

Smoking causes most home fire

Q. What causes most fatal home fires?

A. Careless smoking—falling asleep on the couch or in bed while smoking—is the biggest single cause of home fires. It's also the biggest single cause of home fire deaths. Electrical shorts caused by faulty or improperly used appliances—including lamps and electrical extension cords—account for a large number of fatal home fires.

Q. When do most fires start?

A. Most fatal home fires start between midnight and dawn, while you're asleep. That's why it's important to have a family escape plan.

Q. How can I prevent fires at home?

A. Learn the following basic fire safety rules and practice them. Make sure your children learn to follow the rules.

- * Don't smoke in bed.
- * Don't play with matches or lighters.

- * Repair faulty cords, switches and plugs on lamps, appliances and other electrical equipment.

- * Don't use multiple extension cords from one outlet or overload circuits.

- * Keep the ventilation hood over the kitchen stove free from grease buildup.

- * Don't attempt to replace faulty electrical house wiring unless you're qualified.

- * Keep gasoline out of the house.

- * Keep space heaters, wood and coal stoves away from furniture and drapes. Use only the manufacturer's recommended fuel in them.

- * Clean your chimney at least once a year. Have it, and the fireplace, checked for cracks, crumbling bricks, obstructions and residue buildup. Always use a fire screen.

Q. What should I look for in a fire safety check?

A. 1. Piles of old papers, magazines, oily rags, flammable liquids and old furniture. Throw away the clutter properly. Reseal all cans.

2. Flammable liquids stored in improper containers. If you must store these liquids, use approved cans and store them outside the house. Make sure the cans have testing laboratory labels.

3. Problems with electrical

outlets. You should have enough outlets for all your lamps and appliances. Electrical cords should be in the open, not hidden under rugs. Limit the number of extension cords you use.

4. TV sets and stereo units touching the wall. They need space around them to let hot air out.

5. Combustibles in your utility room or basement. Areas

around your hot water heater and furnace should be kept clean.

6. Messy fireplace and chimneys. Fireplaces should have metal fire screens or tempered glass doors, and chimneys should be cleaned annually by a chimney sweep. Install a mesh cover on your chimney to keep sparks from flying out onto the roof—and birds and animals from coming inside.

Develop home fire drill

1. Install smoke detectors and make sure they work properly.

2. Make a floor plan diagram of your entire house, showing all possible exits from each room. Make sure there are at least two exits from every bedroom—a regular one and an emergency one in case the first way out is blocked by smoke or flames.

3. Develop a signal everyone understands to communicate "danger." For example, use a whistle or bang on the wall. Use the signal only for real emergencies.

4. Teach everyone how to get out of the house if there's a fire. Don't grab for clothes, papers, jewelry. Get out. And plan to meet at a specific place outside, like by the mailbox or across the street.

5. Sleep with your bedroom

door closed. Most people are afraid they won't hear their children or the smoke alarm in the hall if they do this, but a closed door can save your life in an emergency. Doors are important barriers in the event there's a fire in the hallway. They give you precious seconds to get out.

6. Teach everyone how to test for danger. If you wake up and smell smoke, roll out of bed and crawl to the door. Reach up and feel the door with the back of your hand. Also feel the knob for heat. If the doorknob's hot, head for an alternate exit. Don't open the door to look; it could be fatal.

7. Designate someone to assist small children and elderly and disabled persons.

Take complaints to panel

Let's say you have trouble with a major appliance, car, or piece of furniture. You probably will complain to the dealer or the store. If that doesn't work, don't stop and live with the situation. You can get more help—and it won't cost you a cent.

Just tell your story to one of the following consumer action panels set up specifically to help resolve complaints between consumers and companies. For appliances, call MACAP (Major

Appliance Consumer Action Panel), 1-800-621-0477. For furniture problems, try FICAP (Furniture Industry Consumer Action Panel), P.O. Box 951, High Point, NC 27261. For cars, contact AUTOCAP, 8400 Westpark Drive, McLean, VA 22102.

They'll get both sides of the story and try to reach an agreement between the two of you. To help them see your side, keep copies of all letters you wrote and record dates of phone calls to store and manufacturer.

Lunch can be inexpensive

Buying lunch in a restaurant is as often a social and business opportunity as it is a chance to a growling stomach. But unless your expense account covers it, those meals can get to be expensive. Extension says you can cut costs by making a few small changes in what you eat.

Probably the easiest, least conspicuous way is to drink water with your meal. When you start ordering coffee or tea or milk,

those products in a restaurant situation are more expensive than they are if you fix them at home. Another thing that I've found is quite useful is to order soup and a bread product. Soup and cornbread or a muffin makes a very adequate lunch and is probably less expensive than a main dish item from the menu. And instead of cake or pie for dessert try eating a piece of fruit on your way back to work.

Children's wear should feature simplicity

Simplicity should be the keynote of all children's wear. Styles should be simple, attractive, appealing and should include self-help and growth features in the design. Select durable, washable fabrics whenever possible and keep plaids, checks or prints in scale.

Growth features. Room for growth is an essential part of proper design and fit, since youngsters outgrow their clothes at a startling rate. Clothing that is too large endangers a child's safety and often looks faded and worn before it fits properly.

Rather than make or buy garments too large for your child, look for garments with expandable features. Features which allow for rapid growth with only minor adjustments include:

- Adjustable shoulder straps.
- Deep hems for lengthening.

- Tucks, folds and wide seams which can be released.

- Roomy armholes such as

- reglan, kimono or sleeveless designs.

- Adjustable cuffs.

- Elastic inserts or adjustable fasteners.

- Pocket or knit fabrics.

Encourage child to dress self

Features in clothing that encourage a child to begin dressing as soon as he/she is able are called "self-help."

Teaching a child to dress him/herself help to develop muscular coordination, independence and self-esteem. Some self help features are found in ready-made garments and commercial patterns. Features that make dressing easier for the parent and child include:

- * Front openings with long plackets.
- * Large necklines or easy openings for pullover designs.
- * Medium-size, smooth but-

tons and sturdy buttonholes, few in number.

- * Easy to operate zippers or self-fastening closures.

- * Front and back marked so the child knows the difference.

- * Easy to reach pockets.

- * Several garments of a similar style.

- * Attached belts or sashes, if any.

- * Zipper pull attached to pull tab for easier gripping.

- * Elastic in back rather than buttons or a belt and belt loops makes for easier self help at the toilet.

Durable features:

- * Add an extra layer of fabric or iron-on interfacing to the inside of the garment in the knee and elbow area.

- * Reinforce pockets by stitching a square or bar tack in the top corners. For additional strength stitch seam binding to the garment's wrong side under the pocket corners.

- * Use sturdy seams such as flat-felled, welt, double-stitched or top-stitched to help garments hold up under stress.

- * For button reinforcement sew another button on inside of garment directly under the outside button.

Lawn sod offers advantages

Want to avoid the six-to-eight week task of coaxing a newly seeded lawn into existence? Try lawn sod. Where growing a lawn from seed would

be extremely difficult or impossible, sodding offers a good chance of success.

If lawn sod is used, it's important to install it correctly. Proper

site preparation and the choice of a turf grass variety that is adapted to local conditions are also important.

A blend of selected fine fescues and improved Kentucky bluegrass is found in most of the sods commercially available in Oregon. Some blends also include perennial ryegrass.

The area where the sod is to be planted should be rototilled, graded, fertilized, rolled and raked. The yard should be sloped so water will drain away from the house.

Sod won't thrive if placed directly on subsoil or worn-out

topsoil. If additional topsoil is needed, do the grading first, then add the topsoil and rototill it lightly into the top inch or two of the planting site.

The best way to determine fertilizer and lime requirements is to have a soil analysis done. County offices of the OSU Extension Service can provide more information on soil analysis.

If there isn't time for a soil analysis, use a fertilizer that will supply two pounds of actual element each of nitrogen, phosphorus and potassium per thousand square feet.

Visit a nursery home—brighten someone's day

If you have a friend or relative in a nursing home that you haven't visited in a while, consider making contact. Or, if you don't know someone living in a nursing home, make a new friend.

Many older people in nursing homes have outlived their friends and do not have close family members. Your friendship can add special meaning to their lives. You can be their link to the outside world.

Some people may find visiting difficult. They may dread each visit, feel uncomfortable seeing so many sick people, or don't know what to say. Visitors also may experience concerns about their own aging.

It will help visitors to realize that elderly in nursing homes tend to have multiple problems. The number of people in these homes represent less than five percent of older people in the general population. Becoming

old does not mean one will need nursing home care.

When you visit, try to look beyond the disabilities. Sometimes what appears to be strange or inappropriate behavior is due to Alzheimer's disease or a related disorder.

We suggest several tips for making a nursing home visit easier and more meaningful.

- If you find it difficult to visit, take a friend with you who is comfortable in the nursing home.

- Reminisce with the person about his or her experiences, or times you've both shared. Say, "Remember when we went to, or 'when we used to...'"

- Bring in a special food not available in the facility that the person enjoys. However, check with the nursing staff first to find out if the person has any diet restrictions.

- If the older person can leave the facility, a drive in the coun-

try, a visit to a friend, or lunch at a restaurant may be appreciated.

- Sometimes communication is difficult. Talking is not necessary for a meaningful visit. Perhaps you can participate together in an activity, take a walk, listen to favorite music, or read aloud a book you both will enjoy. And remember, touch is a powerful means of communication. It's particularly useful with those who can no longer communicate or respond.

- If the person does not remember you or your visit, don't take it personally. The person simply may not have the capability to remember. Your visit, however, is still important. And, the person may remember you as a caring person.

- If the person can no longer recall who you are, don't ask, "Who Am I?" It's better to say, "Hi Mary, I'm Joan, your friend (daughter, sister, etc.) It's good

to see you.

The length of your visit is not as important as the regularity of visits. For example, a 15-minute visit is most appropriate for some nursing home residents. Visits are most of all a time to share, learn, and show you care.

If you take a vacation, tell your relative or friend in advance. The person may enjoy a itinerary of your trip. Post cards are always appreciated.



Peddling pancakes

Cooking bacon and pancakes, Ellison David helped to make Mother's Day breakfast at the Community Center a success. Breakfast was sponsored by the Warm Springs 4-H Leaders Association.



**OREGON STATE UNIVERSITY
EXTENSION
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**Clay Penhollow
Mollie Driscoll**

Electric shock risks high in bathroom

The chance of electric shock or electrocution is high when people are still in a bath or wet in some other way, turn on electric switches or touch electric appliances.

Never contact any electrical fixture or appliance with wet hands, while standing on a damp floor, in a bathtub or shower, or while touching any metal object.

A good way to prevent electric shock accidents is to keep all electrical appliances out of the bathroom. However, the last few years have seen the widespread use of all kinds of bathroom electrical appliances—hot

combs, shavers, tooth brushes, curling irons, hot lather dispensers, hair dryers, and sun lamps.

If these appliances must be used in the bathroom, place them where they cannot be reached for, or accidentally fall into the tub, lavatory, toilet, or shower.

All electric appliances should be unplugged from wall outlets when not in use—it doesn't matter if the switch is on or off. Select appliances with the Underwriters Laboratories (UL) label. If possible, choose battery-operated appliances.

