

Child's third year can be unpredictable

You'll discover three-year-olds are a calm, cooperative relief after coping with two-year-olds. Around the third birthday, activity is more balanced and smooth. But by 3½ children again turn non-conformist and become very strong-willed. A strong inner drive prompts their occupation with gaining a sense of control of who they are and what they can do and direct. It is appropriate that they make some decisions for themselves, but your patience and understanding will be challenged as you help them understand the necessity for family routines and rules.

Physically, three-year-olds have increased running, jumping, and climbing skills. Improved muscular control allows them to balance on narrow surfaces, use alternate feet for going up and down stairs, and manage small objects like buttons, snaps, and zippers. Some become picky eaters and all openly assert their likes and dislikes in food. Parents worry about decreased appetites but three-year-olds usually need less food as their growth rate slows.

Socially, three-year-olds are becoming more conscious of other people. They want to be with other children and show an increased desire to please others most of the

time. You'll enjoy their willingness to cooperate with you. While playing with others has growing importance, three-year-olds have much to learn about cooperative play. They are beginning to share but still push, shove, or hit to get what they want. Their social problems stem from their natural self-centeredness and desire to call attention to themselves. "Look at me! I ride the trike better than Billy!" is a bid for superiority. Help them feel good about themselves and reduce competitiveness with simple responses like, "You are a real whiz when it comes to riding a trike."

The third year is characterized by emotional extremes and some negativism. While children at this age are not as rigid or inflexible as they were a year ago, they can be very demanding and lose control from time to time.

Three-year-olds rapidly progress intellectually. Experimenting with vocabulary building means they pay more attention to words and how to make sentences. Have their hearing checked to insure that words are heard and spoken correctly. They enjoy chatting with adults and asking many questions to satisfy their curiosity. Keep your answers simple—preschoolers aren't concerned about scientific explanations.

Three-year-olds are learning to connect ideas and objects. Numbers and counting, naming objects, colors, different shapes, animals, and people are now firmly learned. They like sorting objects according to size, shape, and color. When you look at magazines or books, point out houses, barns, nests, or stores. They like to look for happy or angry people, funny people for animals, dads, moms, babies, or boys and girls.

Play is the main occupation of three-year-olds. They have no preference whether it's with boys or girls. They are attracted to water,

sand, or dirt. A three-year-old enjoys building blocks, climbing, throwing, puzzles, musical activity, and story telling.

Three-year-olds carefully observe activities in the home and on television. Imitation is the source of active pretending during play. They spend weeks as Superman or Strawberry Shortcake. Grown-up tasks are part of play, too, so capitalize on their willingness to help with doing dishes, making beds, folding clothes, cooking, sweeping the floor, chores suitable to their strength and safety.



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Gardeners, give your roses a helping hand now

Home gardeners, give your roses a hand. They won't get the chance to be beautiful later in the summer if you don't protect them against insect pests and plant fungus diseases now.

Three fungus diseases that cause problems on roses are rust, powdery mildew and black spot.

The fungi of the three diseases overwinter in infected buds, twigs, branches and leaves of the plant. In the spring, when the rose bush begins growing, the fungi also become active and begin destroying

rose plant tissues.

A sign of rust infection is the appearance of small orange-colored spots on the top and bottom surfaces of leaves. The presence of powdery mildew is indicated by a white powdery growth on young leaves.

Circular black spots characterize the fungus black spot. During periods of wet weather, the spots often grow and join together to make large irregular spots.

To protect rose bushes from these diseases, apply preventive sprays or dusts in the spring or early

summer such as the dusts sulfur-ferbam, or sulfur, and sprays containing wettable sulfur, ferbam, Phaltan or Funginex.

Sulfur dust, sulfur-ferbam dust or wettable sulfur spray will control powdery mildew and rust. Phaltan spray doesn't work on rust but does help control black spot and powdery mildew. Sprays containing Benlate or Funginex will also work well on powdery mildew. Be sure to follow all label directions with any garden chemicals used.

The pest insects most damaging

to roses are aphids.

Rose aphids are green or pink, soft-bodied, juice sucking insect pests that can stunt the growth of rose plant leaves, sometimes causing them to curl. The aphids may also be carriers of plant virus diseases that can damage the rose plants.

Diazinon or Malathion dusts or sprays are suggested for aphid control. Several applications may be needed to eliminate the aphids. Be careful to follow all label instructions when using these pesticides.

Kitchen safety tips offered

See whether you are on the safe side in the following situations:

1. The corn oil has turned cloudy—a whole economy-size bottle of it. Do you (a) throw it out, (b) heat it up, or (c) stop worrying?

You open the egg carton and one egg is broken and oozing. Do you (a) cook it right away, (b) break it into a bowl and refrigerate it, or (c) throw it out?

3. Last week's tuna casserole looks a little funny, but it would make a quick lunch and you hate wasting food. Should you taste it to see if it's still okay?

4. Rummaging in the pantry you find a can of pineapple juice and a can of peas that have been there since you moved into your home five years ago. Should (a) feel pleased, (b) get rid of them?

5. When the Cheddar emerges from the refrigerator with a gray skin, your spouse says, "Don't throw that out. Mold doesn't hurt cheese. Didn't you ever hear of Roquefort?" What do you do?

6. You have cooked a small pot roast in the microwave only to discover that it is still pink near the bone. But that's okay—microwaving will protect you from trichinosis,

won't it.

7. Potatoes and onions, you have always known, should be stored at cool room temperature, not in the refrigerator. Under the sink is a good place. Or is it?

8. Your child is about to eat a chocolate bar, but you notice it has white spots on it do you confiscate it or not?

Answers

1. (c) Any oil will cloud at cold temperatures and return to normal when warmed.

2. (c) Raw eggs are highly susceptible to contamination if the shell is broken. Throwing out a cracked one is an economy in the long run.

3. No. If a combination dish has been in the refrigerator several days and looks unappetizing, it may have started to spoil. Even a small taste could contain enough bacteria or toxin to make you sick.

4. (b) Citrus juices and fruits will last only up to 18 months and canned vegetables up to five years. They may lose their flavor and some of their nutritional value as time passes, however. A can's worst enemy is rust, so always check for

this, even if a can is fairly new. Avoid dented or swollen cans; throw out any that appear to have a broken seal.

5. Cut off the mold and a generous slice of the cheese underneath so that no mold is visible. The molds in Roquefort, Stilton, Gorgonzola, and other blue cheese are special and harmless, but household molds are occasionally toxic.

6. Not necessarily. Whether you microwave or not, you must make sure that the port is cooked to an internal temperature of 170. Cook no more than five pounds at a time in the microwave, rotate it, and check the temperatures before removing. Then "rest" the meat under a tent of aluminum foil to allow the heat to penetrate.

7. Probably not. Be sure you do not store vegetables next to toxic cleansers, such as dishwasher detergent, which might spill. And check to see that the drain pipe never leaks. Moreover, a hot-water pipe or nearby dishwasher may make a cabinet under a sink too warm for vegetable storage.

8. Not because of the white spots, certainly. They are due to the separation cocoa fat, not contamination.

Organic gardening can be painstaking

The challenges of organic gardening aren't for the carefree.

Budding organic gardeners should be aware of the difficulties inherent in gardening without pesticides or synthetic fertilizers.

There are various organic gardening practices for dealing with insects, some good, some not so good. But even more important is the fertilizer problem.

For the organic gardener, sources of plant nutrients are compost,

manure and some commercial organic fertilizers.

All gardeners should use compost and manure as much as possible. The use of organic matter in the garden improves the soil's water-holding capacity and supply of nutrients.

But organic materials alone won't produce fertile garden soil in a single gardening season. It takes time. In the year of application, only about 50 percent of the

nutrients in manure are available to plants.

The rate at which the nutrients become available also varies. For example, the nutrients in poultry manure are more readily available to plants.

Don't count on one source of fertilizer to supply all the nutrients vegetable plants need (nitrogen, phosphorus and potassium) are not often all found in one type of commercial organic fertilizer such as blood meal, rock phosphate or wood ashes.

Home garden good for spuds

Potatoes are a good garden crop, according to many home gardeners. Garden spuds don't take up much space, aren't hard to grow, yield well and taste good.

Both early and late-maturing potato varieties are available to the home gardener. Early-maturing varieties will yield the best new potatoes for eating while the skin is tender. Late-maturing varieties keep better through the winter in storage.

Early varieties include Norland, Red LaSoda, and Norgold Russet. Late-maturing types include Red Pontiac, and Russet Burbank.

When buying potato seed stock be sure to get "certified seed." This kind of seed stock is disease-free and is available at garden stores.

When planting, cut seed potatoes into quarters or halves. Each cut piece should have at least one eye or it won't grow. Dust the cut surfaces of each seed piece with Captan fungicide to prevent rot or disease.

Plant the seed pieces in rows two to three feet apart. The seed should be planted three inches deep in the soil. Plantings can go in as soon as the ground warms in the spring until the end of June. Potatoes intended for winter storage should be planted later than those for summer use.

Fertilize the potatoes with a 16-16-16 or similar fertilizer. The fertilizer should be applied at the rate of eight to ten pounds per 1,000 square feet, or one-half ounce per seed piece. Place the fertilizer to either side and about an inch below the seed.

As the plants grow, mound soil around their bases to keep the new tubers protected from the sun. The new potatoes form above the level of the seed piece so more soil will have to be mounded around the plant as it grows. This is important because sunlight causes new tubers to turn green. Be careful not to cover the

plant foliage completely when mounding the soil around the plant.

Irrigation of the potato plants should be started when the plants are about five inches high. After irrigation is started, the ground should be kept damp.

An alternative to mounding soil around the potato plant is to pile clean straw on top of the emerging tubers. This makes harvesting easier because you can clear the straw from new potatoes instead of having to dig them.

Placing an eight to ten inch layer of straw over the potato plants acts as a mulch and in addition to making the plants easier to harvest, the mulch layer retains moisture, which makes less irrigation necessary.

Don't put the full layer of mulch on all at once. Put two or four inches of mulch over the seed row after planting and add the rest after the plant tops emerge from the soil.

Now's the time to plant dahlia tubers

Dahlias have been popular among flower lovers for a long time. The ancient Aztecs are the earliest known people to have cultivated these colorful annuals. Dahlias have been a popular addition to home landscapes ever since.

In areas where danger of frost has passed and the soil is dry enough to be worked, dahlias can be planted in the flower garden any time now.

For those gardeners who don't have stored dahlia plant material to use in their flower beds, most garden stores now have dahlia tubers in stock. If you get tubers from the store, be sure to get the healthiest available.

Place dahlia plantings where they will get plenty of full sun. Fertile, well-drained soil is also a must for healthy dahlias.

Each tuber to be planted should have just one bud.

Make the planting hole four-five inches deep and large enough to lay

the tuber horizontally in the hole. Cover the tuber with an inch of soil at planting, and fill the hole in gradually as the dahlia shoot grows.

Put a 1 by 2 inch stake next to each plant after planting to give support as the dahlia grows.

Place individual plants two feet apart for medium size dahlias, and

four feet apart for tall growing types.

Fertilize with a low-nitrogen fertilizer and mulch the plants to keep the roots cool and the ground moist and free of weeds. Some gardeners make a shallow basin around the emerging shoot to keep water near the plant.

Bedding plants offer quick color

Want to add some fast color to the yard with annual or perennial flowers, or get the vegetable garden off and running with a minimum of fuss? Try some of the ornamental and vegetable bedding plants available at garden stores now.

Here are a few tips for success with bedding plants:

Don't plant outside until the season in your area has warmed enough for the plants to grow.

Select plants that are well-established in their containers, but are

not overgrown. Bedding plants often transplant better if they are not yet blooming.

Allow plants to harden off (adjust) to your conditions before planting. Bring the plants home and set them outside in a protected place, but exposed to your area's temperature and humidity conditions, for several days.

Protect the bedding plant roots from drying until planted.

When planting, set plants at the recommended spacing.

Plant bedding plants at the same depth at which they were previously growing.

Retain as much soil on the roots as possible.

Firm the soil around the roots when planting, then water.

Protect the young plants from drying until they are established.

A day or two after planting, water with a booster fertilizer solution to give the plants a little push.

Young weeds try to take over the shrub and flower beds in spring. Keep them out by hoeing or mulching. The back side of an iron rake will wipe out young weed seedlings by the hundreds.

Then follow up with an inch or so of barkdust mulch to shade the ground and keep more of them under control. A granular herbicide, casoron, can be used in beds where only woody shrubs and trees are growing. Don't use casoron where you plan to place annuals, or where the materials may be washed out into the lawn.

Choose proper fit

When purchasing new processing equipment, try to choose those with a flat solid bottom that will not fit down over the element and trap heat next to the range surface. Turn down the heat on the burner to the lowest heat to maintain processing. Trying to use the highest heat for the minimum amount of time. When processing over long periods of time remove kettles from the element between batches to allow it to cool.

Change in eating habits necessary for weight loss

Trimming the fat—to look better, feel better, and stay healthy—is a real challenge. Shedding pounds requires will power and a sound weight loss plan. Staying slim can be an even greater challenge that demands a permanent change in eating habits.

Take it off! Excess energy (calories) is stored in our bodies as fat. It takes 3500 extra calories to add a pound and 3500 fewer calories to lose a pound. To reduce your weight, you must reduce your caloric intake or use the extra calories in physical activity. Remember, extra pounds aren't added overnight and can't be lost in a few days.

Here are a few sound weight loss guidelines. Patience and perseverance are essential to successful dieting, but the rewards are worth it!

Plan low-calories meals carefully, making choices from the basic food groups. Avoid high protein, high-carbohydrate diets and others which emphasize one nutrient since these are generally nutritionally unbalanced.

1. Include fresh vegetables and fruit daily.

2. Choose whole-grain and enriched breads, cereals and pasta for adequate B-vitamins and fiber in your daily diet.

3. Substitute skim milk, butter-milk, or non-fat dry milk for whole

milk and use low-fat cheeses such as mozzarella, provolone, light cream cheese, and cottage cheese. Ice-milk and plain yogurt—which you can flavor with fresh fruit—are also wise choices.

4. Select lean meats, poultry, and fish. To prepare, trim all visible fat, and broil, bake, or pan-broil without adding fat.

5. Remember that fat is higher in calories (9 calories per gram) than protein or carbohydrate (4 calories per gram). However, fat is an important nutrient that helps you feel satisfied, so don't completely remove it from the diet.

6. Plan low-calorie nourishing snacks. Try small crisp salads with reduced-calories dressing, fresh fruit, raw vegetables, or small portions of cheese or meat.

Include your favorite high-calorie foods in small amounts as an occasional treat.

Make a shopping list and stick to it! Don't shop on an empty stomach.

Exercise regularly while dieting to increase the calories you use as energy and to keep your body strong and firm. A regular program of vigorous exercise may also help to control your appetite. Join a local exercise class or athletic team or follow a daily fitness plan—a morning run, noon walk, afternoon bike ride, or evening swim.

**It's not too late
Sign up for 4-H Camp now!!**



Spilyay Tymoo photo by Shewczyk

Warm Springs 4-H Culture and Heritage club presents a demonstration of Indian dancing to visiting 4-H Club from Tillamook, Oregon.