

# Prepare your own baby food, save \$

Are you selecting commercially prepared baby food for an infant? Be sure you know what you are getting.

meat products because they are convenient. Meats are more difficult to prepare at home than fruits or vegetables, but the array of products in the baby food section can be confusing.

If you're depending on baby food to provide meat for an infant, the best buy is meat and broth which is 61 percent meat. Chicken with broth is 43 percent chicken. The high meat dinner is only 26 percent meat. And the high meat chicken dinner is 19 percent chicken. Vegetables with meat has eight percent

meat and chicken and rice is only five percent chicken. Don't be misled into substituting combination foods for meat or chicken.

The infants need only breast milk or formula for the first six months. Add solid foods one at a time, trying each food for four or five days before adding a new one. Start with iron fortified single grain infant cereal followed by vegetables and fruits.

By the time you are ready to offer meat to the baby, there is a short time that special baby food is

necessary. Between nine and twelve months, the baby develops mature chewing patterns and is able to eat well cooked, tender foods from the table.

Remember, there is no advantage to starting solid food at an earlier age because the baby cannot digest it properly. Use plain foods without the addition of sugar, salt, modified starch and other ingredients. Select foods because of the baby's needs and stage of development rather than the parent's taste buds.

Information on this page provided by the by the Warm Springs Office of the Oregon State University Extension Service Phone: 553-1161, ext. 238 or 239

## Energy saving hints offered

The following energy-saving hints provide easily-adapted, low-cost practices that will save energy.

October, American Energy Awareness Month, is an ideal time to implement those hints appropriate for individual situation. **Energy hints for youth**—Some experts maintain we waste one-fourth of the energy we use! Needless leaving a 100-watt bulb on unnecessarily wastes about one ounce of oil (or 1-1/3 ounces of coal) for every hour it operates.

These "little ounces" quickly add up to huge amounts of wasted energy. Some measures you can practice to help save energy include:

- needed.
\*Use fluorescent light bulbs whenever possible.
\*Keep light bulbs and shades clean.
\*Light colored paint and/or wallpaper reflects more light, reduces need for artificial light.
\*Take five-minute showers instead of baths.
\*Save water by using stoppers in the sinks when washing dishes, or hands and faces.
\*Use cold water rather than hot whenever you can.
\*Close doors to rooms not being used and shut off air conditioning to those areas.
\*Make use of FREE heat! Open blinds, draperies, and shades on the sunny side during the day to let the sun warm your house; and keep them closed on hot summer days.

Good management, coupled with routine maintenance, can pay off worthwhile dividends in reduced energy bills and still maintain the standard of living and comforts to which we are accustomed.

\*Turn off lights when they are not

## "Land-grant" colleges explained

Did you know that by reading "Canning Vegetables" and using our other educational resource materials, you have access to the most recent research conducted at colleges and universities throughout the country?

Our association's working name, OSU Warm Springs Extension Service, was made to reflect more clearly our relationship to Oregon State University, the land-grant college for Oregon.

Land-grant colleges were established shortly after the signing of the Morrill Act in 1862 by President Abraham Lincoln. This act made grants available to any state that would establish a college to "teach agriculture and mechanical arts to the sons and daughters of the masses, but not to the exclusion of the arts and humanities."

special support for Cooperative Extension programs in each state to meet this need. Today the state and county governments also are key financial partners for local OSU Extension work.

In addition to student instruction, research is a major function of the land-grant colleges.

In 1887, Congress passed the Hatch Act that provided federal funds to establish state agricultural experiment stations. This research supplements the academic research undertaken by faculty members on campus.

In the early 1900s, Congress recognized the need to extend the teaching and research to people in their home communities. In 1914, Congress passed the Smith-Lever Act which provides federal finan-

## It's time to read

As the weather cools and with the coming of standard time on October 29, you may find you and your family spending more time indoors. Now is a good opportunity to schedule story time. Read one or two stories to your children and discuss with them the story read. For older children, have them read an article from the newspaper or their favorite magazine, then have an open discussion based on what they've read.

## Have a safe Halloween

### Proper storage essential

Here are some rules to consider when arranging storage space, either at work or at home.
\*Store items at point of first use.
Store most-used items at medium height. Those seldom used items should be in hard-to-reach areas.
Have enough shelves and close enough together so that unlike items don't have to be stacked.
Adjust working surfaces to a comfortable height.
Reduce strain by providing adequate lighting.

### Toadstools help lawns

Every fall, as rains begin drenching home landscapes, toadstools pop up in home lawns.
Toadstools are not valued for their ornamental qualities, but they are a sign that good things are happening below the soil surface.
A mushroom or toadstool is the flowering part of a fungus plant growing in the soil. The fungi feeds on dead plant material, breaking it down gradually through a process of feeding, digestion, and conversion into a final material called humus.
The dead plant material might be old tree roots from a tree cut down years ago, or it might be sawdust worked into the soil when the lawn was planted. In some cases the dead plant material could be a deep layer of thatch that has built up in the lawn over the past several years.

Whatever the source of the plant material, it becomes valuable to the soil after the fungi breaks it down.
If you find toadstools unsightly, remove them with a rake. Don't be surprised, if in their place, a completely new crop of toadstools springs up by the next morning.

## You can help teens with stress

Whether you're a parent of a teenager, a volunteer leader for a group of teens, or an employer of teens, you're going to encounter teens trying to handle stress. Be prepared to help them.
You may not think teenagers face much stress, but they have stressful situations, too. Failing a test, having a fight with a friend, being "put down", living in an alcohol or drug environment and dealing with anger can all seem like the end of the world to a teenager.
In addition, teens haven't had much time to learn to deal with stressful situations. It takes time to learn to be a good stress manager.
Teens, like everyone else, react to stress in three ways: they get angry, withdraw or take charge.

## Mexican, chinese recipes offer different dishes

**Enchiladas**
2 Tbsp. minced onion
2 Tbsp. oil
1 tsp. flour
1 lb., 4 oz. can drained tomatoes
2 tsp. chili powder
1/4 tsp. salt
1/2 cup tomato juice
Brown onion in hot fat; stir in flour. Stir in rest of ingredients. Simmer until thickened.

**Tortilla Filling**
12 tortillas
2 cups grated cheese
1 cup minced onion
1/2 tsp. salt
1/2 lb. hamburger, cooked
Soften tortillas by cooking, one at a time, in hot grease. Put tortillas in sauce; remove. Combine remaining ingredients; place on tortillas and roll up. Reserve 1/4 of sauce. Place rolled filled tortillas in 13x9x2-inch pan. Pour reserved sauce over tortillas; top with grated cheese. Bake at 375 degrees until cheese is melted. Garnish with black olives, if desired.

**Turkey and Broccoli Stir-Fry**

1 pound turkey breast cutlets, cut into 1/2-inch strips
1 Tbsp. lemon juice
2 Tbsp. low-sodium soy sauce
1 cup reduced-sodium chicken bouillon
1 Tbsp. cornstarch
3 Tbsp. vegetable oil
6 Tbsp. slivered almonds
1/3 cup green onions, thinly sliced
2 clove garlic, minced
1 pound fresh broccoli, cut into 1-inch pieces
1/2 pound fresh mushrooms, sliced
In a medium bowl, combine turkey, lemon juice and one tablespoon soy sauce. Set aside. In a small bowl, combine bouillon, remaining soy sauce and cornstarch. Set aside. In a wok or a large skillet over medium-high heat, stir-fry almonds, stirring to coat in two tablespoons oil. Add turkey and stir-fry until turkey loses pink color and almonds are lightly browned. Remove from pan. Add remaining oil and stir-fry onions, garlic and broccoli until vegetables are tender-crisp. Add mushrooms and stir-fry for an additional minute. Fold in turkey and almonds. Add bouillon mixture; cook and stir until thickened. Serve over rice if desired. (Serves six.)

### 5-MINUTE SNACKS

Illustrated section with recipes for:
- Yogurt sundae (pour nuts and raisins on fruit yogurt)
- Cheese pops (stick cubes of cheese on pretzel sticks)
- Cream cheese spread on raisin bread
- Fresh fruit bowl
- Cocoa
- Peanut butter spread on warm toast
- Celery "bugs on a log" (celery sticks filled with cream cheese or peanut butter, dotted with raisins)

## Mission of 4-H aimed at life

- The 4-H mission is to help young people become self-directing, productive and contributing members of society. More specifically, its objectives are to help young people to:
1. Develop inquiring minds, an eagerness to learn and the ability to apply science and technology.
  2. Learn practical skills, develop competencies and acquire knowledge.
  3. Strengthen abilities to make intelligent decisions, solve problems and manage their own affairs in a fast-changing world.
  4. Acquire positive attitudes toward self and a feeling of self-worth.
  5. Develop their potential by seeking and acquiring educational and vocational experiences.
  6. Improve skills in communication and self-expression.
  7. Develop effective interpersonal relationships with adults and other youth.
  8. Maintain optimum physical and mental health.
  9. Develop concern for involvement in community and public affairs.
  10. Increase leadership capabilities.
  11. Develop socially acceptable behavior, personal standards and values for living.
  12. Develop abilities to perform as productive, contributing citizens.
  13. Use time wisely in attaining a balance in life (work, leisure, family, community and self.)

## Back off and think!

Child abuse is a big problem in America. And there are no easy solutions. There are, however, many steps parents can take when problems pile up and push them to the brink. Stop in your tracks, take five deep breaths, step back, sit down. Take time out.

**Take Time Out**
You're mad at your boss, worried about money, and you think you might be pregnant again. Bad days. We all have them. And on those days good parents will often lash out at their kids. When trouble pushes you to the brink—stop.

Take time out. Phone or visit a friend. Take a walk. Chop some wood. Don't take hold of your child until you get hold of yourself. The world is beating up on Willie. So Willie's about to beat up on Willie, Jr. Willie hasn't worked in eight months. TV's busted. Nothing to eat in the house. And now the kid is crying his head off at 1:30 in the morning. That sends Willie flying from his chair. Time out, Willie. Time out to cool off. Punch a pillow. Take a walk. Get hold of yourself before you take hold of your child.

## Be creative with refreshments

Refreshments seem to be a popular part of any gathering, and you can make them an educational experience as well.
\*Choose fruit juice or milk over soft drinks.
\*Try a fruit or pasta salad; nut bread instead of cookies; or mini-sandwiches instead of cake.
\*Have an ice cream, cheese or yogurt "tasting party." Buy several different brands—one or two store brands, a nationally-advertised brand, a "gourmet" brand, even an imitation product. Sample each, then discuss taste, texture, appearance and price.
\*Host a hamburger fry. Using equal weight portions of regular,

lean and extra lean meat, cook each separately and measure the fat. Compare price and taste, too.
\*Introduce new taste treats with a tropical fruit party (in mid-winter, with everyone in shorts or swim suits, of course! Why not?) Offer fresh pineapple, mango, kiwi, papaya, etc.
\*Sample different meats and fish. See who can tell the difference between pork, beef, turkey, chicken, rabbit and lamb; or between tuna, salmon, ling cod, halibut and snapper. Use these ideas to help build new ones of your own. Above all, have fun!

## Beef producing seminar set

Currently the beef processing industry is undergoing dramatic changes as to the kind of cattle they are willing to buy. Last year it was announced that a premium would be paid for live cattle that would meet certain criteria. At last year's Stockman's Seminar, Excell Corporation and Dr. Bob Long from Texas Tech University, teamed up to show what direction the industry is going. At this year's Stockman's Seminar, "Beef Production 90s Style", Dr. Long will again available to describe how to select heifers that will produce the calves that will become the industry standards in the 1990s. Even if a producer doesn't sell to the large packers, producers will likely be affected as industry standards move in this direction.

Also in the 1990s producers will be faced with a larger array of opportunities from foreign trade, animal rights and consumer concerns. Producers need to know what's ahead so that rational informed decisions can be made. On Saturday, December 2, at the Crook County Fairgrounds, the Jefferson, Crook and Deschutes Extension Service Offices in conjunction with the County Cattle-men's Associations will be presenting a workshop on "Beef Production 90s Style."

## 4-H enrollment time nearing

In order for members (and leaders) to participate in the 4-H program during the 1989-1990 project year, 4-H leaders must re-enroll their 4-H members by completing a new enrollment form. This coming year, all Warm Springs members and leaders will be enrolled on the computer again, therefore, it is imperative to have your enrollments in early to assure your club and members are on the correct mailing lists. Remember, new club members may be added to the enrollment form any time by calling the Warm Springs office with the necessary enrollment information. All 4-H members must be re-enrolled by May 1, 1990, in order to exhibit at the 1990 Jefferson County Fair.