

## Inexpensive homemade playthings

### Family Lifelines—



Try making some of your children's toys and save money and find that they last longer and are enjoyed more by your children.

#### \*Play Equipment

You can provide excellent play equipment for your children by using such simple materials as boards and old tires. Play equipment need not be expensive or fancy; children care more about what they can do with it rather than how it looks.

Old tires are free from many tire stores, gas stations and garages. If you can find a large tire from an old tractor or an old truck tire, it's a fascinating toy. Paint the tires with latex paint so your youngsters won't get black marks all over them.

Tires can be stacked to climb through like a tunnel or used to make an obstacle course. You

can bolt tires together to make a "cube" for climbing and wiggly line through—or attach them to a raised bar for swinging or just hanging by the knees.

Use what you have. Large, empty boxes let imaginations run riot; they can be anything from a fort to a slide. Wooden sawhorses are great imagination stimulators, too. A balance bar, not too far off the ground, is hard for a child to resist.

#### \*Mitten Puppets

Why is it—children only lose one mitten from a pair? And, if they have two pairs of mittens that match, they lose the same hand from both pairs. If you have a collection of single mittens and gloves, why not make puppets? They're so simple to make, your children can probably do it themselves once you show them how.

You'll need one mitten, a small piece of red felt, a large needle, bright-colored yarn, 2 pingpong balls, white

household glue and a felt-tip marker.

Put the inside of the mitten—top half only—on the felt and draw around it. Cut out the felt piece; this will be the upper mouth. Do the same thing for the inside of the thumb; make the felt piece about 1/2 inch larger than the thumb. Glue in place on the mitten.

For the "hair," thread the needle with yarn and stitch through the mitten from the outside. Leave the yarn end unknotted. Tie the yard ends around the stitch so they won't come loose. Do this several times until the puppet has enough hair.

Glue the pingpong balls on the mitten—about where the knuckles usually hit.

Let dry and then draw the eyes with the marker.

If you're making a puppet with a glove, you don't need the red felt mouth. Just glue on the eyes for a puppet that vaguely resembles an octopus or a spider—very vaguely.

## Don't be confused when buying sausage

Don't be confused when you're buying beef sausage. Look at the label to tell the difference between the three types.

If the label says "All beef" you can be sure that the sausage contains 30 percent fat or less. The U.S. Department of Agriculture requires the fat limitation.

However, if the label reads "Breakfast Sausage" the fat

content is not limited. The sausage will have more than 30 percent fat—most of which will fry out and be wasted.

Compare the unit price for those sausage types; if the prices are at all close, you'll get more for your money by buying the "All Beef" sausage because it has less fat.

The third kind of sausage contains no beef, pork or any other meat; it's entirely made

from flavored vegetable protein (usually from soybeans). You may prefer this kind for dietary or religious reasons. However, it tastes quite a bit different from regular meat sausage; the texture is also very different. The label will clearly state this product is made from texturized vegetable protein.

Check the label to end sausage confusion.

## Jacks recognized by peers

Clint Jacks was recently honored by Oregon State University extension service staff peers when he received one of five Oregon Extension Association Experienced Staff Awards given in 1982.

Each year an awards committee within the Oregon Extension Association made up of other OSU extension agents evaluates work performance of new and experienced agents from throughout Oregon.

Awards are given to agents who plan and conduct outstanding extension service educational programs. Variety of programs, appropriateness of program and delivery, and participating in community and OSU extension staff activities is considered when recipient of the awards are chosen.

Jacks, currently extension staff chairman for the Jefferson County extension service, was an agent for eight years at the Warm Springs office of the Jefferson County extension service until October of 1982.

During that time, Jacks carried out educational programs in agriculture, livestock production, home horticulture, community planning and 4-H youth development. Each program was designed to meet the needs of the Warm Springs Indian Reservation population.

One such program was the Equine Infectious Anemia (EIA) control and educational program. EIA, sometimes

known as "swamp fever" is an incurable disease that occurs in horse populations. Clint coordinated cooperative work between BIA personnel, tribal natural resources personnel, Tribal Council and tribal range committee members, livestock owners, ridebosses, extension service and other tribal department personnel toward development of a control and eradication procedure for the reservation.

Another role Jacks was involved in while working at the Warm Springs office was coordination of reservation natural resources. Through work with different Tribal

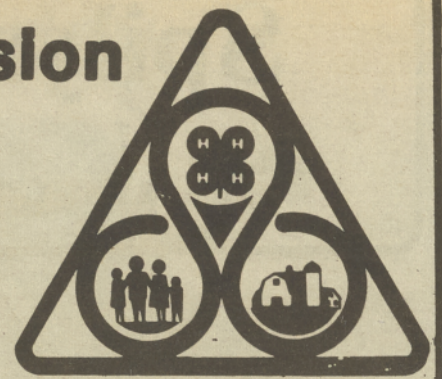
departments and committees, BIA, and tribal management, planning and recommendations toward natural resource coordination were started.

Clint Jacks is a 1962 graduate of Graceland College where he received his AA degree in general studies, a 1965 Sacramento State College graduate with a BS degree in biology, a 1970 OSU graduate with a second BS degree in farm crops, and a 1972 OSU graduate with a masters degree in soil fertility. He is active in Lions, church and other community events in Warm Springs and Madras.



Jacks received honor from peers

## Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

## Check your salt intake

The U.S. Dietary Guidelines suggest Americans avoid eating too much sodium. As a result, many people have tried to put away their salt shakers and are turning to the spice rack. However, one alternative to salt is salt substitutes.

Salt consist of sodium chloride. The major ingredient in salt substitutes is potassium chloride. Is one better for you than the other? According to Joan Weiner, Oregon State University Extension foods and nutrition specialist, probably not. Too much or too little of either of these essential minerals can cause problems, she says. "Most people get more than enough potassium from food to meet their daily needs," Weiner notes. "Meats, milk, many fruits, and dark leafy vegetables are all good sources of this mineral."

Weiner added that the frequent heavy use of salt substitutes could increase potassium intake beyond the ranges known to be safe. "Little is known about the effects of long-term high potassium diets," she reports.

Weiner also warns persons who are on physician prescribed sodium restricted diets to be very careful when choosing salt substitutes. Some of these products contain quite a bit of

sodium, although less than regular table salt, she says.

Instead of switching to a salt substitute try learning to enjoy lightly salted or unsalted flavors of foods. It may take several weeks or more, but your palate will adapt. If foods taste too bland, experiment with herbs and spices such as basil, rosemary, dill, garlic, ginger, paprika, parsley, or white pepper.

Selecting your foods wisely will also reduce the sodium in your diet. Try not to rely on frozen prepared foods such as TV dinners and vegetables in special sauces. Many canned foods are also high in added salt, as are packaged mixes and cereals.

Learn to read labels and watch for words like salt, sodium, monosodium glutamate, or other forms of sodium that appear in the ingredients' listing. Limit your intake of salty snack foods and condiments such as soy sauce, ketchup, steak sauce, pickles, onion and garlic salts.

If you are still tempted to switch to a salt substitute, be sure to check with your doctor first, Weiner says. Salt substitutes are not recommended for people with certain health conditions, especially those with kidney problems.

## Help offered for discipline

Fun, fascinating and frustrating are all words used by parents to describe their preschool boy or girl and their efforts to help their child grow and develop. Parents of preschoolers have a lot of questions about such topics as discipline, teaching their child about money and about how parents themselves should act.

"Oregon's Children," a series of six letters for parents of preschoolers, is designed to help parents answer some of the concerns they have about raising a child in the three-to-six age bracket.

The series will be available to Warm Springs families with preschool children beginning in March. Registrations are now being accepted at the County Extension office by calling 553-1161 ext. 238 and giving your name and post office box number.

The new educational program is an extension of last year's letters for parents of infants and toddlers, adds Marcelle Strattman, OSU Extension human development

specialist, who wrote some of the letters and who coordinated the "Oregon's Children" program.

"We decided to offer the information in a series of letters because parents of young children often find it difficult to attend meetings, but are eager to receive helpful information," the specialist explains. "This way, they are able to study and refer back to the materials at home when they have time."

The letters will cover such subjects as clothing, discipline, money and developing self-confidence in children as well as information about parents as teachers and how preschoolers grow and develop.

In addition to Mrs. Straatman, other OSU Extension specialist contributing to the series included Ardis Koester, textiles and clothing, Margaret Lewis, nutrition; and Alice Mills Morrow, family economics. OSU graduate home economics students assisted also.