SPILYAY TYMOO

WARM SPRINGS, OREGON 97761

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Sewers can do minor machine repairs

You're ready to start on a new wiggly and uneven stitches or not spring project, and suddenly you're move the fabric at all. confronted with a reluctant sewing machine

Don't panic! Check a few common problem areas before seeking professional help. Approximately 70 percent of sewing machine repairs are minor adjustments you can handle yourself. Most problems fall within one of three areas: noise, the needle, thread or a combination stitch quality and movement and/or power noise.

lack of oil. Use sewing machine oil, not an all purpose oil. Because of its constant movement and high speed, the bobbin area requires more lubrication than other parts. Check your manual for specific oiling points on your machine.

Check for an obstruction which could be caused by thread, lint or a foreign object.

Thread can be trapped around the spool holder or tension mechanism, caught in a thread guide or wrapped around the handwheel mechanism. It can also become jammed in the bobbin area causing threads to wrap around each other.

Lint can build up slowly, eventually forming felt. Clean all visible fuzz. Look under the needle plate, around the feed dogs and in the bobbin area.

Foreign objects, such as pins or needle tips from accidental breakage. can also lodge in these areas. Do not sew over pins. The meeting of needle and pin will usually cause disaster!

Any obstructuion lodged in a moving part will also cause a noisy machine. While trying to remove obstructions, don't compound the problem by jabbing around with metal scam ripper or scissors. Use air, brush or skewers to loosen debris and remove all plates and brackets for easy cleaning access.

An odd noise can also indicate a broken or cracked part. In this instance, take the machine to a repair shop. Ask to have defective parts returned to you; this assures you they were replaced. This is a law in some areas.

A variety of stitching problems can create puckered or loose stitches, skip, fail to form a stitch, make a wedge or chisel pointed needle

Whenever the stitch is irregular. most home-sewers assume it's the tension and reach for that knob or. more often, throw up their hands in despair. The real explanation of the problem is usually much simpler.

Puckering is usually caused by of the two. Could be damaged in a spot you can't see. Insert a new A squeak usually results from needle; it's much cheaper than a repair call.

Poor quality thread can also cause seam puckering. If the thread slubby, it will feed 'unevenly through the needle and cause stitching inconsistencies. If it's too elastic, will stretch under tension and then pull after it's sewn, creating puckers. If the thread is too large for the eye of the needle, it cannot feed evenly through the machine.

To avoid thread-related problems, buy the best quality thread you can and choose the proper needle size.

Puckering can also be caused by a defective bobbin. It's imperative to use the bobbin size and shape designed for your machine. Because even a 1/16" variance can cause several problems. Look for cracks, rough spots or rust and dispose of any defective ones.

If your tension seems too loose, check the threading path, and make sure the thread is passing through the tension mechanism correctly.

Skipped stitches occur when the machine does not form a complete stitch with each up-and-down movement of the needle. This is usually caused by an improper needle choice or incorrect insertion.

Skipping occurs more frequently on knit fabrics than woven fabrics. A ball point needle should be used on knits to avoid skipped stitches. Needles designed especially for stretch fabrics are available from several companies.

Tightly woven fabrics, such as heavy waterproof nylon, canvas or denim, require a very sharp pointed needle to prevent skipped stitches. These are often referred to as jeans or denim needles.

for even stitch formation. Imitation suedes, however, should be handled as knits

Poorly formed, jagged stitches can be caused by insufficient pressure from the presser foot or a burr on a the throat plate or presser foot.

Most machines have a mechanism for regulating the pressure the foot exerts on the fabric. Check your manual for a dial or screw-release machanism. Experiment with various pressure settings until the fabric feeds evenly and straight.

A burr, or any rough spot can catch and snag fabric as it travels through the machine, causing the fabric to twist and jerk. Feel the throat plate, the bobbin area and especially the bottom of the presser

foot. If you find rough spots, smooth them by rubbing with a piece of crocus cloth (an extra-fine sandpaper available at hardware stores).

After you've checked the obvious reasons for poor stitch quality and haven't found a problem, adjust the tension knob. Tension is not nearly as difficult to adjust as most home-sewers believe. A general guide is if the knots of top thread show on the bottom side of the fabric the upper tension is too loose and viceversa. Thread tension tightens when the knob is turned to the right (to a higher number) and loosens to the left (to a lower number). The bobbin case set screw follows the same principles, right for tight, left for loose.



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The Warm Springs Extension Service provides equal access to all its activities and programs.

appropriate time. Having done that,

you can only wait and hope for the

changes you desire in the other

A wife whines daily at the dinner

table about no carpeting upstairs.

Her husband makes jokes about

having never worn a matched pair

of socks since he married. Hus-

bands and wives, or parents who

continue to communicate dissatis-

faction, will never bring about

changes in their partner's or child-

ren's thinking or actions. They only

damage relationships and feelings

The old adage "catch them doing

something well" may help bring

about change slowly, but it's a

good approach and one that works

out much more happily. Maybe

you can limit conversation about

grievances to a monthly discussion

and not use disappointments and

frustrations for continuous attacks

person.

of self-worth.

ommunication is essential to families family communications say.

more important than ever that families communicate well. Much has been written about how to say what you mean, but the rules are often lost in day-to-day interactions.

Adequate communication is essential in maintaining satisfying family relations. That's why it's important to continuously guard against lazy responses like a reply of "un huh," a grunt, or silence-no reply at all.

It's a common observation that as marriage continues over the years many partners appear to talk less and less to one another. Some couples believe conversation isn't always necessary because a kind of "marital telepathy" develops after 10 or 15 years. A long dinner conversation might be: "Did you. . .?" asks the husband. "Yes," answers the

"Marital telepathy" or "mind read-

In todays fast-paced world it is marriage. Spouses can understand each others' unspoken thoughts about as well as a parent can read a teenagers' mind.

Studies have failed to prove that family members can understand one another or anticipate another's responses just becuase they live together. Understanding is communicated with real words and gestures.

There are many reasons for the apparent demise of meaningful communication. It may be desire. Not everyone has the same desire to talk. Security in talking freely about feelings and daydreams may be threatened by a parent or partner's ridicule or unfavorable reply. Rather than risking destruction of their self-esteem family members clam up, watch TV, work, or play somewhere else.

All writings on family communication emphasize talking things over and airing problems. Don't let ing skills" do not develop during grievances fester, the books on

Consider all aspects of disabilities

Children who have a brother or sister with a disability have many questions about their siblings and they experience many mixed emotions; for example, embarrassment, Genuine leather or suede requires anger, pride, worry and jealousy.

The degree to which these feel-

ings characterize the situation are make-does the disability govern determined by:

1. The nature and degree of the disability-whether their brother/sister is mobile, restricted to his/her totally dependent, improving or terminal.

2. The time of onset-birth or later.

3. Whether the child is older or vounger 4. The quality of the relationship between the siblings-close, competitive, very dependent.

housing, vacations, meals, parents' work?

Some things are better left unsaid.

Usually the first few moments of a

conversation state the facts and

from then on it becomes repetitious-

or drags in items outside the issue.

that one person can't change

another's mind or actions. You are

the only one who can change your

mind or decide what actions you

will take. You are not likely to

change another person's mind

through pressure or nagging or

in, but a reversal in thinking or

behaving occurs only when, in silence,

the arguments are thought about

and a different decision is made. A

constant review of dissatisfactions

makes people expend all their brain

power defending their own positions.

to talk and when to shut-up helps

Good selectivity in knowing when

you express yourself clearly at an on another's self-esteem.

A person may give up and give

put-downs.

If people could only remember

6. The disposition of the child with the disability-demanding, pleasant. Adjustment

A sibling's adjustment to his/her brother/sister with a disability can be reflected by their behavior.

No symptoms mean that his/her needs are being met. Negative feelings and attitudes

are expressed when the child is 5. The necessary financial adjust- unhappy, e.g. feigning illness to get

Being overly solicitous of the sibling with a disability may be saying-"I really do love my brother" or "If I pay alot of attention to my sister, maybe mom and dad will appreciate me more" or "it gets boring, but this what I'm supposed to do.

In general the pattern of adjustment is for the sibling to seem more involved on some days than others and to appear as if the parents can handle things and that there is no point in getting upset

Chose repairmen carefully

Not everyone has the time and and state building codes. talent to take on home repairs. Those who fall into the not-enough- the contractor and owner should financed and the total number of time category, may want to contract for work such as exterior painting, roofing, or other spring household repairs. However, contracting for work and getting satisfactory results can be a trying experience, even with a reputable repairman. Try to select a repairman or contractor whose work you know. Examine previous work done by the contractor and talk with homeowners who have employed the contractor and talk with homeowners who have employed the contractor. You also can consult an architect, businessman or the Better Business Bureau/Chamber of Commerce in your area for additional references. Seek at least three bids before you choose a contractor. A written agreement that clearly states in detail what you expect and the amount of money agreed upon for payment should be included. Although the agreement will vary slightly depending on the repair, it should include the exact location and extent of the repair and whether the repair involves new construction Materials to be used, including their colors and their cost should be specified. If paint is used, the sures for lice. number of coats to be applied should be noted.

A separate agreement between

price, including any down payment, the unpaid balance, the amount

In addition, the statement should say that work will conform to local

describe material, labor, equipment, completion date, payment schedule and who cleans up the mess after the job.

Make sure that the extent to which the repairman or contractor will assume responsibility for damage to your property, or that of your neighbors, is clear in writing. The agreement should also clarify that liens may not be placed against the job for failure of the contractor or repairman to pay for materials, labor or equipment.

Maintain adequate nutrition for

Order vaccination supplies and

Prepare for the breeding season

by having enough bulls available,

by having bulls semen tested, and

vaccinating for vibriosis at least 30

days prior to the start of the breed-

Consider parasite control mea-

Continue to supply adequate

amounts of mineral and vitamins

those cows calving last as well as

those cows which are lactating.

Continue calf watch.

implants.

ing season.

including selenium.

Beef tips for March

payments. This lets you know the cost of the work.

As work begins, check progress, but stay out of the workmen's way. Interference can cause delays, affect quality, or cause disagreements and added costs. If you have questions refer to your contract to see if the subject was covered.

Finally, when the job is completed, inspect the project with the repairman and make sure you are satisfied that the job has been done The contract should state cash as originally agreed upon.

Be prepared for magnesium defi-

ciencies or "grass staggers" in the

early spring when grass first begins

There will be a "Quilt In A Day"

workshop held Saturday, March

21 from 9 a.m. to 5 p.m. and Mon-

day, March 23 from 6 to 9 p.m.

Contact the Extension Office to

Quilting class

set in March

to grow rapidly.

sign up

cost of the financing, above the ment sacrifices the family must attention or doing poorly in school.

Inform siblings of disability

 Siblings need information about the disability their brother or sister has. They are probably interested in what caused the disability, how they should explain it to friends/others who ask questions, what their responsibility will be to their brother/sister when they grow up. Answers to their questions should be age appropriate.

Additionally, families should keep the lines of communication about the disability open, so a child doesn't feel uncomfortable about asking questions and talking about the disability. It is preferable to have information about the disability provided casually-repeated and elaborated upon as the child grows older, rather than one, long, serious, sit-down talk.

2. Try to set aside time to really listen sensitvely to what the nondisabled child's thoughts and concerns are. This will promote future sharing with the parents whether it is something positive or troubling. 3. If the child expresses negative feelings don't be harsh. Expect some envy from the sibling for all the attention the child with the disability receives.

4. Remind them that all kids, disabled or not, can be moody and say things that they regret.

5. Encourage siblings to be as tolerant of their brother/sister with a disability as they are with their friends.

6. Point out the benefits of having a sibling with a disability-they will learn about the disability; they will learn compassion; they will learn to team up with parents on behalf of their brother/sister; they will become aware of the importance of humor, unselfishness and loyalty; they will learn to support the parents when the parents become discouraged; and it will bring about maturity in everyone.

7. Get your child involved in an informal support group just for siblings who have a brother/sister with a disability. If one is not available, help to start one. These groups provide an excellent opportunity to meet other youth and share common experiences.

8. Relatives can play an important role by doing something special, on a regular basis, with the non-disabled sibling-going to a movie or shopping, etc. This eliminates siblings feeling resentful when so much of the family's emotional and financial resources are spent on the child with the disability.

9. As siblings get older and start thinking about marriage and having a family, they may wonder if their own children will have a disability. If a disablility is transmitted genetically and the sibling starts worrying about this, he/she is old enough to find out from a genetic councelor whether their worries are warranted.

10. The strongest single factor affecting a sibling's acceptance of a disability is the parents' and grandparents' reaction to the disability. Parents and grandparents model

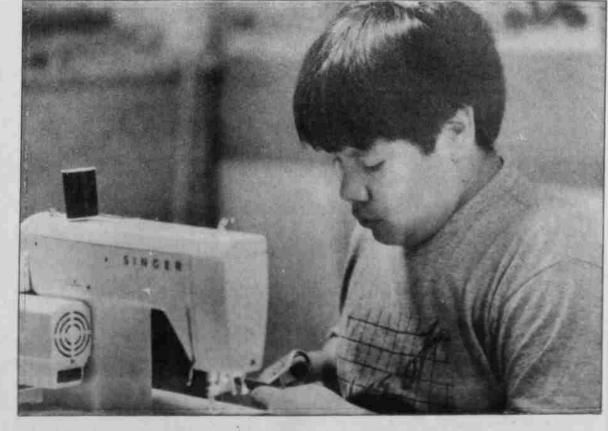
for the children in the family the love, acceptance and expectations they have for the child with a disability

Resources used for this issue: Arent, Ruth P. Stress and your child. A parent's guide to symptoms, strategies and benefits, Englewood Cliffs, N.J.: Prentice-Hall, Inc. 1984.

Meyere, Donald J. and Patricia F. Vadasy. Living with a brother or sister with special needs: A book for sibs. Seattle, WA: University of Washington Press, 1985.



Culture and Heritage 4-H Club member Alfredine Smith learns crocheting technique.



Ronnie Palmer constructs a Karate suite during 4-H Sewing Club meeting.