

Managing your food dollar workshop planned

The Warm Springs Extension Service is offering a six-day training in managing your food dollar.

Topics will include:

Preplanning Your Food Purchase. Evaluate your families food preferences, nutritional needs, time availability. Shopping lists. Coupon savings. Avoiding impulse purchases. Understanding Food Labels.

Nutritional labeling, food additives, fiber and calories, sugar in breakfast cereals. Unit pricing, UPC codes.

Getting The Best Deal in Town. How to select fresh fruits and vegetables, dairy foods, meats, and bread products. Is the largest size always cheapest? Generic vs brand name.

Why Does Food Cost So Much? Packaging, Convenience

vs homemade. Advertising gimmicks, store display and overhead costs.

Reducing Your Food Bill. Food selection, storage, preparation. Reducing protein costs. New shopping tools to fit your families need.

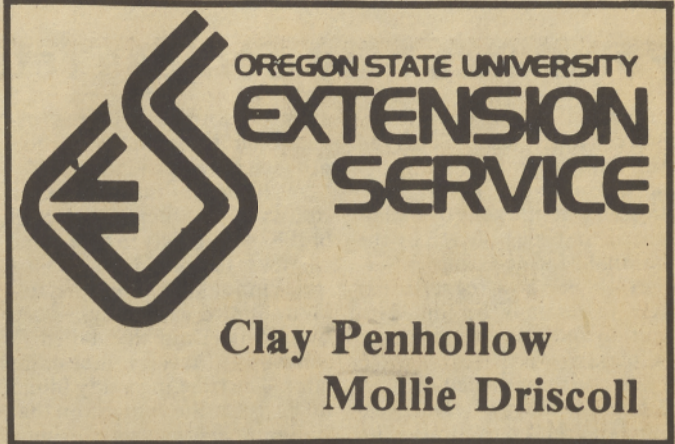
OSU specialist, Margaret Lewis and Carolyn Raab will present information on nutrition/fitness and food additives/-

food safety respectively.

This free training will be held in Warm Springs February 13, 20, 27 and March 6, 13 and 20.

For further information or to register for the training please call the Warm Springs Extension office. 553-1161 ext. 238/239 to register.

Each class will run from 8:30 a.m. to 3:30 p.m. each day. Be sure to register for this program!



Synthetic silk developed

For consumers who admire the smooth texture of silk fabrics but shy away from the extra expense and care requirements—there's some good news. For one thing, researchers have developed a synthetic silk.

The new silk is really a polyester. It's a very soft, very sumptuous silky-looking polyester. The only way you can tell the difference is really by reading the label.

At the same time, the cost of real silk has dropped, thanks to increasing imports from China. The result is that consumers now have a choice.

Real silk is more difficult to care for, that is, it may need dry cleaning or at least hand washing and very careful pressing after being hand laundered. The new polyesters, however, can be machine washed, much to the consumer's advantage.

Moths eat anything! Conifers may be next

For any skeptics that remain, an Oregon State University researcher has turned up additional evidence that the invading gypsy moth stirring up a ruckus in Oregon is a versatile eater.

In laboratory experiments, gypsy moth larvae preferred the foliage of hardwoods such as oak and alder. But larvae switched from a diet of red alder onto a diet of either Douglas-fir or western hemlock developed into full-sized pupae with 100 percent survival.

The experiments show that, when hardwood leaves aren't available, the needles of trees in the scientific class "Pinaceae" are "highly suitable" food for the gypsy moth. Besides Douglas-

fir and western hemlock, that classification includes Ponderosa pine, western white pine, grand fir and shore pine.

The testing also suggests gypsy moth larvae can exist by eating needles of trees in the classification "Taxodiaceae," which includes the coastal redwood and giant redwood. Those trees appear to be "less suitable" hosts for the pests.

Young gypsy moth larvae fed needles of the incense cedar and western red cedar did not develop into the pupae that emerge as moths in the summer and mate. The larvae would not eat foliage of the Pacific yew. Adding that they plan to conduct more tests with that tree.

The researcher found that

gypsy moth larvae feeding an oak and alder leaves grew about 1.5 times as fast larvae eating the needles of conifers like the Douglas-fir.

Also studied the amount of foliage the gypsy moth can consume. Hopes to dispel a myth: the widely circulated information that the insect can consume a square foot of a foliage a day.

In the lifetime, not a day, of a female larva feeding on oak or alder the total consumption approached a square foot, but it didn't quite make it.

A female gypsy moth larva can eat three or four times as much as a male, he noted, adding that, although both have wings when they are mature moths, only the male can fly.

Studies indicate that a female larva can strip the needles from 30-34" of a Douglas fir branch in her life. Repeated or extensive defoliation will destroy the aesthetic value of a tree and can kill it.

The OSU scientist, a member of a state Department of Agriculture steering committee coordinating the effort of control the gypsy moth in Oregon, said he and representatives of the state Department of Agriculture have seen Douglas-fir trees with part of their needles missing.

No one I know of has actually seen moths eating needles in the field, and there are still some nonbelievers on this, but there's nothing else that's doing it.

Homemaking events

Sewing Fair: Portland exhibition of the latest in sewing equipment, notions and fabrics. Speakers, demonstrations, Fashion Show and much more.

The OSU Extension Service will be providing transportation Monday, February 18. The Warm Springs and Madras Extension groups will be traveling together. Cost: Warm Springs residents, \$6.00 and Madras residents \$13.00. For further information please contact the Warm Springs office 553-1161, ext. 238 or 239.

Master Food Shopper: Six days free training in managing your food dollars. Wednesday, February 13, 20, 27; March 6, 13, 20; Warm Springs 4-H Room, 8:30 to 3:30 p.m. For further information call 553-1161, ext. 238.

1. Beef Workshop: Purchasing of beef in bulk and cutting to suit your family needs. Presenters: Crooked River Meat Co.; Saturday, March 6, 1:30 to 3:30; Warm Springs 4-H room; Sponsor—Warm Springs Extension Service, 553-1161, ext. 238/239.

No more marathon

The Warm Springs 4-H program will not be sponsoring the Simnasho Mini-Marathon in 1985 as a fund raising event.

Several 4-H groups have ex-

pressed interest in different methods of fund raising and will continue these efforts for their clubs and the total 4-H program.

We thank those who helped support the race in the past.

Diet pills not for everyone

Many advertisements promoting diet pills and capsules claim, "You'll lose weight fast and still eat your favorite foods." Such statements give many consumers an almost irresistible urge to try the product, but diet pills aren't for everybody.

If you read the label you'll discover that diet drugs should not be considered by some people, says Mollie Driscoll, Warm Springs Extension agent. Those who have high blood pressure, diabetes or kidney problems should not use them, and women who are pregnant or nursing should not take diet drugs unless they are recommended by a physician.

In addition, most packages also contain instructions suggesting a 1200 calorie diet. Many people don't read and follow the meal plans, they just take the pills.

There are two compounds in these over-the-counter diet pills that consumers should be aware of, says Margaret Lewis, Oregon State University Extension nutrition specialist. One is benzocaine, which dulls the taste buds with an anesthetic. The other is phenylephrine, (PPA) a drug related to the amphetamine compounds.

In diet pills, PPA, an appetite suppressant, is often combined with the stimulant caffeine. The side effects of PPA include ner-

vousness, restlessness, insomnia, dizziness, headache, anxiety, nausea, fast heart beat and breathing, tremor and agitation. Prolonged use of PPA may be followed by a period of fatigue and mental depression if use is stopped abruptly.

Lewis cautions that PPA, like all drugs, has undesirable side effects and carries some risk for the user.

In 1980, approximately 10,000 people were treated at poison control centers as a result of exposure to PPA through diet-control products.

Numbing the taste buds with benzocaine may be effective if research is correct that obese persons are more sensitive to

taste, Lewis says. The only side effect that is presently known is an allergic reaction. Long-term use may cause a person to become allergic to local anesthetics.

"Although these drugs may help in initial weight loss, they are ineffective for maintaining long-term weight reduction," Lewis says. The only side effects that is presently known is an allergic reaction. Long-term use may cause a person to become allergic to local anesthetics.

"Although these drugs may help in initial weight loss, they are ineffective for maintaining long-term weight reduction," Lewis states. "Only a life-long change in food habits and physical activity can do that."

Teaching parents

Most people go through some formal education to prepare for a career, but very few train to be good parents. And there's a lot that many parents don't know, says Extension human development specialist Marcelle Stratman.

For instance: Many parents expect their children to love them and if your child loves you, wouldn't you think they'd believe? A survey recently conducted by Oregon State showed that parents did not know that

children had short memories. For example, as a parent you know that you expect them to behave and shape up. You tell them something, they're supposed to do it. Children have very short memories.

That's where parent education comes in—to help parents learn what behavior is natural and what isn't. Most parents do a pretty good job already, says Stratman. But it can't hurt to learn some new skills.

Cavities can start early

Start worrying about your children's teeth as soon as they start poking through the gums. Cavities can start forming when your child is as young as six months.

One of the biggest causes of tooth decay in infants is baby bottle syndrome or "bottle mouth." This condition occurs when a child is allowed to go to sleep with a bottle containing

something other than water.

The sugar in baby formula or fruit juices combines with the bacteria growing on the surface of the teeth and forms acids that eat away at enamel.

During the day, saliva washes these sugars and acids away, but at night saliva production decreases. As a result, the teeth may break or become impossible to fill. They may have to be removed, even though the child is very young.

To protect your child from baby bottle syndrome, do not give a child a bottle containing milk, formula, fruit juices, soft drinks or any other sweetened liquid at bedtime or naptime, says Margaret Lewis, Oregon State University Extension nutrition specialist.

Lewis offers these suggestions for protecting your child from premature tooth decay.

- Don't give children food at bedtime.
- If your child needs a bottle to go to sleep, give one filled with cool water or try a pacifier.
- Make sure your child gets fluoride daily. Water is a good source of fluoride.
- Never dip a pacifier in honey or syrup.

Tax tips for volunteers

Volunteers who donate their skills and time for community needs should get more than a warm glow for their efforts. If they keep good records, they may get some tax deductions, too.

Out-of-pocket expenses incurred during volunteer work are deductible on your 1984 income tax return. These include: travel (expense for vehicle use or mileage), tools, parking fees, meals and lodging.

It's important to save receipts if you're going to claim deductions, says Mollie Driscoll, Warm Springs Extension agent.

If you don't have receipts for gasoline or mileage, the IRS will accept diaries and logs as records of your volunteer expenses.

"If you donate items to charity, those donations are also tax-deductible as charitable giving," adds Alice Mills Morrow, Oregon State University Extension family economics specialist.

"However, if an item is merely loaned, such as a large coffee-maker might be, that is not tax-deductible. Also, child care needed while volunteering, and market value of your time cannot be deducted from your tax

return," Morrow says.

"The important rules of thumb to keep good records and to stay up-to-date on the regulations," Morrow notes. "Some of the regulations and details change from year to year."

Morrow recommends that volunteers—and other taxpayers—obtain a copy of IRS Publication 17, "Your Federal Income Tax." This large booklet gives all the current information you will need for filing your federal tax return. It is available from a local IRS office, or call the toll-free number listed in your phone under Internal Revenue Service.

Family food checklist

Mark an answer that describes your actions. This checklist will help you evaluate your family's food management fitness.

*Plan meals one week in advance?

*Plan meals to take advantage of foods in season?

*Plan to use perishable foods before they spoil?

*Plan ahead for using leftovers?

*Serve smaller servings of higher meats?

*Use low-cost meat alternatives?

*Eat at home or carry food from home rather than eating out?

*Use the four food groups guide for balancing meals?

*Rewrap meat for freezer storage?

*Use your oven efficiently—don't fully preheat, bake several items at once.

*Select the most energy efficient appliances for food preparation?

*Cook double batches and freeze some for a later meal?

*Refrigerate or freeze leftovers promptly?

Prepare some of your own baby/toddler foods?

*Cut up your own chicken and buy the least expensive cuts of meat your recipe needs?

*Prepare a complete and organized list before you shop?

*Stick to your list unless you find a less expensive substitute?

*Take advantage of advertised specials?

*Consider perishability, storage space, frequency of use, and quantity discounts in deciding how much to buy?

*Compare price per serving?

*Consider and compare the quality of national brands, store brands, and generics?

*Use unit pricing (cost per ounce) to select the most economical package size?

*Read food labels to deter-

mine which brand is the best value?

*Look for open dates marked on perishable foods?

*Buy only as much convenience food as you need and can afford?

*Buy day-old bakery items if you're going to use them quickly or freeze them?

*Limit purchases of fancy snacks, condiments, soda and other "frills"?

*Compare prices of food in different forms (fresh vs. canned)?

*Buy enriched or whole grain breads?

*Make your own biscuit mix or other "master mixes"?

*Read food labels to determine sugar, salt and calorie content?

*Buy low-fat milk rather than whole milk?

*Buy plain vegetables rather than the more expensive forms with sauce and/or special seasonings?

*Shop when stores are not crowded and you're not rushed?

*Shop when you're not hungry?

*Keep a record of your weekly food costs and separate non-food items from these costs?

*Watch for errors as prices are rung up?

*Get a rain check if an advertised special is unavailable?

*Read labels to buy nutritionally economic foods?

Give yourself three points for those items you're now doing; two points for the things you plan to do and one point for those marked not appropriate. Scoring goes as follows:

Below 40—Help! Time to start training; 40-49—lots more training needed; 60-79—Not bad, check a few more "plan-to-dos"; 80-95—You're on the way to the top and 95 and over—Congratulations! You've made the "Super-Shopper All Stars!"

Cold weather warmups

Choosing the right clothing and wearing it correctly can make a big difference in cold weather exercise performance. The key, says Extension textiles and clothing specialist Ardis Koester, is layering.

You can adjust the temperature of your body to the temperature of the air easier if you have several lightweight layers that can be removed or put on as necessary. For exercise in the wintertime, the innermost garments should be absorbent, that

is, that they should absorb body perspiration. The best ones to do this are cotton and cotton blends. But since they are heavier in weight, many people are choosing to use the new manufactured fibers, that is, polypropylene, which wick or carry the moisture away from the body rather than absorbing it.

Whatever your preference, Koester says cold weather warmups should allow both freedom of movement and flexible temperature control.

