

## With gas prices down, continue to watch consumption

With gas prices falling it's easy to become complacent about gas mileage.

While a drop in a car's fuel economy may not show up as noticeably on the monthly fuel bill, a combination of mechanical malfunctions still could cost a driver more than \$200 a year in wasted gas.

Car Care Council says motorists could be adding up to 25 percent to their fuel bills without realizing it. The figure is based on a typical full size car getting 18 miles per gallon and driven 1,000 miles per month. Here's how it works:

1. If the car needs a tune-up it could be using as much as 11 percent more gas than normal. At \$1.20 per gallon, the waste amounts to about \$8.00.

2. If tires are eight pounds under-inflated not uncommon when cold weather arrives, rolling resistance of the tires increases consumption by five percent. The cost in fuel, \$3.60.

3. If the front wheels are 1/4-inch out of alignment, another factor that affects rolling resistance, chalk up another two percent or about \$1.40.

4. If the cooling system thermo-

stat is stuck in the open position, causing the engine to run too cool, engine efficiency may be reduced by another seven percent. The cost \$5.00.

The total addition to motorists' gas bills under the above circumstances is 25 percent, at a cost of approximately \$18.00 per month.

Car Care Council says that while this hypothesis is intended to emphasize the need for preventive maintenance to conserve fuel, there are other, possibly equally important factors to consider.

An untuned engine also can affect

vehicle performance in critical situations, while emitting excessive exhaust pollutants.

Improperly aligned wheels can affect a vehicle's safe handling characteristics and cause undue stress on major front-end components that could lead to failure.

Additionally, misaligned, under-inflated tires can wear out 25 percent faster. That's like throwing away one new tire in four.

Finally, emphasizes the Council, observe the speed limit. For every five miles per hour you press beyond 55 mph, you lose about one mile per gallon.

## Judges' workshop to be offered

Persons interested in becoming 4-H Clothing Judges at County Fairs should plan to attend the Judges' Workshop in Portland on October 2-3, 1986 or learn what is expected in 4-H clothing construction.

The workshop will be conducted by Barbara Sawyer, Oregon State University Extension 4-H and Youth Development Specialist, and Ardis Koester, Extension Textiles and Clothing Specialist.

During the workshop, those attending will learn about the 4-H clothing project and its nine progressive skill levels, about the role and responsibilities of a 4-H judge, and receive an up-date about clothing

construction techniques, Serge sewing, and fashion theory.

In addition, participants will have a chance to develop their skills in judging 4-H clothing exhibits and fashion revues using "conference judging" techniques. In this setting, the judge discusses the exhibit with the 4-H member.

Those interested in attending the October workshop must register by September 15. Additional information and registration forms are available from the Oregon State University Extension office in Warm Springs. The Warm Springs Extension Service will provide transportation and materials and registration.

## Properly preserving onions is key to successful storage

Successfully curing onions is pretty much a matter of being able to recognize a few important signs.

The curing or drying process is the key to successfully storing onions.

Onions that will go into storage are mature and ready for removal from the soil when their tops have fallen over. Pull the onions, shake the dirt off and lay them out to dry. In eastern Oregon, leave onions in the garden to dry in the sun. A week of drying is usually enough.

In western Oregon, the fall rains or heavy night dew can make drying

onions more difficult. Taking the onions indoors and placing them in a dry, warm and airy place. Lay the onions on racks or screens so dry air can circulate around the bulbs.

The onions are ready for storage when the neck has withered and the outer skin is dry and shiny. Don't store onions before the tops are dry or you may eventually find a gray, fuzzy mold growing on them.

Keep the onions in a dry, dark place where the temperature stays between 35 to 50 degrees F. Pull the dry tops off the onions and put them in mesh bags or slatted crates.

## Onion recipes available

For your free copy of more exciting Sweet Spanish Onion Recipes, send a stamped self-addressed envelope to: Idaho-Oregon Onion Recipe booklet, Idaho-Oregon Onion Promotion Committee, P.O. Box 307, Parma, Idaho 83660.

Peel onion and cut into 1-inch wedges. Should measure about 2-1/2 cups heat oil in skillet. Add remaining ingredients, except tomatoes. Sauté a few minutes. Cover and simmer ten minutes longer to heat tomatoes. Makes four to five servings. Another time, vary the seasoning by using basil, dill, parsley or curry powder in place of oregano.

Microwave Method: Place all ingredients except tomatoes in a 1-quart microwave-proof casserole, omitting water. Mix gently. Cover and microwave on high for six minutes, stirring after four minutes. Add tomatoes. Cover and microwave three to four minutes or until tomatoes are heated through.

## Onion-Zucchini Skillet

1 large onion  
2 tablespoons oil  
2 cups sliced zucchini, cut 1/2-inch thick  
1 tablespoon water  
1/2 teaspoon oregano  
1/4 teaspoon lemon pepper  
2 medium tomatoes, cut into 1/2-inch wedges



Summer worker Deannie Smith left her mark at the Warm Springs Extension Service office. All office windows are adorned with curtains she made.

## Exercise essential for good health

What's the most important lifestyle change you can make to lose weight or maintain your present weight? Exercise!

According to recent studies, regular aerobic exercise will help you gain control of your weight more than any other single factor.

A team of experts at the University of Wisconsin has found that exercise

affects two hormones which help regulate weight. One is an energy-giving hormone known as adrenaline. Higher energy levels help both weight loss and weight maintenance.

Although overweight people tend to have less adrenaline in their bloodstreams than lean people, exercise can raise the adrenaline levels. That means exercise also can increase

the amount of energy used.

According to a group of Australian investigators, exercise also affects the hormone insulin, which helps the body burn blood sugar. Many obese people tend to have a resistance to insulin. This means that their bodies convert more sugar to fat, instead of burning the sugar as energy. With regular exercise, however, body tissue tends to become

less resistant to insulin.

The studies may help explain why you use more calories when you exercise regularly, not just while you exercise, but throughout your daily activities. Vigorous exercise raises your metabolism (the rate your body uses calories) during the vigorous activity, then keeps your metabolism higher even after your exercise.

## Locate documents before emergency

Do you know where your important family documents are?

If you were faced with a family emergency, would you be able to find insurance policies, marriage

certificates, or even social security numbers for family members?

If your answer is no, you are like most people. Most of us not only don't know where the family's valuable papers are, but also don't know which papers should be considered valuable.

Like other family resources, valuable documents should be reviewed periodically. Such reviews help family members learn more about their valuable papers.

That's why the Oregon State University Extension Service recently produced a new publication called "Do You Know Your Valuable Papers?"

"This publication will help you inventory your important papers, locate your papers when needed, direct others in an emergency, and evaluate your family business affairs," explains Alice Mills Morrow, OSU Extension family economics specialist.

Complete the valuable documents list included in the publication and then file it in a handy place at home. Some people may wish to make copies of the list to give to a relative or close friend in case of an emergency. The list should be updated and reviewed at least once a year.

Copies of "Do You Know Your Valuable Papers?" EC 1234, are available at no charge from the Warm Springs Extension Office 553-1161, ext. 238.

## Floor plan determines convenience

The floor plan of a house largely determines its convenience, livability and satisfaction. Small houses need to be more carefully planned than larger houses.

The size and shape of rooms, and the relationships of one to another, influence how well a housing unit will function. The size

of a room does not always indicate the amount of usable space. Poorly located doors, windows or closets can reduce the usability of a room. Look for plans that permit flexibility in use of space, have good traffic patterns, and make maximum use of all storage potential.

When you evaluate floor plans, remember that the criteria are similar for a house, an apartment or condominium or a mobile home. Follow these steps in order:

1. Traffic patterns. (How you will move from room to room and through the rooms)
2. Activity areas. (How the house is zoned for working, living, sleeping)
3. Room relationships. (How one room functions with respect to others)
4. Details of individual rooms and other spaces.

When you first step into a house, or look at a floor plan, try to visualize how traffic will move through the house. Don't let beautiful furnishings in a model home, or pretty pictures in a magazine, distract you. Study the floor layout first, and if the traffic pattern is poor, look for another plan, rather than

waste time evaluating individual rooms.

Traffic flow through a house should be direct, convenient, and logical. It should neither interfere with a good furniture arrangement, nor interrupt activities within a room. Traffic should not interfere with privacy.

The traffic flow at the service entrance of the house should be considered. Much of the family traffic will be from this entrance. Direct access to a clean-up area is desirable.

It should be possible to go from the service entrance to the bedroom area without going through the living area. If service entrance traffic must go through the kitchen, it should not be through the meal preparation area.

When the second floor in a two-story house is used primarily for sleeping, locate the stairs so family members can get to their bedrooms without crossing other rooms. Space is used more efficiently if the stairs to the second floor are located above the stairs to the basement.

For more information call the Warm Springs Extension Office at 553-1161, ext. 238.

## After the last berry, clean up the beds

When June-bearing strawberry plants have yielded their last berry, it's time to clean up the harvested strawberry beds.

Remove all old and dead plant materials from the beds either by hand or by mowing just above the plant crowns with a rotary lawnmower.

Also be sure to remove any leftover strawberries, especially those that are rotted or damaged, as they are a potential source of disease. Dead plants should be removed entirely from the strawberry bed.

Apply a complete fertilizer to the bed. A 5-10-10 or 6-20-20 formulation applied at a rate of one-half cup per ten feet of row is recommended.

In general, established strawberry plants require an application of fertilizer only once a year, in late summer, to promote good fruit bud formation for the next growing season.

Excessive foliage growth and poor fruit production on this year's plants could be the result of an unneeded application of fertilizer in the spring.

June-bearing varieties (Marshall, Northwest, Hood, Shuksan, Rainier) bear fruit only in late spring or early summer. Don't confuse June-bearers with everbearing varieties (Quinault, Tillikum, Gem, Ogallala, Rockhill), which produce two crops, one in June and another in late summer or fall.

Everbearing strawberry beds should be cleaned up later this fall.

## Water crucial in heat

Critical times to make sure garden vegetable plants get enough water are during spells of hot, dry weather in August.

Critical watering times in the garden are when sweet corn begins to show tassels, and when tomatoes, cucumbers and summer squash are setting fruit.

A dry period that causes plants to wilt for several days can be extremely damaging to vegetable plants. With tomatoes, the result of lack of water is blossom end rot.

Garden watering can be done in a variety of ways but the use of a garden sprinkler, such as an impact or oscillating type will work well. Apply about one inch of water during each irrigation. The amount of water can be measured by placing a can where it will collect water from the garden sprinkler.

A thorough watering should keep garden plants in good shape for five to seven days, depending on weather and soil type.

If water begins to puddle during irrigation, the sprinkler is putting out water faster than the soil can take it in. Crusted soil, which prevents water from penetrating the soil can be broken up with shallow cultivation.

Also, an application of fertilizer in the garden early in August will help fatten the harvest. Don't apply fertilizers high in nitrogen. Nitrogen encourages the growth of leaves and stems at the expense of vegetable fruits. On tomatoes, for example, nitrogen will make the plant foliage grow more vigorously at the expense of the tomato fruits.

Instead, apply a complete fertilizer such as a 10-10-10 combination.

Either broadcast the fertilizer over the planted row or band it along the plants in the row. See the fertilizer package for application rate recommendations.

## Yellow jackets can pack quite a sting!

Yellow jackets aren't great in size, but they still pack quite a sting as any victim of a yellow jacket will tell you.

Yellow jackets are most likely to sting people when they get too close to a nest entrance. And because yellow jackets are strongly attracted to cooked meat, especially salmon, stings also may occur at picnics and outdoor meals.

These pest often sting people without any warning, he added.

Yellow jackets make nests in trees, large bushes, under eaves, in attics or in underground cavities. Insecticides and traps may be used in control yellow jackets.

Insecticides available for control of yellow jackets and other wasps usually contain carbaryl, diazinon and pyrethrin.

Several of these products are sold in pressurized cans. Others are available as wettable powders or liquids that you can make into sprays.

Nests should be treated after dark when the yellow jackets are in for the night. The use of flashlights or lanterns around nests may be risky because yellow jackets might react to the light and leave the nest.

Treat the nest following the directions on the insecticide label,

## Webworms are out

Industrious fall webworms are out again building their webby homes in ornamental trees and shrubs around the home landscape.

Because the damage webworms inflict on shrubs and trees is similar to that caused by tent caterpillars, many homeowners confuse the two. Actually the tent caterpillars is

active in the spring and early summer. The fall webworm is a late summer and fall pest.

Fall webworms feed on plant leaves near the tentlike webbing they produce on branches and twigs. This feeding can severely injure or kill small trees and smaller branches.

Many ornamental trees, such as alder and birch, and large bushes, such as lilacs and others with soft foliage, are favored by the fall webworm. Walnut and fruit trees, including flowering cherries and crabapples, are frequently infested.

Adult moths lay their eggs on the undersides of leaves in June and July. The eggs hatch about a month later.

The fall webworm is a pale yellow to brown caterpillar with a yellow stripe along each side and a dusky stripe along the back. Full grown caterpillars are about an inch long.

The webbing can be cut out and burned, or the caterpillars can be controlled with insecticides. Diazinon, Sevin, and Bt (*Bacillus thuringiensis*) are recommended for use on ornamentals. Follow the directions on the insecticide label.

Spraying should be done as soon as the tents appear. Large tents are difficult to penetrate unless you have a pump-type sprayer that develops a powerful spraying force.

Repeated applications may be needed.

## Did you Know?

Non-food items may account for 25 percent of your "grocery" bill. Household supplies, pet supplies, tobacco products, and health and beauty aids may be less expensive at discount stores.



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