

Be prepared for after-school snackers

Don't let the beginning of the school year catch you unprepared for the after-school snackers.

Children, especially the younger ones, need to eat several times a day. Small stomachs cannot hold enough food to last five or six hours.

Youngsters are usually hungry after school and will eat anything available. Help them eat better by keeping 'good' snacks like milk, fruit, sandwich fixings, cheese and crackers and juice within easy reach.

Snacks should be "real" foods, not just something to fill the cracks. Cakes, pies, pop, potato chips, candy bars, and other high sugar, high fat snacks will satisfy the stomach, but supply very little of the ingredients that promote good health.

Choose dessert items that contain milk, cereals, or fruits. It is easier to control the amount of sugar in desserts if they are homemade.

Fruit juice, cold water, and milk are good beverage choices. Encourage children to quench thirst with water rather

than soft drinks by keeping only moderate amounts of other beverages on hand.

Set aside a special place for storing snacks so children know what is okay to eat. How many times have you planned to use leftovers for dinner only to have them disappear between 3 and 5 p.m.?

Ask the children to help plan what will be available on the snack shelf. Everyone gets tired of eating the same thing every day. If children are involved in the planning they get an opportunity to learn to select nutri-

tious snacks.

Snack time is a good time for kids to learn some food preparation skills. Involve children in cutting up vegetables that can be eaten with a cheese or peanutbutter dip. With a little help they can make puddings, custards, or fruit salads. Keep english muffins, flour tortillas, or pocket bread handy to make quick "walk away" sandwiches.

Snacks are a good idea for children, the trick is to have plenty of good food available, and to keep the high sugar, high fat, expensive snacks to a minimum.



**OREGON STATE UNIVERSITY
EXTENSION
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Executor is a key in decision making

Next in importance to writing your will is the selection of a trustworthy and competent executor who can carry out your wishes without fail.

You may have promised the family heirloom photographs to your favorite niece but they may end up on the trash dump. Unless you specify, items—particularly books, paintings, souvenirs and photographs—can be lost, sold indiscriminately or trashed in the shuffle. Without proper preparation, the antique jewelry you acquired on vacation can be claimed by blood relatives rather than your intended godchild. Although most wills are written clearly and precisely, there often is need of an executor who can settle disputes about who is to get what. Items which are not specifically mentioned are often sold and the proceeds divided causing hard feelings to those remaining. The executor may need to employ an accountant, a lawyer or bank trust department to help you.

A close friend or a spouse may be the first choice for the role of executor. Think objectively as to this person's health, organizational abilities and general management talents. If the individual has trouble balancing the checkbook and finds it a bore, you may want to appoint someone else or a co-executor. In the event of your death, it would be unfair to have someone appointed who may be greatly distraught. Some people advise appointing individuals younger and more than one choice, in the event of an unforeseen death or desire not to serve.

To insure having multiple talents, some individuals appoint a close friend or family member to be the co-executor and the other co-executor to be a skilled professional person or a qualified institution to handle more of the business details. Generally, the close friend will know the individual's wishes better and the property better, whereas, the business institution can better utilize tax advantages,

handle the paper work and generally expedite this endeavor.

Most estates are slow in being settled, with two years not uncommon, ten to 21 percent costs in transferring the funds. Although some individuals waive their fee, most individuals who have been an executor will, off the record, admit they were underpaid for this stressful and time-consuming job.

What else does an executor do besides distributing the estate to their heirs? She may have to:

1. Arrange for the funeral.
2. Arrange for the immediate living expenses of the surviving dependents.
3. Pay any and all legal indebtedness due.
4. Arrange for probate court proceeding at the time the will may be declared valid and effective and the executor is certified.
5. Collect all money due the estate as Social Security, veterans benefits, salary, insurance and pension benefits.

Fall ideal for transplanting shrubs

Want to transplant an ornamental shrub or two in the home landscape? If so, wait a few weeks. The cool and moist fall weather that will soon be coming to Western Oregon is ideal for allowing transplants a good opportunity to reestablish themselves.

Select the site where the plant will be relocated and dig a hole about 18 inches deep and two feet wide.

When digging up and moving the plant from its old location, try to leave as big a soil ball on the plant roots as possible.

Before filling in the soil around the transplanted shrub, check the soil. If it lacks organic material, add some, such as peat moss. Organic matter improves drain-

age reduces compaction in clay soils, and increases water and nutrient holding capacity in sandy soils.

Plant the shrub no deeper than the depth at which it was previously planted. There should be a few inches of space between the sides of the hole and the root ball. Fill in and firm the soil around the root ball. Water the shrub well, letting the water soak into the soil.

Prune the shrub to make the branches and foliage on top match the number of roots on the bottom. This will help the plant recover better from the shock of being moved from one planting site to another.

Make sure the plant is well-watered for several days after

transplanting.

A layer of mulch around the base of the shrub will prevent weeds from becoming established in the area. Mulches also help soil retain moisture. Clean straw, clean manure, newspapers or a layer of black plastic, are all good mulching materials.

Plant home lawn early

The fall is as good a time as any to plant a home lawn, according to a gardening expert with the Oregon State University Extension Service. In the western regions of Oregon, new lawns can be planted as late as mid-October.

Fall planted lawns will grow quickly in Western Oregon and be established by the time cold

Friction does microwave cooking

Microwave ovens are appearing in more and more kitchens these days, largely because they cook foods fast.

This type of oven is named after the medium it uses to cook food—the microwave. The microwaves cause movement of water molecules, which cause friction inside the food. The friction does the cooking.

While microwaving is quick, it does not always cook food evenly.

To complete the cooking of various cuts of beef, poultry and pork, without overcooking high heat spots, many microwave recipes call for a ten to 15 minute standing time following microwave cooking. This allows cooking to continue after you take the food out of the oven as the heat spreads evenly throughout the food.

Follow tips for the safest way to use your microwave oven for meat and poultry.

—De-bone meat and cook it slowly. Bone is dense and may keep the area around it from heating through. Cook the deboned portion using the middle-power setting (30-50 percent).

—Slower cooking at lower power ensures more even heating. Rotating meat several times while cooking helps too. For pork, the piece should not weigh more than 4½ lbs. A "cooking bag" method for 3-3½ lb. roasts is recommended by the National Livestock and Meat Board.

weather arrives.

The cool nighttime temperatures and the likelihood of rainy weather encourages grass seed germination and growth.

Colonial bentgrass, fine fescue, improved perennial ryegrass and Kentucky bluegrass are the four basic grasses used for lawns in Oregon.

Colonial bentgrass is widely used west of the Cascades.

Fine-leaf fescues are usually planted in mixtures with colonial bentgrass or Kentucky bluegrass. These grasses perform well in Western Oregon, except in frequently wet areas.

Perennial ryegrass, a grass that is often mixed with fine fescue and Kentucky bluegrass, germinates and establishes itself quickly. Avoid the common forage (pasture) varieties when buying perennial ryegrass. McNeilan warns. Forage ryes do not make good lawns.

Rather than making your own blends, it's often easier to buy grass seed in pre-packaged mixtures. However, we advise looking such mixtures over carefully before buying.

Sometimes pre-packaged mixtures don't contain the proportions, or even the varieties, that are the most desirable for a given area or situation. In addition, many mixtures contain annual ryegrass as a filler and this variety of grass produces a thin, poor-growing turf.

Orange chicken puebla recipe

3 whole chicken breasts, boned, skinned, split in half (about 1½ pounds)
½ teaspoon salt
½ teaspoon pepper
3 tablespoons butter or margarine
1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted
1 cup chicken broth
1 teaspoon prepared mustard
½ teaspoon ground cloves
1 tablespoon cornstarch
1 tablespoon cold water

—Carefully observe the cooking standing time. Where full cooking is vital to kill food poisoning bacteria in meat and poultry, let the food stand outside the oven, preferably covered with foil to retain heat, for the full number of minutes recommended to complete cooking.

—Test for doneness with a meat thermometer. After the standing time, check meat or poultry in several spots to be sure it has reached the proper internal temperature throughout.

Be extra careful with pork or

bear. Microwaving can leave undercooked spots in raw pork or bear in which trichinae parasites—the cause of trichinosis—can survive.

We currently recommend cooking to a uniform internal temperature of 170F. If there are any pink areas in the meat, cooking should be continued until all areas appear done. Poultry also should be cooked until all areas are no longer pink.

You may prefer to cook fresh pork or poultry on top of your regular range or in the oven.

Process tomatoes properly

Persons planning to can tomatoes at home this year should remember to select them carefully and process them properly to assure that they are safe to eat and won't spoil.

This means selecting firm, ripe tomatoes free from bruises and decay. Overripe tomatoes should be avoided because they are lower in acid. And then use the hot pack method and process the filled jars in a boiling water bath for the proper amount of time.

Last year's recommendations from the OSU Extension Service that tomatoes be packed boiling hot and then processed at the rate of 35 minutes for pint jars and 45 minutes for quarts

are still in effect.

The changes made last year were to insure that molds, yeasts and bacteria which grow in high acid foods, such as tomatoes, will be destroyed.

For an extra margin of safety, OSU points out that citric acid or lemon juice can be added to each jar of tomatoes to increase acidity. Use of citric acid (one-fourth teaspoon per pint; one-half teaspoon per quart) or lemon juice (one tablespoon per pint; two tablespoons per quart) will reduce the chance of spoilage.

Additional information and directions for canning tomatoes, other vegetables, or fruit is available from the county offices of the OSU Extension Service.

Compost discarded leaves

Recycle discarded plant material this fall by converting it into compost, a mixture of soil and decomposing organic plant matter.

Good plant materials for composting include leaves, grass clippings, corn husks, pea hulls and fine twigs from trees and shrubs. Avoid using plant material from diseased plants.

Compost is an excellent mulch, and a good fertilizer and soil conditioner when worked into the soil.

Always compost leaves before using them as a mulch. Raw leaves are flat and may keep water from entering the soil.

Walnut leaves decompose slowly and contain a growth-inhibiting substance. Avoid making walnut leaves more than one-fourth of any quantity of mulch or compost you prepare.

An efficient way to make compost is to use two bins. Two bins allows one batch of compost to be decomposing while the other is ready for use.

The bins can be homemade by attaching ordinary wire fence or boards to solid posts or blocks. Each bin should be four to six feet high, three to five feet wide, and whatever length is desired. One side of the bin should be

removable so compost material can be added and removed easily.

Build the compost pile by filling one bin with alternate layers of organic material six to 12 inches thick and garden soil about one inch thick.

Add one-half cup of a fertilizer high in nitrogen, such as ammonium sulfate, per square yard of compost material as each layer of organic material is put in. Moisten the material thoroughly and repeat the layering process until the bin is full.

Turning the compost pile periodically will keep the decomposition process going at a steady rate. Fork the material from one bin to another with the material's drier outside portion placed in the center of the bin.

Compost started this fall should be ready by mid-summer next summer for mulching and side-dressing.

Another simpler method of composting is to dig a trench about 18 inches deep in the garden and bury the plant material. It will decompose gradually through the winter and next spring you can mix it into the soil more thoroughly when you spade or rototill the garden.

Cheesy-onion zucchini bake

1 large Idaho-Oregon sweet spanish onion
3 cups thinly sliced zucchini
2 tablespoons butter or margarine
2 eggs, beaten
½ cup dairy sour cream or yogurt
1 teaspoon salt
½ teaspoon pepper
½ teaspoon dry mustard
1 cup grated swiss cheese

Peel and thinly slice onion. Separate into rings. Should measure about three cups. Saute onion and zucchini in butter or margarine until tender. Place in shallow 1½ quart baking dish. Combine eggs, sour cream or yogurt, salt, pepper, mustard and half of cheese. Pour over vegetables. Sprinkle with remaining cheese. Bake at 375 degrees for 20 minutes or until firm. Makes six servings.

Microwave method

Place butter or margarine in a shallow 1½ quart microwave-proof dish. Heat on high until melted. Stir in onion and zucchini. Cover with plastic wrap. Microwave on high for six to seven minutes or until tender. Stir after four minutes. Pour egg mixture over vegetables. Sprinkle with remaining cheese. Cover with paper towel. Microwave on medium for eight to ten minutes or until firm.

