

Electric blankets require caution

One of the easier ways to cut down on the expenses of heating your home during the winter is to turn down the thermostat at night and either throw more blankets on, or use an electric blanket.

Although an electric blanket may look like an ordinary cloth blanket, and certainly it serves much the same warming purpose, its electric components and wiring mean special care must be taken with its maintenance and use.

Follow these safety precautions when selecting and using electric blankets:

—Read the manufacturer's instructions thoroughly before using the blanket.

—Don't use the blanket on an infant, helpless person or

anyone insensitive to heat.

—Do not tuck in the wired area of the blanket. Overheating can result in the risk of fire between the mattress and the box spring.

—Don't use pins. They may damage the wiring.

—Keep the control away from an open window. A cold draft may affect the operation of the thermostat so that a higher temperature than desired may result.

—If present, use the snaps crimped into the bottom corners to tuck in the blanket.

—Square the corners of the electric blanket neatly as a guide to prevent tucking in any wiring.

—Avoid bunching or folding the blanket when in use to

prevent overheating.

—Turn the blanket off when not in use.

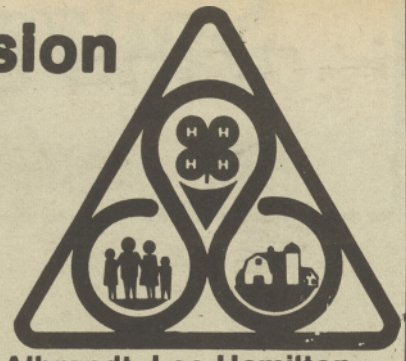
—Unless otherwise marked and instructed, do not dry-clean your electric blanket. The solvents used may cause the blanket's insulation to deteriorate.

—Always follow the instructions for the care and laundering of your electric blanket.

—If you observe a problem in the operation of the blanket, discontinue its use immediately and contact the manufacturer or the dealer.

—As with any other electric appliance, periodically check its cords and connectors. Use and the aging process can damage any of these parts.

Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

Microwave purchase demands consideration

Microwave ovens aren't the novelties they once were. Presently over 30 companies manufacture nearly 400 different models. You might think that with all these styles and models from which to choose, the selection would be easy.

Selecting a microwave oven is one of the most difficult appliance-buying decisions a consumer can make because there are so many things to consider.

First, you will want to look at your own kitchen arrangements to analyze the model that will fit conveniently into the available space. You will also need to carefully study the design options and features of each model under consideration. If you want to use one of the popular countertop models in conjunction with your range, plan for work space near the entry side of the oven. Perhaps a pullout breadboard could be used for this purpose. Besides counter space, you will need adequate clearance between the counter and upper cabinets to accommodate the size

of the microwave you buy. Circulation space around the microwave's vents must also be allowed for.

Some counter top models can be placed into special openings in wall cabinets and others are designed for the upper space in double built-in ovens. You may also want to consider the built-in that fits nicely into the space left by the removal of a range-hood fan system. If your range is ready for trade-in, it may be a good time to investigate some other possible microwave-range combinations that might give you a versatile cooking appliance. Perhaps the double oven range that houses the microwave in the upper portion would be a good choice. The range top and lower oven of these models are standard gas or electric.

For additional information on microwave ovens, request "Choosing and Using Your Microwave Oven" EC 938, from the Warm Springs Extension office, 553-1161 ext. 238.

Youth exchange representative reports

Dave Wilson, International 4-H Youth Exchange (IFYE) representative, will be in Central Oregon February 6th through 12th. During that week, Wilson will report to Jefferson and Deschutes county 4-H and other groups on his recent experience in Jamaica.

Wilson, who is from Coos Bay, Oregon, left for a two-day orientation session in Washington, D.C. in early September. From there he traveled to Jamaica where he spent three months traveling and living with various host families. Wilson returned to the U.S. in early December.

In his first newsletter to the people back home, Wilson relates how he arrived in Jamaica at the beginning of the rainy season. "And when it rains here," he said, "it really rains." The thunder usually begins around 3:00 p.m., and it's soon followed by cloudbursts that may last one or two hours. On one day, 8

inches of rain fell in one afternoon's cloudburst." In contrast, other parts of the island are so dry that cacti grow, Wilson said.

The IFYE representative program is an in-depth experience for persons 19-25 years of age, to live from two to five months with families in one of 30 countries. Programs are based on two-way exchanges; states help to host a similar exchange from another country. The cost to participants is arranged through the State 4-H office. All or part of the cost may be paid by the participant, depending on his or her financial status.

4-H offers other foreign and domestic exchange opportunities as well. The IFYE Ambassador program is a summer experience for young people ages 15-25. Participants live with host families in other countries, become acquainted with other languages and cultures, learn about youth

programs, and explore new projects dimensions. The Labo Exchange program is an opportunity for 4-H members between the ages of 12 and 17 to spend one month in Japan. Domestic exchanges can be arranged any time with 4-H groups in other parts of the U.S.

As a host family it is possible to learn about another country without ever leaving home. Most visits are relatively short—from two to four weeks—since exchanges usually stay with several different families in different communities during their visits to this country.

In the words of Dave Wilson, a 4-H exchange program is "an experience that will change your perspective of the people around you, and of the person inside you."

For more information about 4-H exchange program, contact the Warm Springs Extension office.

4-H sewing club to start

Young people in the 4th grade through high school now have the opportunity to join 4-H sewing in Warm Springs. The first club meeting is scheduled for Monday, January 10 at 6:00 p.m. The club meetings will be held in the 4-H meeting room in the Daycare building basement. Members will decide at the first meeting when and how often the club will meet. Parents are encouraged to attend the first meeting with their children to find out what supplies members will need for their projects.

Sandra Miller has volunteered to lead the club. Sandra was a 4-H sewing club member herself from the time she was in

4th grade until she became too old to be in 4-H. She has also had experience as a 4-H leader. Pat Smith will help as a co-leader, particularly helping members who wish to make traditional Indian garments.

The 4-H sewing club was originally suggested to be an "Indian Outfits" club where members would sew on traditional garment such as a wing dress or vest. That has been revised to allow members to choose the type of project

they wish to make. No matter what 4-Hers choose to sew, they will learn basic sewing skills including how to choose sewing equipment, basic hand sewing techniques, use and care of a sewing machine, cutting and pressing skills, how to identify different types of fabric and much more.

For more information about 4-H sewing or other projects, contact the Extension Office at 553-1161, ext. 238, or attend the first club meeting.

Horse club to meet

The 4-H Horse Club will be meeting January 13 at 6:00 p.m. in the Arts and Crafts room at the Community Center. All members are asked to attend.

Anyone interested in joining the 4-H Horse Club is welcome to attend.

Discussion at this meeting will include summer plans and activities plus the need for volunteers as club leaders.

Community Center Calendar

- January 10** Drummer's night—All drummers invited. Boys interested in learning to drum may attend. Conference 1, 6:30 p.m. Community Center
—Pee-wee basketball—For boys and girls ages 7-12. Warm Springs gym. 3:30 to 5 p.m.
—Ladies night—Rollerskating for adult women, 7-8 p.m. Mondays and Wednesdays. Volleyball for ladies and high school girls. 8-9 p.m.
- January 12** Movie—Where the Red Fern Grows, 6:30 p.m., social hall, Community Center
- January 17** Girl's gymnastics—ages 6 to 13. Waiver must be signed by parents.
- January 19** Little Miss Warm Springs Contest—6:30 p.m., Community Center
- January 23** Drummer's Night
- January 26** Community Bingo night—Conference room, 6:30 p.m., Community Center



FOR WINTER WARMTH—Workers for the Central Oregon Council on Aging are weatherizing homes for the Warm Springs senior citizens. Anyone requiring repair work should contact social services supervisor Gayle Rogers at 553-1161, Ext. 235.

Spilyay Tymoo photo by Shewczyk