## SPILYAY TYMOO

WARM SPRINGS, OREGON

June 3, 1988 PAGE 5

# Fathers more involved in child-rearing

With Father's Day approaching, 'Dad' is on many a family member's mind.

This Father's Day, we can all celebrate that fathers, at last, are being recognized for more than bringing home the bacon.

At the same time let's recognize that social shifts giving fathers more freedom to enjoy and care for their children do not provide fathers with a "how-to-do-it" kit. Most fathers learn to care for their children through trial and error, but mothers have long faced pretty much the same challenges.

Mothers appear to know more about child care because most little girls have tenderly cared for dolls.

Also, daughters more closely imitate their mother's actions with children.

This trend now appears to be changing. Today's fathers, and their sons, are experiencing a more involved father role in child-rearing. And, both mothers and fathers are reading about raising children these days rathers than just mothers.

fed, diapered, bathed, encouraged, and nutured by both parents.

Although fathers in the past loved their children, they were by and large money makers and disciplinarians with a rare dab of playfulness. Modern fathers have changed their lifestyle to allow time and energy for the demands of caring for children. The pay-off is a closer relationship to the child and greater exposure to the wonderment of a child's expanding world.

Here are a few discoveries fathers make:

Infants love only themselves; they become bonded and attached to those who feed, clean, fondle, and love them. But it's not within their ability to understand parental needs for a good night's sleep or undisturbed privacy.

To your toddlers and preschool-ers you've read and told the same stories a million times. Reading and talking with them is enlightening and fun. You've shivered on park benches while they ceaselessly

More and more children are being ran and swung, climbed, and then ran some more to have fun.

In the middle years of childhood you get into learning "jags." Things you thought you never needed to know about-dinosaurs, bats, and how they build the Panama Canalhave caused special trips to the library.

You set boundaries for freedom and teach responsiblity. You learn to correct misbehavior without damaging a child's self-esteem. You discover that more than anything, children want to please you, and that a child gaining his or her own independence is a trial and error process for both parent and child.

Neither fathers nor mothers are prepared for the typical adolescent confusion between independence and dependence. You learn to "hang in there" for eight years (between thirteen and twenty-one) while your son or daughter become liberated.

You learn the rules of the game-flexibility, and the terror of the adventure-and you ask the question, Is this behavior normal? You learn to

Early summer chemical spray or

rely on "common sense" in determing whether your adolescent's behavior is detrimental to health and safety or just an inconvenience to you. And you learn a lot about tolerance-magic socks that must never be washed, and lovely hair turned streaky and spiked.

Fathers are a model for what their sons will become, and father's qualities become characteristics that daughters will value in men. Fathers will do a good job if their model is an active part of their life.

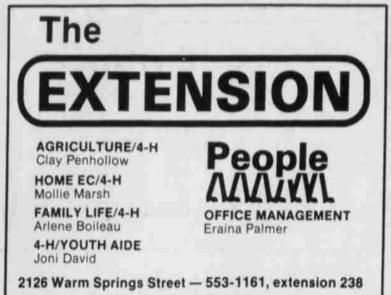
Even the busiest father can spare half-hour a day, and more on Saturday and Sunday. If you're busy on weekends, take your children with you on errands. The hardware store, grocery, or laundromat are an adventure especially if children are with you.

Absent fathers are more important to their children than they realize. Bridge the distance with phone calls or a postcard that says you are thinking of your children. They will thank you for it in many different ways.

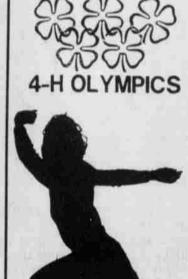
Phaltan spray will help control

tions when using any garden chemi-

Be sure to follow all label direc-



## 4-H Summer Camp—June 20-25



4-H camp registrations will soon begin pouring into the Extension office. Another outstanding camp is planned for this year, so, if your are planning to attend 4-H camp or know of someone who may be interested in doing so, it would be wise to get an application in as soon as possible. Campers will be limited to 90 and applications will be taken on a first come, first served basis.

4-H Summer Camp is held at Round Lake Christian Camp near Sisters June 20-25, 1988 High school aged counselors are in charge of the cabin groups and received training at the May 20 and 21 camp counselor training. The theme for this year's camp is "4-H Olympics.

Camperships are available on a financial need basis. Cost for the camp this year is \$55. Applications are due June 10 at the Warm Springs Extension Office.

# Dust rose bushes for rust and blackspot

Every year rose gardeners must battle the plant fungus diseases rust and blackspot if roses in the home landscape are to look their best.

Cool, camp weather favors the establishment of both these plant diseases. Wet weather in May is usually responsible for the establishment of rust and blackspot in many gardens.

Rust infection on roses is characterized by the appearance of small orange-colored spots on the top and bottom surfaces of leaves.

The presence of black spot on roses is indicated by the circular black spots that show up on plant leaves. These spots often grow and join together to make large irregular spots when weather is especially damp.

### dust applications should bring these diseases under control. For control of rust, use sulfurferbam dust or wettable sulfur spray. cals.

Tips for bedding plants

black spot.

be of the vegetable or flower variety, is a quick way to get results in the garden flower bed. Here are some tips for bedding plant success. Don't plant outside until the sea-

transplant better if they are not yet blooming.

ing. Bring the plants home and set them outside in a protected place, but exposed to temperature and humidity conditions, for several

from drying until planted.

evening. Plant into moist soil.

depth at which they were previously

Young weeds try to take over shrub and flower beds in the spring. Keep weeds under control by hoeing or mulching. The back side of an iron rake will wipe out young weed seedlings quickly and efficiently.

Then follow up with an inch or so of barkdust mulch to shade the ground. A granular herbicide, Casoron, can be used to eliminate weeds in beds where only woody shrubs and trees are growing. Be sure to follow all label directions for use of this herbicide.

## Reduce moth damage to trees

The codling moth will soon make its spring appearance. Control measures used now to stop this pest will help ensure a worm-free crop of home-grown apples in the fall.

The codling moth is the adult stage of worm that infests apples and pears. The adults lay eggs throughout the summer, thus making control difficult.

Home cooks of the 80's are returning to basics, both in the foods they prepare and in the cooking methods they use. According to a recent survey on food preparation and dining trends, specific patterns are emerging that are likely to be in the forefront of American cooking and dining trends for some time to

Cooking quality foods

come Cooks of the 80's are more knowledgeable and adverturesome, willing to try new cooking methods and ingredients. They are exposed to many more superior quality foods than were known even a generation ago. Fresh fruits and vegetables, whole grains and simply prepared meals, fish and poultry are becoming the cornerstones of contem-

of complex carbohydrate, such as rice, vegetables and a protein source are still high on the list of favorite cooking styles. Elaborate meals are passe' for the everyday menu, being reserved for special occasion and weekend entertaining.

Fast, simple, light and nutritious are the keys to weekday cooking for busy families who have little time to spend on meal preparation. They often make use of the "career cooking" idea in which enough food is prepared at one time for

two meals. Half is eaten and the

other half is refrigerated or frozen

today's households; frequently no

one person is responsible for the

cooking. Often the first person

home begins preparing the evening

Many cooks are making a con-

scious attempt to cut down on fat,

sodium and calories in the foods

they prepare. They are finding that

"healthful eating" means foods brim-

ming with flavor and excitment,

that are not more difficult or time

consuming to prepare than other

Less "division of labor" is seen in

for a later meal.

meal.

foods.

# Tips on mowing lawns

When operated carelessly, a lawn children to operate the mower. mower can be a very dangerous machine.

Both small lawn mowers and the larger four-wheel tractor-mowers must be handled carefully or injuries to the operator or bystanders may result.

We recommend the following checklist for safe lawn mower operation.

For the mower:

Inspect for loose nuts and bolts, and make sure all fuel line fittings are tight.

Check the mower blade for dullness, nicks and imbalance.

Service the mower regularly in accordance with instructions in the owner's manual. If a problem arises take the mower to an authorized

Keep hands and feet clear when

starting and operating the mower. When mowing, do not pull the mower towards you, always push

If wheeling the mower from one surface to another, leaving the mower unattended, or if the mower becomes clogged, turn mower engine off. Stop the engine and disconnect the spark plug wire when repairing or cleaning the mower.

With a small walk-behind mower, mow steep slopes sideways. With a riding mower, mow steep slopes up and down.

For safe grounds:

Clear the lawn of anywrocks, bones, toys or other small objects that could get caught in the mower

son in your area has warmed enough

blished in their containers, but are not overgrown. Bedding plants often

to outside conditions before plantdays.

Protect the bedding plant roots

When planting, set plants at the

Plant in late afternoon or early

for the plants to grow. Select plants that are well-esta-

Allow plants to harden off (adjust)

recommended spacing.

Plant bedding plants at the same

Planting transplants, whether they

serviceperson For safe operation:

Know the rules of safe operation recommended for your mower. Read the owner's manual.

Do not refuel a hot engine. Always fill the mower gas tank before starting to mow.

Clear the area to be mowed of children and pets and do not allow

Most adults believe part-time

Today teenagers staffing fast-

jobs are good for teenagers, but

recently completed research studies

food counters and department store

cash registers are a familiar sight.

Adults approve of teenagers work-

ing, believing that it teaches the

meaning of money, builds charac-

ter, and keeps them out of trouble.

the universities of Wisconsin and

California, Laurence Steinberg and

Ellen Greenberger, question this

olds in California working more

than 15 hours a week showed that

their school grades dropped and

their use of drugs and alcohol rose.

teens working in service jobs such

as fast-food restaurants and retail

stores tended to become more cyn-

ical about work than their non-

nation's teen workers held jobs on

farms, in factories, or skilled trades

that led to adult employment. The

majority of jobs now held by teens

offer few opportunities for advance-

ment or learning. Many of the

required skills teens already know,

and the jobs are so routine that

training takes no more than a half

Few service jobs provide chan-

ces to use skills learned in school.

Most of the teen workers studied

spend an average of five minutes of

each hour using reading, writing,

last 40 years, according to the spe-

thing, stereo equipment, records,

movies, hobbies, and car-related

A generation ago over half the

working classmates.

Also, the survey revealed that

A five-year survey of 15-17 year-

However, two researchers from

challenge this notion.

belief.

hour.

or math skills.

expenses.

blades Avoid mowing very steep slopes. Operators of tractor mowers are advised to look behind before backing, up to be careful of traffic near roadways, to disengage the mower mechanism before crossing drives

and walks, and to avoid carrying passengers.

growing Retain as much soil on the roots as possible.

Firm the soil around the roots when planting, then water.

Protect the young plants from drying until they are established. A day or two after planting, water with a booster fertilizer solution to give the plants a little push.

ever, parents are advised to help

children set a savings target. It only

footing the bill for board and room

they can guide spending patterns.

learn a pattern of spending for

"wants." They may have a difficult

Without a savings plan teens

Several insecticides provide excellent control. Diazinon should be applied to apple and pear trees now and repeated at three week intervals through the summer. No completely effective organic

methods of controlling codling moth have been found. Some techinques may reduce damage. Parasitic wasps may be available, but may not be practical for the homeowner.

T-shirts can be neat

Do some of your T-Shirts look as if they were the rope in a tug-ofwar contest? That lopsided fate is not inevitable for every T-shirt. It is possible to detect a T-shirt's notential for fabric sagging and distortion before you buy it.

On many t-shirts distortion occurs along the side seams of the shirts after they are washed. This defect affects many knit garments, but it occurs most often in t-shirts.

The problem is partially caused by the way some knits are madein a tube like a sock. This causes the grain of the knit to pull a little to the right or left. Real problem seams, those that wrap around the body, are generally the result of poor fabric finishing, incorrect cutting of the garment, and/or poor construction.

To identify the problem, hold the t-shirt up by the shoulders and shake it gently. Notice how the seams hang. If they hang toward the center when new, they probably will pull ever more after being laundered. Also, look at the loops of the

knit. If they are stretched to one side, the seams probably will become more distorted when the shirt is washed

One easy way to avoid seam distortion in a t-shirt is to select tshirts that do not have side seams. Some manufacturers use knits that come in small, medium, and large tubes. This allows them to make t-shirts with side seams.

## Attend 4-H Summer Week

Each year 4-H Summer week on the Campus of OSU offers new and exciting opportunities for 4-H members from Jefferson county, 11 delegates from Warm Springs, eight delegates from Madras and 21 delegates from Crook County will be attending the exciting and fun filled week.

The tuition is \$120.00 for the 4-H Summer Week, per person. There are scholarships available.

porary cuisine. Cooking/Dining preferred by the 80's cooks.

Fresh, in-season foods are preferred, both for their nutritional value and cost effectiveness. Whole grains are making a come-back as are "from-scratch" meals. However, high quality convenience products have also found a niche in the contemporary kitchen. One-dish meals, a combination

Buying clothes tips .... The fit counts

Ever passed up the chance to buy an article of clothing you liked because the garment's number size on the item's tag told you the dress, shirt, or whatever was too large or small? If so, don't let numbers throw you. It's the fit that counts. Remember, a size is just a number.

What's important in clothing is how it feels and how it looks. In fact, clothing size vary greatly and reflect outdated body types rather than any absolute ideal figure.

The number sizes clothing manufacturers reflect standard measurements developed in the 1940s. They are average measurements taken from a general survey of people.

But bodies have changed since the '40s. Americans today tend to be a little taller than they were 40 years ago. That's the good news. In addition, Americans today also are a little heavier, reflecting 40 years' dependence on autos and other amenities of modern life that

save time but burn few calories. The clothing industry is considering updating clothing measurements to more accurately reflect the sizes of today's consumers. Until that happens, consumers should be aware that how a garment fits is more important than the size on the label.

Clothing size may also be unreliable because sizing varies from manufacturer to manufacturer.

Each manufacturer decides how much "ease" will be built into a garment. Inexpensive clothing, for example, may have less ease in it because the manufacturer keeps costs down by using a minimum of fabric. Expensive clothing, on the other hand, may have ample ease.

Some manufacturers have learned to appeal to people's vanity by making cloths that are, perhaps, larger than the label size indicates. The question of how much ease

may be built into a garment explains why you can wear a size 10 from one manufacturer but you have to go to a 12 or 14 with another.

Realizing that sizing can be somewhat arbitrary should help reassure consumers who are size-conscious. It's a big mistake to equate size with self-esteem or good looks. And it's a bigger mistake to insist on wearing a too-tight garment just to prove you can still wear a certain size

Clothes that are too tight don't look as attractive as comfortable, well-fitting clothes do, she says. Being vain about a small size may impair your appearance, not help

Here are some tips to remember when shopping for clothes:

Stick with brands that have fit well in the past.

Always try on garments. Don't assume that one manufacturer's size 12 will fit as well as another's.

When shopping from a catalog, use the body measurements the company includes in the catalog. These body measurements reflect your measurements, not the ease built into the clothes.

If you shop from a catalog but have a specific body area that is sometimes hard to fit, such as a large waist, avoid ordering clothes that are tightly fitted in that one area. For example, look for dresses or elasticized waists.

If a garment is too small but you still decide you want it, check to see if the seam allowances are great enough for you to let out the garment, Seam allowances, like sizes, vary from manufacturer to manufacturer.

Don't cling to old sizes. People change as they age. Periodically, check to see if the size you routinely wear is the one that truly looks and feels the best to you.

aware of both the positive and neg- no control over a youngsters earnative aspects of juggling work and ings and how they are spent. Howschool responsibilities. There is evidence that working improves a makes sense that since parents are youngster's social skills, improves work habits, and that girls become more self-confident.

Positive/negative aspects of teens jobs

To help their teens gain benefits from work parents are advised to place a 15-hour-of-work-per-week limit on teenagers during the school year and to offer guidance in the saving and spending of money earned

Parents seem to think they have

## Budgeting ..... Share facts with teen

Teens who have a part-time job and an allowance may end up with enough money to warrant a savings plan. Help teenagers with this by encouraging them to find the savings account that suits their needs and resources. Also encourage teens to consider long-term goals that require regular savings, such as paying for college or buying a car. A record-keeping system helps the teenager keep better track of money going in and out.

Some parents use money as an excuse. They may tell a child he can't have a motorbike because its too expensive, when really they have other reasons. Then the kid gets a job and earns enough money for the motorbike and they've got a problem.

### Magazines available The number of teens holding

jobs has steadily increased in the able at the Extension office. If at cialist. Today's teen workers are any time you would like to read predominantly surburban families one of these, please feel free to not in need of extra income. The come in and check one out. bulk of their earnings go for clo-

Consumer Reports, Changing

### **4-H Summer Schedule** Few teens save for education or pay toward family living expenses. More than 80 percent reported sav- June 13-18 4-H Summer Week in Corvallis Round Lake 4-H Camp near Sisters, Oregon-Come

ing little or none of their earnings. June 20-25 The effects of work on teens are not all bad, but parents need to be

The following magazines are avail-

## Times, Simplicity & McCall Pattern Books, Sew News, Parents,

1001 Home Ideas, Organic Gardening, The Lariat, Oregon Farmer-Stockman, Agri-Times and Hay and Forage.

by the office to pick up a registration form. Or for

more information call 553-1161, ext. 238.

### time changing this pattern later in their lives. Perhaps the most important learning experience teens get from working a routine job is how to control their spending and set time-use priorities.

Children need at least a general understanding of their family's finances. Letting teens help balance the family checkbook, participate in discussions about insurance policies and help keep records for expenses.

Parents may be reluctant to share financial information about bills, income and savings with the childimportant as the trust developed between parent and the children.

kids how such changes as a divorce or unemployment will affect the family's budget. If they don't understand shifts in the family's spending, children may decide their being punished by cuts in allowances and treats.

ren but often the details are not as It's also important to explain to