

Plant spring flowering bulbs now

This is the last call for planting spring-flowering bulbs in the home landscape. Don't wait much longer to plant daffodils, tulips or crocus, or it will be too late for fall planting.

Bloom time next spring will be more rewarding if you keep a few shopping and planting suggestions in mind.

For example, bloom size is directly related to bulb size. If large blooms are desired, buy the larger bulbs.

You may want to make color your major consideration when buying bulbs because spring flowers look best when they are planted in tightly clustered groups of the same color.

It is also advised to feel the bulbs to determine their quality. Healthy bulbs are firm. Scrunchiness indicates dead tissues and the flower

bud deep inside may be almost dead.

Store bulbs you won't plant immediately in a dry area with a temperature below 65 degrees F. High temperatures damage the flower buds.

Spring-flowering bulbs can be planted as late as Christmas, but the earlier you plant the better your chances that the bulbs will bloom on time in the spring.

We offer these planting instructions:

Plant in well-drained, sandy soil that has maximum exposure to sunlight. Plant in clusters with individual bulbs four to five inches apart.

Work the soil to a depth of 12 inches. Plant tulips six inches deep; crocus, two inches; daffodils, seven inches; irises, three inches; grape

hyacinths, three inches; and hyacinths, four inches.

Set the bulbs firmly in the ground and press out any air pockets that develop in the soil.

Work in a commercial fertilizer, such as a handful of a 5-10-5 combination for a cluster of three to

five bulbs, or two pounds of fertilizer for a five by 10 foot area.

Bone meal is also a good fertilizer. Place two tablespoons of bone meal near the bulb. Then soak the flower bed to dissolve the fertilizer and settle the bulbs.

Cattle management tips

Develop a parasite control plan to include both internal (worms and grubs) and external (lice) parasites and therefore consider the economics and benefits of pastes, pour-ons and injectables.

Vaccinate four to ten month old heifers for brucellosis.

Consider the proper time to vaccinate pregnant females for leptos-

pirosis (should be done during the last trimester of pregnancy).

Evaluate the nutritional value of stored hay and plan a winter feeding program for brood cows, first calf heifers and replacements.

Continue proper mineral and salt supplementation to include selenium.



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Clay Penhollow
Mollie Marsh
Joan David

Scholarships offered to 4-Hers

The Union Pacific Company is once again sponsoring four \$500 scholarships for Oregon 4-Hers. The applicant must:

1. Reside in one of the following counties served by the Union Pacific Railroad: Baker, Deschutes, Gilliam, Harney, Hood River, Jefferson, Malheur, Morrow, Multnomah, Sherman, Umatilla, Union, Wallowa or Wasco.
2. Presently be a senior in high school.

3. Be in the top one-quarter of his or her class scholastically.
4. Be presently active in 4-H club activities.

Applicants must complete the 4-H Scholarship Application form (RF003). An official transcript from the applicant's high school with certification of rank in graduating class must accompany the application form. Each county may then submit one application to the State 4-H Office by February 1, 1987.

Health is a return on investment

Every major degenerative disease due to stressful living is predictable and preventable in its first decade of development. Disease takes a long time to develop. Numerous signs and symptoms, warnings that something is wrong, appear long before a disease can be officially named. Stress-related diseases due to long term investment in a faulty lifestyle are not chance occurrences. They are self-made; the results are self-imposed.

Health is a return on investment: Maximum long-term health is most likely to be found in individuals who choose to invest their energies in health-enhancing lifestyles. Health-producing habits are the world's best medicine.

You become your investments: Many people regularly pay into

a pension plan designed to provide financial security in retirement years. Even social security provides some financial base for later years. The amount that is put into the plan each day is very small, but over the years it can add up.

Everyone builds a health pension plan, too. The long-range investments we make in our health accumulate over the years. Viewed on a day-to-day basis, our investment in a walk after lunch, a phone call to a friend, or a five-minute break to watch the sunset doesn't seem to have much long-term effect on our health. That extra cup of coffee, one more rushed meal, another angry argument, or a cynical remark don't seem as if they should detract from our health 20 years from now. But they do. These little bits do add

up over the long run. We alone make our investment decisions:

Remember, to a large extent we are in control of how we look and feel 10, 20, 30 years from now. We're in the process of determining that future today. Let's take the mystery out of lifestyle-related disease. We eat it. We harvest what we sow. We get what we deserve.

We don't have to change if we don't want to. We can go ahead and continue the habits we want to keep. Only it is important that we know what we're investing in. Is it a long term investment in health or disease? What's the price, what's the reward, of continuing more of the same? We decide!

Poisoning often caused by pills

**Over one third of all cases of childhood poisoning from prescription drugs involve a grandparent's medication. The U.S. Consumer Products Safety Commission says the reason is that grandparents often leave pills around the house and don't keep them in child-resistant containers.

Combine sewing and laundry centers

Second only to meal preparation in importance, in the average house, is the care of clothing and household linens. This care includes washing, drying, ironing, mending, and construction.

It seems logical to combine the sewing center and laundry centers to make a complete clothescare center. Such a center encourages mending in relation to laundry, as well as pressing in relation to both sewing and laundry. The table used for laundry sorting and folding can double as a cutting surface.

Laundry area—First floor utility and mudroom. This location for the laundry area eliminates stair climbing, and allows for messiness. This area is usually adjacent to the kitchen so it is possible to supervise activities in both areas at the same time. Direct access to the

outside is important if the area is to serve as mudroom, clean-up area, or garden work area.

Basement—Because of less demand on basement space, the laundry center is frequently placed there. Other advantages are the removal of the noise from the rest of the house, and proximity to the source of the hot water supply and other plumbing lines.

There are two disadvantages of the basement location. It is difficult to combine laundering with other household activities. Numerous trips must be made up and down the stairs before, during and after laundering to complete the processes.

Other—A hall, closet or pantry location usually is not satisfactory, because available space is not adequate to develop a complete and efficient laundry center.

Space requirements—An efficient laundry area should accommodate the following related activities for clothing and soiled linens: Collection and storage, sorting, pretreating, hand laundry, machine washing, drip drying, machine drying, folding and sprinkling clothes, ironing and temporary storage for cleaned and ironed clothes.

Arrangement—The arrangement and equipment, work surfaces, and storage areas should permit the worker to progress in a logical sequence. This will reduce the time and energy necessary to perform the tasks.

Holiday baking

Holiday baking workshops will be held Mondays, November 17 & 24 7-8:30 p.m. in the 4-H Center with a cost of \$2 per person. For more information call 553-1161, ext. 238 to sign up.

Need new ideas for Christmas gifts? Want new recipes for a Thanksgiving feast? If so, the Holiday Baking Workshop is for you. You will learn how to make yeast breads, unusual quick breads and tasty desserts. Diabetic, low cholesterol and microwave recipes will be included. These breads and desserts will please your family this holiday season and throughout the new year.

Store discarded garden chemicals

The arrival of fall finds many home gardeners with a collection of various garden chemicals leftovers. The gardeners can save some chemical products for use next year, but others may have to be discarded.

Check the labels of insecticide and chemical weed killer products for storage information.

Storage of some garden chemicals through the winter may be unsafe or ineffective.

Many garden chemicals break down with age and aren't effective

after long periods of storage. Malathion and diazinon deteriorate rapidly when exposed to air.

In addition, low temperatures may cause some chemicals to lose their potency. Several garden chemicals, is exposed to freezing temperatures, become useless for their intended purpose.

Chemical products that are past their shelf life should be disposed of. Discard any chemical product that is five years old whether it has been opened or not. Do the same

with liquid forms of insect and weed killers that are discolored or full of sediment.

When possible, always follow label directions closely when getting rid of garden chemicals and their containers.

Bury unknown or unusable garden chemicals, especially insecticides and weed killers, at least 18 inches deep in a spot where they will not contaminate the water supply. Never pour these chemicals down a house drain or into a storm sewer drain on the street.

Energy questions answered

Q. Is there a way to make additional pleated drapes more energy efficient? I'm renting and don't want to spend a lot of time or money on storm windows or insulated shades.—J.G., Arlington.

A. Energy saving draperies have two features in common.

First they are made of a densely woven fabric so air cannot leak through. The fabric weight and fiber content are less important than a tight weave.

Energy saving draperies also are sealed tightly along the top, bottom and side edges. The sealed edges prevent room air from circulating between the drapery and window glass. This reduces drafts in the room and slows the heat loss through the window.

To create a tight seal, position the drapery close to the wall or ceiling. Install a closed-top cornice or valance to further seal the top.

Seal the side and the bottom edges with magnetic tape or hook

and loop strips (such as Velcro). Dropping the drapery hem to the floor is another way to seal the bottom. Be sure you don't block heat registers or electric baseboards.

While these steps will save you some energy, don't expect a big decrease in your heating bill. Most drapery materials are not good insulators.

However, sealing your drapes should make you feel more comfortable. A sealed drapery reduces drafts and covers the cold surface that would otherwise rob heat from your body.

Q. I'm concerned about the air quality in my mobile home. There seems to be a lingering odor in the air. I've talked with the dealer about the possibility of formaldehyde insulation in the walls, but he assures me it wasn't used. Do you have any ideas?

A. Even though formaldehyde wasn't used in the insulation, formaldehyde gas may still be the cul-

prit. Urea Formaldehyde is an important part of many household products and building materials. The urea compound is often present in interior grade plywood, particle board, furniture, cabinets and carpeting. As these products age, they release formaldehyde gas. The amount of gas given off is greater when products are new. It decreases over time.

Houseplants have special needs

It's time to winterize your houseplant care practices. Winter weather alters the indoor environment, so for your houseplants' sake, adjust how you care for the plant accordingly.

"Houseplants usually aren't too vigorous during the winter because growing conditions indoors are often poor.

Houseplants require less water during the winter. With most plants, let the potting soil dry slightly before watering. After watering, the soil should be moist not saturated. Let any excess water drain out the bottom of the pot.

Do not leave drain water standing in the dish or other container the planting pot sits in.

Also, during winter months the fertilizer needs of indoor plants are less than in spring and summer months. You should let houseplants without fertilizer from late November to early April.

Remove seed pods, wilted flowers, and leaves from the plants, and prune back long, straggly stems to within one-eighth inch of a leaf joint. Also keep houseplants free of dust, and pick off any insects that may be hiding on foliage or stems.

Some plants may need transplanting to larger pots to maintain their maximum growth. Most vigorously growing indoor plants require repotting very year or two.

To find out if a plant is potbound, examine the root system. Place one hand over the soil surface, turn the pot upside down, tap the rim softly against the edge of a table to loosen the soil, and remove the old pot. A solid mass of roots with little or no soil visible means the plant is potbound.

When repotting, use a new container about two inches deeper and wider than the old one.

Mobile homes usually have higher levels of formaldehyde than conventional homes because in relation to the volume of living space more plywood and particle board are used in their production.

You can recognize formaldehyde gas by its pungent smell. It may cause irritation to the eyes, nose and throat. Some people suffer severe allergies to formaldehyde and are sensitive to extremely low levels.

The U.S. Department of Housing and Urban Development has set 0.4 parts per million (PPM) as the target for mobile homes, although many health officials think 0.1 ppm is a safer and more reasonable goal. This is the threshold where most people notice the odor and experience irritation.

You can measure the formaldehyde level in your home fairly accurately with a passive monitor available for \$48 from Air Quality Research, 901 Grayson Street, Berkeley, California 94710. Telephone (415) 644-2097.

If you find the formaldehyde level in your mobile home is above

Pruning helps

Fall pruning usually won't be an extensive chore, but even in the best kept home landscapes there are a few trees and shrubs that could use an October trimming.

Some plants need to be prepared for winter, such as those with an excess of twiggy growth. These plants may be damaged by hard winter winds if not pruned back to a more compact size now.

We stress that fall pruning should be light. The heavy pruning of shrubs and other plants is a chore best done when spring arrives.

Roses in particular, may benefit from a light fall pruning. Roses often have an abundance of light, twiggy growth left over from summer. Winter winds can whip this growth around and possibly damage the rose bush.

Food substitutions to drop 100 calories

For french fries, 10 pieces, 197 C.-1 baked potato 2½ inches diameter, 98 C.

For macaroni and mayonnaise salad, 1 cup, 335 C.-fresh fruit salad 174 C.

For 2/3 cup chocolate ice cream with plain chocolate sauce, 245 C.-cup raw huckleberries with one ounce table cream, 141 C.

These are only a few examples of

numerous substitutions that make it possible to eat delightful foods and yet clip 100 C. here and there with ease.

Exercising to use 100 calories for 180 pound person.

Walking at 2.6 mile for 26 minutes. Bicycling, moderate speed, 21 minutes.

Dancing waltz, 18 minutes. Walking downstairs, 14 minutes.

Horseback riding trot, 14 min-

utes sawing wood, 11 minutes. Swimming ten minutes. Walking upstairs, 4.6 minutes.

These are approximations, since many factors affect energy expenditure, such as muscular tension and individual metabolism. The heavier one is, the more calories are used in any given time in activities involving moving the entire body.



Spilay Tymoo photo by Bahrwood

Arlene Boileau began work at the Warm Springs Extension Office October 20 as an Extension Intern. Arlene's primary scope of work revolves around the family living programs offered by OSU.