

Workshops offered by extension

The Warm Springs Cooperative Extension Service is offering four workshops for expectant mothers or caregivers of young children. The workshops are scheduled for the latter part of November and the beginning of December. Each workshop will meet once. Any interested person is encouraged to sign up to attend any or all of the individual free workshops. Call the Warm Springs Cooperative Extension Service to sign up 553-1161, ext. 238.

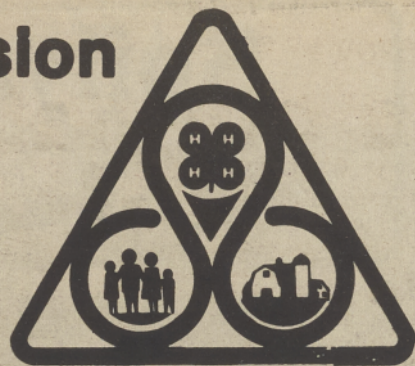
Below is a list and description of each class: **Inexpensive, safe, toys—** Tuesday, December 6th 7-9 p.m. Learn to make inexpensive, safe, educational toys using everyday household items. Learn what safety and educational features to look for when buying toys.

Save \$—Make your own baby foods— Tuesday December 13, 7-9 p.m. Your infant can be fed nutritiously and easily without the expense of prepared foods.

Layette Workshop— November 21, Monday 2-5 p.m. or 7-9 p.m. Learn to sew an infant's wardrobe. An infants first clothes are simple to make and much cheaper than buying them.

Maternity Wear Workshop— November 29, Tuesday, 2-5 p.m. or 7-9 p.m. Feel good and look good while you are expecting. Come prepared to construct a simple top you can wear as you and your baby progress.

Extension Notes



From Lee Hamilton and Molly Driscoll

Microwave can be used for turkey dinner

There are several microwave methods of preparing the holiday turkey. After the initial cooking period (steps 1 to 4), there are other choices for completion. The cooking can continue in the microwave by selecting a lower power setting and brushing the bird with a butter glaze to enhance the color. Or, you can transfer the turkey to the conventional oven. Both of these methods crisp and brown the skin and leave the microwave available for cooking other foods. We have selected a fruit-studded herb dressing, other favorites can be substituted.

11-12 pound turkey, thawed salt
½ cup butter or margarine
1 pkg. (8 oz.) herb-seasoned stuffing mix
½ cup chopped dried apricots
½ cup chopped dried prunes
1 cup chopped apple
¾ cup water
Glaze
¼ cup butter or margarine
1 teaspoon paprika

1. Remove giblets and neck from turkey. Set aside and use as desired. Wash turkey; pat dry. Sprinkle cavity with salt.

2. Microwave (high) butter in large bowl ½ to 1 minute (2 to 2½) or until melted. Stir in stuffing, apricots, prunes, apple and water until well mixed. Lightly spoon stuffed

mixture into main cavity and neck area of turkey. Secure openings with toothpicks and string. Place turkey, breast-side up, on rack or in large baking dish. Cover loosely with waxed paper.

3. Microwave (high) 30 minutes. Turn turkey breast-side-down; cover with waxed paper.

4. Microwave (high) 30 minutes.

To complete in microwave:

5. Microwave (high) butter in small glass dish. Stir in paprika. Brush turkey with about half of mixture. Cover with waxed paper.

6. Microwave (medium-high 2/3 power) 20 minutes. Turn breast-side up and brush with remaining butter mixture. Cover with waxed paper.

7. Microwave (medium-high 2/3 power) 20-30 minutes or until meat is no longer pink and meat thermometer registers 165 degrees when inserted in inner thigh and under wing areas. Let stand 15 minutes before carving.

To complete in oven:

5. Omit butter glaze. Transfer turkey, breast-side-up, to clean baking pan.

6. Bake, uncovered, at 375 degrees, for 30-60 minutes or until golden brown and meat thermometer registers 165 degrees. Let stand 15 minutes before carving.

Family Week November 21-27

The Week of November 21-27 has been designated National Family Week because many families use the Thanksgiving holiday for reunions with relatives and friends. It's a time to emphasize the importance of family life in America and be thankful for your home and one another. If your family hasn't had an enjoyable outing together for a long time, plan to do something special during Family Week this year.

Many people worry about changes occurring in the way families carry on today. However, family group members still represent the

most important and influential people in anyone's life. A strong family is the single most important background you can have.

In spite of strains that occur in one-parent families, two-worker families, and stepfamilies, these family groups still provide vital support, encouragement, friendship and care for their members. In fact all families, young and old, feel tossed about these days by what appears to be today's unmanageable influences.

Over the past decade, social scientists have focused their investigations on what makes families strong and individuals

feel good about themselves.

1. They talk and listen to one another.

2. They do things together, spend time together.

3. They stick together in times of trouble.

4. They share a family belief system about what's right and wrong, good or evil, important or non-important.

5. They care for one another.

Care is not just a feeling; it's activities that show consideration, appreciation, respect, and empathy in some way every day.

So, do something special as a family November 21-27. Celebrate being with each other.

Use fallen leaves in gardens

If you have to rake leaves from the yard, you might as well get some use out of them. Leaves make an excellent mulch and can also go into the compost pile. A two to three inch layer of leaves over the garden plant provides several benefits. It holds down weed growth, adds organic matter when it is plowed or rototilled under next spring and it prevents the rain from compacting the soil.

Thicker layers will add more organic matter. However,

whole leaves will decompose slowly and possibly prevent the soil from drying to permit spring preparation. Composting the leaves will make them decompose more quickly. But the composting process takes time and certain procedures must be followed.

Gardeners interested in finding out more about composting discarded plant material in the home landscape can get more information in the OSU Extension Service publication, "Garden Mulches and Composting," FS276. It is

available at no charge.

Some discarded plant materials shouldn't be used as mulch or for composting. Any plant refuse that is diseased or that has been treated with herbicides should be burned or removed from the landscape.

Leaves from walnut trees should be used cautiously. They contain a substance that inhibits growth in some crops. Because of this using no more than one-third walnut leaves in layers of mulch placed over the garden or in the compost bin.

Store gardening equipment properly

After the fall garden harvest is over, one important gardening chore remains, the cleaning and storing of garden equipment. Properly maintained equipment will give many years of service and cut down on costly repairs and replacement. Small hand tools should be cleaned and sharpened. Be sure to remove rust spots as well as dirt. When the tools are clean and dry, apply a light coat of oil to protect them against rust through the winter months.

Make sure garden hoses are drained. Then coil them and hang them from a curved surface. Placing hoses on a nail or hook causes a sharp bend that can weaken the hose and create a leak next year.

It's best to follow the manufacturer's direction when cleaning power equipment. Generally, gasoline engines

should be drained of gas. Also make sure all the fuel is removed from the gas tank, evaporation.

If the engine oil is old and dirty, it should be changed. Also remove the spark plug and squirt a small amount of oil into the cylinder. With the spark plug still removed, turn the engine over by hand so the cylinder walls are lubricated.

Put a light coating of oil on power equipment parts that contact the soil when in use. Other bare metal should be painted if the original paint has been damaged.

A lockable cabinet or closet is ideal to keep tools safely out of the way. Hanging tools from the garage wall is another way to keep them from under foot. Store tools carefully, otherwise you may end up tipping them over, damaging the tools and possibly yourself.



MAIN ATTRACTION—Youth from the Warm Springs Indian Club performed recently at the 1983 National 4-H Agents Conference at Seaside, Oregon.

The Warm Springs Indian Heritage Club participated in the National 4-H Agents Conference November 2nd. The conference is an annual event for 4-H Agents from the

U.S. and Canada.

The 4-H Indian Heritage Society shared several dances with the 900 agents in attendance. The 4-Hers ended the evening by inviting all to

participate in a Circle Dance followed by the Lord's Dance.

The 4-H members visited the Maritime Museum in Astoria the following day before returning to Warm Springs.