

Select children's clothing carefully

With the ringing of school bells just a few weeks away, it's time to begin thinking about, planning for, and buying children's fall and winter clothes. Clothing stores are now all decked out in new fall styles and colors.

Before you start shopping, do some planning at home.

Take time to inventory your child's clothes. Can you add something new to something old—such as a new top with old pants? What can you revamp into a fashionable item for fall? Can you make a dress into a top, change the sleeve length, or change a hem?

Once you have gone over last year's clothes, make a list of the new garments needed. What colors should they be? Can you mix and match? What are your child's measurements in case he or she can't go shopping with you? How much can you afford to spend?

People shop in many different places today to extend their family clothing dollar. You may find good buys at a flea market, yard sale or discount store.

But be a sharp shopper. Be aware of seam finishes, fabric grain, flaws, spots and stains, general construction and discount store

policies for trying on garments. (in the store) and returning garments. Also check for content and care labels.

If possible, take your child shopping with you. Children like to have a say in what they wear and to look like their peers at school. Shopping teaches decision-making.

Choose three or four garments within your price range, and then let your child make the final decision. Children need to learn that their clothes express their own attitudes and personality.

Remember that the most expensive purchase is not always the best buy. The choice you make should depend on your answers to these questions:

- *How many changes of clothing does your child have?
- *How fast does your child grow?
- *How hard is your child on clothing?
- *Will the garment be passed on to another child?
- *Is the garment a "classic" item that will stay in style or a "fad" item?
- *What activities does your child participate in?
- *How does the garment fit?
- *How is the garment constructed?

*What type of care does the garment require?

Consider growth features for the pre-school and early grades child. Room for growth is an essential part of good design and fit. Look for garments with expandable features such as:

- *Adjustable shoulder straps,
- *Deep hems for lengthening,
- *Undefined waistlines in one-piece garments,
- *Separates,
- *Roomy armholes,
- *Adjustable cuffs,
- *Elastic waistlines, and
- *Stretch or knit fabrics.

To get the best purchase for your clothing dollar, have your child try the garment on and then have the youngster sit, bend and stretch. How does the item measure up? A garment that is too big not only looks sloppy but is a safety hazard. One that is too small confines the

child's physical activity.

Check the quality of workmanship against the price of the garment and the use of the garment. Is the garment:

- *Reinforced at points of strain?
- *Evenly stitched without any breaks?
- *Finished with seams that lie flat and smooth; designs that are well matched?
- *Finished with closures that are flat, securely attached and easily used?
- *Finished with a hem that is firmly stitched, even and deep?
- *Designed for easy care?
- *Labeled with fabric content and care instructions?

Comparison shopping allows you an opportunity to get the best buy for your clothing dollar. If you do not have much time for comparison shopping, start with some arm-chair shopping at home. This will save you time, energy and money.

The

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Drama Club scheduled

4-Hers will learn to perform mini-drama scenarios as well as learn to deal with people in today's society and personal goal setting.

Club members will gain insight on themselves as well as self-esteem. First performance will be "The First Thanksgiving." Other performances will take place throughout the year.

Through club work, 4-Hers will learn life skills for their future.

Family participation is invited.

The 4-H Drama Club is open to all children between the ages of nine and 12. Club size is limited to 25.

The first meeting will be Monday, September 19, in the 4-H Center, below Day Care, from 5:30 to 6:30 p.m. The first meeting will consist of responsibilities, scene scenario, costume fitting and care. Club leader will be Daisy Ike.

Calcium: We all need it

Did you know...that active young women have a special need for calcium? It's true: Your future good health depends on getting adequate calcium now! Lack of sufficient daily calcium during the young adult years makes your bones susceptible to the painfully destructive disease osteoporosis in later years.

Did you know...that your bones are living tissue? It's true: They don't stop needing calcium when you stop "growing". Bones continue to increase in density and thickness to age 40 and unless they get adequate calcium they may never reach maximum strength and mass.

Did you know...that dairy foods are the best dietary source of cal-

cium? It's true: Dairy foods contain nutrients such as lactose and vitamin D that help your body use calcium more effectively. Did you know... That even when you're watching calories, dairy foods are still your best food choice for calcium? It's true: Reduced calorie, lowfat milk, yogurt and cheeses are especially high in calcium and give you other valuable nutrients as well. Cut calories, not nutrition.

Did you know...that most women do not consume the recommended amount of calcium each day? It's true: You need 800 mg of calcium daily. A cup of milk or yogurt, and two ounces of cheese will supply about 3/4 of it. The rest can come from a balanced diet and delicious recipes such as you'll find in this leaflet.

Calcium from Dairy Foods... Delicious... And so important!!

Before you call for a repair

Almost 40 percent of all appliance repair house calls are unnecessary, according to the Association of Home Appliance Manufacturers.

More often than not, the appliance fails to perform because of a simple problem the average person can fix, knowing what to look for. Following are the most common causes of unnecessary service calls:

- Temporary electricity or gas shut-off in the area
- Extension cord pull not firmly inserted into outlet
- Fuse burned or circuit breaker tripped on circuit serving appliance
- Overload circuit breaker on appliance and needs resetting
- Appliance switch not "on" or not switching properly
- Ducts, vents, filters plugged

Before attempting do-it-yourself repairs:

- Plug an appliance you know is working into outlet to rule out circuit or outlet problems
- Disconnect appliance or trip circuit breaker on circuit serving appliance before attempting any repair work
- Refer to use-and-care manual for information about routine malfunctions.

College-bound laundry tips

Does your home have a college-bound youth? Why not get him or her started in the ABCs of "doing laundry" while you're able to look over the novice's shoulder? And, when packing up your collegian's home-away-from-home necessities, include some practical extras such as laundry products, a plastic measuring cup and directions to help with the first few washing ventures.

Put the laundry products in a suitable sized plastic bag to prevent spills. Find a creative way to include your laundry hints—attach them to the bag or place them in it. The hints could be suggestions for sorting instructions (wash dark colored shirts, pants and towels separately from white underwear to prevent pastel colored or gray underwear), special care tips (Use a pretreatment product or liquid detergent on heavy wear areas to prevent soil build-up), or important reminders ("Don't overload the machine!").

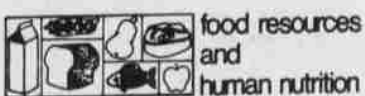
biner protein and bread in one neat package.

Although you may 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 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 it in the lunch box.

If it is impossible to keep sandwich filling cool, select less perishable protein-rich foods (such as peanut butter), or use small cans of meat that can be opened at lunch time. A thermos of hot soup, stew, or chili adds variety.



food resources and human nutrition

Drink lots of water

The Tufts University Diet and Nutrition Letter says that since the body is one-half to two-thirds water, without taking in enough fluids you could become gravely ill within a matter of days. This is particularly important to keep in mind during the hot summer months, when you lose more water than usual through perspiration and thereby run a higher risk of suffering from chills, dizziness, nausea or headaches that could be brought on by dehydration.

Thirst is the brain's signal that the body's water level is failing and that it's time to replace lost fluid. But people who increase their physical activity in the summer should not rely on thirst alone as a guide for how much to drink. The thirst mechanism simply becomes less efficient as we age making older people less likely to feel thirsty.

It's very important to drink at least six to eight cups of fluids a day whether you are thirsty or not. Water, juice and milk will do fine. Alcoholic beverages, however, as well as the caffeine in coffee, tea and cola drinks increase water output and thereby raise fluid needs. They should not be considered as part of the six to eight cup daily requirement.

Add variety to lunches

More adults are packing lunches to work. With careful planning, these meals can easily be made nutritious, flavorful and safe.

A nutritious lunch has four parts: a protein source (meat, fish, poultry, eggs or legumes); bread or crackers; fruits and/or vegetables and milk. A sandwich usually com-

Medications for the elderly

The elderly are a particularly vulnerable group when it comes to food-drug and drug-nutrient interactions. People over age 65 use more legal drugs than any other group in our population. Misinformation about nutrition and health is often written specifically for the elderly.

Because the elderly often have more than one medical problem, physicians often prescribe several different medicines. Hypertension, heart disease, emphysema, brain disorders, arthritis and cancer are all health problems which may require a prescribed drug. These prescribed drugs may then be combined with self-medication. Use of over-the-counter drugs for pain, weakness, headache, nervousness, gas, constipation or diarrhea are common forms of self-medication. Another form of self-medication is the use of prescribed medicines meant for friends or relatives.

Reasons for misuse of medications:

- Elderly
- * belief that if a low drug dose is ineffective in relieving symptoms, a higher dose will produce the desired effect;
- * hypochondriasis, overly concerned about one's health;
- * health-related obsessions (e.g. preoccupation with bowel function leading to laxative abuse);
- * forgetfulness
- * difficulty in keeping track of when to take a medication and how much to take;
- * use of drugs prescribed for others;
- * advice from mass media.
- Physicians
- * prescriptions from several physicians;
- * inadequate review of patient care plans;
- * failure to relate drugs in use to actual health problems present;
- * drug dose unrelated to current body weight.

Bull maintenance tips after the breeding season

After the breeding season, bulls become a necessary evil or unwelcome visitor. Many producers might like to forget about them for the balance of the year and some almost do. While it is true that bulls during the post-breeding season do not require much management, adequate planning and care which can ensure that bull costs will be kept within reason and that bulls will be ready to go again the next time they are needed.

In most cases the breeding season will commence in the early summer and extend for two to three months. If a 60-day pre-breeding conditioning period is allowed, this leaves a post-breeding season of about seven months, usually coming in the fall and winter. Goals for this period are basically as follows: keep feed costs at a practical minimum; keep the bulls in modest condition; minimize chance of injuries and allow growth of young bulls.

Post-Breeding Appraisal

As bulls come out of the breeding pasture, one of the first steps should be to appraise the bull battery and sort them three ways. The largest groups should be the mature bulls in good condition that won't require any special care. Perhaps the most important group is the young bulls that are still growing and need higher quality feed during the winter. Bulls that are extremely thin or need special care for other reasons can be placed in this group as well. The last group is

that time their condition will fall off to such a degree that it may have long range effects upon their growth. After removal from the cow herd, yearlings should be kept separate from the older bulls at least through their second winter.

Yearlings should be placed on the best available roughage, such as regrowth from hay fields or high quality hay. Their supplemental feeding regime can be equated to the program for bred-yearly heifers. These cattle still are growing rapidly, in addition to replacing all the condition they lost in breeding pasture. Extra care and feed of yearling bulls after the breeding season will result in stronger, more attractive mature bulls with a much higher salvage value.

Salvage Bulls
Often bulls that have completed their productive life because of age or injury can be marketed to advantage after a brief period of high-energy feed program. Bulls will vary greatly in condition at the end of the breeding season, depending upon the number of cows per bull, the length of the breeding season and the quality of the feed available.

However, most bulls will gain very rapidly and efficiently after the breeding season if they are provided with the necessary nutritional level. These bulls should be placed on excellent pasture or free-choice hay of high quality and then fed a full feed of the concentrate feed that provides the most economical

energy source (usually a cereal grain). Concentrates can be fed at the rate of 20 to 25 pounds per head per day, although when fed at this level the concentrate should be split into two equal feedings. At this nutritional level bulls can be expected to gain between three to five pounds per day for at least 60 days.

Mature cattle also make excellent use of silage, if that feed is available.

Bull Pastures

It is a good idea to have a bull pasture that is somewhat isolated. Bulls kept away from cows will remain quieter and will fight less. A pasture with adequate area also will encourage exercise and will reduce confrontations between bulls.

One additional consideration is to make sure that bulls have ample protection from extreme weather stress. Spring blizzards can cause frost bite of bulls' scrotums affecting the normal function of the testes and epididymis. Since development and maturation of sperm takes about 60 days, stress in March and April can cause poor semen quality in May and June.

Bull Health

Bulls should be included in the normal herd health program. They appear to be especially vulnerable to external parasites, so preventative steps need to be taken to avoid flies in the summer and grubs and lice in the winter.

Recipes offered

Zucchini Bread

- 2 cups zucchini
- 1 cup pineapple juice
- 2 1/2 cups brown sugar
- 1/2 cup poppy seeds or nuts
- 1/2 cup currants or raisins
- 4 eggs
- 1 tsp. cinnamon
- 1/2 tsp. mace
- 1/4 tsp. cloves
- 1 Tbsp. baking powder
- 3 1/2 cups buckwheat or any type flour

Mix first nine ingredients in a mixing bowl. Combine the last two ingredients in a separate mixing bowl. Combine all, stir well. Pour into two loaf pans and cook at 350 degrees for 50 or 60 minutes.

Wing Dingers

Are you looking for a recipe that you can use to impress guests, take on picnics or simply serve your family? If so, you'll enjoy the following recipe!

- 1 envelope onion soup mix
- 1/2 cup molasses
- 1/4 cup soy sauce
- 1/4 cup taco sauce
- 1 to 2 tsp. hot pepper sauce
- 1/2 cup lemon juice
- 18 chicken wings (approximately 3 pounds)

In a large bowl, combine soup mix, molasses, soy sauce, taco sauce, hot pepper sauce and lemon juice. Add chicken wings; toss to coat well. Cover, refrigerate at least two hours or overnight.

In a 15"x10" jelly roll pan, place chicken wings and marinade in single layer. Cook in 350 oven for 20 to 30 minutes or until golden brown. wings into three pieces, reserving the tips for another use.

Zucchini Quiche

- 4 cups grated, unpeeled zucchini
- 1 cup coarsely chopped onion
- 1/2 cup butter
- 2 Tbsp. parsley flakes
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. sweet basil
- 1/4 tsp. oregano leaves
- 2 eggs, well beaten
- 8 oz. mozzarella cheese
- 1 8 oz. package quick crescent dinner rolls

Heat oven to 375°. In a 10-inch skillet, cook zucchini and onion in butter until tender, about 10 minutes. Stir in parsley and seasonings. In large bowl, blend eggs and cheese.

Separate dough into 8 triangles. Place in ungreased 11-inch quiche pan; press over bottom and up the sides to form crust. Mix zucchini and cheese together and pour into pan.

Bake at 375° for 18 to 20 minutes or until knife inserted near center comes out clean. Let stand 10 minutes. Serves six.

Make your own pre-wash solution

If you like the convenience of a spray prewash stain remover, then save yourself the packaging and advertising costs and make your own. Into a pint spray bottle, pour 1/2 cup ammonia and 1/2 cup liquid laundry detergent. Fill the rest of the bottle with water, shake it up and spray it on the stain. Wait at least one minute before putting the stained fabric into the washing machine.