

How to keep your family safe on vacation

Preparation is the key to a successful vacation, whether you plan to stay at home or travel. Is Your Home Ready?

Stop mail and newspaper deliveries unless you arrange with a reliable friend or relative to regularly collect them. Arrange for someone to keep your lawn mowed so it won't be obvious you're not at home. A timer that turns lights on and off at pre-set times is a good idea. Put valuables in a safe deposit box or other safe place.

Is your car ready?

Carefully check cooling systems, brakes, belts, and tires. Do it well ahead of your departure time so there'll be time for any needed repairs.

Don't leave home without!—Driver's license, duplicate car keys, vehicle registration, hospital insurance card, medical information card, auto insurance motor club card, and names and addresses of next of kin.

If you're pulling a trailer: A strong hitch and safety chains are essential. Check the brake connections to the trailer and see that the trailer lights are all in good working order. Pull only that size trailer recommended for your car and hitch.

Be aware of regional hazards: visit the library and do a little reading up on possible hazards of the area you plan to visit. For instance: Rocky Mountain Spotted Fever, which is transmitted by ticks, occurs primarily in the Southwest, western Montana, Wyoming, parts of Idaho and eastern California.

High altitude sickness can strike in the mountains. For healthy people, problems usually occur at elevations above 7,000 feet; for people with heart or lung disease, at heights above 4,000 feet.

Drinking mountain stream water can give you a number of intestinal diseases. Don't drink any surface water.

Drinking water in Mexican border towns can give you "travelers diarrhea." Drink bottled water or soft drinks.

Know where you're going: Map your trip carefully so that wandering is by choice and not just because you're lost.

If you plan to drive in strange territory, consider taking along a tape recorder and a blank tape. If you have to ask directions, get the recorder into action and put in instructions on tape. Then play it back as you proceed on your way.

Try this map trick: Fold the map you're following so that the appropriate section is showing, then clip it to your car's sun visor with clothes pins. It'll be easier to read this way (while you're stopped, of course) with no groping in the glove compartment or trying to unfold it while you're driving.

Don't run out of gas: If you're headed for a remote area, try to arrive at your destination with at least half a tank of gas. Then you'll be prepared in case of a middle-of-the-night emergency trip, which might be to a hospital or emergency first-aid station.

Don't try to drive too far at one stretch. When you're pooped, park it!

When in the water: Don't over estimate your swimming ability and get too far from shore. Don't swim without a buddy if there's no lifeguard on duty. Small children playing in or near water require constant supervision.

Beware of the sun: Some vacations are spoiled by sun burn-out. Keep this in mind and take the sun in small doses.

Use a sun tan oil, lotion, or cream that contains a sun screen, and remember that some parts of the body are more sensitive

than others. It's a good idea to pay special attention to such spots as the nose, eye contour, throat, chest, and the backs of the hands, feet, and knees.

Remember to reapply the sun screen preparation after every swim or shower, and every few hours of exposure to replace what's lost through evaporation or perspiration.

The most dangerous time of the day to be in the sun is between 10 a.m. and 2 p.m., when the heaviest concentration of ultraviolet rays reach the earth.

Tips for the stay-at-home vacation: Don't overdo it. Don't climb too high, reach too far, lift much, or try to do too much in too short a time.

Use protective equipment when it's called for. Gloves, safety shoes and goggles can be just as important at home as they are on the job.

Be sure you're qualified to handle a job. Sometimes more knowhow is required—with plumbing or electricity, for instance—than the average person possesses.

Try to relax a little. Catch up on your sleep or reading. Forget about the every-day pressures that disturb you.



OREGON STATE UNIVERSITY
**EXTENSION
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Clay Penhollow
Mollie Driscoll

Baby food tips

Warnings about heating commercial baby food in jars in the microwave oven have led to much confusion and unnecessary concern.

First, there is no need to be concerned about the use of microwaves to heat any food. Microwaves simply supply the energy which causes the molecules to vibrate, thereby causing the food to become warm. The energy generated remains in the food in the form of heat, not microwaves.

Warnings issued by commercial baby food processors are related to the uneven fast heating of baby foods by the microwaves that lead to crusty over and spattering, and hot spots. Baby food products which cause the most concern are plain meats and poultry, high meat dinners, egg yolks and meat and poultry

sticks. These foods have a tendency to form a dried layer on their surface that prevents steam escaping during heating. Disturb the film and the steam erupts in a spatter of hot baby food. Heat baby foods on a low to medium setting and stir constantly. Enjoy the convenience of heating food in the microwave for round-the-clock infant feeding.

Heating infant formula in the microwave is safe, if certain precautions are followed. Heat only until warm, not boiling. Too often when heating formula in the microwave, the container remains cool, but the contents are much hotter. Shake the bottle to redistribute the heat inside and always sprinkle a few drops on your wrist to test the heat before giving the bottle to the baby.

Five-year olds are not "babies"

The world changes dramatically for five-year olds. Five marks a giant step out of the protective shelter of home, neighborhood and child care center.

Entering 'real' school brings tremendous changes in experiences for children and their view of themselves. Suddenly, after being coddled and advised in small groups, they must make it on their own in new places filled with many strangers.

Five is a critical year for experimentation with new friends and making independent decisions.

Even though a child's basic personality is somewhat established by age five, mood and behavior swings continue to mark a child's early development.

We must be constantly reminded that all children do not behave the same way at certain ages because each child has his/her own developmental time table. Some have been impatiently waiting to get into bigger things such as kindergarten while others haven't thought much

about it yet.

However, studies of general activities and interests of five-year olds can help parents understand and accept many behavior quirks, specialists note. These studies can prevent undue concern when life with a five-year old isn't so rosy.

Five has been called the 'sunny serene year' because that's the way it usually begins. Don't be lulled into thinking five has decided to make life easier for you. Their acceptance of 'my life' and boastful pride in 'my house,' or 'my mother or father' often turns into overdemanding

expressiveness by five and a half.

Some go the opposite direction reverting to hesitancy and dependence. The child who has been cheerfully responding with "Yes, I will," now is apt to say "No, I won't," with a steely glare and arms folded in defiance.

By the age of five, children's individualistic ways of handling everyday activities and their personality and development give glimpses of the kind of men or

women they are becoming.

Almost independent, but not quite, five still need others to boost their self-confidence. It's crucial that parents and family members promote the five-year old's beliefs that they are good-looking and competent boys and girls.

It's especially hard for fives to keep up good feelings about themselves if older siblings or neighbors kids are allowed to embarrass them, tease or make them feel young and small.

Five is sometimes called the 'homebody' phase of childhood, because five-year olds show such deep satisfaction with themselves and their family.

Take advantage of this satisfying time to watch and listen to your five-year old. Exchange ideas on how you feel about things, the world and right and wrong.

You are now developing the trusting communication patterns that pay big dividends when tougher problems come later. They will not listen to a long philosophical discussion, but mean-

ingful exchanges can happen in bits as you plan and do things together.

In spite of independence, many five's show a spurt of extremely close attachment to mothers. But if they have an outburst of temper, it's most likely against her.

Fives add an important new person to their lives—teacher. Teachers are different because they must help children get ready for formal school and are less intimate than previous caregivers. Fives usually like their teacher, but they sometimes, "Teacher makes me do things."

It's an almost overwhelming change for young children beginning to make it on their own to have to listen attentively, remember, take turns, work independently, and control their impulses all at once. While it may look like more playtime, the routines are preparations for the big switch into first grade.

When you stop to think about it, it's pretty rough for a little five-year old to leave baby habits and supports behind.

Check home canning process

The first publication on home canning was issued by the U.S. Department of Agriculture in 1909. We've come a long way since then, thanks to continuing research.

When we use up-to-date home-canning recommendations, we can be confident that our product will be safe to eat. However, many home canners are using old instructions with outdated methods. A good example is oven canning, which is no longer considered to be a safe canning method. Likewise, old instructions for water bath processing low-acid foods (vegetables, meats, fish, and poultry) are not safe. To destroy the bacteria that cause botulism poisoning, these low-acid foods must be processed in a pressure canner.

Recent research has led to changes in USDA canning recommendations just within the last year or two. For example, the recommended processing time for applesauce has been lengthened to 20 minutes, and recommendations for canning strained squash and pumpkin were dropped due to safety concerns.

Tomato canning recommendations have undergone much change in recent years. Until researchers can determine adequate processing times, the raw pack method is no longer recommended. Processing times for the hot pack method have been lengthened to 35 minutes for pints and 45 minutes for quarts.

The addition of lemon juice or citric acid to canned tomatoes is now recommended to insure that the acidity is adequate for processing in a boiling water bath. For the same reason, acidification of canned figs

is also recommended as a result of OSU research findings.

Because home canning recommendations continue to change, it is crucial to have current instructions. Check the date on the references you are using. The Ball Blue Book was last revised in 1984. Look for a 1983 copyright on the latest Kerr Canning and Freezing Book. Either discard or mark "Do Not Use"

on all older food preservation books. Current editions of OSU Extension publications on home canning are also available. "Canning Fruits and Tomatoes," PNW 299, and "Canning Vegetables," PNW 172, can be picked up at the OSU Extension Service. An Investment in up-to-date canning references can cut food spoilage and prevent food poisoning.

Care of frozen foods noted

At a loss as how to handle frozen? It's always good to bear in mind that even if an item can be refrozen, it may be lacking in some of its original quality. Here are some guidelines.

Meats: Do not refreeze if they have warmed to room temperature and have completely thawed. If complete thawing has occurred, red meats should be cooked immediately. It can then be refrozen. Partially thawed variety meats, sausages and hamburgers should be cooked immediately.

Fruits: Completely thawed fruits should be used immediately. Fruits may be frozen, but there may be a loss of quality.

Prepared foods: (For example, meats in cream sauces, frozen dinners, cream pies and leftovers). These are best discarded or cooked immediately if they have thawed completely.

Juices: Any juice that thaws should be reconstituted according to package directions and used.

Fish: If it has thawed completely, it is best consumed on the spot or thrown out since it can spoil rapidly.

Poultry: If poultry has thawed, is still quite cold to the touch, it may be cooked and refrozen. Any stuffed poultry should be discarded.

Vegetables: Vegetables that still show ice crystals may be refrozen but should be used as soon as possible. If completely thawed, you can refreeze some vegetables (plain ones, not those with sauces) if they have not been held at room temperature too long. Vegetables may also be cooked and refrozen separately or as ingredients in a casserole or other dishes.

Breads: Can be refrozen, however, the freshness may be affected.

Cakes: Can be refrozen, but this sometimes produces dryness and affects the quality of the icing.

Pies: Can be refrozen, with the exception of cream pies. Some weeping and breaking of the filling may occur, as well as loss of crust texture.

When Cooking

Is the food you cook safe to eat? Recent studies by the U.S.

Feed your lawn

Don't let your lawn go hungry this summer. A June application of nitrogen fertilizer will keep home lawns growing vigorously through the summer months.

Many fertilizer formulations manufactured specifically for grass are available for lawns.

Weed and feed combinations will do extra duty by killing early summer weeds. Follow all

directions printed on the package for using these fertilizers.

Ammonium sulfate and ammonium nitrate are alternatives to special lawn fertilizers. When using these nitrogen sources, apply one pound of actual nitrogen per 1,000 square feet. Ammonium sulfate contains 21 percent nitrogen. A five pound box will cover 1,000 square feet of lawn.

Department of Agriculture show that home cooks need some help in keeping foods safe.

The simple fact is that most of us do not do a good job of food handling. Two simple rules follow are: keep hot foods hot and keep cold foods cold. Yet, many cooks thaw foods all day on the kitchen counter and cool foods in a pot on the back of the stove. All wrong.

The whole idea behind keeping foods either hot or cold is to prevent growth of bacteria. The danger zone is the temperature range from 60 to 125 degrees F. Bacteria grow and multiply in this temperature range.

To keep foods hot means at 165 degrees F or hotter. Although some bacteria are killed at 125 degrees F, many just stop multiplying at the temperature. It is the presence of bacteria in large quantities which causes many of the food-related stomach upsets today.

Another way to prevent bacteria growth is to keep cold foods cold. At temperatures below 40 degrees F most bacteria do not grow. However, holding frozen foods between 10 and 32

degrees F does allow some bacteria to grow slowly. This is why experts in food sanitation urge us to only store frozen in the home refrigerator freezer for a week or two. Large home freezers, which store foods at 0 degrees F or colder, are ideal for storage of frozen foods for months at a time.

Order carefully

Mail order catalogs offer consumers a convenient way to shop. But Extension family economics specialists warn shoppers to beware of possible problems.

If you're going to order from a mail order catalog, it's real important to read the description carefully. Sometimes pictures are a little deceiving. It's hard to tell how big something really is from the picture. In many cases it will indicate that it's smaller than actually pictured or it will indicate the size. And then think about the kind of item you're buying. It may be much easier, for example, to pick a size on something like a

Dress Safely

Sometimes dressing for success means dressing for safety.

According to government statistics, clothing is the cause of more than 50 percent of the accidents that occur each year in this country around farm machinery and other heavy equipment.

If you work around farm machinery, attention to clothing and hair style can reduce your chances of accidental injury, says Mollie Driscoll, Warm Springs Extension agent. Take a few moments each morning to assess what you wear. Those seconds could save your life.

When working around machinery refrain from wearing floppy, flared or ragged pants, long, loose belts or scarves, unbuttoned or torn pockets, coarse-knit sweaters, loose sleeves, sandals, rings, bracelets and necklaces and long, free-flowing hair.

blouse or a skirt than it would a pair of shoes. Of course the other thing that's sometimes hard to tell are colors—that if they say it's red or it's green, that could mean any number of shades of red or green.

The most important thing is to understand the company's return policy, as well to keep careful records of when and what you order.

