

## How to preserve deliciously with less sugar

Many food preservers are asking about low sugar recipes.

It isn't always possible to decrease the amount of sugar in a favorite recipe. A specific amount of sugar is sometimes essential for the typical characteristics of some preserved foods.

In frozen and canned fruits, sugar contributes to the flavor. If desired, the sugar can be decreased or left out altogether. This won't change the keeping quality. However, the fruit won't hold its shape as well.

In pickles, sugar balances the flavor of the vinegar. Although the sugar could be left out of the recipe, the pickles would probably be too sour. The amount of vinegar shouldn't be decreased if less sugar is used. A certain acidity is essential for safe pickling.

In jams and jellies, sugar helps in gel formation and acts as a preservative. If sugar is decreased in recipes that rely on pectin for thickening, the product may have the consistency of syrup. Proper pre-

portions of fruit, pectin, acid and sugar are needed to make these products thicken.

A special pectin is now available for making low sugar jams and jellies. Different brands of this low methoxyl pectin are now available in the canning section of supermarkets. Although jams and jellies made from this pectin look traditional, their keeping quality is changed. Low sugar jams and jellies should be kept refrigerated to slow down growth of microorganisms. For room temperature storage, jars should be processed for five minutes in boiling water bath.

Some food preservers are substituting honey for sugar. This actu-

ally doesn't decrease the sugar content of preserved foods. Sugar is a major ingredient in honey.

Honey may be substituted for sugar in canned or frozen fruits. Because it is sweeter and stringier in flavor, it's advisable to use less honey than the amount of sugar specified.

In jelly recipes without added pectin, honey can replace up to two cups of sugar. With added pectin, two cups of honey can replace up to two cups of sugar in most recipes. (In recipes that yield small batches of 5-6 glasses, substitute no more than one cup of sugar with honey.) Light, mid-flavored honey is the best kind to use.

## Tips given for cooked, frozen jams and jellies

Oregon fruits and berries make excellent jams and jellies. The difference is that jam is made from crushed fruit while jelly is made from extracted juice.

The right balance of fruit, pectin, sugar and acid is essential for jelling. Because of this, it's important to follow a tested recipe.

If the fruit is high in natural pectin, such as tart apples, plums or blackberries, jam and jelly can be made without added pectin. However, most people prefer to use a commercial pectin product.

Follow the manufacturer's directions exactly. Any changes may result in a thin consistency. Although it's possible to remake jams, the results aren't always satisfactory.

To cut sugar, it is necessary to use a special low methoxyl pectin are now available in the canning section of supermarkets.

When sugar is reduced, jams and jellies do not keep as well. Preservatives are added to some low methoxyl pectin products to inhibit

growth of microorganisms. As an extra safeguard, low or no sugar jams and jellies should be processed for five minutes in a boiling water bath. Otherwise, they should be kept refrigerated.

Uncooked jams have become popular in recent years because they keep more of the bright color and fresh flavor of raw fruit.

Although uncooked jam recipes appear to have more sugar than cooked products, the final sugar concentration is the same in both. As water evaporates during cooking, the jam becomes more concentrated.

For best results with uncooked jams, follow the directions in pectin packages. Be sure to measure ingredients carefully allow the jam to thicken at room temperature before freezing it.

After thawing, uncooked jam should be stored in the refrigerator to prevent molding.

For further information on making jams and jellies, contact the Warm Springs Extension office.

## Counselor training to be offered

Are you interested in being a counselor at the 4-H Challenge Camp August 2 through 5? Training will be offered July 22, 23 and 24 at the high Lakes Campground for students who have completed 9th, 10th, 11th and 12th grades. If selected you will counsel 7th and 8th graders at Challenge Camp.

Transportation to the training will be provided and the bus will leave from the Old Administration Building at 6 p.m. Friday, July 22. The bus will return the afternoon of July 24.

You will need to bring a sleeping bag and pillow; a swim suit and towel; personal articles such as a toothbrush, comb, etc.; notebook, pencil; sturdy shoes and another pair in which to cross the creek; a small day-pack; two, one-quart containers in which to carry water on a day hike and, snacks.

Orientation for the counselor training will be held Monday, July 18 at the 4-H Center beginning at 5:15 p.m. Your attendance is re-

quired if you are interested in the training.

Complete the accompanying registration form and return to the

Warm Springs Extension Office by July 11. Cost for the training is \$40. Make check payable to OSU Extension Service.

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**EXTENSION**

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## Take time to review your tax records

Now that your 1987 tax returns are filed, take time to review them. You will find that certain portions of the tax information are important to your family financial planning.

Determine your marginal income tax rate. The marginal tax rate is the rate of which the last dollars of income were taxed.

Knowing your marginal tax rate enables you to estimate the consequences of increased income or deductions; to determine the after-tax yield of investments; and to compare the yields of taxable and non-taxable investments.

Determine your federal marginal tax rate using your federal taxable income and the federal tax rate schedule for your filing status. Determine your Oregon marginal tax rate using your Oregon taxable income and the Oregon tax rate chart for your filing status.

A review of your tax return can help you decide if you should change the amount of tax withheld from your paychecks in 1988. To decrease the amount being withheld, you increase withholding allowances. To increase the amount being withheld, you decrease withholding allowances.

Using information from your 1987 tax return and your estimates of 1988 income and deductions,

complete the W-4 form available from your employer. Hanging withholding does not affect the total amount of taxes you will owe. It allows you to determine the amount the withholding needed to equal the amount of the tax you will owe.

Read your 1987 tax returns and determine what income and expense records you will need when you file your 1988 returns. Set up a system

for keeping track of 1988 tax records.

After reviewing the tax returns, store copies of your 1987 returns and all supporting receipts, cancelled checks and other records. Keep records proving income or deductions for at least three years.

Retain some records such as property records, as long as you own the property. For additional information on the importance of records, order IRS publication 552.

## Snake bite care tips given

If you are bitten by a rattlesnake, pack the bite in ice being careful not to put the ice directly on the skin, apply pressure above bite but no tourniquet and get to medical help as soon as possible. The Poison Control Center, 1-800-452-7165 in Portland says to immobilize the part affected and transport the victim to a medical facility. Here are some recommendations made by Poison Control.

A constricting band can be placed above the bite, (between the bite and the heart) if the person feels comfortable doing this. No tourniquet. There must be blood flow to the affected area and a pulse there. Cleanse wound with

water. Victim should be reassured and made to rest, i.e. if the leg is affected, have person lie down in transport with leg in natural position, leg level with heart (no bent knee, etc.).

\*\*Under no conditions should injury be placed directly on ice.

Incision may be made if person feels able to do so, however, it has no value whatsoever if done more than a half hour after bite. Incision should not be crisscross, but should be no longer than five millimeters and no deeper than four millimeters. Suction can be applied with the mouth. This is to be done only as a last resort when you are hours away from a medical facility.

## Guidelines for walking workouts

1. Wear good walking shoes—with slightly raised heel, adequate flexibility and ankle support, and lots of cushioning to absorb shock.

2. Set a goal of walking 30 minutes every other day. Beginners may want to start with 15-minute

walks. The key is to do it regularly.

3. Walk nonstop at a brisk and steady pace. It's not necessary, however, to walk at your maximum speed. Ideally, you should walk fast enough to elevate your heart rate and maintain it within its

training range.

4. Keep your arms moving. Swing your arms as you walk substantially increases your energy output at any speed; you'll burn more calories and give your upper body a workout as well.

5. Gradually increase the distance, speed and number of days you walk. Try race walking or alternating running and walking. Walk up hills and over rough terrain to further enhance your workout.

## Dieting while dining out

Dining out presents special challenges, so here are special hints on how to stick to your plan in a restaurant:

Read the menu carefully. Feel free to ask how items are prepared and then choose the appropriate dishes for your diet.

Start your meal with a green salad. This will help to fill you up, and it is nutritious and low in calories.

Select broiled, roasted, baked, poached or steamed foods served without butter or calorie-laden sauces. Avoid fried foods. For sandwiches, try plain sliced meats such

as chicken, turkey, roast beef and other lean meat.

Request that high calories gravies, sauces, butter and salad dressing be served "on the side" so you can use them sparingly.

Control portion sizes. Try to eat the same size portion that you usually eat at home.

Select your beverage carefully. Try low-fat milk, fruit juice, plain coffee or tea, diet soft drinks or club soda with a twist of lemon or lime.

If you wish to have a dessert, fresh fruit is the best choice. If a regular dessert is irresistible, share it with someone.

## Teens calcium needs and how to meet them—

Questions teen commonly ask:

**Q. Haven't I outgrown my need for calcium?**

**A.** Not at all! Calcium needs are greater during preadolescence and puberty (11 to 18 years) than in either childhood or adulthood. About 45 percent of the adult's bone mass is formed during this growth spurt.

**Q. How does calcium affect my bones?**

**A.** Throughout adolescence, minerals such as calcium are needed for optimum bone growth and development. This may affect bone length, and ultimately may determine adult height.

Here's how to meet the calcium R.D.A. for teens: 1200 mg.

4 cups skim milk, 1208 mg.

3 cups skim milk and 1 cup low-fat plain yogurt, 1321 mg.

4 cups lowfat milk (1 percent), 1200 mg.

1 cup lowfat milk (2 percent), 1 cup lowfat yogurt and 3 ounces cheddar cheese, 1254 mg.

3 cups lowfat milk (1 percent), and 1 cup lowfat plain yogurt, 1/2 cup lowfat cottage cheese and 2 ounces swiss cheese, 1336 mg.

3 cups whole milk and 1 cup lowfat plain yogurt, 1288 mg.

All of the above meet the recommended four servings a day from the daily group.

## Start dental care early

No matter what the age, good dental health is nothing to kid about. Until your children are old enough to take on the responsibility themselves, it's up to you to make their dental future as healthful as it can be.

The following are answers to questions often asked about young teeth:

Why should I worry about baby teeth that are just going to fall out anyway? Baby teeth lost unnaturally to cavities or injury can lead to big problems later. The space left behind often affects the way permanent teeth grow in, causing trouble with chewing, speech and/or appearance.

If a baby/tooth is lost prematurely, talk to your dentist about the possibility of using a space maintainer to hold the space open for the permanent tooth.

How do I know if a loose tooth is primary or permanent?

Permanent teeth start erupting about age six behind the last baby (primary) teeth. Permanent teeth do not come loose unless they've been injured, so ask your child about injuries. And keep track of which teeth have come out and which have grown in.

## Prune those tired lilacs

Lilac shrubs that aren't blooming as heavily as they once did may need some pruning to renew their vigor.

Through the spring or early summer when lilacs bloom, they are doing more than just creating beautiful flowers. They also are producing their new annual growth and next year's blossom buds.

This growth pattern means there is no time of year that a lilac can be pruned without removing some flower buds.

To get around this, prune the shrub so that only non-flower wood is removed. Flower blooms are produced from large buds on the ends of vigorous new growth.

Prune out the lateral and spindly growth that rarely produce blooms. Both types of growth are usually best removed in the winter, but can be cut out any time of year.

Annual pruning, though not essential, will keep the lilac bush in good health.

Renovation of old bushes is usually also best done in the winter, but can be safely done in the late spring after bloom. To renovate lilac shrub, remove some of the old wood in the shrub near ground level. Be careful to prune no more than a fifth of the shoots that have already bloomed.

This severe pruning of some branches while leaving most intact gives the shrub a solid framework on which new growth can quickly become established, keeping the shrub young. Renovation pruning is needed only every few years.

To promote a healthy crop of lilac blooms next year, clip the blossom heads off the plant after bloom this year.

and will usually have a finished product to show them.

An illustrated talk uses vehicle (slides, pictures, charts, models) to explain what's said. Visuals help hold attention.

A speech is "just telling." It requires careful planning and effective delivery with gestures, voice variety, and proper English.

3. Research your topic. Get all the information you can from the library, 4-H project materials, and

resource people. Be sure it's accurate, up-to-date, and complete.

4. Plan and prepare. Think about the points you want to make, or the techniques you want to show. What's their logical order? Plan what you'll say and do—make an outline and memorize it, but don't memorize exactly what you will say. Decide what equipment or visuals you'll need. Make sure your visuals are attractive and complete.

## How to select a dehydrator

A proper balance of heat and air movement is necessary to dry fruits and vegetables successfully.

When a food dehydrator is used, the element maintains the heat to draw moisture out of the food and the fan circulates the air to carry the moisture away.

Dehydrators can be made at home using plans developed by Oregon State University. Sometimes, money can be saved by making your own. However, if your time or skills are limited, you may prefer to buy a dehydrator.

It's wise to do some comparative shopping first. We suggest consid-

ering the following features when looking at dehydrators:

Capacity—is the capacity adequate for the amount of food you plan to dry?

Construction—is there double-wall construction with insulation to reduce heat loss? Is the drier sturdy? Is the heating element enclosed? Can it be moved easily? Will it fit your storage space?

Temperature control—is there a thermostat to adjust the temperature?

Air circulation—is there a fan or blower to distribute warm air evenly?

Trays—are the trays sturdy? Do they slide easily? Will they be easy to clean?

For information about drying foods at home, contact the Warm Springs Extension office.

## Make the most of job opportunity

Your research and preparation have finally paid off and you've been offered a job.

You should first make it your business to learn the company rules, so you can know what is expected of you. Make every effort to maintain good attendance and arrive promptly at your office each day. Plan your workday so that jobs will be done most efficiently and quickly, finish tasks completely, and be sure to follow directions. Above all, never feel reluctant to ask questions. Employers prefer that employees ask when they are uncertain rather than proceed incorrectly. Questions also indicate that the employees are interested in doing a good job and learning about the company.

You can be a model employee in every other respect, but if you don't exhibit confidence in your abilities and desire to cooperate with other employees, supervisors may not view you as potential leadership material.

## Refrigerator reminders given

Wasted food is wasted money! Be sure to refrigerate perishables as soon as you return from the store. Also, check packages for storage instructions such as "Refrigerate after opening." This notation is often found on bottles and jars of products as mayonnaise or salad dressing. Proper refrigeration will insure the quality of such products.

Use airtight containers or moisture-vaporproof wrap (aluminum foil, plastic bags, or plastic wrap) to protect foods which have been opened.

Refrigerator temperatures should be maintained at 34 F to 40 F (1 C to 4 C). Cold air must circulate freely, so foods should not be crowded.