

Clothes help make first impression

You make an impression within 20 seconds of a first meeting. Clothes are part of those split-second perceptions. They can mean the difference between a positive and negative impression. The fashion challenge for working women today is to combine style, professionalism, and femininity in a look that marks you as a professional while remaining a standout individual all at once.

The old dress-for-success uniform (navy or gray suit, white shirt, and a scarf tie) was boring but easy. It will retain itself as an entry level look and sustain itself for a while. But more successful packaging of yourself is needed in order to successfully market what you have to offer. Do take the time to distinguish yourself at work by looking as professional as possible. Consider the following suggestions:

A closet full of bright, patterned clothes can result in youthful, unprofessional look. To look more professional, an overall rule to follow is not to buy any piece that is both patterned and a bright color. If a piece is patterned, it should be neutral; and if it's bright, it should be solid and simply cut.

Brights can be sophisticated and versatile. They should be paired with simple, neutral pieces and worn one bright color at a time.

Wear unexpected colors together—instead of navy, go for a royal blue jacket over a medium gray skirt. Try interesting color combinations—for example, hunter green and fuchsia.

Add visual spark with texture and pattern. Surface efforts come

to the forefront in one-color and neutral dressing. Interesting weaves, a mix of fabric weights, textures, and patterns will add depth and strength.

Don't skip accessories! When clothes are shaped simply, accessories provide focal points, detail, decoration—your touch. Great with

Check your car before you travel

Before taking the family auto on that vacation trip, performing the following maintenance checks may prevent problems, delays and frustrations.

1. Drain and flush radiator. Check for leaks, deteriorated hoses, loose

Simple sweet and sour

This simple version of sweet and sour pork can be made with any lean cut of pork.

- 1 pound pork
- 2 tbsp soy sauce
- 2 tbsp cornstarch
- ½ cup pineapple juice (drained from pineapple chunks)
- 3 tbsp vegetable oil
- 1 cup ½ inch green pepper pieces
- ½ cup thinly sliced carrots
- 1 cup pineapple chunks

Slice pork thinly. Combine soy sauce and 1 tbsp cornstarch in a bowl. Marinate pork in mixture and set aside. Mix remaining cornstarch with sugar and ½ cup pineapple juice. Set aside. Heat oil in large skillet or wok, add pork to the skillet and stir-fry until done. Add pineapple juice mixture to meat and blend thoroughly. Set aside. Stir-fry green pepper, carrots and

neutrals, ivory, ebony, patinas, wood, woven pieces, and reptile skins.

A dress can take the place of a suit or a skirt and jacket. Work worthy clues include: it's not too tight or body revealing; it's not beachy—oversize or casual; it has

connections. Check thermostat. Refill, using good quality coolant.

2. Check belts for wear, cracks, signs of slippage. Belt slippage causes annoying squeaks, engine overheating, insufficient battery charging.

3. Lubricate, change oil and oil

filter, install new spark plugs, check fluid levels of transmission, differential, power steering.

4. Change air filter, gasoline line filter.

5. Check entire exhaust system for cracks, leaks, loose hangers.

6. Inspect tires for uneven wear, balance, proper inflation pressure. If wearing unevenly, check shock absorbers, have front-end alignment checked. Repack wheel bearing if needed.

7. Be sure brakes are in good condition, hydraulic fluid level up to marker, operating properly—especially if pulling a trailer is part of your vacation plan.

8. Battery fluid should be at required levels, terminals free of corrosion.

9. Inspect windshield wipers for proper operation, washer fluid in reservoir and good rubber on blades.

10. Inspect all lights for proper functioning.

11. Check air conditioner refrigerator level, blower operation and drive belt.

12. If it has been some time since you last had your car tuned, investing in a professional tuneup could make it use less fuel, run more smoothly, reduce air pollution, and operate more dependably.

Clay, Mollie, Arlene and Eraina

some kind of sleeve; and the design isn't frivolous.

Stop dressing by memory. Think about how you'd like to look and what you'd like to change, then break down your ideal into specific purchases.

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Good nutrition: A personal choice

Who decides what you eat? Your mother? Your wife? Your husband? Your roommate? No, you decide!

Everyone makes food choices. For example, babies learn very quickly to gain attention by eating or not eating. Many children eat breakfast and/or lunch at school.

More families are eating in restaurants where each person selects from a variety of foods. Many foods are advertised to children because they influence grocery store purchases.

Notice the effect of personal choice at a meal where everyone is served the same food. Some people eat everything; some eat only part of everything; some select only certain foods; some have two desserts and no vegetables; some eat bread and some don't.

Every person needs to know how food affects the way he or she looks

and feels. A set of guidelines can assist anyone in selecting foods that lead to good health. The most common guidelines are the Basic Food Groups or the Dietary Guidelines. But the two best guidelines are eat a variety of foods and maintain a reasonable weight.

There are a number of nutrients including vitamins and minerals that are necessary for good health. While no one food provides all the needed nutrients, eating a reasonable amount of a number of different foods can supply them all.

Don't be misled, too much of a nutrient can be as dangerous as not enough. Pills and supplements cannot replace food and may cause more problems than they prevent.

Remember that good nutrition is important to good health and the choice is yours.

AHA revises dietary guidelines

The American Heart Association, long an advocate of better American eating habits, recently made news by revising its dietary guidelines. If you've been following the old AHA diet, you won't find anything startling in the new guidelines. What's new are the more specific—and more conservative—limits in four troublesome areas: cholesterol, fats, sodium and alcohol.

Cholesterol. For each 1,000 calories you eat per day, you should consume no more than 100 milligrams of cholesterol, with a daily maximum of 300 milligrams, about as much as in one egg.

Fats. Saturated fats should contribute no more than 10 percent of your daily caloric intake (rather than the 15 to 20 percent they now contribute to the average American diet). Limit your total fat intake to 30 percent of your daily calories.

Sodium. How much sodium you can safely consume depends in part on what your regular caloric intake is. Limit your sodium consumption to one gram (1,000 milligrams, or about one level teaspoon) per 1,000 calories, with a maximum of three grams per day.

Alcohol. If you drink, don't consume more than one and a half

ounces of pure alcohol (ethanol) a day. This is roughly equivalent to two drinks of distilled liquor, two four-ounce glasses of wine, or two 12-ounce beers. Alcohol should contribute no more than 15 percent of total daily calories.

To get a copy of the AHA recommendations—including lists of good and bad foods, and practical suggestions for cutting out the bad stuff—send a self-addressed stamped envelope to the American Heart Association, National Center, Box UCB, 7320 Greenville Avenue, Dallas, Texas 75231.

Rice serves as extender for expensive foods

Rice is an economical grain, especially if purchased in bulk or on sale. Because of its bland flavor, rice is a versatile grain used in soups, side dishes, casseroles and desserts and a good extender for expensive foods.

Brown rice and white rice are very similar in nutritive value, with brown rice having slightly more calories, protein, fat and some minerals than white rice.

Rice contains very little protein, however for a grain, the protein is of high quality.

Rice is available in many forms; regular milled white rice, parboiled rice, pre-cooked rice, brown rice, seasoned, mixes, canned and frozen.

Regular milled white rice is the lowest in cost of the different forms of rice. But price isn't always the main factor in choosing rice.

In the milling process, the hull and a small amount of the rice brain is removed. This rice is then

called brown rice. Store it in your refrigerator for best results, as it does not keep as well as rice that has had all the bran removed.

To obtain regular milled white rice, the bran layer is removed. This is a polishing process.

If the rice package says "parboiled" or "converted" rice, it means that the rice grains with the husk and bran layer still on, go through a steaming process. The parboiling process modifies the starch in the rice and causes the grain to retain natural nutrients. After milling, the rice grains cook up separate and fluffy. Because the starch has been modified, parboiled rice requires slightly more cooking time than regular milled white rice.

"Pre-cooked" on the label identifies a rice that cooks in a very short time. The rice has actually been cooked and then dehydrated. You can cook it quickly because all you have to do is replace the mois-

ture that was removed. The pre-cooking process may be used with regular milled white rice, parboiled rice or brown rice.

There are three types of rice: short, medium and long grain. The long grain tends to cook up into fluffy and separate grains. The short and medium grain rices cook tender and moist with the grains tending to cling together.

Long grain rice: four or five times as long as the grain is wide. Because long grain rice cooks up light and fluffy with separate grains, it is especially suited for main dishes, vegetables, salads, curries, soups, steaks and desserts.

Short and medium grain rice: grains are almost as wide as they are long. Because the grains tend to cling together after cooking, short and medium grain rices are good for croquettes, meat and fish loaves, rice rings and desserts.

If spite of the name, wild rice is not rice at all, but the seed of a wild grass found around the Great Lakes region. It is much more expensive than rice.

When rice is enriched, certain vitamins and minerals are added. Rice is enriched because some of the vitamins and minerals are lost in the milling process.

Fair dates

Deschutes County Fair Deadline for 4-H Deadline for Open Class	August 10-14, 1988 August 2, 1988 July 15, 1988
Jefferson County Fair Deadline for 4-H Deadline for Open Class	August 10-14, 1988 August 2, 1988 August 10, 4:00 p.m.
Crook County Fair Deadline for 4-H Deadline for Open Class	August 17-21, 1988 July 29, 1988 August 5, 1988
Wasco County Fair Deadline for 4-H Deadline for Open Class Pre-Fair	August 24-28, 1988 July 5, 1988 August 25, 1988 August 2, 3, 4, 5, 1988
State Fair, Salem Oregon	Aug. 26—Sept. 5, 1988

Counselor training offered

Are you interested in being a counselor at this year's 4-H Challenge Camp August 3, 4 and 5? Well, your chance is just around the corner!

Counselor training will be offered July 22 and 23 at the High Lakes campground and is open to interested 9th through 12th graders.

The theme of this year's Challenge is "Team Work: To Make the Best Better". Team work is the common feeling of enthusiasm, morale and devotion that exists in a group. Team work binds the group together with a firm sense of belonging.

Team work builds on strengths, fosters equal participation and encourages communication.

Call 553-1161, ext. 238 for counselor training information.

Thanks leaders

Thank you to these 4-H leaders for contributing so much time and energy to the Warm Springs Youth.

Arlene Graham, Keith Baker, Steve Caddy, Caroline Tohet, Margie Earl, Harry Miller, Pat Miller, Pat Smith, Delia Walsey, Joan Brisbois and Dan Brisbois.

Use bleach carefully

Chlorine bleach is a powerful chemical. Use it carefully when cleaning clothes.

Silk, wool, and other hair fibers such as camel or cashmere, will dissolve in fresh liquid chlorine bleach. Even diluted solutions of this bleach will cause permanent yellowing and stiffening of wool fibers, and usually cause weakening and color loss in silk.

Cellulosic fibers such as cotton, linen, rayon and ramie, will be weakened by repeated exposure to diluted solutions of liquid chlorine bleach, but chlorine bleaches can be used safely on these fibers for occasional stain removal. Undiluted chlorine bleach can weaken fabrics so that they tear or wear out more quickly.

Turkey, salad recipes

Scalloped turkey with rice

- 1 c. uncooked rice
 - 3 c. salted water
 - 3 c. chopped cooked turkey
 - ½ c. mushrooms
 - 4 T. flour
 - ½ T. salt
 - ½ t. pepper
 - ½ c. hot milk
 - 1½ c. turkey broth
- Add rice to boiling water, cook slowly for 15 minutes. Remove

from heat; let stand covered ten minutes. Mix turkey, rice, and mushrooms or alternate in layers in baking dish. Melt butter in a pan. Blend in flour and seasoning. Add milk and broth. Cook until thick, stirring constantly. Pour over layers (or mix with turkey, rice mixture). Bake at 350 for 1 hour. Serves six.

Chicken salad

- Four ½ cup servings (carry the salad with freezeable ice pack to keep it fresh).
 - 2. Cook, remove skin and bone, and chop coarsely into ½ inch pieces.
 - 3. Mix all ingredients together.
- Variation: When in season, try pineapple chunks or seedless grapes, halved as substitution for apple.

Save broth for soup.

Legume salad

- 1 one Rhodes, The Dalles, had the most delicious salad at the "Cooking in the Fast Lane" program. I got everything but the name! Guess you could call it a "Legume Salad."
- Combine:
10 oz. frozen peas

- 4 chopped green onions
- ¼ cup chopped celery
- ½ can chopped water chestnuts
- Place in refrigerator overnight.
- Before serving add:
½ cup peanuts
- ½ cup crumbled bacon
- Toss with ranch style dressing.

Keep food safe to eat

Picnics and outdoor cookery are family fun times—the kind of times that we remember with nostalgia. It's important to keep these as pleasant memories and one way is by taking a few precautions to keep the food safe to eat.

Several different kinds of germs (bacteria) can cause food poisoning—usually identified by vomiting, diarrhea and dizziness. One group is called salmonella and are such as cattle, poultry and swine. These germs may be found in raw meat, poultry, eggs or dairy products.

These same foods as well as vegetables that come in contact with the soil (such as herbs) may be a source of bacterium called clostridium perfringens. This organism grows when such foods as stews, soups or gravies are stored improperly or left at room temperatures for longer than 2-3 hours. Staphylococcal or staph organisms occur normally on human skin and in the nose and throat and can be transmitted to food when handled. When custards or salads containing meat, poultry or eggs are kept under improper temperature conditions, and

staph are present, growth to unsafe numbers may occur.

The other food problem is the clostridium botulinum spore and they are found naturally almost everywhere. They only become dangerous and produce a toxin when there is the absence of oxygen and low acid foods—i.e. vegetables such as corn, beets and meats, poultry, etc.

Temperatures and time influence the growth of bacterium, so when taking food to family outings or a relaxing day at home, keep hot foods hot (about 165) and cold foods cold (refrigeration temperatures of 40 or less).

Hot foods should be refrigerated promptly and kept in the refrigerator until served or reheated. It's important to speed the cooling of large quantities by refrigerating in shallow pans or containers.

Extension has a booklet—"You can prevent food poisoning"—PNW 250-50e. It lists the various food poisons, symptoms, prevention, with tips on what to do if the freezer fails and safe handling of canned foods.

Shop at start, end of sale

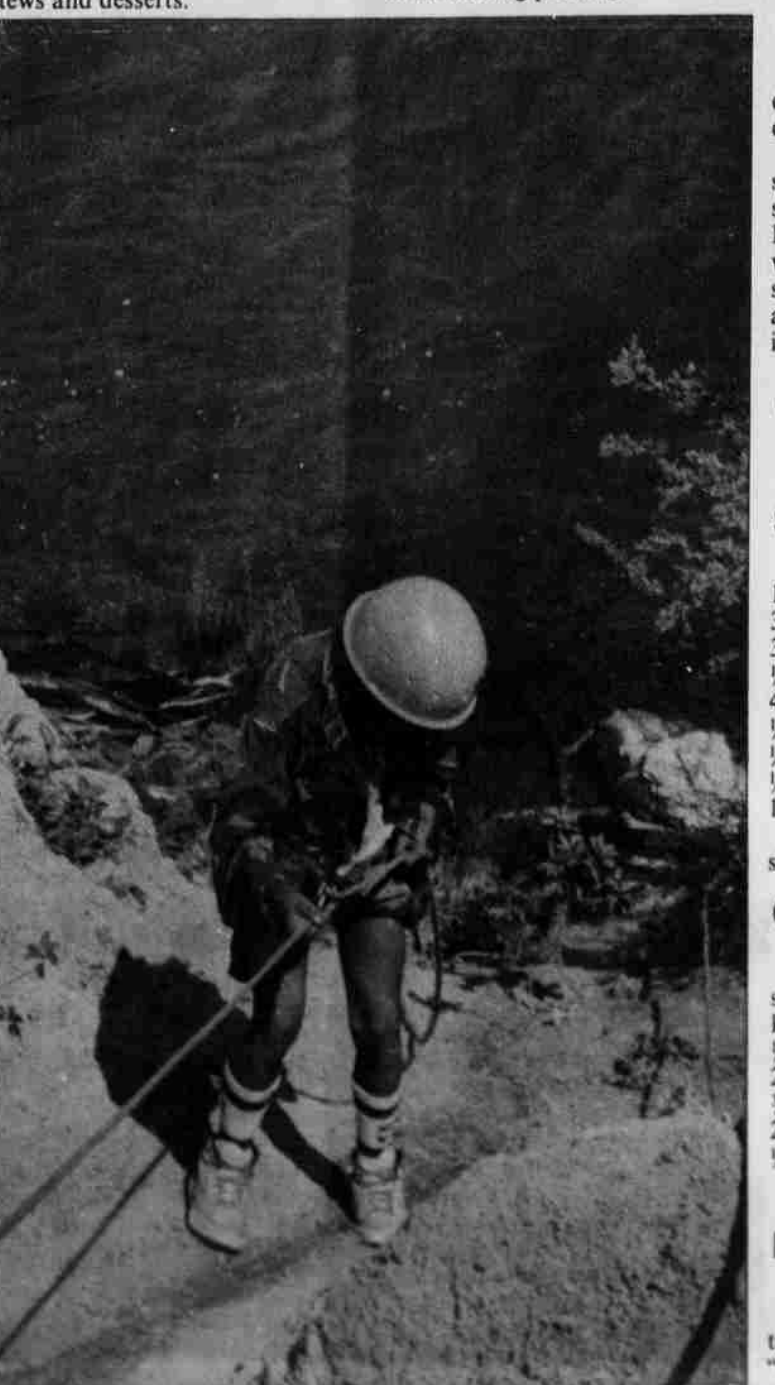
Shopping sales can be a good way to save money. But remember: Nothing is a bargain unless you need it.

The time and money spent getting to the sale may offset savings. For the best bargains, shop at

the beginning and the end of a big sale.

Be alert and watch for damaged articles.

Know the store's policy about returning sale items.



Louie Smith, member of 4-H survival club made rappelling look easy at a recent outing on the Warm Springs River.