

Holly treatment similar to fresh flowers

Holiday halls decked with holly look cheerier longer if the holly stays fresher longer.

To keep it fresher, cut holly on a day when temperatures are above freezing, and the sky is cloudy to avoid foliage drying conditions. Select holly with unblemished leaves and bright berries.

After cutting, spray the holly with cold water to remove spray residue and dust. Then, to delay natural defoliation, treat holly with hormone solution (available at garden stores) according to label instructions.

For holly leaves with extra gloss, add 2 to 3 tablespoons of a high

grade summer spray oil per gallon of hormone mix.

If you plan to mail boxes of cut holly to friends, be sure to drain away excess moisture from dipped holly boughs before packing them in strong cardboard boxes lined with moisture proof paper.

Store and ship holly by itself.

Don't be tempted to send along a few pears or apples in a box with holly. Any ripening fruit will cause almost instant defoliation of the holly.

If the holly is for home use, treat the same as you would a bouquet of roses. Immerse stems in water, and keep the arrangement in a cool spot away from drafts.

Christmas is season for building memories and tradition

This season is perfect for building memories and family traditions. Some ideas that might be fun for your family to try are:

Family Christmas Book. Make a separate sheet of paper for each family member with the name at the top. Then have each person write one good memory that he or she had for each member of the family on his or her page. Save the pages in a scrap-book for re-reading another time.

Holiday Traditions Book. Write a journal about what your family does to celebrate each year, along with saving special cards or letters and pictures. Put in a three-ring

binder and add a new section each year.

Holiday Story Reading and Singing. Read a favorite story on Christmas Eve or a specific chosen time each year. Sing carols as a family.

Special foods and decorations with family members helping. Make cookies, plum pudding, stollen, or an edible garland to hang by the door, using popcorn balls, gingerbread men, or candy canes. As holiday visitors leave, snip off a treat for them to munch on their way home.

Create a holiday play or puppet show enacting the Christmas story.

Q. My neighbor says she saves energy by using an electric blanket. How can this be? If she's using electricity to heat the blanket, isn't she using more energy?

A. Yes and no. She's using energy to heat the blanket, but not much. Electric blankets use only about one kilowatt-hour per night. This costs about a nickel.

She's saving energy because the electric blanket let her heat a smaller space. By heating herself rather than her bedroom or the whole house, she can turn down her thermostat at night. For every degree Fahrenheit she lowers the thermostat, she'll save three percent on her annual heating bill.

Q. I want to put a wood stove in my mobile home, but have been warned against using a stove not made especially for mobile homes. What's different about wood stoves made for mobile homes?

A. Several features of stoves and installations approved for mobile homes make them safe for that use:

The stove must draw air for combustion directly from an outside source. This prevents oxygen depletion in the home, which could occur because mobile homes often are smaller and more airtight than conventional homes.

As a fire safety measure, Oregon Code requires an insulated chim-

ney connected directly to the wood stove in a mobile home.

Stoves in mobile homes must be fastened securely to the floor and the appliance must be grounded to the home's frame.

Wood stoves approved for installation in mobile homes have been tested by a nationally recognized laboratory. When you go shopping you'll find approval labels and installation instructions on approved stoves.

Your local building inspector can issue a permit and inspect your installation to ensure that it's safe.

Rules to hear by

Don't interrupt; don't change the subject; don't be rehearsing in your head; don't teach or give advice; do reflect back to the sender what you observe and how you believe the speaker feels.

Select energy which best fits

The following energy-saving hints provide easily-adapted, low-cost practices that will save energy. October—the American Energy Awareness Month—is an ideal time to implement those hints appropriate for individual situations.

Energy hints for farmers—Reduce farm energy consumption by adopting or installing some of these simple, energy-saving devices or services:

Consider fuel efficiency when purchasing replacement truck, automobile or tractor.

Use diesel engines rather than gasoline or LP gas-fueled engines.

Practice routine maintenance schedules, including tune-ups, to ensure maximum engine efficiency.

Use tractor wheel weights and duals properly for optimum wheel slippage.

Avoid excessive engine idling and warm-up time.

Use radial tires on tractors used for primary tillage.

Use wider equipment to make better use of available tractor power.

For bulky loads such as hay or straw, build a deck over the truck cab and extend the bed to haul more and reduce the number of trips.

Replace internal combustion engines with electric motors for stationary farmstead operations.

Convert large mobile feed processing operations to stationary facilities using an electric motor.

Switch to newer electric motors with higher efficiency where operated for many hours per day.

Use 3-phase electric service where available and if economical to do



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**Clay Penhollow
Mollie Marsh
Arlene Boileau
Joan David**

Dieting secret revealed

There's an old saying that most people worry about what they eat between Christmas and New Year's when they should be worrying about what they eat between New Year's and Christmas.

While that's true, it's also true that it's easy for those extra calories to add up during the holiday season. Here are some calorie-cutting ideas:

Eliminate the sour cream from your appetizer dip. Try fresh, raw vegetables with a dip made from low fat yogurt.

Eliminate the skin from turkey or chicken. This lowers fat and calorie content. If you serve beef, pork or lamb, drain it well and trim

off the visible fat. Skim the fat from the meat drippings before you make gravy.

Serve vegetables with lemon juice or herbs, not butter or margarine.

Serve baked potatoes instead of mashed. If you do mash potatoes, make them with two-percent, or skim milk.

Use low-fat milk in desserts. Try fruit salads, crepes, or yogurt parfaits for dessert.

But remember, the real secret to cutting calories isn't in the type of food you put on the table, it's in the amount of food you put in your mouth. Moderation is the key to low calorie eating.

Looking for a quick gift?

Looking for a unique and inexpensive gift or stocking stuffer? Most people these days are cutting down on salt. So shake up your eating habits and those of your friends with these great ideas for salt substitutes. Cooking with herbs is not new, but here are two combinations created by the USDA's "Food News for Consumers." Mix and store these in airtight containers. Pungent

3 tsp. basil
2 tsp. celery seed

2 tsp. cumin seed
1 tsp. lemon rind
2 tsp. savory
2 tsp. sage
2 tsp. marjoram
pulverize well.

Spicy

1 tsp. cloves
1 tsp. coriander (crushed)
1 tsp. rosemary
1 tsp. pepper
2 tsp. paprika
mix in blender

Check before lighting up. . .

Before you plug in Christmas tree light sets, check the sockets for cracks or breaks. Damaged sockets do not protect you from electric shock and should not be used.

Some sets have extra plug-ins on them so other sets can be added. If the connector has loose or missing parts, bare metal may be exposed making them unsafe to use.

Also, push the plug-in against a hard surface to check whether the

prongs are loose or part separate from it. If parts are loose, do not use the set.

Check each bulb connection. Spread the wires where they enter bulb sockets. Exposed wires where insulated may have pulled away mean danger if used.

With the bulb in place, check for small wire filaments sticking out which have been improperly trimmed. Remove the bulb and

trim the wires. Left exposed, they are a hazard. While inserting or removing the bulb, make sure the bulb holder parts stay together. Avoid using sets with flimsy, separating bulb holders.

Before beginning to decorate, place the light set on a non-flammable surface and plug it in for 10-15 minutes. Check for smoking and melting.

Cattle management tips for December

Separate cows by age and condition for the winter feeding program.

Keep the energy level adequate for breeding bulls.

Start the winter feeding program for cows and yearling heifers when forage becomes limited or climatic conditions change.

Give replacements an adequate ration for 1.0—1.5 pounds per head per day gain.

Summarize the year's records and update them.

Make decisions for management changes for the upcoming year.

Prepare profit and loss statement.

Make plans for credit needs and sources for the coming year.

Continue proper mineral, salt and vitamin supplementation including selenium.

Order supplies and prepare for the calving season.

Signup for x country skiing

Fourth through 12th graders are encouraged to sign up at the Warm Springs Community Center for the cross-country skiing trips scheduled

for December 22, 23, 29 and 30.

The trips are cooperatively sponsored by the center and the Warm Springs OSU Extension service.

Tips for going without

If you have recently quit smoking, getting through the holidays without a cigarette can be tough. But with careful planning for the crowds and the parties that typically tempt or drive people to smoke, you can do it.

The American Cancer Society offers these tips for staying off cigarettes:

Daily promise yourself that you won't smoke a cigarette.

Plan your strategy for dealing with stressful situations without smoking.

Practice deep breathing and other relaxation techniques to help you get over the urge to smoke. These urges are temporary.

If the crowds of holiday shopping make you want to light up, start a conversation with someone instead.

The combination of quitting smoking and high calorie holiday feasting can show up on the scales. To control your weight, try to avoid alcoholic beverages. Drink

Children's code to live by

Share everything.
Play fair. Don't hit people.
Put things back where you found them.

Clean up your own mess.

Don't take things that aren't yours. Say you're sorry when you hurt someone.

Wash your hands before you eat.

Warm cookies and milk are good for you.

Live a balanced life. Learn some, think some and draw and paint and sing and dance and play and work some very day.

When you go out into the world watch out for traffic, hold hands, and stick together.

sparkling water or punch instead. Choose the low calorie nibbles like carrot sticks, apples and celery. And at meals, savor the flavor. Eat slowly.

To avoid smoking at parties, stay busy. Take pictures. Help greet guests. If you have the urge to smoke, keep your hands full with a cup of coffee or a plate of those low

calorie foods.

If you are spending the holidays alone, take up a new hobby, or join a local church or community group for caroling. Read a good book.

Make a list of friends to call when you're tempted to smoke.

Consider the holidays a time to celebrate your new freedom from cigarettes.

Tips to maintain weight

Drink a glass of water or skim milk before you go to a party. It will help make your stomach feel more full.

Choose a small plate, it makes tiny portions look bigger. Better yet—don't fill a plate, just use a napkin.

Eat slowly, savor each bite.

While no single food is fattening, too much of anything can be. Your body will turn 3500 calories of unused energy into one pound of fat, regardless of whether those calories came from carrots or chocolate truffles!

"Graze" over the table with your eyes, decide in advance what your choices can be.

Plan ahead. If you know you're going to "pig out," cut back on your calorie intake earlier in the week.

Be choosy, you already know what most foods taste like. Try tasting only three new, or special foods.

Alcohol is high in calories, club soda and mineral water have none!

Offer to bring a food item to the party, this way you'll know there will be one low-calorie dish.

Don't stand and socialize close to the food. Choose what you want to eat, then move away from the food table.

If you are tempted to eat more,

visit with other guests for 20 minutes before you do. It usually takes that long for your stomach to tell your brain that you're not so hungry.

Chew gum (quietly) or suck on a low-calorie mint. It's hard to eat with either of these in your mouth.

If you "blow it" at one party—forgive yourself and try again at the next function. Don't give up.

Don't try to lose weight during the holidays, be happy to stay just where you are.

Don't let others talk you into eating more than you want.

Are you beginning to feel like you have to give up all your favorite foods? You don't have to, just eat less.

Offer yourself a reward for maintaining your weight during the holidays; treat yourself to a new outfit at the January sales.

Several houseplants appear to have airpurifying characteristics, according to scientists at the National Space Technologies Lab in Mississippi.

These plants include spider plants, golden pothos, peace lily, and Chinese evergreen. They can cleanse the air of carbon monoxide, nitrogen dioxide, and formaldehyde.

Cattle series Jan. 6

The third workshop in the Beef Cattle Management Series is scheduled for January 6 at 7:00 p.m. in Warm Springs at the Senior Citizen's Center. This one is entitled "Calving Management and Care."

The discussion will be about basic obstetrics, calf presentations, C-sections, cow considerations, identification and records, vaccinations and health, implants and growth promotants, and castration techniques.

To estimate the number of materials that need to be ordered, interested individuals are encouraged to call the Extension offices at 475-3808 or 553-1161, ext. 238. Please come; everyone is welcome!

Reshape sweater

To reshape a wool sweater to its original size, draw an outline of it before washing.

Place the sweater on clean paper, such as a brown paper bag. Use a pencil to outline the sweater. After the sweater is washed, block it to match the outline. It may be necessary to reshape the sweater several times as it dries.

Plants filter air

According to one of the scientists a spider plant placed in a sealed chamber filled with formaldehyde can reduce the concentration by 85 percent within 24 hours. (They don't say how big the chamber is.)

They go on to say that in an average-sized house, as few as 15 plants might significantly cleanse the air.

Where are documents?

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're 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.

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

Pail highlights party

This colorful centerpiece starts any festive children's party and provides hours of entertainment during and after the party.

Materials needed: multi-colored static flowers (about three to four large bunches); asparagus fern or other trailing greenery; child's large metal or plastic sand pail or bucket; water; three coloring books; ribbon; three small boxes crayons; three or four oranges.

Centerpiece directions:

1. Pack flowers and fern tightly into sand pail; add one to two inches water.

2. Roll up coloring books; tie with ribbon.

3. Push coloring books halfway into pail, rearranging flowers and

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.

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?" are available at no charge from the Warm Springs Extension Office.

ferns if necessary. Tuck in crayons and oranges.

4. Later, children can entertain themselves with coloring books and crayons while snacking on fresh oranges.

Attention!

Leaders, please remember that in order for your club to be officially enrolled in the 4-H program, your enrollment forms need to be turned into the office. The earlier your enrollments are received, the sooner your members and you will be on the mailing list, so that activities won't be missed.

Disease gets new name

Vibrio gets a new name. Producers could be confused by new labels when they go to buy vaccines next spring. A common cattle disease has changed its name. The USDA has changed the official name for the reproductive disease vibriosis or "vibrio." Now on USDA-approved vaccine labels the disease will be called campylobacteriosis (scientific name: Campylobacter fetus).

All Campylobacter fetus vaccines manufactured by federally licensed manufacturers must have the new

name on the label. To help avoid confusion some manufacturers announced they will also continue with trade name "vibrio" on the label.

Campylobacteriosis is the leading cause of infertility and abortion and costs the industry an estimated \$100 million per year.

Consider 4-H