club to make God's Eyes. Members of the 4-H cooking club, along with a few other 4-H'ers, demonstrated how to make Indian Fry Bread at the Oregon State Fair. A new 4-H crocheting club will start this year; one of the planned projects is a wapus or root bag. Beadwork is another traditional Indian craft offered through the Warm Springs 4-H program.

3. Insulate hot water pipes
4. Fix leaky hot water pipes
5. Install low-flow shower restrictors
6. Insulate heating ducts
7. Clean and maintain furnace; replace furnace filters
8. Turn the heat down and the air conditioner up
9. Install wall plug infiltration gaskets
10. Weatherstrip and caulk exterior door frames.
11. Weatherstrip windows.
12. Caulk exterior window frames
13. Caulk around pipes and exterior holes
14. When shaving, fill sink with water instead of letting water run
15. Change incandescent bulbs to fluorescent tubes
16. Use lower wattage bulbs or fluorescent tubes.
17. Use warm water wash, cold rinse option on washing machine
18. Use your imagination!
19. Work with your local SAVE committee to plan energy programs activities in Jefferson County. For information contact Dave McGory at 475-3463.
20. Call Pacific Power at 475-2503 or drop by the office and pick up free do-it-yourself information and advice on weatherization.