

## Do woodstove catalytic combusters work?

Q: If I put a catalytic combustor on my wood stove, will it really decrease the amount of wood it takes to heat my home?

A: Many people who have installed catalytic combusters in their stoves are able to use a third less wood and still get as much heat as they did without the catalytic combustor. The savings, however, really depend on your ability to change your habits and not feed so much wood into your stove.

Catalytic combusters are made of ceramic with a small amount of

palladium and platinum metals coating the surface. They are placed in or on the stove above the fire. Smoke passing through the combustor is deposited on the surface. Then the metals on the combustor cause the deposited smoke to ignite at a lower temperature than it otherwise would.

After the smoke ignites, the temperature rises to about 1,100 degrees Fahrenheit. This high temperature in the combustor causes the rest of the smoke released from the fire to ignite.

Because the heat from the combustion of the smoke is released into the room rather than going up and out the flue, the heat output from the stove increases 10 to 50 percent.

Not only can a catalytic combustor help you use less wood, but it also decreases pollutants coming out of the chimney as much as 90 percent.

Oregon State University Extension energy agents and specialists will answer energy questions of interest to readers. Send your questions to Energy Answers, OSU,

Corvallis, OR 97331. Send your name, address and phone number. The OSU Extension Energy program is conducted in cooperation with the Oregon Department of Energy with funding from Bonneville Power Administration and the U.S. Department of Energy.

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Phone: 553-1161, ext. 238 or 239

## Shawl making offers fun, creativity

Laura says, "The girls are really into their shawl-making."

Laura Switzler has been a 4-H leader in 4-H Shawl Making for two years. Laura encourages and guides the young 4-Hers in first using their hands to attach fringes to their shawl with a crochet hook. The girls then choose which picture or design they want to go on the backs of their shawls which will show when they are dancing. Next is marking and painting, which takes a lot of patience and artistry. Jeri Blodgett is very special, too. Jeri has been assisting her mom in the 4-H club since it started. Jeri was taught by her mom how to make shawls.

The 4-Hers this year started out from scratch by going to Payless and purchasing their own shawl material. Laura also showed the

girls other material to purchase and the yardage they would need to do their next shawl project. After selecting their material, it was on to McDonald's, where no instruction was needed. Everyone took home a Muppet Baby Miss Piggy.

The 4-Hers and Laura are a special combination. The young peo-

ple are eager to learn skills they can use throughout their lives. 4-H has also taught them how to make decisions, how to be active and how to set individual goals and values. That is pretty special and unique.

We'll be watching for you 4-Hers and your beautiful shawls!

Listed below are the 1989 registered 4-H leaders and volunteers at the Warm Springs 4-H office. The list includes both returning and new 4-H leaders and volunteers.

**Dan Brisbois** 4-H Volunteer  
**Joanne Brisbois** 4-H Volunteer  
**Arlene Boileau** 4-H Leader-Grooming Club  
**Mollie Marsh** 4-H Leader and Extension Agent  
**Claymer Scott, Jr. (Buzz)** 4-H Leader-Fish Net Making  
**Elmer Penhollow** 4-H Leader and Extension Agent

Any person interested in being a 4-H leader, call Deb at 553-1161, ext. 238.

## Keep your home safe from fire

If your home is tucked in among trees and forests, there may be a considerable amount of flammable material, or fuel, that can add greatly to the fire hazard around your home. Brush, pine needles, twigs and branches and trees are natural fuels that gradually accumulate around your home. In the event of a wildland fire, these fuels burn with intense heat and may carry the fire to your home. What can you do to reduce the fire danger?

The first thing to do is establish a safety zone around your home. Within this designated safety zone, all fuel should be removed. This will reduce the exposure of your

home to flames and radiant heat. In general, a 30-foot radius safety zone is sufficient, but if your home is on a steep hillside or within an area with a lot of down, beetle-killed fuels, you should increase this radius to 50 to 100 feet if possible.

Within the safety zone, you should thin out existing live trees so that tree crowns do not touch. In addition, you should prune the lower branches of the remaining trees up to 10 to 12 feet. This will prevent the fire from moving from the ground up into the tree crowns. You should also remove the ground fuels by picking up dead

branches, brush and other debris and placing it in a pile. These small debris piles can be burned during the winter when the fire danger is low.

The area around your home can be made more attractive by adding a lawn of green grass and ornamental shrubbery, which may further buffer your home from fire.

Encourage your neighbors to establish a safety zone around their homes as well. Over time this safety zone will increase and eventually encompass the entire neighborhood and make it fire-safe.

## Take resolutions in stride

It seems that the first of the year is the time to set new goals, improve yourselves, change or turn over a new leaf. Resolutions or goals are set January 1. Some may work on

their resolution(s) for a day, a week, several weeks or month(s). Soon our good intentions are gone and forgotten until the end of the year when it is "time" to set resolu-

tions again. How can we be successful in working on our goals all year long?

1. Do not set too many goals. If you try to change too many behaviors, you will fail and won't change anything. Work at one thing at a time; get it down good; then work on changing something else. Changing slowly is important to the success of any behavior change.

2. Be specific in your goal. "I'm going to be a better parent" is too general and you probably won't be successful. "I will spend 10 minutes each day before bed with my children just discussing happenings of the day" is specific and you can measure your success on being a better parent.

3. If this goal is important to you, set aside time every day to work on this goal. Accomplishing a goal takes time and work. They just don't happen.

4. Write down your goals. Tell someone your goal. This may help you remember your goal and to work on it.

5. Be realistic about your goal. Don't set it too high or too low. Don't use never, always and every in your goal. You set yourself up for failure. We can't be perfect all the time.

## Warranty provides product insurance

What do a blender, waffle iron and hair dryer all have in common? Besides being electrical appliances you may give or receive at Christ-

mas, they all have a manufacturer's warranty card. Have you been throwing this card away with the Christmas gift wrapping? Or do you plan on returning the card at a later date in the false hope that this will extend the warranty period (but somehow seem to forget about it or lose it)?

These cards, when completed, do two things. First, they provide a warranty which is the seller's promise to the buyer that the product will do what it is supposed to do and be free of hidden defect. Second, they help to ensure the safety of people who will be operating the appliance. The warranty card provides access to the consumer should the manufacturer have to recall the product for any reason.

Warranty cards can protect you and your family so take the time to complete and return them. How about making that a New Year's Resolution?!

## Before you call a repairman...

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 shut-off in the area
- \* Extension cord plug not firmly inserted into outlet
- \* Fuse burned or circuit breaker tripped on circuit serving appliance
- \* Overload circuit breaker on appliance tripped and needs resetting
- \* Appliance switch not "on" or not switching properly
- \* Ducts, vents, filters plugged
- \* Before attempting to 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.

## Book offers advice on divorce impact

When parents divorce, their marriage relationship ends, but their relationships with their children do not end. The responsibility and the rewards of being a parent continue after divorce.

Increasing numbers of divorcing parents attempt to structure their children's living situations to ensure that the children spend sufficient time with each parent to develop meaningful relationships with both.

Shared physical custody, the children spending significant amounts of time with each parent, is not for all divorcing parents. But, it may be a feasible alternative for some.

If you are contemplating some form of co-parenting or joint custody, a book that is particularly helpful is **Mom's House, Dad's House**. This book is a guide for parents who are developing two homes for their children after

divorce.

The book is written by Isolina Ricci and published by Macmillan Publishing Company in New York. If it is not available in the library or the bookstore, ask the bookstore to order copies for you and your co-parent.

## Recipes give alternative tastes

### Pork and Bean Bread

1 cup raisins  
1 cup boiling water  
3 eggs  
1 cup oil  
2 cups sugar  
1 1/2 oz. can pork and beans  
3 cups flour  
1 tsp. cinnamon  
1/2 tsp. baking powder  
1 tsp. soda  
1 tsp. vanilla  
1/2 tsp. salt  
1 cup chopped nuts

Mix raisins with boiling water, set aside. Beat eggs, oil, sugar and beans until beans are broken. Add flour and rest of dry ingredients to bean mixture. Add nuts and vanilla. Drain raisins and add, stirring to mix well. Pour batter into three well greased loaf pans. Bake at 350, 50 to 60 minutes or until they test done. This bread freezes well.

### Nachos

1/2 lb. hamburger  
1 small onion, chopped  
1/3 pkg. taco seasoning mix  
2/3 small can refried beans  
1/2 cup grated cheddar cheese  
1/2 cup grated Monterey Jack cheese  
1/2 cup mild taco sauce  
1/2 cup sliced black olives  
1 tomato, sliced in half rounds

Brown hamburger and onion over medium heat. Mix in taco seasoning mix and drain extra fat. Spread refried beans in glass pie pan. Spread hamburger mixture on beans. Mix cheeses together and sprinkle on top of hamburger mixture. Drizzle taco sauce over cheeses. Bake 15 minutes at 375. Sprinkle olives on top. Poke broken taco shells all around outside. Garnish with

tomato slices. Serve with extra taco chips or shells and salsa.

### Microwaving Beef

Can you cook a large beef roast in a microwave oven? The answer is, yes. And it can be even more tender than when cooked in a conventional oven.

Cook it slower at a lower temperature—the medium-low power setting—and rotate the meat several times during cooking. This ensures even heating. Do not microwave the beef on a high setting since it does not allow enough time for the tenderness and flavor to develop.

Also remove large bones from the meat before cooking, since bone is dense and shields the tissue around it from the microwaves.

To be thoroughly cooked, the thickest part of any beef should reach at least 160 degrees F for medium doneness, or 170 degrees for well-done. The meats to microwave are the less tender cuts, such as chuck, stew meat or rolled rump roasts. It's best to choose pieces that are even in shape, size and thickness. And be aware that fat attracts microwaves and can lead to overcooking. Ground meats do very well in microwave ovens. And if you have some leftover beef, it will reheat extremely well in the microwave, retaining its moisture and texture.

### Chuck Roast with Mushroom Sauce

2 1/2 to 3 pound chuck roast  
1 can (10 1/2 oz.) cream of mushroom soup  
1 Tbsp. Worcestershire sauce  
2 tps. parsley flakes  
1/2 tsp. salt  
1/4 to 1/2 tsp. pepper

## Learning is what 4-H is all about

### What can be learned in 4-H—

- Share everything
- Play fair
- Respect others' feelings and property
- Say you're sorry when you've hurt someone
- Put things back where you found them.
- Wash your hands before you eat.
- Warm cookies and milk are good for you.
- Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work some everyday.
- When you go out into the world, watch out for traffic, hold hands and stick together.

## 4-H teaches citizenship

Good citizenship isn't something you're born with—it's something you learn. And it's something 4-H teaches young people. Want to get involved in Warm Springs' future? Then, get involved with 4-H! Learn to care, to ask questions and to be a leader. You'll find a sense of satisfaction in completing a job well done. Call the Warm Springs Extension office at 553-1161, ext. 238. Or stop by the office on the second floor of the Old Administration Building and ask for Deb.

## New fabric changes color

A new process has been developed that may revolutionize the apparel industry, particularly the children's market—clothes that change color!

A finishing corporation has developed a color-changing system that works like this. A color series is built into the dye formula. When

a change of color is desired, the garment is washed in chlorine bleach. The change can be as subtle or dramatic as the amount of bleach added to the wash. For example, red jeans can be bleached to orange, then bleached again to yellow. Another spectrum ranges from purple to royal blue to aqua. In fact,

any range of colors can be achieved. Even patterns or messages can be painted on the fabric at home with a paint brush or Q-tip following a prescribed method, and removed at a later date in a bleach wash. The manufacturer claims that the process works on any type of fabric. Such products are not yet in the marketplace, but may be soon.

## Don't mix plastic pails and food

For most families, holidays today mean large gatherings with generous menus. The quantities of food prepared make for storage problems.

But don't use non-food grade plastic pails, garbage bags and containers. Polyvinyl chloride contained in some of the non-food grade plastics could react with acid food to cause serious poisoning. Experts recommend against using anything other than products designed especially for food storage.

If you can't find containers large enough to handle your holiday cooking, ask local bakeries and delis for the commercial-size containers they throw away after use. When the original use of a plastic product is to contain food, you can safely reuse it to store your food, as well. Just make sure it's clean and free of cracks.



OSU Extension Agent Mollie Marsh received "Newer Staff" and "Search for Excellence" awards at the annual Extension conference in early December.