

Color Easter eggs naturally and easily

Easter will soon be here, and for those of you who would like an alternative to the packaged egg dyes, here are some natural ways to dye your eggs.

Natural dyeing is not a new idea; natural dyes were the original dye colors that world over.

Vegetables or fruits and their peels, spices, grass, leaves, and flowers all will produce dyes when boiled. The Minnesota Egg Council has developed these natural dye methods for home use.

For deep purple, use blackberries, frozen, commercial packed. Put berries and juice in pan. Add water to cover eggs plus one tablespoon vinegar. Bring water to a boil and let simmer for 20 minutes. Take off heat and let stand for about 20 minutes. Intensity of color will depend on how long you let the eggs stand in the liquid.

For robin's egg blue, use red cabbage, fresh. Slice about two cups of cabbage. Place eggs in

pan on the cabbage with enough water to cover. Bring water to a boil and simmer 20 minutes. Turn off heat and let eggs steep in the liquid.

For lavender, use cranberries, frozen, commercial packed. Place about two cups of thawed cranberries with syrup in a pan. Add water to cover eggs and one tablespoon vinegar. Bring to boil. Simmer for 20 minutes. Let eggs steep in liquid for 15 to 20 minutes.

For pale red, use beet juice, canned pickles. Place undiluted beet juice in pan with eggs. Simmer for 20 minutes.

For bright gold, use turmeric, powdered spice. Add about three tablespoons spice to enough water to cover eggs. Bring water to boil and simmer for 20 minutes.

For pale green, use spinach, fresh. Cut spinach and place in bottom of pan. Add enough water to cover spinach. Add eggs to top of spinach. Spinach cooks down to let water cover

eggs. Simmer 20 minutes. Let stand in liquid off the heat for more intense color.

For deep yellow green, use sage, dried whole leaves. Simmer

Clean up garden areas now

With the spring growing season approaching, rhubarb and asparagus beds need some clean-up and preparation for this year's crop.

The beds should be cleared of weeds and grass and then fertilize

sage and eggs in water for ten minutes for pale green. Continue simmering five more minutes for a deep yellow green. Add no vinegar.

with a complete fertilizer, such as a 10-10-10 combination, at a rate of one pound per 100 square feet of planted area.

Spring rain will take the fertilizer into the root zones.



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**Clay Penhollow
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Now's the time to plant peas

Peas are a good vegetable to start the gardening season with. Plant them while the weather is cool.

Home gardeners in the lower elevations of Oregon can plant garden peas as soon as the soil is dry enough to work. In the high elevation areas of the Coast and Cascade ranges and central and eastern Oregon, delay planting until April.

Peas are sensitive to summer heat, and some varieties are susceptible to virus disorders spread by insects.

Planting early gives the pea crop a chance to develop before these problems occur.

Young pea plants transplant poorly so the seeds should be planted directly in their permanent row. They require a soil that is reasonably fertile and not too acid (pH between 5.5 and 6.7). Good drainage, maximum sunlight and protection from the wind are also important.

For smaller gardens dig a trench a foot or so deep. Mix one part compost, leaf mold, or manure to two parts of the soil

from the trench. Add a little phosphorus and sulfur. Then refill the trench with the mixture. Peas planted in this prepared soil should do well.

Some pea varieties that have grown well in Oregon are Dark Green, Perfection, Little Marvel, Green Arrow and Laxton Progress. Corvallis, Aspen and Aurora are virus-resistant varieties.

Plant peas an inch deep (or follow directions on the seed packet) and several inches apart. If the plants are to be sup-

ported, wire netting or a string trellis can be put between the rows. Tall varieties usually do better when grown on a trellis. However, left unsupported, they will form a ground cover and still produce well.

Oregon sugar pod is an edible pod variety that will provide something different along with the old standby types. It is virus-resistant and can be planted later in the season as well.

Garden peas planted soon will be ready to harvest in late June.



A bridal shower was held recently for OSU Extension agent Mollie Driscoll celebrating her marriage to Frank Marsh.

Add calcium to diet

Calcium may be this year's most advertised mineral. Although supplements are available, dairy foods such as milk, yogurt, and cheese can supply adequate amounts of calcium for most people.

An easy way to add calcium to your diet is by using nonfat dry milk. Use the dry milk in cooking and baking where the slight difference in flavor from fluid milk won't be noticed.

Nonfat dry milk powder can be mixed with the ingredients. Water should be added in place of the fluid milk. For example,

if a recipe calls for one cup milk, the substitution would be 1/3 cup dry milk powder and 2/4 cup water.

Suggestions for use of nonfat dry milk:

—Add nonfat dry milk powder to the water when cooking oatmeal or other cereals.

—Mix 1/4 cup nonfat dry milk powder with a pound of ground beef before browning.

—Add 2/3 cup nonfat dry milk per pound of ground meat when making meat loaves, meatballs, or fish loaves.

—Add 1/2 cup nonfat dry milk when reconstituting canned soup.

—Use 1/3 cup nonfat dry milk per four servings when making mashed potatoes.

Avoid electrical shock

Always unplug any small electrical product after using it. Don't assume that if the switch is "off," there is no danger of electrocution. This may be true if the product comes into contact with water.

Never use any electrical product while bathing or put it where it can drop or be pulled into the tub or sink. If the appliance accidentally falls into the water, don't reach into the water for it. Unplug it immediately at the wall outlet.

Never leave a small portable electrical appliance within the reach of small children. Children left unattended could pull the plugged-in, but switched off, appliance into the tub or sink and risk being electrocuted.

inches wide and as deep. Add a quart of peat moss or compost to the soil and mix well. Fashion the compost-soil mixture into a cone or mound in the bottom of the hole.

Place the rose plant on the compost-soil mix and spread the roots out and down to give them room. Then start adding soil to the hole, working the dirt around the roots to get rid of air pockets.

Fill the hole about three-fourths full, firming the soil as you go. Then fill the remaining part of the hole with water and allow it to soak in. Add water again and finish filling the hole.

Roses easy to grow

The time to add the beauty of roses to the home landscape is at hand. Rose plants are now on sale in many garden stores and nurseries.

Planting time for roses is usually April. The sooner they are planted, however, the better chance they have of making good root growth before warm weather arrives.

Roses are sold by grades. A rose graded number one is best. This grade has three or more canes (stems or branches) that are at least 18 inches long.

A number one-and-one-half rose should have at least two canes. This grade of rose is

slightly smaller than a number one rose, and the root system may be lopsided or slightly damaged. Some pruning and shaping probably will have to be done after the rose is established in the flower bed.

A number two rose is a small plant but still a fair specimen. Number three roses should be avoided. They are weak plants that often don't survive, even in the care of experienced gardeners.

Roses should be planted in well-drained flower beds that receive at least a half day of sunshine. After selecting the planting site, dig a hole 15 to 18

Have your hearing checked

Do you find that familiar sounds are not as loud as they used to be? If so, see a physician, urges Mollie Driscoll, Jefferson County Extension Agent. Hearing impairments often can be treated, but you must first seek help.

Hearing loss may be caused by a variety of conditions, including wax build-up in the ear, ear infection or other health problems, prolonged exposure to noise, head injury, certain medications, or age-related changes in the ear.

Studies show that 30 percent of people 65-74 years of age, and almost 50 percent of those 75-79 years of age, suffer some degree of hearing loss.

Impaired hearing can be devastating in many ways. It can hinder communication with others, limit social activities, and reduce ability to hear sounds important to safety, such as an oncoming car or the honking of a horn.

A hearing loss may cause some people to become more suspicious of others because they are not sure if someone is talking about them.

Some common signs of a hearing impairment are:

*Words are difficult to understand.

*Sounds such as a dripping faucet or the high notes of a violin cannot be heard;

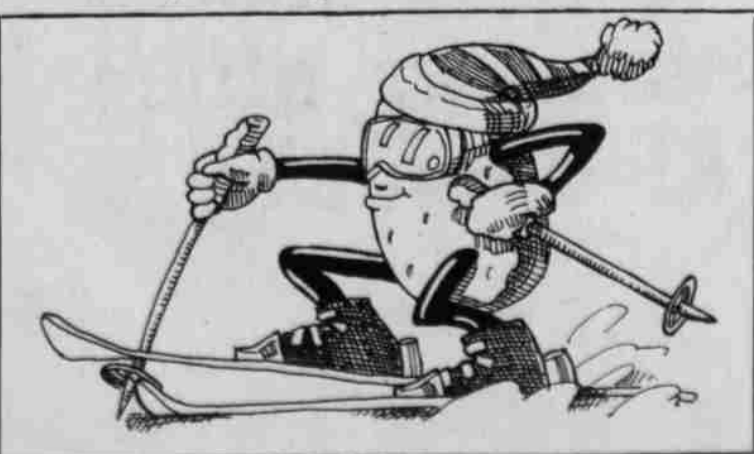
*A hissing or ringing background noise is heard continuously;

*Other people's speech sounds slurred or mumbled;

*Television programs, concerts, and social gatherings are less enjoyable because much is not heard.

If you are having trouble hearing, see your doctor for treatment or referral to a hearing specialist. You may be overlooking a problem that is treatable. Help is available in the form of surgery, treatment with medication, special training, a hearing aid or other listening devices.

Recipe given for crispy skins



6 medium potatoes (about two pounds)
1/4 cup melted butter or margarine
1 teaspoon soy sauce
Preheat oven to 400 degrees F. Scrub potatoes thoroughly

and pierce each with a fork. Bake until potatoes are tender, about 45 minutes to 1 hour. Cool, then cut in quarters lengthwise and then in half crosswise to form 8 sections. Scoop flesh from skins leaving 1/8-inch shell. Reserve flesh for use in another recipe like Dilled Potato Scones. Increase oven temperature to 500 degrees F. Mix together melted butter and soy sauce and brush on both sides of skins. Place skins on baking sheets and bake until crisp, about 10 to 12 minutes. These can be made ahead and reheated in 400 degrees F. oven for about eight minutes. Serve sprinkled with coarse salt.



The Junior Chefs, one of two 4-H cooking clubs in Warm Springs, made candy at a recent meeting. Jake Coochise, Bobbi Jo Horn and Frank Reese, Jr. (left to right) are among 12 club members under the leadership of Orthelia Miller and Nina Rowe.