

Employed mothers have double dose of work

When asked, "Do you work?" the usual reply from most mothers is, "Of course, don't all mothers work?"

If you are one of the 52 percent of American mothers employed outside the home you know what double doses of work are all about.

Most employed women go through times when they feel overwhelmed by their continuous juggling of the responsibilities of mother, wife, and worker. They know out-of-home employment affects their own lives and the lives of children and husbands.

In spite of rough times and worries, researchers report that most working women enjoy the challenges of their jobs.

Research says... Because each working mother's situation is different, it is not possible to predict how a mother's employment affects a family. However,

research indicates that a working mother's absence from the home is not necessarily detrimental to children.

Here are the major conclusions that have emerged from research.

*A mother's full-time employment is not, by itself likely to harm a child.

*There is no difference in school achievement and social adjustment between children of employed mothers and at-home mothers.

*Children of employed mothers have as much attachment to their mothers as children of at-home mothers.

The fact that mother is employed does not have dire consequences for children. What is important, however, is what mother is like when she's home with children. The worry and guilt of many working mothers causes problems if it makes family time less enjoyable.

What you can do... Here are

some suggestions for becoming a happier employed mother:

1) Choose what is most important. When managing two jobs, the least important expectations and standards have to go. Attending to your own and your family's well-being will be high on your list. Elaborate meals, regularly-scrubbed floors, and picture-perfect rooms may not make your list at all. Avoid increasing your stress by feeling guilty about things you cannot do.

2) Take care of yourself. When you feel frazzled, go to a quiet part of the house to read, listen to music, or finish some mindless tasks that need to be done. Try to schedule an evening for yourself or train your family to allow you a half-hour of re-entry time when you come home. Taking time to shift gears into the home world is a real attitude adjuster. If you don't make your personal care a priority, you will burn out very quickly.

3) Spend quality time with your family. Quality time is time to share feelings with your children and spouse, listen fully, hug and hold, and plan fun experiences together. Mothers tend to burden themselves so heavily with home tasks that family companionship and enjoyment are almost forgotten.

4) Link work and parenthood. Develop connections between your work world and your child's world. Children will understand your work-life better if you talk about it. Take them to visit your workplace and meet your co-workers. Many working parents find ways children can help with the job on special projects or errands.

An employed mother's peace of mind is assured if children are well-cared for during working hours and there is a balance in time and enjoyment shared with family members.

Two-year-old ready to explore the world

The following brief descriptions present some ideas about what you will enjoy and worry about as a parent of a two year old. For more information read child behavior, a paperback book by Francis L. Ilg and Louise Bates Ames.

Dramatic changes take place as toddlers approach their third year. Their original interest in parents, exploring the world, and practicing motor skills continues but the use of their time is more directed toward accomplishing goals.

Greater physical strength and muscular control produces graceful sitting and standing postures. Arms and legs move together more efficiently for the usual running and jumping while walking on tiptoes and galloping are added skills. With all parts working together toddler pedals a tricycle expertly and throws and kicks balls purposively. Large pencils or crayons are controlled enough to produce drawings. A big achievement is their control or urination. Strengthened muscles allow children this age to wait to urinate. However, heavy-sleep, cold, or excitement may result in temporary loss of bladder control.

The changes in thinking and

problems-solving skills are both interesting and challenging for parents. An important part of being two is learning what can be done with increased attention and memory spans. As older toddlers explore objects they want to know how it works and what can be done with it. The 30-month-old will repeat an activity over and over to master it.

Between two and three toddlers are eager to engage in conversations. Their words and sentences are more complete and they want to exchange ideas with adults. They use more action words and show interest in descriptive words with explorations of textures, sizes, sounds, or activities.

More activity outside the home now lessens toddler's focus on the family, especially on mother. Although the use of "No" has faded, it still used frequently as toddler attempts to make choices. They want to attract and hold your attention, not in the same "clingy" fashion of babies but as individuals.

Greater emotional control is noticeable as they begin to express normal feelings of affection and annoyance with adults or other children. When your toddler wants to show affection to relax

and enjoy it. If they express displeasure with you or others pause to consider if the feeling is justified. It's hard for parents to handle feeling of dislike such as "I hate you" but deal with it as a grown-up. Sometimes neither friends nor parents are pleasing.

A thinking, reasoning toddler sets a new tone for your relationship. By age three toddlers begin to size up situations and think them through before taking action. For example, younger children

will try to life an impossible heavy log; a toddler will ask for help. Sometimes parents mistakenly take the request for help as a returning dependency. It's actually a new level of more mature reasoning and is an opportunity for you to teach decision-making. Plan together how to lift the log, arrange their room, or prepare a picnic. Planning helps children learn the important basics of problem-solving skills.

Cutting own meat can save money

If you're looking for ways to cut your food budget, sharpen your knife and your carving skills.

You can save money by cutting up your own chicken, slicing your own lunch meat, and stretching large cuts of meat into more than one meal.

The whole chicken is not equal to the sum of its parts cost-wise. Chicken sold whole always costs a few cents less per pound than chicken parts. The price difference will vary among stores.

To reduce your meat budget, consider slicing your own cold

cuts rather than selecting the packaged meats. Next time you see unsliced bologna or salami on sale, compare its price with that of presliced meats.

You can also prepare lunch meats at home such as turkey and roast beef. Compare the cost per pound (less the bone) of these meats with the price of purchased luncheon meat. You may decide it would pay to prepare luncheon meat at home.

A pound of roast beef or turkey breast will yield about 12 ounces of cooked meat after removal from the bone.

Lush grass can cause grass tetany

Grass Tetany or Grass Staggers is a metabolic disease of cattle, sheep and goats caused by low blood levels of magnesium, thus its scientific name, Hypomagnesium. Grass Tetany occurs when animals graze fast growing grass or very lush grass early in the growing season. The grass is low in magnesium and high in nitrogen and potassium. High soil levels of nitrogen and potassium cause a decreased uptake of magnesium by the grass and therefore the low levels of magnesium in a ruminants blood system.

The most common symptoms are dullness, unthriftiness, tossing of the head, bellowing, unsteady walk, exaggerated leg move-

ments, staggering and convulsions. During the convulsion stage the eyes twitch, the legs paddle or are stiffly extended, and frothing and champing of the jaws are common. Animals showing these signs must be treated as an emergency and treated immediately with I.V. solutions containing magnesium and calcium.

Prevention of grass tetany is rather inexpensive. Several ways are possible but the most common is feeding magnesium oxide as a feed additive in a salt-mineral supplement or by supplying "mag-blocks." Other ways which are used include top-dressing pastures with dolomite limestone or magnesium oxide (more expen-

sive), placing one or more magnesium "bullets" in the animal's stomach with a balling gun, or by feeding some dry hay to provide fill so that animals do not constantly eat the low magnesium grass.

Calcium helpful to muscles

There is more calcium in the body than any other mineral, about four and one-half pounds of it in the average adult. Most of it is found in combination with phosphorus in the bones and teeth. Its major function, therefore, is to provide structure. However, small amounts of it are needed (along with other nutrients) to help blood coagulate normally, maintain a steady heartbeat, regulate the normal

behavior of nerves and keep tiny blood vessels open. It is also important in the normal functioning of muscles and nerves. It helps keep the brain and muscles stable.

Good sources of calcium are green leafy vegetables (with the exception of spinach and chard), citrus fruits, dried peas and beans, cabbage, onions, oranges, sunflower seeds, limes and tofu.

Evaluate microcomputer in your selection

Managers can use a microcomputer for information retrieval, data storage and calculations, "but a computer can be of less use than a lead pencil unless you properly evaluate its use in your operation." Cross points out.

The wrong microcomputer system can frustrate, confuse and create mistakes at a record pace. That's why the publication was developed in an effort to help operators evaluate their need

for a microcomputer system while giving general information about how to select a system that fits the needs.

The first page of the new publication deals with understanding and selecting microcomputers and software. The second part deals with the kinds of software available for programs on such subjects as data base management, accounting and marketing.



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4-H Summer Week registration forms due

Warm Springs 4-H members in grades 8 through 12 received information and registration forms last week for the 1986 4-H Summer Week at Oregon State University.

Those planning to attend the June 16-21 event must return their registration forms to the Extension office by Friday, April 18. Scholarships are available to help cover costs.

Those attending the 1986 Summer Week will choose from among 90 different classes, including a group of classes called "Project Discovery," which focus on specific 4-H projects. Project

Discovery will allow an in-depth look at a 4-H area of interest, including career possibilities, subject matter and decision-making.

Afternoons will find the young people involved in a variety of leisure education activities.

"The Challenge of Change" is the theme of the 71st annual 4-H event on the OSU campus in Corvallis.

8th through 12th graders who did not receive information about Summer Week are asked to contact the Extension office at 553-1161 ext. 238 or 239 for more information.

Breakfast can be any food

Creative or not, ready-to-eat cereal is still the most popular breakfast item. And, that's not all bad, since ready-to-eat cereal with milk provides a nourishing base for a quick morning meal.

Cereal makes getting breakfast easy. It is available almost any-

where, requires no advance preparation, appeals to all appetites, and is easy for anyone, big or little, to fix.

Breakfast, however, need not be cereal, or even bacon and fried eggs (pretty heavy on the calories from fat). It can be yesterday's leftovers. Consider these: leftover spaghetti; a nice, hearty, homemade soup; your favorite sandwich; hot cereal (yum) made with milk for added nutrition; fresh, canned, or juiced fruit; yogurt, cheese, custard, even tuna casserole—whatever sounds good. The important thing is to eat breakfast.

Fast break—Set out the breakfast items—place settings, cups, bowls, even non-perishables like cereal—the night before.

Keep whole wheat, bran and other whole grain muffins, even whole grain waffles you've made ahead, in the freezer and warm them up in the microwave or regular oven.

Remember to take your frozen fruit juice out of the freezer before you go to bed, it will be ready to mix in the morning.

If you're single or only two, you might want to use instant milk for the times you need milk—less spoilage. If so, mix it the night before. You might also consider buying pints and opening them as you need them.

To be really breakfast ready, keep a supply of the breakfast to go items in the refrigerator so you can grab as you leave.

Clean dryer lint screen

*Make it a habit to clean the lint screen of a dryer after each use. Lint left on the screen builds up and increases drying time. Don't forget to clean a washer lint screen after each use as well.

*Plastic bags from bread, fruits and vegetables are handy for so many other uses. Recycle them over and over again by turning the bags inside out before washing in detergent suds. Rinse in clean water and dry.

*Start children off on good

cleanliness habits by teaching them the importance of washing their hands with soap and water several times a day and always before eating and after using the toilet.

*Coffee and tea stains can be removed from cups by soaking them in a solution of liquid chlorine bleach and water. Use three tablespoons of bleach for each quart of hot water and let the cups soak for 5 to 10 minutes. This method applies to glass, china or plastic cups, not aluminum or metal.

*You can make a mattress cover for a baby's crib using two fitted sheets. Sew the sheets together on three sides and slip the cover over the mattress like a pillow case. When it's time to launder the cover, simply add it to a load of other bedding items for a trip through the washer and dryer.

*Washing a brush and comb with suds and water should be a part of any shampooing routine. Only clean utensils should be used on clean hair.

*An electric can opener is used constantly for a variety of foods. Keep bacteria from growing by keeping the cutting wheel of the opener clean. Some can be removed for washing, others need to be scrubbed with a sudsy sponge or a small brush dipped in a detergent solution.

Family photography workshop set for April 25-27

Any 4-H member who is in 4th through 12th grades and who is interested in learning some of the following about photography:

An introduction to the use of a darkroom (both beginning and advanced work).

How to take black/white pictures of selected subjects such as buildings, scenes, and people.

4-H leaders who want to gain additional skills.

Parents of 4-H members who want an opportunity to gain an insight into what their child is doing in photography.

4-H leaders and parents: If you have a family, bring them along for the weekend. (We would like to have one adult with every four to five 4-H members).

April 25-27, 1986. It starts

Friday, April 25 with registration at 4:00 p.m. and concludes at 1:00 p.m. on Sunday, April 27. It will be held at the Oregon 4-H Center, just outside of Salem.

The weekend will feature: skilled amateur photographers sharing their experience and knowledge in the following areas:

Camera handling; lighting, people in photos, technical and action photography, story telling with photos, composition and impact, printing mounting and display, darkroom techniques (both beginning and advanced).

Cost, registration, supplies, room and board—\$40.00 to be included with your pre-registration form.

How to apply: Contact Joni David at the Warm Springs Extension Office as soon as possible. 553-1161, ext. 238 or 239.

Wasco Bull tour April 16

The 37th annual Wasco County Bull Grading Tour will be Wednesday, April 16.

The 8 a.m. tour will leave from the Mid-Columbia Livestock Auction for Klickitat County, Washington. Stops will be at Bob Lee's Bull Test Station, Jim Schuster's Gelbvieh cattle operation, Art and Craig Schuster's Horned Hereford, the C-3 Angus ranch and Neil Kayser Horned Herefords. These scheduled stops in Klickitat County feature operations with good bulls, good managers and excellent records.

Lunch will be served by the Klickitat County Cowbelles at a minimal charge. There will be a bull weight guessing contest with valuable prizes and a western

dance to follow the steak feed. Cost of the steak dinner will be \$6.

The Warm Springs Extension Office plans to take a van. Interested individuals should call the office to reserve a seat (553-1161, ext. 238). The van will leave at 6:30 a.m.

friends helping friends

