

Parenting letter series offered Family Lifelines—



Oregon's Children



People aren't born knowing how to be good parents. They learn on the job and they learn best without pressure.

With these thoughts in mind, the Oregon State University Extension Service has developed "Oregon's Children. . . letters for parents of preschoolers" to give parents information they can study and practice at home, points out Pennie Albrandt, Extension agent in Warm Springs.

Families who enroll with the Extension office will receive the first of six letters about March 1st. The program is for parents of boys and girls between the ages of 3 and 6.

"The preschooler years can be difficult for both parent and child," adds Marcelle Stratman, OSU Extension human development specialist, "because youngsters are becoming individuals who are starting to test limits and expand their world."

At the same time, parents are

Letters for parents of preschoolers

apt to swing from "being overly-protective and restrictive to allowing the child more freedom than the child is able to handle. This results in confusion on the part of both the child and the parents as they seek to establish new rules and expectations," she explains.

Parents need to consider each child and each situation individually, the specialist stresses. What works for one child won't work for another because of a variety of such factors as physical growth and emotional development, to name two.

Mrs. Straatman coordinated the letter series which seeks to give parents the best current information available in the area of child development. Other Extension home economics specialists working with her on the series were Ardis Koester, textiles and clothing; Margaret Lewis, nutrition; and Alice Mills

Morrow, family economics.

The letters cover such topics as clothing, discipline, money and developing self-confidence in the child as well as information about parents as teachers and how pre-schoolers grow and develop.

The idea of using a series of letters to deliver information to parents was developed as a way of making it easy for parents to study at their leisure at home without the worry of finding child care so they could attend a meeting.

The letter for parents of preschoolers is a continuation of the "Oregon's Children" program started last year with letters for parents of infants and toddlers. Last year, nearly 10,000 Oregon families enrolled for that series.

Additional information about the "Oregon's Children" letters may be obtained at the Warm Springs office of the OSU Extension Service 553-1161 ext. 238.

Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

Government conference offered March 29 - 31

A number of older 4-H members will have the opportunity to meet state government officials and learn firsthand about state government at a conference to be held in Salem, March 29-31. Youth delegates to the conference will have the chance to meet other 4-Hers from throughout the state and share ideas and experiences.

"Know your state government" is the name of this conference that is open to youth in grades 10 through 12 (or the equivalent in the case of those who are enrolled in alternative education programs.) Warm Springs may send two "regular" delegates

and one "special" delegate.

Regular delegates must be currently enrolled in 4-H, and in 10th, 11th or 12th grade. Special delegates must be from a racial or ethnic minority, be in 10th, 11th or 12th grade, and be interested in some aspect of OSU Extension youth programs.

Total cost for the three-day conference is \$55.00; funds are available to help pay registration for those who might otherwise not be able to go. Interested youth must apply by February 22nd; contact 4-H/Youth Agent, Doris Brackett, at the Warm Springs Extension office to apply.

Save \$\$, buy large chucks



Beating the cash crunch

One way to make the money you spend on meat go further is to buy a large chuck roast and cut it into three meal-sized pieces before cooking it. The cost per serving will be less.

The roast will look something like the picture on the right, with muscles and bones as follows:

- Bones**
A. Blade
B. Backbone
C. Rib

- Muscles**
1. Outside chuck (stew)
2. Center chuck (roast)
3. Inside chuck (steak)

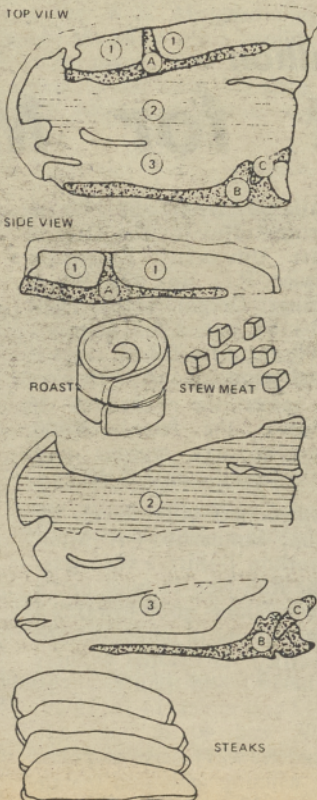
With a sharp knife, cut along the blade bone (A) on the side next to (2). Trim the meat (1) away from the blade bone. This boneless meat may be cut into cubes for stew, shish kabobs, or casseroles. If it is large enough it can be sliced and used for swiss steak.

Cut along the natural seam where the muscles divides between (2) and (3). Roll up (2) and tie it or use skewers. If this meat has a great deal of marbling (fat mixed in the lean), it can be oven roasted at a low temperature in an

uncovered pan. If there is not much marbling, this piece should be pot roasted in a covered pan in the oven at low temperature or on the top of the stove with low heat.

The most tender portion of the roast (3) is along the backbone (b). Cut away the bones, remove the excess fat, and slice into three or four steaks, depending on the thickness you like. If the steaks are of high quality with much marbling, broil them. If the cut has less marbling, the steaks may be tenderized and broiled, or prepared as swiss steaks with some added moisture.

The bones and trimmings may be used in soup.



Iron and Vitamin C in your diet

Iron is an important mineral and an essential nutrient in preventing anemia and maintaining healthy blood, but the importance of iron to the body doesn't stop there. Iron is also an essential nutrient for muscle tissue maintenance and a required component of a number of enzymes in the body. It is found in small supply in the diet and is not readily absorbed by the body for use as a nutrient.

What may come as a surprise to you, is that a number of

other foods and beverages normally consumed by most people affect how much iron can be utilized in the body. The amount of ascorbic acid (vitamin C), meat, fish, or poultry in a meal helps the body to use iron from other foods in the diet.

On the other hand, beverages containing tannic acid (such as tea) tend to reduce the ability of the body to use iron. This doesn't mean that people should stop drinking tea—tea

is actually a source of some important trace minerals—but it does mean you might be wise to vary the beverages you take with meals throughout the day.

Put into mealtime terms, this means that to get the most out of the iron naturally present in a meal you could, for example, drink a glass of orange juice (vitamin C) with a beef and bean burrito (Iron). Or have a portion of broccoli (vitamin C) with some navy bean soup (Iron).

Salt intake concerns you

There seems to be a great deal of concern today about table salt and its relations to high blood pressure or hypertension.

When we talk about salt, we are referring to the sodium contained in sodium chloride, commonly known as table salt. Besides sugar, table salt is the most well-known and well-used "chemical" additive and flavor enhancer in the U.S.

Current estimates of average daily intakes of salt range from six to 17 grams, the equivalent of from one to over three teaspoons of salt each day. About one-third of this is salt added by the consumer either at the table or during cooking. About three grams of salt is naturally present in foods. The rest of the estimated intake—

about 50 percent—is salt added to food during commercial processing.

Many consumers and scientists are concerned that this high intake of sodium could be related to recent reports that 60 million Americans have high blood pressure. Of this number 40 million persons have mild or borderline hypertension and constitute one-fifth of our population. Hypertension is a leading risk factor in early stroke deaths.

Studies have led many scientists to conclude that high sodium intake and high blood pressure are related. But because so many other factors are also involved, such as genetic background, overweight, smoking, exercise,

stress, and environmental factors, this conclusion is still debated.

Even if the evidence isn't completely accurate, at least no harm would be done to cut out some of the salt in most people's diets. Those who would benefit the most are people from families with a history of hypertension or early strokes. And although the data is not conclusive, it is certainly very suggestive. But consumers should understand, that neither eating a particular food nor abstaining from a particular food will result in any miracles.

Watch for upcoming Spillyay article on ways to avoid salt.