

Labeling will change on foods

By mid-1985 all foods with nutrition labels will also list sodium content. This is in response to the great public interest in this nutrient and food additive.

Although sodium is an essential nutrient, our body needs for it are not great. Intake of 1,100 to 3,300 milligrams of sodium per day are considered safe and adequate for the healthy adult under normal conditions.

Most dietary sodium is found in the form of sodium chloride, the compound we know as table salt. It is about 40 percent sodium and 60 percent chloride.

One teaspoon of salt contains about 2,000 milligrams of sodium.

Many Americans consume more than twice the amount of sodium than is recommended. Excess sodium in the diet is believed to contribute to high blood pressure or hypertension in some people. It is these salt sensitive persons and their relatives that benefit the most from reducing their salt (or sodium) intake to more moderate levels. Although high blood pressure

is associated with numerous other risk factors, many individuals can lower their blood pressure by sodium restriction and weight reduction.

The following are the standards to be required for various labeling claims:

Sodium free—less than 5 mg. per serving.

Low sodium recipes

Beef goulash

1 cup uncooked macaroni
1 pound lean ground beef
1/2 pound fresh mushrooms, sliced
1 cup chopped onion
1 garlic clove, minced
1 can unsalted tomato paste (6 oz.)
3/4 cup water.
1 cup unsalted catsup
1 small bay leaf
1 teaspoon sugar
1/2 teaspoon pepper
1/4 teaspoon oregano
1/4 teaspoon basil

Very Low Sodium—35 mg or less per serving.

Low Sodium—140 mg. or less per serving.

Reduced Sodium—process to reduce the usual level of sodium by 75 percent.

Unsalted—Processed without salt when the food normally is processed with salt.

Cook macaroni as directed on package, omitting salt. Drain and set aside. Brown ground beef with mushrooms, onion and garlic. Pour off fat. Add remaining ingredients. Simmer gently about 15 minutes. Add cooked, drained macaroni. Simmer five minutes. Remove bay leaf before serving.

Seasoned rice

1/3 cup unsalted margarine
1 medium onion, finely chopped
3/4 cup uncooked long-grained rice
2 unsalted chicken bouillon cubes

Products will also have to list the amount of sodium in milligrams per serving on the nutrition label, if present, or by itself. This is particularly important for "unsalted" claims because of the many other common additives such as baking soda (sodium bicarbonate) and MSG (monosodium glutamate) which also contains sodium.

1/4 teaspoon celery flakes
1/4 teaspoon onion powder
1/4 teaspoon dill weed
1/4 teaspoon pepper

Melt margarine in skillet. Add onion and rice. Brown lightly. Dissolve bouillon cubes in boiling water. Add to rice-onion mixture. Add remaining ingredients and bring to a boil. Cover, reduce heat and simmer 15-25 minutes or until rice is tender.

For more information on sodium contact the Warm Springs Extension Service for publications entitled *The Sodium Content of Your Food; Sodium—Think About It; and Altering Recipes for Health.*

Exercise doesn't have to be expensive

If you want to stay in shape, but can't get to a health club regularly or would rather exercise in private, home exercise equipment might be a good idea for you. But buying equipment you won't use is no bargain. Start small—maybe just a jump rope—and work your way up. If you develop the exercise habit, add other equipment, such as weights, a stationary bike, treadmill, rowing machine or a multi-purpose weight machine. Equipment needn't be expensive, just well-made. Here are some guidelines: An exercise bike should have a heavy flywheel, and adjustable seat and handlebars. Extras such as a

speedometer, odometer, and timer don't build muscles, they just raise the price. Free weights should be made of iron or steel, (not plastic) for longest wear. All equipment should have welds rather than bolts for sturdy construction. Incidentally, passive equipment such as belt vibrators or massagers may relax you, but they won't make you fit. Avoid any equipment that says "no sweat exercise" or for "spot reducing". If you've never

exercised before, you may want to invest in Runner's World Indoor Exercise Book (Alfred A. Knopf, \$9.95). It will show you how to work out using items you can find around the house.

Add more space to kitchens

Are you planning to remodel your kitchen? You can plan for more space and add convenient appliances to gain your goals.

When planning a kitchen renovation, consider adding more space and convenience appliances to the kitchen layout. Consider using appliances with easy

care features that cut down on cleanup time.

Ceiling-high, above-counter cabinets conceal seldom used items on uppermost shelves. A variety of pull-out, swing-out and revolving shelves can be

built into cabinets. These bring needed items into easy reach and are simple to keep clean with a sudsy sponge.

A two bowl sink is a boon to food preparation and dishwashing. Choose sinks of stainless steel, or enamel, which comes in a variety of shades.

Plan counter space for convenient use of small appliances and be sure to include enough electrical outlets. Check magazines and store displays for other ideas to incorporate into a kitchen remodeling job. Choose those appliances that are necessary or will prove most helpful. And, don't forget to give attention to good lighting!

Treat your windows

Are you in need of new drapes or shades? Are your old window coverings worn out after the long, cold winter? Well, WindowWare Unlimited in Madras had just the solution to your problems.

WindowWare owner Herb Widmer offers free estimates to all customers. He specializes in custom shades, draperies and repairs as well as installation. Widmer stresses service is the name of the game. He will even install drapes and shades purchased from other outlets.

So, for your windows needs, contact Widmer at WindowWare Unlimited at 421 5th Street in Madras. Phone, 475-6426.

Don't buy cheap tapes

Own a videocassette recorder? If so, you may notice the wide variety of brands of videotapes on the market now. That's good news for consumers, because the price has dropped. You can pick up a high quality tape for under \$7 now vs. \$10 or more a year or two ago. But buyer beware! There are substandard fakes around that could damage the heads on your recorder. Replacements can cost hundreds of dollars! How can you tell whether the tape is good or not? If the price is too low to believe, don't believe it! And study the packaging closely. Some counterfeiters will make up a name that looks like a name brand. For example, they'll change "TDK" to "TKD." And avoid any package without the manufacturer's address. For the best buy, stick to reputable tape manufacturers.



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Clay Penhollow
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Are you a working mom?

When asked, "Do you work?" the usual reply from most mothers is, "Of course, don't all mothers work?"

If you are one of the 52 percent of American mothers employed outside the home you know what double doses of work are all about.

Most employed women go through times when they feel overwhelmed by their continuous juggling of the responsibilities of mother, wife, and worker. They know out-of-home employment affects their own lives and the lives of the children and husbands.

In spite of rough times and worries, researchers report that most working women enjoy the challenges of their jobs.

Because each working mother's situation is different, it is not possible to predict how a mother's employment affects a family. However, research indicates that a working mother's absence from the home is no necessarily detrimental to children.

Here the major conclusions that have emerged from research.

*A mother's full-time employment is not, by itself, likely to harm a child.

*There is no difference in school achievement and social adjustment between children of employed mothers and at-home mothers.

*Children of employed mothers have as much attachment to their mothers as children of at-home mothers.

The fact that mother is employed does not have dire consequences for children. What is important, however, is what mother is like when she's home with children. The worry and guilt of many working mothers causes problems if it makes family time less enjoyable.

Here are some suggestions for becoming a happier employed mother:

1. Choose what is most important. When managing two

jobs, at least important expectations and standards have to go. Attending to your own and your family's well-being will be high on your list. Elaborate meals, regularly scrubbed floors, picture-perfect rooms may not be high on your list at all. Avoid increasing your stress by feeling guilty about things you cannot do.

2. Take care of yourself. When you feel frazzled, go to a quiet part of the house to read, listen to music, or finish some mindless task that needs to be done. Try to schedule an evening for yourself or train your family to allow you a half-hour of re-entry time when you come home. Taking time to shift gears into the home world is a real attitude adjuster. If you don't make your personal care a priority, you will burn out very quickly.

3. Spend quality time with your family. Quality time is time to share feelings with your children and spouse, listen fully, hug and hold, and plan fun experiences together. Mothers tend to burden themselves to so heavily with home tasks that family companionship and enjoyment are almost forgotten.

4. Link work and parenthood. Develop connections between your work world and your child's world. Children will understand your work-life better if you talk about it. Take them to visit your workplace and meet your co-workers. Many working parents find ways children can help with the job on special projects or errands. It all makes the job part of a family efforts.

An employed mother's peace of mind is assured if children are well-cared for during working hours and there is a balance in time and enjoyment shared with family members.

For ideas on how to cope with the stress of parenthood and work join Marcelle Straatman, OSU Human Development Specialist, Monday, March 11th, p.m. in the Warm Springs 4-H Room.

Kids get jealous, too

Adults aren't the only ones to suffer from bouts with that green-eyed monster, jealousy. Young children have to deal with jealousy too.

Sometimes your happy home may be torn by spats of jealousy, which afflict children for a variety of reasons.

A frequent cause of jealousy in children is the child's strong competitive desire for the undivided and unshared attention of the parent. They seem to literally crave the "whole" parent, body and soul.

This demanding attitude shown by two or more children at the same time can be exasperating.

There are parenting techniques that will counteract the jealous characteristics natural to all children.

You and your aging parents

How can I help my older relatives? Should I ask mother to live with me? How will aging-related physical changes affect my parents? How can I resolve conflicts between my older parents and myself? Where can I find the supportive services my older relatives need?

Vicki Schmall, OSU Gerontology Specialist, will address those and other difficult questions Thursday, March 21st. With people living longer—many into their 80's and 90's—many adults today face questions,

concerns, and decisions about aging parents or other relatives. Many are called upon to provide emotional, financial, and social support to a parent at a time when work and other family responsibilities are heavy. The program will examine a variety of aging related concerns adults encounter with aged relatives and positive approaches to difficult situations. The program is free to the public and will be held on Thursday, March 21st, 7 p.m., in the Warm Springs 4-H Room.

Workshops planned by OSU

Saturday, March 16—Bring On The Beef Workshop, 10:00 a.m.-2:30 p.m. Wahtonka High School Cafeteria, The Dalles. Come and find out what's new about beef. Diane Byrne, representative of the Oregon Beef Council, will demonstrate prize winning recipes, share information and answer your questions about buying and cooking this versatile meat. A registration fee of \$4.50 includes lunch, beverages, tasty samples and an informative recipe booklet. Door prizes will be awarded throughout the day. So we know how much food to prepare and how many booklets to make we are

asking for pre-registration by March 8. No refunds will be given after this date. For more information call the Wasco County Extension office 296-5494.

Registration for: Bring on the Beef Workshop, March 16th. Make check payable to: Wasco County Home Ec. Adv. Council. Mail before March 8 to: Wasco County Extension office, PO Box 821, The Dalles, Oregon 97058.

If you are interested in transportation to The Dalles please contact the Warm Springs Extension office 553-1161, ext. 238.

Wednesday, March 20—Master Food Shopper, 8:00 a.m.-2:30 p.m. Warm Springs 4-H Center. Tours-Cornucopia, Safeway and the Top Banana, Redmond.

Thursday, March 21—You and Your Aging Parents Workshops, 7:00 p.m. at the Warm Springs 4-H Center. How can I help my older relatives? Should I ask mother to live with me? How will aging-related physical changes affect my parents? How can I resolve conflicts between my older parent and myself? Where can I find the supportive services my older relatives need?

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Monday, March 25—Microwave Oven Workshop, 1:30 p.m. or 7:30 p.m. Bend Courthouse Annex. The OSU Extension Service will sponsor a workshop to help owners of microwave ovens to get the maximum use out of their appliances. Information on convection ovens will also be covered. Dorothy Cale, a local microwave cooking authority, will hold two sessions of the workshop. The class size for each session will be limited to 30 persons and pre-registration is required. To register send your name, address, phone number, and the \$3.00 to Deschutes County Extension Service, Courthouse Annex, Bend, Oregon 97701. Be sure to indicate which session you will attend. The Warm Springs Extension Service will be providing transportation to Bend for the 7:30 session. The van will leave Warm Springs at 6:00 p.m. Please call if you'd like to ride with us. 553-1161, ext. 238.

Thursday, March 28—Sewing Workshop, 7-9 p.m. Warm Springs 4-H Center.

Name _____	Address _____
Phone _____	Number of Persons _____ Total Amount _____



Naomi Jacks and Ruth Teevee sample exotic foods as a new experience during Master Food Shopper series presented by the Warm Springs Extension Service.