

Woodburning stoves and fireplaces can be safe

Woodstoves and woodburning fireplaces have become the leading cause of home fires and, next to cigarette-smoking, the second largest cause of fire-related accidental deaths.

Yet wood-burning stoves and fireplaces can be perfectly safe if they are properly installed and properly maintained and used.

The greatest number of these fires arise from faulty installation. Other frequent causes are in the failure to properly separate and insulate the stove, flues and chimneys from combustible materials, and in connecting the flue pipe to an old, unsafe masonry chimney.

Most reputable stove manufacturers will provide installation instructions which spell out mini-

mum floor protection and minimum distances from combustible walls and ceilings. Local fire and building codes may also state requirements which must be followed. Your best protection is installation by a qualified, professional installer. A do-it-yourself installation should be checked and approved by local fire or building inspectors.

The most important consideration from a maintenance standpoint is keeping stove pipes and chimneys clear of creosote, which if allowed to build up can cause a chimney fire which may spread to the building itself with serious consequences.

Creosote is a normal by-product of burning wood; you may know it as "soot." While chemical cleaners may slow creosote accumulation, they seldom will

totally prevent it. A chimney needs to be cleaned when the creosote or soot build-up reaches one-quarter inch. For stoves and fireplaces which are heavily used, that usually means once a year, or even more often.

Creosote condenses when flue or chimney temperatures fall below 250 degrees. So slowly burning, smoldering fires contribute to the problem. For safety's sake, burn only dry seasoned wood and burn a good hot fire for at least a portion of each day.

Cleaning flues and chimneys annually is a job best left to the professional chimney sweep (it's also a little messy). But if you do it yourself, be sure you are using proper tools and following proper procedures, and ask

a professional chimney sweep for an inspection—there's usually no charge.

Other conditions with respect to stove and fireplace safety include:

*Never use flammable liquids to start a fire or store such liquids in an area where a stove is being used.

*Do not burn trash or large amounts of paper in a stove or fireplace.

*Never leave stove doors open or the fireplace screen off except to fuel the fire.

*Never leave small children alone in a room where a wood stove or fireplace is in use.

*Install a smoke alarm and a fire extinguisher, check them annually, and know how to use each.



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T.E.A.M. clinic to be offered

An intense two-day clinic will be offered November 9 and 10 at the Jefferson County Fairgrounds from 9 a.m. to 5 p.m. The T.E.A.M. clinic is designed for the unriden young horse or older, sour or spoiled riding animals in need of a fresh start. Cost is \$90 for one horse and one handler. The clinic is limited to ten horse/handler teams. Fee for observers is \$20 for the two-day workshop.

Diana Thompson, of Siletz, practices an equine physical therapy call T.E.A.M., which stands for Tellington-Jones Equine Awareness Movements, named after its founder, Linda Tellington-Jones.

Participants will be subjected to very intense, on-hand training techniques which include training the young horse successfully without pain or fear.

Relaxing the young horse in a new environment, locating body problems which interfere with the training process, working over obstacles to give the handler full ground control of their horse, improve the balance and coordination of a growing, often clumsy horse, and give each horse/handler team a new confidence and ability to learn are only a few of the aspects to be covered.

Registration forms can be acquired by calling Jodi Eagan at 475-3082 in the evenings and 475-7211 during the day. According to Eagan, "the T.E.A.M. of training is interesting and very exciting. We are fortunate to have Diane in Central Oregon as she is one of only three certified instructors in the United States."

Insect pests feed on clothing fabrics

Clothing fabrics has two persistent enemies in the carpets beetle and clothes moth. These two insect pests often gain access to homes in warm weather or they can be carried in on second-hand clothing and furniture.

The natural food of clothes moths and carpet beetles is unprocessed material, such as hair, feathers, wool and fur.

Once these pests are in the home, prompt control measures are needed or a large infestation may result.

There are two types of clothes moths. One variety is golden-buff colored and has a satiny sheen; a second variety is drab and has dark spots on its wings. Clothes moths are small—about 1/4 inch long. They prefer darkness and when infested fabrics are disturbed they will hide.

Adult carpet beetles are 1/4 inch or less in length and resemble small lady beetles in shape. One common species is black. Other species are mottled with white, yellow, brown or black.

A new generation of moths can develop in a month under the favorable conditions of ample food and warmth.

To prevent clothes moths and carpet beetles from damaging fabrics:

—To practice good house-keeping constantly.

—Apply protective treatments to susceptible items.

—Spray infested areas with insecticides that effectively kill insects.

If by chance, you happen to have a very heavy infestation, it is advisable to obtain the services of a pest-control firm that has the equipment, materials,

and experience necessary to handle a difficult control job.

There are a number of ways you can protect fabrics and furs from insect-feeding damage. Some measure kill the insects while others make fabrics repellent to insect feeding.

Drycleaning kills larvae and adult clothes moths and carpet beetles, but gives no protection against reinfestation. Protective treatments can be applied by drycleaners, or you may take the following measures yourself.

Perhaps the most common control method is to store woolen in paradichlorobenzene crystals or in naphthalene flakes. These fumigants are most effective at temperatures over 70 degrees F., and must be used in a tightly closed container.

When using PDB crystals be sure to remove any plastic hangers or buttons from clothing as PDB may cause plastic to melt into fabrics.

Furs should be treated only by a furrier!

Leftover turkey makes salad dishes Know what bales weigh

*Leftover roast turkey makes wonderful main dish salads for spur-of-the-moment dinners. Easy meal ideas help you to stick to your diet during even the most hectic times.

*Turkey is one of the lowest calorie meats you can buy. But for even fewer calories, remove and discard the skin after cooking.

*Roast a whole turkey, slice, separate into individual meal-

sized portions, bag and freeze. Thaw a portion of turkey for dinner each night, varying the presentation to prevent boredom: in curry sauce one night; as an open-faced sandwich the next; the stir-fried with vegetables another time.

*Clear soups fill you up without adding many calories. Simmer the leftover turkey carcass with vegetables and herbs to make a rich broth. Chill the

broth thoroughly to harden fat; remove fat before reheating and serving.

*Brown-bag a diet salad lunch. For easier eating, thread turkey chunks, cucumber chunks, and fresh fruit wedges alternately on skewers the night before. Wrap in saran and refrigerate. The next morning take along a small jar of vinaigrette seasoned with soy sauce as a dip for your salad-on-a-stick.

When buying hay in the large round bales or large rectangular bales, it is important to know what they weigh. Alfalfa and grass bales will weigh more than straw and grass straw. Most large bales range in weight from 900 to 1500 pounds and this is important when paying for them. For example if alfalfa hay is selling for \$85 per ton, then a 1200 pound bale should cost \$51. Or if grass straw is selling for \$40

per ton and the bale weighs 900 lbs. then it should cost you \$18. Of course hauling charges would on top of this if you have the hay delivered. Keep these points in mind when purchasing the large hay packages.

Need hay for your horses and cattle? The Extension office has a list of local people with hay for sale. If you would like this information, stop by the office and get a copy.

Keep tree green, fresh

Once you have selected and cut your tree, several steps should be taken to keep it fresh, safe and fragrant through the holiday season.

The NW Christmas Tree Growers Association recommends the following:

—When you arrive home, make a fresh straight cut across the trunk about one inch about the original cut. This will eliminate a naturally formed seal which would prevent the tree from absorbing water.

—If you do not immediately place your tree in a stand inside your home, it is best to place the

cut end in a bucket of water, outside in an area protected from wind or sun.

—If possible, bring tree into a partially heated area the night before decorating. This will help it adjust gradually to the warmer temperature in your home.

—Remember a Christmas tree is thirsty. It needs between two pints and one gallon of water per day. Select a tree stand which holds at least one gallon of water. Check it daily and replenish it regularly to insure that the water remains above the original cut.

Help protect children from choking

Parents, don't relax your vigilance of young children during meal times. Young children are very susceptible to choking on various foods when they eat. Food can be inhaled easily and plug a child's air passage, causing asphyxiation.

A recently published medical journal reported on 103 cases of asphyxiation caused by choking on food, in which children under two years of age were the victims. The foods usually in-

volved were firm, smooth, slippery and the right size to block the airway. They included hot dogs, candy, nuts and grapes.

We suggest these simple measures to help prevent your child from choking.

First, insist that children sit down while they are eating. You can easily monitor what seated children are eating and keep them close by where you can give immediate help should they begin choking. Many of the

dangerous foods are those eaten on the run.

Also, avoid foods that are difficult for children to control in the mouth, or are hard to chew or swallow. Examples are nuts, raw carrots, gum drops and jelly beans. Some foods should be carefully prepared to prevent problems. Lewis suggests cooking carrots, cutting meat into small pieces and cut-

ting grapes into at least two pieces before giving these foods to younger children.

Another safety measure is to keep meal times free of intense activities and feelings. Fighting, excitement, hilarity and conflict can cause a child to catch his or her breath and inhale food.

Learn what to do if a child near you begins to choke. By taking these few simple precautions you can prevent a tragedy.

Hibler shares game cooking secrets

The Warm Springs Extension Service invited Jane Hibler, author of "Fair Game—A Hunter's Cookbook" to share her recipes and cooking secrets at the Community Center, Saturday, October 19th.

Jane demonstrated several recipes for venison, elk and duck.

Recipes included Sweet and Sour Duck Breasts, Venison Tortillas, and Elk Stroganoff. Below is one of the dishes participants sampled:

Venison Stew

Serves six to eight

Four slices bacon, cut into 1/2-inch pieces
Two lbs. venison stew meat
1/2 cup flour
One large onion, diced
Two cloves of garlic, crushed
Pinch of sugar
One 16-ounce can of ready-cut tomatoes

Three medium carrots cut into one-inch pieces
Three potatoes cut into quarters
One stalk of celery cut into one-inch pieces
One 12-ounce can beefstock
One cup fresh pea pods
One teaspoon thyme
Salt and pepper to taste

Fry the bacon in a large skillet with a lid. Remove the bacon pieces to a papertowel and pour out all but two tablespoons of the bacon grease.

Add the onion and garlic to the skillet with a pinch of sugar. Sauté until they turn golden brown, eight to ten minutes. Set aside with the bacon.

Dredge the venison in the flour. Place the skillet over medium heat and when the pan is hot add the meat and brown. Add a little more bacon grease if necessary to keep the meat from sticking.

When the meat is browned add the bacon, onion-garlic mixture, tomatoes, carrots, potatoes, celery, beefstock, thyme and salt and pepper to taste. Cover and simmer over low heat for two hours. Add the pea pods five minutes before serving.

Jane is the Seafood Editor of The Oregonian and is looking forward to visiting Warm Springs again. Jane will be demonstrating Wild Game Sausage making when she returns.

Energy questions answered by experts

Q. With teenagers in the family, I know that I spend a lot of money simply heating water. But I also know that I won't have much luck getting the kids to use less hot water. Do you have suggestions for me?

A. Try These:

*Lower the hot water temperature by turning down the thermostat as low as 120 degrees if you don't use a dishwasher; 130 degrees if you do.

*Insulate your hot water tank and pipes.

*Fix leaky faucets.

*Install shower flow restrictors or low-flow shower heads. By doing so, you can save about four cents every time someone takes a shower. Chances are your teenagers won't notice anything different, but you'll see a change in your water heating bills.

Q. I want to do what I can to save energy and reduce my heating bills this winter. But since I'm renting the house I live in, I don't want to spend money on permanent things like insulation and storm windows. What can I do that won't cost anything?

A. For starters, set your thermostat at 68 degrees or lower and wear extra layers of clothing if you feel cold. Then turn the thermostat down ten degrees more when you go to bed or

leave your home unoccupied.

Follow that with these no-cost actions:

Keep windows and doors closed when the heat is on. If you can, turn off heat in rooms you're not using and close the doors to those rooms.

Place furniture away from heat registers so heat isn't blocked.

Clean radiators once a month so heat passes freely. Clean or replace furnace filters if they're dirty.

If you have a fireplace, use it only if no other heat is on. The fireplace draws heated air from the room and sends it up the chimney. Leave the flue damper open for 24 hours after the fire goes out. Then close the damper. If the fireplace doesn't have a damper, block the fireplace opening with cardboard when you don't have a fire in the fireplace.

Use the sun for warmth by opening south-facing curtains and shades when the sun is shining. Close them at night or on cloudy days.

Insulate a cold wall by hanging a quilt, blanket or other wall hanging.

Use other fabric scraps to sew a draft dodger (a cloth tube filled with sand.) Set it across the bottom of drafty doorways.



Jane Hibler, left, author of two cook books and currently Seafood Editor for the Oregonian, presented ways in which to prepare game meats during an October 19 workshop. Nearly 20 community members attended the session.