

Fair offers chance for show and tell

Any young person living in Jefferson County or the Warm Springs Indian Reservation who was enrolled in a 4-H club during the past year is eligible to exhibit in the 4-H division of the Jefferson County Fair, August 11-14.

Entries must be the work of the 4-H member and must have been done as a 4-H project. (For example, school projects or the vest made at Culture Camp cannot be entered as a 4-H project).

4-H members are separated according to the grade they were last in: Junior, 4th-6th; Immediate 7th-9th; Senior 10th-12th.

Younger 4-H members are

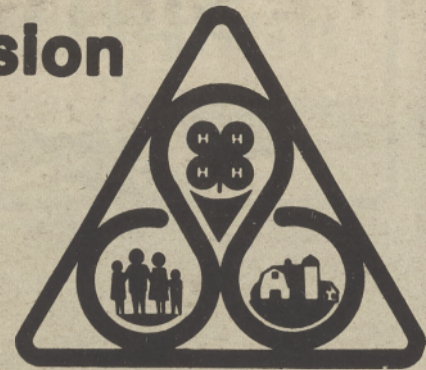
classified as "associate 4-H members" or "pre 4-H members." Entries by associate 4-H members will get a green exhibitor ribbon and the judges might make some helpful suggestions or offer some words of encouragement.

4-H Record books are to accompany all 4-H entries. Things to include are: 1. Cover, either the tan folder entitled "My 4-H Records" or any suitable binder. 2. Table of Contents is encouraged. 3. A photo of 4-H member with or without project if you have one. 4. Permanent Record, optional for first year members. 5. Project Record, the current year's record for the project (s)

entered in the fair. Also include any special forms if they apply to your project. 6. 4-H notes to be written in diary or story form and cover all clubs enrolled in during year. 7. Newspaper clippings and/or photos are optional. For help with compiling 4-H Record Book, members are encouraged to get help from their leader or 4-H agent.

Clubs that do not fit into the "normal" project categories may wish to develop a club display. Guidelines for 4-H displays are on page 31 of the Jefferson County Fair Premium list. Copies are available through the Extension office.

Extension Notes



from Pennie Albrandt and Clint Jacks

Safety urged when canning tomato mixes

As tomatoes begin to ripen on the vines, home canners begin to think of ways to use their abundant crop, says Teresa Hogue, Jefferson County Extension agent. Tomatoes used for canning, whether canned whole, made into juice or used, for sauces, should be firm and ripe when harvested. Tomatoes from dead vines and those cracked or moldy should not be used in home canned products, warns Hogue.

There are many tomato-vegetable combinations which can be canned using a boiling-water bath. These include many stewed tomato recipes, tomato juice cocktail and some tomato-vegetable sauces. When canning tomato-vegetable combinations it is important to follow reliable-tested recipes exactly in order to maintain the correct proportion of tomatoes to other vegetables, says Carolyn Raab, Foods and Nutrition Specialist for the OSU Extension Service. Firm, ripe tomatoes alone are high enough in acid to prevent the growth of the spore-forming

bacteria, *Clostridium botulinum*. When other vegetables are added this acidity level is reduced warns Raab. Some tomato-vegetable combination recipes have been found through testing to be acidic enough to process in a boiling water bath. If the recipe is not followed exactly, then the mixture should be frozen or processed in a pressure canner the length of time for the vegetable with the longest processing time.

Hogue warns that home food preservers should not try to duplicate commercial tomato products at home without tested recipes if they plan on canning the product. Home economics have a place; however, says Hogue, but they should be frozen rather than canned.

The OSU Extension Service has available several tested recipes for tomato-vegetable combinations. They include chili sauce, tomato sauce and puree, tomato juice blends and a number salsa sauce recipes. Contact the Warm Springs Extension office for further information.

Car costs vary

A necessity for most families, the car can be a very expensive item in the family budget. Have you ever stopped to think just how much transportation costs? In a recent study, the U.S. Department of Transportation found that it costs an average of 17.9 cents per mile to operate a standard-size car.

Depreciation: This is your biggest fixed expense. From the day you buy it, your car loses value the way a sieve loses water. Wear and tear or high mileage will raise the depreciation rate, but age is the main factor in determining a car's trade-in value.

As a rough guide, a car depreciates by 30 percent of its value during the first year you own it, 18 percent the second, 14 percent the third, 11 percent the fourth, eight percent the fifth, six percent the sixth, five percent the seventh and about two percent each year thereafter. Some small imports, though, depreciate only 25 percent in their first two

years.

For non-mathematicians, the easiest way to find out how much your car actually has depreciated is to look up its wholesale value in the National Automobile Dealers Associations Used Car Guide.

Insurance: These costs may range from less than \$150 a year for a good driver of an inexpensive car to \$600 or more a year for a young, high-risk driver of an expensive car in a big city.

Other fixed expenses: Registration, purchase tenance; repairs, accessories and parts; tires; tolls and parking expenses.

Your variable costs include: gas and oil, maintenance; repairs, accessories and parts; tires; tolls and parking expenses.

If you attach a dollar-and-cents figure to each of these categories of car ownership costs, the total will astound you.

Check writing tips for teens

For many teenagers, the first summer or after-school job brings with it a first checking account and regular banking schedule. Teresa Hogue, Jefferson County Extension agent, offers some helpful guidelines for check writers:

—Before writing a check, review the balance in your account. Is it adequate to cover the check?

—Always write in ink that cannot be erased.

—Carefully fill in the name to whom the check is payable before signing the check.

—Accurately and legibly fill in the amount of the check both in figures and in writing. Start at the beginning of the provided space so additional amounts cannot be added after the check leaves your hands.

—Sign your check using the same signature you filed with the bank when opening the account.

—Record the information on the check stub or register at the same time you write the check.

In addition to careful check writing and recording, a routine for examining your bank statement is important.

Alice Mills Morrow, Oregon State University Extension family economics specialist, recommends checking the bank statement against your stubs or register. Then make a list of any checks that haven't cleared the bank. Add these together and subtract from the bank balance.

The next step is to compare your deposit records with the deposits listed on the

statement. Add any recent deposits not shown on the statement.

This amount should be the balance as shown in your check register. If it isn't, look for the unrecorded checks that may have been overlooked in recording.

"Match the amounts of checks on your statement and your records," Morrow says. "Slip-ups often occur by overlooking service charges or by making mathematical errors.

"If there are checks you did not write that were charged to your account or deposits you made that aren't shown on the statement, contact the bank," Morrow suggests. "These are more serious problems that go beyond mathematics of forgetfulness in keeping up your check register."

New protein sweetener out now

Aspartame is a newly available sweetener used in dry mixes for beverages, gelatins, puddings, dessert, cold breakfast cereals and even chewing gum, says Doris Brackett, Warm Springs Extension agent.

"Aspartame is synthesized by combining two amino acids, phenylalanine and aspartic acid," she explains. "Amino acids are the chemical building blocks of proteins, so aspartame is digested and metabolized like proteins naturally occurring in foods."

Because aspartame is up to 200 times as sweet as sucrose, common table sugar, the average daily sweetener intake for a person using only aspartame would probably not exceed one gram of four calories.

According to Joan B. Weiner, Oregon State University Extension foods and nutrition specialist, the new sweetener does have some limitations. Heating aspartame to boiling temperature or above caused it to separate into the two amino acids from which it was made. It then completely loses its sweet taste.

Another drawback to the use of aspartame is that it has a limited shelf life in water-containing products such as soft drinks. In acidic water

solutions, aspartame separates into its amino acid constituents, losing all its sweet flavor within 60 to 90 days, depending on the refrigerated storage temperature.

"Currently aspartame is not approved by the Food and Drug Administration for use in soft drinks in the U.S.," Weiner notes. "However, in Canada, aspartame-sweetened soft drinks are available.

"Because other non-nutritive sweeteners in Canada can be sold only as over-the-counter drugs, Canadians have been eagerly purchasing aspartame sweetened soft drinks and the short shelf life has not been a problem."

Aspartame has been subjected to years of careful scientific testing to resolve all questions regarding its safety, the specialist says. Tests in adult humans have shown that in high doses aspartame is safe, even when combined with high amounts of MSG, another protein derived flavor enhancer.

"Of course, due to ethical considerations tests using very high levels of aspartame cannot be done with children," says Weiner. "Parents should instruct children to follow directions on aspartame-sweetened products."

Although no evidence of a problem exists, children should be discouraged from using the

drink mixes as a dry powder candy or lick, Weiner went on.

Aspartame has been approved for use by diabetics desiring sweeteners that do not affect their insulin levels.

On the other hand, persons with PKU (Phenylketonuria), a rare genetic disease, should avoid aspartame-sweetened products. This is because phenylalanine, one of the constituent amino acids, is not well tolerated by persons with PKU.

Aspartame has very little, if any, aftertaste, which is an advantage for those who wish to non-nutritive sweeteners.

"Although no one has been able to scientifically prove that normal use of non-nutritive sweeteners produces trimmer people, dieters claim that they enjoy such products," says Weiner. Also, because aspartame is a protein and not a carbohydrate, it will not contribute to tooth decay.

"Aspartame is marked by G.D. Searl Company to food processors under the name "NutriSweet," the specialist reports. Searl also mixes it with lactose and an anti-caking agent and markets the produce as Equal, a table-top sweetener, she adds.

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