

Pay attention to children's ills

Family Lifelines—



This is the time of year when flu, colds and other illnesses hit!

Young children often display so many symptoms of illness that parents begin to pay only slight attention to them. This can be dangerous because some symptoms may lead to nothing, but others may lead to serious sickness!

New parents panic and rush to the doctor when something unexpected seems wrong with the first child. When a second arrives, they are more experienced and handle illnesses better, but this attitude may allow a small problem to grow into a big one. If you are in doubt or if your child has any new symptoms—always play it safe and call a doctor. It's a good idea to take a child's

temperature before phoning the doctor. Sometimes children run a fever for no visible reason. Most sick youngsters run fevers higher than sick adults. When the thermometer reads above normal, you need not panic but the doctor should be consulted.

Situations and symptoms other than body temperature are best seen by a doctor to prevent serious illness and relieve you from worry. In the case of accidents, many injuries such as cuts or bruises are obvious. But children recovering from a fall may complain about dizziness, headache, or appear sleepy. Falls or severe jolts may cause head injuries a doctor should check. Any difficulty in breathing, wheezing, or choking should be checked immediately as children tend to worsen rapidly.

Vomiting and diarrhea often occur at the beginning of childhood diseases or as a response to emotional pressure. If it continues, it may point to something seriously

wrong. In any case, vomiting or diarrhea remove large amounts of water from a child's system. Fluids should be continuously given to the child because loss of body fluids seriously affects other body functions.

Any symptoms that linger are reason to call your doctor. Stomach aches that last more than an hour may be serious. Frequent headaches should not be treated with remedies from the medicine cabinets. Ear aches require specialized attention. Aching muscle and joint aches are not usually "just growing pains" as parents once thought. Any aching joints, muscles, or unexplained swellings should be checked right away.

Failure to thrive is a term used to describe children who tire easily and have little appetite or interest in active participating with toys or other children. Healthy children have bright eyes, shining hair, good muscles and an active interest in everything. Children who are listless or otherwise do not show a vigorous involvement with life should be examined by a doctor even though they do not appear sick.

Gift idea exchange successful



Christmas is quickly approaching. A craft idea exchange sponsored by the Warm Springs extension service December 1 afforded the opportunity to get some new ideas for Christmas gifts. The extension office still has available many patterns and directions for crafts ranging from fabric boxes to wreaths being admired here by Doris Miller (right). Phyllis Tohet signs up to receive the wreath pattern.

Spilyay Tymoo photo by Shewczyk

Approximately 50 women participated in the Extension Service Christmas Gift Idea Exchange held last Thursday. At the exchange samples, instructions and recipes were available for participants to take. Ideas were presented for

gifts of different types that cost from 15c to \$8 to make.

Participants brought their ideas and recipes to exchange with each other, also.

Pat Smith demonstrated how to make and decorate a basic pie crust. A few

participants tried their hand at this sometimes difficult task.

If you would like instructions and recipes from the idea exchange, or if you would like to be on the Extension Home Economics Newsletter mailing list, call Pennie or Pat at 553-1161, ext. 238.

Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

Power outage hints

Severe weather can cause a power failure at any time of the year, but energy experts are predicting power outages may become more frequent, even during periods of mild weather. You can avoid the difficulties caused by a power outage by being prepared.

In a major failure, the power company will try to keep the public informed of the seriousness of the situation. A battery-powered radio will keep you posted. Although telephone service is not usually affected by power failure, it is best not to jam the power company switchboard with inquiries. Use the phone only to report a dangerous or emergency situation. Usually, in mild weather, a loss of electrical power means only minor inconvenience.

If the power failure occurs at night, your first problem is providing light to avoid falls and other mishaps. Every home should have a flashlight or battery-powered lantern in proper working order. Every home should also have a supply of readily accessible matches to light candles and kerosene lanterns or lamps. A kerosene lantern or lamp's enclosed flame is better than depending on the unprotected flames of candles.

As soon as you obtain a light,

or if it's daytime, go through your house and disconnect the appliances that run continuously or off-and-on automatically on electricity, particularly those that have heavy starting loads, such as an air conditioner, refrigerator or freezer. This will help ensure that when the power comes back on, lowered voltage or power surges won't damage your equipment. When the power goes off for any length of time, temperature-controlled appliances such as refrigerators, freezers and air conditioners, and automatic on-off devices, such as pumps that are being used at the time, usually snap to the on position.

While the power is off, avoid opening and closing and refrigerator and freezer unnecessarily. In a fully loaded freezer, food may remain frozen for as long as 36 to 48 hours (a half-full freezer reduces the time to 24 hours). The food will last almost as long in a refrigerator, but each opening of the door costs you several hours worth of cold.

If you disconnect most of the appliances with motors in your household and leave on just a few lamps to tell you when the power has been restored, you can then turn on each appliance separately without overloading your fuses or circuit breakers.

Toys may be dangerous

There may still be as many as 180,000 stuffed plush mobile toys on the market that may continue to pose a strangulation hazard to infants. For this reason the importer of the toys, R. Dakin & Co. of San Francisco, has redoubled its efforts to remove the hazard from consumers' hands.

A majority of Dakin consumers were not aware of the recall, according to the 1982 survey by the U.S. Consumer Product Safety Commission. Some who still owned the toy were using it in a manner that placed their children at risk.

An eleven month-old girl and an eight month-old boy strangled in the fall of 1979 when, in separate incidents, each became entangled in the elastic strings suspending the toy from a crib bedpost. R. Dakin had undertaken a voluntary recall program in 1979-1980 to notify toy owners of the potential hazard. Over 400,000 toys were then involved.

Involved in the recall are six different models of stuffed toys

which are intended to be suspended by means of three elastic cords. The dangerous toys are:

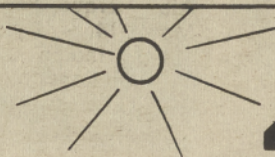
- Humbug Bee**, Model 34-3645
- Embo Elephant**, Model 34-1972
- Jolly Polly Parrot**, Model 34-3462
- Stanley Stork**, Model 34-3652
- Lucky Ladybug**, Model 34-3662
- Duckswoop**, Model 34-3666

Each toy is covered with plush fabric and contains a musical chime device. The R. Dakin & Co. name appears on a tag sewn on each animal.

The stuffed toys were imported from South Korea and sold in the U.S. from January 1976 through October 1979. They sold nationwide for approximately \$7 to \$10.

For a full refund of the retail purchase price and reimbursement of postage costs, parents should return the animals to R. Dakin & Co., 499 Point San Brno Blvd., South San Francisco, California 94080. Those who want to keep the toys should cut off the three elastic cords.

A NEW DAY



A NEW WAY