

## FTC rules guide used car purchases

Whenever you shop for a used car at a dealer's lot, be sure to read the new Buyer's Guide.

The Federal Trade Commission new Used Car Rule requires that the guide be displayed on a side window of every used car offered for sale.

Be sure to read both sides of the Buyer's Guide—here's why:

The guide tells you if the dealer is offering a written warranty on the car.

If no warranty is offered, the guide tells you that the dealer

assumes no responsibility for repairs and that you will pay all costs for any needed repairs.

The guide tells you that the dealer assumes no responsibility for anything that is said about the car, and that since spoken promises are difficult to enforce, the dealer should be asked to put any promises in writing.

If there's a written warranty, the guide tells you whether it is a full warranty (and therefore satisfies the federal minimum standards for full warranties) or a limited warranty (which may provide virtually

any level of protection, depending upon its terms).

The guide suggests that you ask the dealer for a written copy of the warranty for a full explanation of its coverage. The Buyer's Guide only gives you its highlights.

It tells you which of the car's systems are covered by the dealer's written warranty and for how long.

The guide describes the car's 14 major systems and alerts you to some of the major defects which may occur in each system.

More importantly, the guide sug-

gests that you ask the dealer if you may have the vehicle checked by your own mechanic, either on or off of the lot.

The list of the systems and possible defects can be used by you or a mechanic in deciding whether the car is in acceptable mechanical condition—and is really worth the price the dealer is asking.

For a copy of the FTC's new Used Car Rule, write to the Federal Trade Commission, Used P.O. Box 37041, Washington, D.C. 20013 or dial (202) 523-3598.

## Know about the prescriptions you take

You haven't been feeling well lately. You've been to the doctor and he has given you a prescription. That's all there is to it, right? Wrong? Before you take any medicine, make sure you know what you are doing. Prescription drug misuse is a major public health problem.

You can begin by learning what can happen if you take medications improperly or in combination with other prescription and over-the-counter drugs—and even foods—in a booklet from the Food and Drug Administration called "Some Things You Should Know About Prescription Drugs" (Item 551P, Free). And to store those prescription drugs, and other health care items, safely and keep them organized, you will also want to order another Food and Drug Administration pamphlet, "Does Your Medicine Chest Need First Aid?" (Item 545P, Free). For copies of each of these booklets, send your name and address and the item numbers to F.J. James, Consumer Information Center, Pueblo, Colorado 81009.

Unfortunately, many patients never ask their physicians or pharmacists any questions about their prescriptions. If your doctor gives you a prescription, be sure to find out what the medication is for, how much to take, when to take it—before meals, with meals, after meals—how long to take it, what side effects occur, and what (if anything) you should avoid while tak-

ing the drug. For example: Some drugs interact with other drugs, decreasing effectiveness, increasing potency, or causing side effects. In addition, certain foods, alcohol, or smoking can affect how other drugs work. Make sure you know about these interactions so you can avoid potential harm. Even if you have taken the prescription before, it is best to check with your doctor.

In order to get the best results from your prescription, tell your doctor if a drug is not doing what it is supposed to do. You may need a different dosage or a different drug. You should also consult your doctor if you have any unexpected symptoms, such as rash, dizziness,

or headache. Once you start feeling better, don't stop taking your medicine; take as much as the doctor recommends. Otherwise you may prevent the drug from doing its job completely.

Once you have stopped using prescription drugs, destroy leftovers by flushing them down the toilet and dispose of containers carefully so children can't get to them. If your medicine chest is a jumble of rarely used remedies, and old and new prescription, it's a good idea to organize it, throw outdated medications away, and clearly label and date the essentials that remain. Make sure your medicine chest contains only what your family needs.

## Lunch-time consumer series

- March 4 Buying Furniture
- March 11 Ad Language Traps
- March 18 Stopping Home Leaks
- March 25 Saving Energy
- April 1 Art of Skillful Buying
- April 8 Sewing for Profit
- April 15 Landscape Management
- April 22 Backyard Greenhouse
- April 29 Raised Bed Gardening

Each session will be held from noon to 1 p.m. at the Administration Building in Conference Room 3. Bring a sack lunch and learn valuable information. Sponsored by the Warm Springs OSU Extension Office.

## Pine needles may cause abortion

Abortion diseases of cattle cause a great amount of economic loss to livestock producers in the United States each year. Abortion is caused by a wide variety of infectious and non-infectious diseases, including many that we know little about. One cause reported frequently in the west is pine needle abortion disease.

This disease can result when cattle feed on needles or buds of the ponderosa pine. It is characterized by abortion or birth of premature weak, nonviable calves, retained fetal membranes and subsequent severe illness in the dam. Not all pregnant cattle will abort after eating pine needles, but the disease has been known to affect as many as 50 percent of a cow herd.

Pine needle abortion is widespread wherever ponderosa pine trees are found.

Pine needles were first suspected as a cause of abortion as early as 1920. Since then, research has confirmed the association between ingestion of ponderosa pine needles and abortion or birth of weak calves. Cattle are the principal species has also been suspected in sheep.

Cattle have been observed eating pine needles and buds by preference, even though they had access to good quality feed. This is probably rare, however. Generally, cattle will eat pine needles or buds only when they are "encouraged" by situations such as these:

Sudden weather changes cause animals to seek shelter under ponderosa pine where they will eat the needles.

Severe wind or snowstorms place large quantities of needles or tree limbs on the ground.

Animals are concentrated in a small grazing area near pine trees. Animals become hungry because more preferred feed supplies are scarce, perhaps in fall when the grass is gone or in the spring before green-up.

Hay is fed on the ground beneath pine trees.

Animals are changed to unfamiliar or poor quality feed.

Animals are grazed near slashings from lumber operations.

Cattle that have had regular access to pine needles or buds seem to have fewer problems with pine needle abortion than those who have not had previous exposure. And cattle that have continuous access to small amounts of needles or buds during the early and middle stages of pregnancy have little problems with abortion. Under these circumstances, they seem to develop a tolerance. However, cattle in later stages of pregnancy are likely to have abortion problems if they are

suddenly given access to large quantities of pine needles or buds.

Pine needle abortion usually appear 1 to 3 days after pregnant cattle have eaten the needles or buds. Abortion will continue for up to two weeks even though cattle are withdrawn from the feed. Abortion or premature calving occurs suddenly and is occasionally preceded by a bloody vaginal discharge. Aborted fetuses usually have not undergone much decomposition. Living calves from affected dams, whether born prematurely or full term, appear very weak. They are reluctant to nurse and usually die within three to four days despite treatment.

Many affected cows will retain the fetal membranes. Unless treated, they will become ill and may die. To treat affected cows, veterinarians will attempt to remove the retained membranes and will use antibiotics and supportive fluid therapy.

Affected cows usually rebreed, though severe or chronic infection apparently can result in permanent infertility. There is no evidence to suggest that the disease causes sterility, now there clear evidence to determine if a cow is likely to abort a second time after losing one pregnancy to pine needle abortion.

These and other unanswered questions about pine needle abortion are currently being studied to determine the exact chemical composition of the toxin or toxins that cause the disease and the manner in which the material works in the animal's system to cause abortion.

Laboratory studies with mice have shown that, in addition to causing abortions, feeding pine needle extract in early pregnancy will result in resorption of the fetus. Such fetal resorption may also be a complication of the disease in cattle and may explain why some cows become barren.

The research also suggests that stress, such as that caused by nutritional and infectious diseases or sudden changes in management and weather, also may be an important factor making an animal more susceptible to the disease.

No treatments or antitoxins are now available to prevent or control pine needle abortion once cattle have eaten pine needles and buds. The best recommendation is to prevent the disease. Keep pregnant cattle away from ranges containing ponderosa pine. Maintain the cow herd on a recommended level of nutrition, and avoid stress conditions as much as possible.

## Embroidery class to begin

Learn the art of embroidery each Tuesday beginning March 1 and continuing through March 29. The session will be taught by Mollie Marsh from noon to 1 p.m. in Conference room 2 at the Administration Building.

Learning supplies will be furnished during class time so that participants can learn basic stitches.

Participants will need to purchase their own project needles and hoop to be able to complete a project.

Bring a sack lunch and plan to join any or all of the session. Learn how easy embroidery can be and start now for those gifts you'll be needing this year.

**4-H Silversmith Club**  
Tuesday and Thursdays  
5 p.m.  
4-H Center  
Instructor: Harry Miller

**4-H Quilting Club**  
February 25  
4-H Center  
4 p.m.  
7-12 graders only  
Instructors:  
Eraina Palmer  
and  
Tina Aguilar



## The

# EXTENSION

**AGRICULTURE/4-H**  
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**4-H/YOUTH AIDE**  
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**People**  
**MANUAL**

**OFFICE MANAGEMENT**  
Eraina Palmer

**TRAINEE**  
Deanna Lamebear

2126 Warm Springs Street — 553-1161, extension 238

## It's easy to get organized

The frustrated seamstress is often the one who spends too much time searching here and there for sewing equipment.

Do you get into the middle of the garment you are making only to find that you don't have everything you need to complete the project? Does everything have to be put away when it's mealtime because your sewing area is on the kitchen or dining room table?

Any of these problems can make anyone drop even the most creative venture. Rather than drop your project, why not get organized? It isn't hard to do and will not involve a lot of expense—just a bit of time and thought.

Check around the house. Is there a corner where you can set up your sewing machine so that it won't have to be moved in the middle of a project?

A small, sturdy table can serve as a base for a portable height. Then, move a comfortable chair and a good light to the area. Now you're ready to start with the rest of your organization.

Identify and gather all of your equipment.

A tackle box, stationary box, or a plastic, divided tray is excellent for assembling such equipment as machine and have sewing needles, thread, scissors, shears, tape measure, pins, six-inch ruler, marking pencils or chalk, buttons, closures, and other small notions. Your equipment box will be easy to carry from place to place and easy to store.

Check your pressing equipment. Can you store it in a small suitcase and keep it near the sewing area? Steam iron and press cloth are musts. A seam roll helps prevent ridges when you press seams open. A well-padded ironing board is a must for pressing that will look professional. A pressing ham helps in pressing darts and in making curved surfaces conform to body shape.

Now that you are organized at home, you are ready to go shopping. Be sure you have your accurate high bust, waist, hip, and back waist length measurements with

you. Check the back of any major pattern book to select your figure type. The pattern size you buy won't necessarily be the same size as your ready-to-wear garments.

Once you have chosen your pattern, check the back of the pattern envelop for recommended fabrics and notions. Buy everything at one time—then you won't have to leave in the middle of a garment to get zippers, buttons or interfacing.

If interfacing is called for, weight the interfacing with your fashion fabric over your had. Do not use

interfacing that is heavier than the fashion fabric.

Before starting to sew; preshrink washable fabric and notions; read your pattern instruction sheet carefully; make any needed alterations on your pattern; cut out your garment and mark; and prepare your sewing machine (be sure to check the tension).

Now—it's time to sew! You'll be amazed how much more fun your creative project will be once you have gotten everything organized.

## Repot overgrowing houseplants

When houseplants out grow their containers, it's time to give them a new home in a larger pot.

If you leave plants in a small pot too long, their growth stops and the leaves begin to drop.

Plants that require a daily watering also may need to be repotted.

Select a new pot that fits the plant size and the expected growth within the next year. Slow growing plants, such as cacti and jade, do not require frequent shifts to bigger pots. A slow-growing pot-bound plant in a four-inch container will respond well if shifted to a five-inch pot.

Shift rapid-growing plants, such as begonias, to much larger pots.

The easiest way to remove a plant from a pot is to turn the pot upside down and give it a sharp rap on the edge of a table. Be prepared to catch the loosened plant and soil ball.

Once the plant is out of the pot, remove a portion of the old soil and loosen the matted roots. This seems to stimulate quicker development of new roots and the old soil can be replenished with new.

Place broken pieces of clay flower pots, gravel or rocks in the bottom

of the new pot to cover the drainage hole. Then place some potting soil in the bottom of the new pot to cover the drainage hole. Then place some potting soil in the bottom of the pot, and fill and firm the potting soil around the old root ball.

Leave enough room at the top for watering: one-half inch for a four-inch pot, one inch for an eight-inch. Water the soil thoroughly and do not water again until the surface dries.

Prepare a potting mix ahead of time. Although there are commercial planting mixes on the market, many of them do not contain soil. A mix containing soil holds water and nutrients better than one made entirely from artificial materials.

A general purpose potting mixture for most plants should contain one-third garden soil, one-third peat moss and one-third coarse sand.

Garden soil should be sterilized before used in a potting mix. Simply place the soil on a shallow pan and heat it in the oven at 200 degrees F for 30 to 45 minutes. Overheating the soil will destroy helpful bacteria.

Use a meat thermometer to indicate when the soil temperature reaches 180 to 200 degrees F.

Potting mixtures can be stored in plastic bags until ready for use.

## Sack lunches can be nutritious

Many children and parents carry a sack lunch to school or work.

With careful planning, these meals can be made nutritious, flavorful, and safe. A nutritious lunch has four parts: a protein source (meat, fish, poultry, eggs or legumes); crackers or bread; fruits and/or vegetables and milk. A sandwich usually combines protein and bread in one neat package.

Although many children prefer enriched or whole wheat sliced bread, you can vary the pace. For example, pita or "pocket" bread is easy to fill and wrap. A hamburger

or hot dog roll could also be stuffed with a favorite filling.

Celery sticks, carrot sticks, and green pepper slices are good vegetable choices that add crunch to meals. Fruits with a firm texture (such as slightly underripe bananas) travel well. If desired, canned fruit or applesauce can be packed in small plastic containers with tight-fitting covers.

An insulated lunch box is a good investment to guarantee food safety. Bacteria can grow in perishable foods left at room temperature longer than two to three hours.

Moist, protein-rich sandwich fillings (such as tuna, meat, egg salad) must be kept cold. If possible, freeze the sandwich overnight. Add tomatoes and lettuce just before packing in the lunch box.

Another good idea is to freeze a small can of fruit juice to pack next to the sandwich. By afternoon it will be thawed and ready to drink as an afterschool snack.

If it is impossible to keep sandwich fillings cool, select less perishable protein rich foods peanut butter, jerky. A thermos of hot soup, stew or chili adds variety.



The Warm Springs OSU Extension Service sponsored an open house February 12. OSU offered information on various subjects.