

Read clothing labels for best results

With the new clothing care labels in effect here is a list of definitions of terms you could expect to find on the labels.

The following are the standard terms that have been identified in the trade regulations rules.

—Machine wash: A process by which soil may be removed from products or specimens through the use of water, detergent or soap, agitation and a machine designed for this purpose. When no temperature is given, such as "warm or cold," hot water up to 150° F (66° C) can be regularly used.

—Do not have commercially laundered: do not use a laundry that uses special formulations, sour rinses, extremely large loads or extremely high temperatures or which otherwise is used for

commercial, industrial or institutional use. Use laundering methods designed for residential use or use in a self service establishment.

—Iron: ironing is needed. When no temperature is given, the highest temperature setting may be regularly used.

—Tumble dry: Use machine dryer. When no temperature setting is given, machine drying at a hot setting may be regularly used.

—Bleach when needed: all bleaches may be used when necessary.

—Wash or dryclean, any normal method: can be machine washed in hot water, can be machine dried at a high setting, can be ironed at a hot setting, can be bleached with all commercially available bleaches and

can be drycleaned with all commercially available solvents.

Professionally dryclean: a drycleaning modified to ensure best results either by a drycleaning attendant or through the use of a drycleaning machine or both.

Such modifications or special warning must be included in the care instructions.

Leather clean: have cleaned by a professional cleaner who uses special leather or suede care methods.

Leadership skills learned

This year's 4-H Summer Week was held June 17-22, 1985. Six individuals for this country attended: Sandra Busch, Madras, Sophronia Coochise, Butch David, Missy David, Edward Lucei, and Ian Tohet, Warm Springs. In addition we had two people attend as class instructors for the livestock showmanship classes—Trudy Blann and Mickey Killingworth, Madras. 4-H Summer Week is a time for

leadership skill development as well as a time for learning more about your own project area, other projects areas and finding out what college life is all about. Thank you to the 4-H Leaders Associations for their support and financial contributions.

Skimp on budget not nutrients

Consumers who must feed their families on limited budgets often want to know what foods supply the most nutrients per dollar.

Fresh spinach, beef liver, canned tuna in water, fresh tomatoes, lowfat and nonfat milk, and tofu top the list of foods that supply maximum nutrients per dollar.

Also on the list are eggs, fresh carrots, whole chicken, dry roasted peanuts, fresh green beans, and wheat germ, followed by ground beef, ground turkey, dry kidney beans, regular milk, and whole wheat bread.

All of these foods supply at least 50 percent of the U.S.



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Recommended Dietary Allowance for four or more nutrients per dollar's worth of that food purchased. They also supply high proportions of nutrients in relation to calories. That makes these foods ideal for people watching calorie intake.

Some of the foods listed as nutrition bargains would not be listed at some times of the year—due to seasonal adjustments in price. Also, there are some very nutritious and seasonally inexpensive foods that are not on this list—like broccoli and cantaloupe.

Alcohol and sweets don't score at all on this chart—they provide calories but negligible

amounts of other nutrients and they are expensive.

People on very tight budgets can find very inexpensive foods in the grocery store that are also very rich in nutrients. These people need to remember that tough times are also times when good nutrition is important.

Not only do you want to be at your best to help find your way out of those tough times, but you want to be in great shape for all those good opportunities and times that will come. Thinking about the nutrients supplied per dollar spent on food is a good tool for keeping your nutrition adequate, and you and your family healthy now and in the future.

Weed killer deadly to garden plants

Careless or overenthusiastic use of weed killers, especially on lawns, may cause minor to serious injury to nearby shrubs or garden plants in the home landscape.

Broadleaf weed killers are just as deadly to desirable plants as they are to the weeds you want to get rid of. The best way to protect desirable plants from drifting herbicide sprays is to take care when applying the spray.

We advise applying weed killers in the early morning or late evening when the air is more likely to be still. Above all, don't spray when the wind is blowing.

The weed killing properties of a "weed and feed" combination can also damage ornamental and garden plants. The weed killing chemical in the weed and feed can evaporate on hot days, and the vapors produced make

contact with nearby plants.

Read the label directions when using weed killing chemicals and make applications in the correct proportions. Mixing weed sprays too strongly is a common error.

Thoroughly cleaning spraying equipment with water between applications, will prevent residues from previous applications from contaminating later spray preparations.

Appliances can be hazardous

No matter how well they may be designed, kitchen appliances are potentially hazardous when heating, grinding, cutting, shearing, mashing, or otherwise performing their necessary function.

Refer to the manufacturer's booklet concerning proper use, care, cleaning, and maintenance before using an electric appliance for the first time.

File instruction booklets, guarantees, and warranties so they are readily available when needed.

The instructions will tell you whether you should immerse all or part of an electrical appliance in water. Immersing an appliance that is not designed to be put in water greatly increases the risk of electrical shock to the user the next time the appliance is plugged in.

Water trapped in the unit can act as a conductor between the electrical element inside and the surface of the appliance. If you believe an appliance is not working properly for any rea-

son stop using it. Have it checked immediately by a service center authorized by the manufacturer.

Major appliances should be grounded using a three-hole grounded outlet.

Always use the cord that is supplied with the appliance; store it in a dry place and not in a drawer with cutlery.

Disconnect the cord from the wall outlet before disconnecting it from the appliance. Grasp the plug—don't yank on the cord.

Always unplug appliances when not in use to avoid shock of fire, electrical shock or injury from moving parts.

Never touch any electrical equipment with wet hands or when standing on a damp surface. A ground fault circuit interrupter (GFCI) is recommended for kitchen use. The GFCI prevents electric shock from faulty equipment by monitoring and interrupting the flow of electricity.

Blanching vegetables for best results

Get the best texture, color and flavor possible out of garden cauliflower, celery and potatoes by blanching these crops as they mature.

Blanching is simply the process of shielding certain types of vegetables from sunlight at a critical time in the vegetable's growth period.

This shielding will have the effect of making the flesh of the vegetables turn a bright white

color. Sunlight tends to turn cauliflower and celery yellow, and potatoes green.

The greening in potatoes is caused by the sunlight stimulating the buildup of chlorophyll in the skin of the potato. Along with the yellowing or greening, sunlight can cause vegetable texture to be on the tough side, and vegetable flavor to be bitter.

Blanch cauliflower by fasten-

ing outer leaves of the plant over the inner head with rubber bands. Blanch celery by mounding soil around celery stalks. Mounding soil loosely over developing potatoes will help branch young tubers. A mulch of straw works as a covering for potatoes.



other times of the year.

Trees and shrubs in their first growing season usually need this type of irrigation more (about every three weeks) than most other plants. Less deep watering is needed for shallow rooted plants.

Water travels downward through the soil, not outward.

To keep the water directly over the plant roots, it may help to build watering basins around the trunk for trees.

Check to see how moist the soil is below the surface by digging with a shovel down about a foot and half. Moist soil at that level means the roots have sufficient moisture for vigorous growth.

Keep garden watered

Critical times to make sure garden vegetables plants get enough are during spells of exceptionally hot weather in August. Critical watering times in the garden when sweet corn begins to show tassels, and when tomatoes, cucumbers and summer squash begin to set fruit. A dry period that causes plants to wilt for several days can be extremely damaging to vegetable plants. With tomatoes, the result of lack of water is blossom end rot.

Garden watering can be done in a variety of ways but the use of garden sprinkler, such as an impact (Rainbird) or oscillating type will work well. Apply about one inch of water. The amount

of water can be measured by placing a can where it will collect water from the garden sprinkler.

Squirting the garden with a hose and won't do an effective job. It will only wet plant leaves and the soil surface.

A thorough watering should keep garden plants in good shape for five to seven days, depending on weather and soil type.

If water begins to puddle during irrigation, the sprinkler is putting out water faster than the soil can take it in. Crusted soil, which prevents water from penetrating the soil can be broken up with shallow cultivation.

Test yourself on the risk of heart disease							
Risk factors over which person has no control							
Age	Points	10 to 20	21 to 30	31 to 40	41 to 50	51 to 60	61 to 70
		1	2	3	4	5	6
Sex		Female under 40	Female 40-50	Female after menopause	Male 25-44	Male 45-64	Male 65 and over
		1	2	4	5	6	7
Heredity*		No known history of heart diseases	1 relative with heart disease after 60	2 relatives with heart disease after 60	1 relative with heart disease before 60	2 relatives with heart disease before 60	3 relatives with heart disease before 60
		1	2	3	4	6	7
Risk factors that can be controlled							
Weight	Points	More than 5 lbs. below standard weight	-5+5 lbs standard weight	6-20 lbs overweight	21-35 lbs overweight	36-50 lbs overweight	51-65 lbs overweight
		0	1	2	3	5	7
Tobacco smoking*		Non-user	Cigar and/or pipe	10 or less cigarettes daily	20 cigarettes daily	30 cigarettes daily	40 cigarettes daily
		0	1	2	4	6	10
Exercise*		Intensive occupational and recreational exertion	Moderate occupational and recreational exertion	Sedentary work and intense recreational exertion	Sedentary work and moderate recreational exertion	Sedentary work and light recreational exertion	Complete lack of exercise
		1	2	3	5	6	8
Blood pressure*		100 upper reading	120 upper reading	140 upper reading	160 upper reading	180 upper reading	200 or over upper reading
		1	2	3	4	5	7
Cholesterol or fat percent in diet*		Low blood cholesterol and diet excludes saturated fat & eggs	Medium low cholesterol and/or diet excludes most saturated fats & eggs	Borderline cholesterol and/or diet contains minimal saturated fats & eggs	Mild elevation cholesterol and/or diet contains moderate saturated fats & eggs	Marked elevation cholesterol and/or diet nearly in saturated fats & eggs	Extreme elevation cholesterol and/or diet excessive in saturated fats & eggs
		1	2	3	4	6	8

Rules: Study each risk factor and its row. Find the box applicable to you and circle the large number in it. For example, if you are 37, circle the number in the box labeled 31-40. After checking out all the rows, add the circled numbers. This total score is an estimate of your risk.

*Notes
On heredity: Count parents, grandparents, brothers and sisters who have had heart attack and/or stroke.
On tobacco smoking: If you inhale deeply and smoke a cigarette way down, add one to your classification. Do not subtract because you think you do not inhale or smoke only a half inch on a cigarette.

On exercise: Lower your score one point if you exercise regularly and frequently.
On blood pressure: If you have no recent reading, but have passed an insurance or industrial examination, chances are you are 140 or less.
On cholesterol or saturated fat intake level: A cholesterol blood level is best. If you can't get one from your doctor, then estimate honestly the percentage of solid fats you eat. These are usually of animal origin—lard, cream, butter, and beef and lamb fat. If you eat much of this, your cholesterol level probably will be high. The U.S. average, 40 percent is too high for good health. Source: Chicago Heart Association

Your score _____
If you score:
6-11—Risk well below average
12-17—Risk below average
18-24—Risk generally average
25-31—Risk moderate
32-40—Risk at a dangerous level
41-62—Danger: urgent
See your doctor now!

Instead of salt try. . . .

Nutmeg—add dash to ¼ teaspoon to two cups mixed vegetables, carrots, spinach; ½ teaspoon to one pound ground beef; dash to ½ teaspoon to four cups creamed chicken or tuna.
Oregano—Add ¼ to ¾ teaspoon to four eggs for egg salad; ½ to ¾ teaspoon to ¼ cup butter for basting fish; ¼ to ½ teaspoon to two cups spinach, green

beans or three cups tomatoes.
Paprika—Add ½ teaspoon to ¼ cup flour for dredging chicken or meat; ½ teaspoon to ¼ cup butter for seasoning white vegetables.
Parsley (flakes)—Add two to four teaspoons to four cups cooked noodles or three cups cooked rice; two tablespoons to two pounds ground beef; ¼ to

½ teaspoon to ¼ cup butter for vegetables, fish, meats.

Tarragon—Add ¼ teaspoon to one pound fish; one teaspoon to three pounds chicken; ¼ to ½ teaspoon to ¼ cup butter for basting steak and chops.

Thyme—Add ¼ to ½ teaspoon to flour for dredging three pounds chicken.

A limited budget may determine lifestyle

It's hard to know where you're going without knowing your starting point. That goes for living on less money as well as traveling.

Learning to live with less income is never easy, but it begins with analyzing your current situation.

Recognize whether the situation is temporary or long term. If it's temporary, you might delay purchases or payments and use credit to deal with the cash flow problem. But if the situation is going to last more than a month or so, it will take definite changes in lifestyles.

One must consider losses in benefits, such as health and medical insurance, as well as the other income lost if reduced income is a result of being unemployed.

Begin by listing how you use

your money. List all bills, current and past due. These may include the rent or house payment, utilities (heat, water, telephone), and groceries.

Make a tentative plan of how to deal with each bill—whether you will pay it in full or make a partial payment. Talk with creditors to arrive at mutually acceptable arrangements if you must make partial or delayed payments. Creditors want to avoid bankruptcies, and they will likely go along with you if you have a plan for paying them what you owe.

You might look at expenditures in three categories: 1) necessity; 2) important only if there's enough money; and, 3) not essential until there is more money.

Changes in lifestyle can help, too. Instead of eating out, entertain with potluck meals. Dis-

cover free entertainment, such as public parks and museums. Save by buying generic merchandise.

Check out books from the library or read magazines there instead of buying them. Look for opportunities in used merchandise rather than buying new clothing, furniture and gifts. Try barter and cost-sharing, such as carpooling. You may have to temporarily do without new clothing, replacement appliances, gifts, and paid recreation.

Would it be useful to clean the attic, garage, or basement, and sell or trade what you don't need or won't want in the future?

Don't part with items that you would consider a great financial or emotional loss.

Look at part-time work opportunities in your community as a way to earning extra income.