

## Comparison shopping to get more for your money

With the ringing of school bells just a few weeks away, it's time to begin thinking about, planning for and buying children's fall and winter clothes. Clothing stores will soon be decked out in new fall styles and colors.

Before you start shopping, do some planning at home.

Take time to inventory your child's clothes. What can he or she still wear? What still fits? Can you add something new to something old—such as a new top with old pants or new pants with a top? What can you revamp into a fashionable item for fall? Can you make a dress into a top, change the sleeve length, or change a hem?

Can you mix or match? What are your child's measurements in case he or she can't go shopping with you? How much can you afford to spend?

People shop in many different places today to extend their family clothing dollar. You may find good buys at a flea market, yard sale, or discount store.

But be a sharp shopper. Be aware of seam finishes, fabric grain, flaws, spots and stains, general construction, and discount stores' policies for trying on garments (in the store) and returning garments. Also check for content and care labels.

If possible, take your child shopping with you. Children like to have a say in what they wear and to look like their peers at school. Shopping teaches decision-making.

Choose three or four garments within your price range, and then let your child make the final decision. Children need to learn that their clothes express their own attitudes and personality.

Remember that the most expensive purchase is not always the best buy. The choice you make should depend on your answers to these questions.

How many changes of clothing does the child have?

How fast does the child grow?

How hard is the child on clothing?

Will the garment be passed on to another child?

Is the garment a "classic" item that will stay in style, or a "fad" item?

What activities does your child participate in?

How does the garment fit?

How is the garment constructed and what type of care does the garment require?

Consider growth features for the pre-school and early grades child. Room for growth is an essential part of good design and fit. Look for garments with expandable features such as:

Adjustable shoulder straps; deep hems for lengthening; undefined waistlines in one-piece garments; separates; roomy armholes; adjustable cuffs; elastic waistlines and stretch or knit fabrics.

To get the best purchase for your clothing dollar, have your child try the garment on and then have the youngster sit, bend, and stretch. How does the item measure up? A garment that is too big not only looks sloppy but is a safety hazard. One that is too small confines the child's

physical activity.

Check the quality of workmanship against the price of the garment and the use of the garment. Is the garment: reinforced at points of strain? Evenly stitched without any breaks?

Finished with seams that lie flat and smooth; designs that are well matched?

Finished with closures that are flat, securely attached, and easily used?

Finished with a hem that is firmly stitched, even and deep?

Designed for easy care?

Labeled with fabric content and care instructions?

Comparison shopping allows you an opportunity to get the best buy for your shopping dollar. If you do not have much time for comparison shopping, start with some armchair shopping at home.



**OREGON STATE UNIVERSITY  
EXTENSION  
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## Watermelons to be certified free of pesticides

An approval system for the sale of watermelon in Oregon was announced last week Leonard Kunzman, Director of the Oregon Department of Agriculture.

"We have implemented a comprehensive program of sampling, inspection and certification to get a safe supply of watermelon back on the shelf in Oregon grocery stores," said Director Kunzman.

Under the program, all watermelon that is currently being held for sale at retail establishments must be destroyed. No additional watermelon may be sold at retail in Oregon grocery stores until after July 12, 1985.

This will allow other melon producing states time this week to certify melons free of pesticide contamination.

Additionally, all watermelon

held in wholesale distribution facilities that was grown in California and shipped before that state's inspection and labeling program went into effect on July 8, 1985 must also be destroyed. California watermelons that have since been certified by California agriculture officials will be permitted for sale after July 12, 1985.

Watermelon produced in other states must be held at the wholesale distribution facility until documentation can be verified by Oregon Department of Agriculture personnel to certify the watermelon's state of growing origin.

A certification program for Oregon grown watermelons will be in operation by harvest time—expected to be the last week in July.

## Stir frying summer vegetables

For every good cook, the real harbingers of spring and summer are the fresh, tender asparagus, artichokes, snow peas and leafy green vegetables that make cooking—and eating—pure pleasure at this time of the year.

For the ultimate in cooking variety there's nothing like stir-frying. This nutritious Chinese technique offers unlimited opportunities to mix and match summer vegetables to create endless new combinations. Include a handful of walnut pieces to stir-

fried vegetable dishes for extra flavor and crunch.

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Imperial Walnut Stir-Fry

2 tablespoons water  
1 tablespoon soy sauce  
1 teaspoon cornstarch  
½ teaspoon crushed red pepper—optional  
3 tablespoon vegetable oil  
¾ cup walnut pieces  
1 tablespoon minced fresh ginger  
1 clove garlic, minced  
1½ cups asparagus spears, cut diagonally into 1 inch pieces

½ cup snow peas  
½ cup matchstick carrot pieces

In small bowl combine water, soy, cornstarch and red pepper; set aside. In wok or heavy skillet heat 1½ tablespoons of oil to sizzling. Add walnuts, ginger and garlic; toss over high heat until golden, about 1 minute. Remove and reserve. Heat remaining oil to sizzling. Add vegetables to wok; toss until tender-crisp. Stir in reserved walnut and the cornstarch mixture to thicken. Makes 4 servings.

## Convenience foods may be costly

Many people turn to commercially prepared convenience foods to cut down on time spent on kitchen chores, but is all this convenience good news? Sometimes yes and sometimes no.

Typical convenience foods save preparation time because it is possible to eliminate some routine tasks, such as washing, peeling, slicing, measuring or mixing. They also reduce time spent on washing dishes and other clean-up after a home-cooked meal.

On the other hand some convenience foods cost more, particularly when meat is a main ingredient, when additional sauces and other gourmet ingredients are added, when serving sizes are individually proportioned, and when there is a large amount of packaging.

The wise homemaker compares time savings with costs.

How to plan and serve attractive and nutritious meals with a reasonable expenditure of resources—time and money—is the daily management problem faced by all homemakers.

Be sure you are really saving time when you buy convenience foods—and getting the quality you want. You may find that

you are paying extra for a fancy package that doesn't save time and doesn't meet your specifications for quality.

Creative use of the freezer space may be a solution. Make your own convenience food bases for the meals you love and freeze them. Great homemade soups, casseroles, and special sauces can be planned this way for inexpensive convenience.

Some convenience foods actually save time and money and are of similar quality to home-made foods. Chocolate cake mixes, frozen orange juices concentrate, "add water only" pancake mixes are some examples.

Among vegetables, many canned and frozen bulk-packaged items are lower in cost than their fresh counterparts.

Lower original purchase price, transportation costs, mass production and distribution systems among the reasons why some convenience foods are bargains.

To help trim extravagance from your food budget, avoid frozen vegetables with special sauces; seasoned rice; cinnamon and sugar mixes, frozen, breaded meat, poultry and seafood; fancy containers; prepared croutons; and ice cream novelties.

## Easing the insecurities in a single parent family

One-parent families now total 19 percent of all families with children. About 95 percent of children living with one parent are with their mothers.

Although having only one parent in a home has become less "different" than it was in the past, it still brings traumatic changes within a family. Changing from a two-parent household requires more changes in living habits, outlook or responsibilities than any other family crisis.

Divorced or widowed parents are not only faced with reorganizing their family goals and routines, but need to find ways to maintain family solidarity. When everything seems topsy-turvy, keep in mind that research repeatedly emphasizes that the relationships among family members have a more important effect on children than whether their parents are married or divorced.

We can most likely add believability to this statement since it's the loss of a personality in a family that causes grief reactions and necessitates a new approach for the future.

According to Marcelle Straat-

man, OSU Human Development Specialist, the effects of the loss of a parent, for children, begin when that person is no longer in the home.

At this point, disruption of the family becomes a reality and a child is likely to feel abandoned by both parents. Although half of youngsters in a recent survey said the pre-divorce period was the most stressful part of the whole thing, others felt a sudden reduction in the amount of physical care and attention they received afterward.

Naturally, two parents can offer more attention than one even if part of it may not be positive. There are limits to the endurance and energy of a single parent even in cases where divorce or separation has relieved a great deal of tension.

"Regardless of the reason for loss of a parent, a family is still a family and can become very strong, healthy, and happy," Straatman notes. "Families have the capacity to give members the support needed to get through any of life's rough spots. Like pioneers, circle your wagons to grow and strengthen yourselves together."

Your job as wagon master won't be easy, but it will bring results, Straatman went on. Commit yourself to building your family unit by:

Telling your children often you love them. Emphasize that their absent parent loves or loved them too. When appropriate, assure children that they in no way cause the death, divorce, or disappearance of the missing parent. Maintaining good feelings about the missing parent is important for healthy personality development. Your angry feelings need not be shared with children. But it's not necessary to make the child think that parent was a saint either.

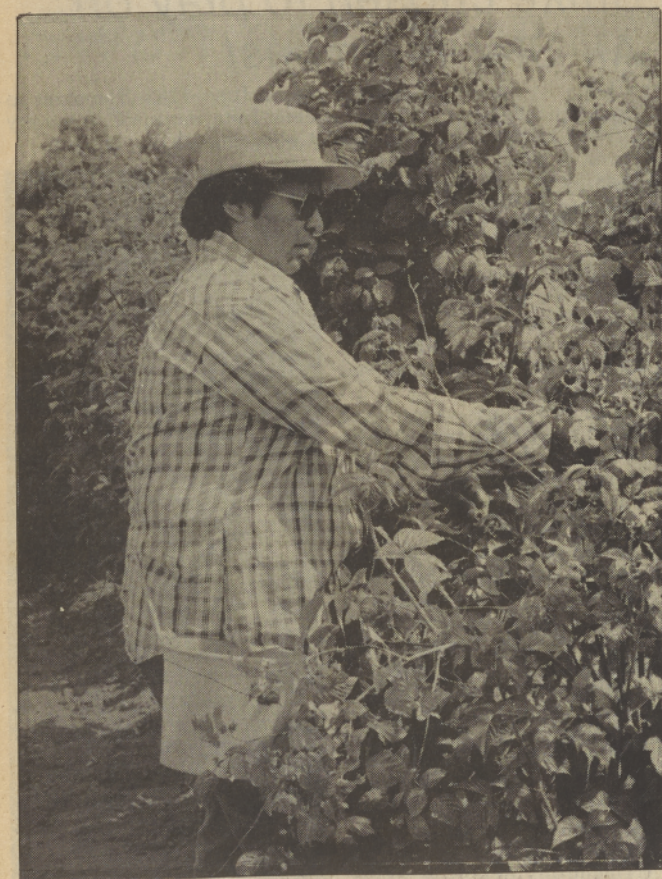
Establishing feelings of security. It takes a long time for a child to rebuild a sense of trust in a family when part of it has disappeared. The absence of a parent may cause you and your children to be easily upset or disorganized when unusual events occur. There's also a tendency to fear something will happen to one of the other children or they fear you will disappear. These insecurities and fears are gradually replaced by renewed faith in the family and

its predictability.

Demonstrating that you value your family. Spend time together with your child or children each day. Mealtimes, shared housework, playing games or sharing a glass of juice before bedtime are "special times" that work into daily routines. They provide closeness that says, "We belong together and we care." The feeling of "family" develops through shared ideas and experiences, not just living in the same house.

Expressing appreciation of what you do for one another. While your anger and frustrations should not be dumped on young shoulders, you can communicate honestly about problems you all face: money, work, transportation or visitations. You can share happy and pleasant feelings too and applaud the progress each of you are making in school or on the job.

"Some of our greatest leaders and most successful scholars have grown up in one-parent families," Straatman says. "Crisis and problems that no one would choose for themselves often draw families together bringing about outstanding qualities in individuals."



Carolyn Torres was one of six who traveled to Sandy with the OSU Extension Office to pick raspberries. The group picked berries at Sandy.

## Alternative irrigation methods for a green garden

Home gardens may survive the onslaught of insect attacks and the encouragement of weeds, but lack of moisture due to improper watering practices usually spells disaster for garden plants.

Most established gardens should be watered thoroughly every five to seven days with at least one inch of water.

In most cases, watering with a garden sprinkler is the best way to provide water for the garden.

Be sure to leave the sprinkler on long enough. Most garden sprinklers deliver about one-fourth inch of water per hour.

Check to see if enough water is being applied to the garden by waiting a day or so after watering. Then dig a hole in the garden to see how deeply the water has penetrated into the soil. The moisture zone should be six to eight inches deep. If it isn't, more watering is needed.

Watering thoroughly over a period of five to seven days is better than frequent light watering because light watering causes vegetable plant roots to grow near the soil surface. Shallow roots are more susceptible to damage during hot, dry days or when weeding.

To determine when another thorough watering is needed, examine the soil near the plants. Scrape the soil back to get a

look below the surface. If the moisture level is within an inch or so of the surface, more water is not necessary.

If water starts to puddle during irrigation, the sprinkler is putting out water faster than the garden soil can take it in. If crusted soil is preventing penetration, break the soil up with shallow cultivation.

A good time to irrigate the garden is in the early morning.

## Altering form of medication may alter its effect

Think twice before crushing or dissolving pill-form medication to make it easier to swallow. Altering the form of pill medications may alter the effect of the drug.

Some tablets are coated to conceal their unpleasant taste, prevent irritation of the mouth or esophagus, or to delay release of the drug until it reaches the

intestine. Crushing a coated tablet immediately releases the medication. The result can be a bitter taste, reduced effectiveness of the drug, gastric irritation, nausea, vomiting or drug overdose.

Drug overdose results because some medications are designed with multiple coatings, or beads, that permit gradual release of

the drug and its slow absorption.

Crushing or mixing time-release capsules releases medication exceeding the normal dose. This can result in an overdose or intense side-effects. Mixing medication with milk or fruit juice is not always safe. These liquids can alter the solubility and absorption of some drugs.

## Report name change to Social Security

Women who change their names, because of marriage, divorce, or other reasons, should report the change to Social Security. Reporting the change will ensure that earnings will be properly recorded and that all the Social Security credit due will be received.

A marriage, itself, does not have to be reported. Women who continue to use their same names after they marry need not inform the Social Security office of the marriage.

A name change should be reported on the "Application for a Social Security Card" from No. SS 5, which may be picked up at any Social Security office.

Proof of identity under both the old and new names will be re-

quired.

It's a good idea to check your record every three years or so to make sure that earnings are being reported. You can get a free postcard form at any Social Security office for this purpose.

If you request for the card, ask for the "Request for Statement of Earnings" form No. SSA7004 PC.