SPILYAY TYMOO

WARM SPRINGS, OREGON 97761

March 19, 1986 Page 5

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Mollie Driscoll

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 dying 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 robbin'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 lavendar, 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

more intense color.

sage, dried whole leaves. Simmer vinegar.

Clean up garden areas now

approaching, rhubarb and asparagus beds need some clean-up and preparation for this year's сгор.

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

eggs. Simmer 20 minutes. Let sage and eggs in water for ten stand in liquid off the heat for minutes for pale green. Continue simmering five more minutes For deep yellow green, use for a deep yellow green. Add no

With the spring growing season 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 fertlizer into the root zones.

Now's the time to plant peas Planting early gives the pea from the trench. Add a little crop a chance to develop before phosphorus and sulfur. Then

these problems occur.

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."

Add calcium to diet

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.

be mixed with the ingredients. Water should be added in place balls, or fish loaves. of the fluid milk. For example,

Introvigiti meetings mainei

Calcium may be this year's if a recipe calls for one cup milk, most advertised mineral, the substitutuion 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. that would take care of your

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

Add 2/3 cup nonfat dry Nonfat dry milk powder can milk per pound of ground meat when making meat loaves, meat-

> 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.

If you have children or other Club busy dependents, you'll need to plan

insurance to pay expenses.

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.

Joan David

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

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

How much insurance do you really need?

Life insurance is meant to would continue to work, or protect dependent survivors if would return to work. you die. If you have no depen-

-You have substantial savings dents-no spouse, children, or or stand to inherit money.

You have other work beneyou may be better off buying fits, such as pension or profithealth or disability insurance sharing funds that would go to your spouse.

You'll need more than five If you're married without times your salary in insurance children and your spouse works, if:

You have more than two children or they are very young. Your spouse doesn't work

and probably wouldn't or his/her job pays less than yours.

-Your spouse isn't likely to doesn't work, you'll need enough remarry.

with projects by Chip Kalama, Reporter

A bridal shower was held recently for OSU Extension agent Mollie

Roses easy to gro The time to add the beauty of slightly smaller than a number inches wide and as deep. Add a

Driscoll celebrating her marriage to Frank Marsh.

Peas planted in this prepared 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

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 varie-

refill the trench with the mixture.

Clay Penhollow

ties Plant peas an inch deep (or follow directions on the seed packet) and several inches apart.

If the plants are to be sup-

other person you take care of-

own expenses if you get sick.

decide whether his or her salary

alone plus savings would cover

expenses. If it wouldn't, you

may want to buy just enough

insurance to pay off a mortgage,

for example. If your spouse

roses to the home landscape is one rose, and the root system quart of peat moss or compost at hand. Rose plants are now on may be lopsided or slightly dasale 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 maged. Some pruning and shaping probably will have to be done after the rose is established in the flower bed.

plant but still a fair specimen. Number three roses should be avoided. They are weak plants that often don't survive, even in around the roots to get rid of air the care of experienced gardeners

receive at least a half day of planting site, dig a hole 15 to 18 again and finish filling the hole.

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 A number two rose is a small compost-soil mix and spread the roots out and down to give them room. Then start adding soil to the hole, working the dirt pockets.

Fill the hole about three-Roses should be planted in fourths full, firming the soil as well-drained flower beds that you go. Then fill the remaining part of the hole with water and sunshine. After selecting the allow it to soak in. Add water

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 accidently 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.

for their expenses until they re on their own. Take into consideration Social Security survivor benefits, which would make some monthly income available to them, and your spouse's earnings if he or she works.

After you decide you do need protection, how much should you buy? According to the National Insurance Consumer Organization (NICO), as a rule of thumb for most families with two young children you should have five times your annual salary in life insurance. Before you run out and buy, find out if you're covered for part of that under an employer's group policy. Most companies provide one to two times your salary in coverage. Purchase enough private insurance to make up the difference. Also, adjust this rule of thumb according to your own situation. You'll need less than five times your salary in insurance

-You have only one child or your children are almost on their own.

-Your spouse works and 4-H room.

We talked about plans and making belts, fans, bustles for Cultural and Heritage Indian Dance Club. We have about 20 members in our club.

Newly elected officers are president Lief Suppah, vicepresident Little Fawn Suppah, Secretary Obelt Moody and Chips Kalama, reporter.

We would like to thank the Lincoln's Powwow for the money making opportunity. The leaders sold candy, gum, chili, ice cream and fried bread to help raise money.

Gene Harvey is teaching us to make bustles. Beatrice Winishut is teaching the wing dress making. The helpers are Bobby Jim and Pat Smith. Reggie Winishut is working on leather belts and shells for the girls dresses.

Meetings are held every Monday and Wednesday from 4 p.m. to 7 p.m. We meet in the

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 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 75-79 years of age, suffer some faucet or the high notes of a violin cannnot 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.



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.

Recipe given for crispy skins



6 medium potatoes (about two 1 teaspoon soy sauce pounds)

Preheat oven to 400 degrees 1/4 cup melted butter or margarine 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 of baking sheets and bake until crisp, about 10 too 12 minutes. These can be made ahead and reheated in 400 degrees F. oven for about eight minutes. Serve sprinkled with coarse salt.