

Prevent insect infestation during winter

Each winter, small insects of all sorts find their way into Oregon homes. Many of these insect pests are a simple nuisance, but some can cause damage in the home.

Insects come in through open doors, windows or on firewood or other objects that are carried inside.

Be concerned about pests that can damage furnishings, clothing or foodstuffs. Some of the more important pests include termites

and carpenter ants, which can cause structural damage to the home.

Insects that damage clothing and household furnishings include earwigs, sowbugs and pillbugs, carpet beetles, silverfish, firebrats and clothes moths.

Insects that damage or contaminate foodstuffs include ants, cockroaches, bran bugs and meal moths.

Non-damaging insects that come into the home to overwinter could

include yellow jackets, spiders, centipedes, millipedes, box elder bugs and quite an assortment of insects that are found in and around firewood.

The key to controlling these unwanted visitors is sanitation. Firewood suspected of containing insects should be left outdoors until burned.

A vacuum cleaning under furnishings, along the base of walls, in corners and at the edge of the ceiling will go a long way in controlling many insects in the home.

Control of pests that infest foodstuffs is similar. All cereal products should be kept in glass or metal containers with tight-fitting lids. Food storage and preparation areas should be kept clean.

Spilled foodstuffs provide a ready source of food for insect pests. Don't forget to clean under and around the stove and refrigerator.

The original containers in which most food materials are purchased, including pet food, are usually not sufficient protection to prevent an insect infestation.

Store large amounts of flour, cereal products, dried fruits, or dry pet foods in metal containers with tight-fitting lids.

Avoid overspending for gifts

Holiday shopping doesn't have to be the first step toward a long winter of overdue bills and cutting corners to pay for overspending on gifts. A realistic shopping strategy is the key to keeping spending in line with your resources.

Ask yourself:

Who do I want to remember with gifts?

What price range is appropriate and affordable?

How much, if any, savings can I

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

use for holiday gifts?

How much of my current income can I afford to spend on gifts?

How much, if any, can I afford to buy on credit?

If these questions reveal that the amount of money available is less than needed to complete your gift buying, give the gift list a second look.

You may be able to find less costly alternatives to what you planned to give. You also may

want to discuss budget limits with family members. If funds are tight this year, let everyone know to prevent disappointments.

Not all gifts have to be purchased. Food and craft gifts are always appreciated. However, these items require more time than you have to devote to holiday preparations. It doesn't help if you have more unfinished projects than you can complete. Handcrafted gifts require careful planning and work months ahead of the holiday season.

Gifts of services are especially thoughtful. Babysitting coupons for young parents or window washing or snow shoveling "gift certificates" for older friends often are welcome gifts.

You may have gifts among the things you already own. Special family heirlooms make memorable gifts. Or you could divide house plants and share them with others.

Gift giving should be a joy for the giver as well as the receiver. The holidays will be more pleasant if the gift costs are within the limits of the family budget.

Videos available

OSU Warm Springs Extension has several videos available for interdepartment and home viewing.

There are 25 videos covering parenting such as step parenting, problem behavior, food habits, parenting extremes, listening to children and child abuse.

Other videos concerning foods that are available include food for later, freezing, canning vegetables, fruits or meats.

"Best Wishes Edith and Henry" concerns aging and caregiving and decisions on the elderly.

"Osteoporosis—Are You at Risk for Bone Disease?" is also available.

Contact the Extension office at 553-3238 for further information.

**Happy
Holidays
to you
and yours!**

**Warm Springs OSU
Extension Staff**

4-H clubs start in January

Local 4-H clubs being offered by the Warm Springs OSU Extension Service will prepare local youth for the 1990s. Following is a list of those clubs.

4-H Arts and Crafts—Eraina Palmer and Susan Findlay will team up to do art projects. Eraina and Susan together will create beautiful jobs in water color, calligraphy and basic design.

4-H Dance—Orthelia Miller and Helene Arthur will teach fun dance steps such as square dancing and dances from other lands, then go to Indian dancing.

4-H Grooming—Arlene Boileau is quite popular with the youth with her 4-H club as she brings in several resource persons, such as Anna Hurtado for skin care.

4-H Library—Eli Johnston brings to this new club vast experience gained in numerous libraries. Eli will tour her youth to different county libraries and teach children how to research material.

4-H Range and Agrilture—Lea

er Clay Penhollow will teach his club to water, care for, feed and vaccinate a cow and calf. Learn how nutrition affects the growth of cows and calves. Learn how to grow alfalfa and bale hay. Evaluate expenses, sales, value and profit and loss.

4-H Search and Rescue—Leader Keith Baker will teach his group how to track, use a map and compass, identify edible and poisonous plants, fire survival, rock climbing, participate in team challenge courses, go on a survival weekend and become certified in first-aid and CPR.

4-H clubs will start in January. 4-H application project enrollment and health cards need to be filled out and returned in order to insure 4-H leaders and members.

1990 4-H Camps

Winter Camp

"Shoot the Stars"
At Pringle Falls in the snow in the Bend area
Dates: February 23-25, 1990

Camp Counselor Training

To be announced in early spring.
Watch for further information.

Summer Week

A week at OSU
Learn about campus life
June 18-22, 1990

Tri-County Camp

June 24-28, 1990
At Crystal Lake Camp in Prineville, Oregon

Challenge Camp Counselor Training

July 21-23, 1990
Grade 9-12

Challenge Camp

August 14-17, 1990

Holiday lights use little energy

Q: I'm concerned about putting up decorative holiday lighting because I don't want to waste electricity. What do you think?

A: Compared to major appliances in the home, holiday lights use small amounts of energy.

If you haven't already bought holiday lights, you might consider buying the newer energy-saving miniature lights. You can enhance them with foil and tinsel for more sparkle. You get the effect of larger lights, but use less electricity.

For safety's sake, as well as to save electricity, always unplug holiday lights when you go to bed or when you leave the house unattended.

Q: I know that certain parts of Oregon are having problems with

wood stove pollution. What can I do to help prevent these problems?

A: Good for you for recognizing the problem and asking how you can help. Everyone who heats with wood is going to have to use common sense to reduce health risks that go along with burning wood. That's because Oregon's pioneering wood stove certification program isn't improving air quality fast enough to meet new Federal standards.

Here are some common sense approaches to burning wood:

Burn only properly seasoned wood. This means you must allow time for air to circulate through a stack of wood to dry it out. Wet or green wood won't burn hot enough to result in "clean" smoke.

Burn small, hot fires. Small fires

with plenty of oxygen burn cleanest. Burn briskly the first 30 minutes. Then keep the fire at a moderate burn rate.

Weatherize your home and you won't need to burn as much wood. Because a weatherized home holds heat longer, it will be warm in the morning without your burning a slow, smoldering fire overnight.

If your wood stove is old, consider replacing it with a new one certified to meet the Department of Environmental Quality's clean air standards of 9 grams per hour (4 grams per hour for catalytic models). Avoid an oversized model that may perform poorly in your home. You might want to consider buying a pellet-burning wood stove. These stoves exceed DEQ standards by a large margin.

Holiday fire safety tips offered

The following list offers hints for fire safety during the holiday season.

Natural Trees—

Select only a fresh tree that is deep green in color; has a strong scent of pine; needles do not fall readily and has a sticky tree butt.

Do not rely on chemical sprays to make your tree flame resistant. Keep your tree in a water-holding stand and keep it full of water.

Place the tree away from heat sources and out of the traffic pattern of the room.

Trimming—

Use non-flammable trimmings; never use paper, fabric, cotton or anything that can burn.

Never use ornaments that could be mistaken for food.

Keep pets and small children away from small trimming and breakable ornaments.

Lights—

Use only testing laboratory ap-

proved lights.

Discard any lights that have frayed or worn cords, broken or cracked sockets, loose connections or bare wires.

Never use indoor lights outdoors. Never use more than three sets of lights per single extension.

Keep young children away from all electrical decorations and lights.

Never place presents too near the lights of your tree.

Always turn off all tree lights and electrical decorations when you leave your house or go to bed at night.

Other Fire Safety Tips—

Never allow smoking near trees or decorations.

Safely dispose of Christmas wrappings immediately after opening gifts.

Never burn Christmas wrappings in the fireplace.

Be extra careful when wearing

long loose flowing clothing near open flames of a fireplace, candle or stove.

Keep candles, matches and lighters out of the reach of small children.

Fun cookies for children

Here are some fun cookie recipes to share with the child in your life.

These two cookie doughs are particularly good for children to manipulate. They withstand several additions of flour and much patting and rolling. Role the dough into "snakes" (long pieces about the size and shape of a fat pencil). Then shape on a greased cookie sheet they should be flattened slightly, by pressing with the fingers. This is a lot easier than doing cutout cookies.

ABC Cookies

¾ cup butter or margarine
1 cup sugar
2 eggs
1 tsp. vanilla
2½ cups flour
1 tsp. baking powder
1 tsp. salt

Cream butter and sugar. Add eggs and vanilla. In a separate bowl, combine flour, baking powder and salt and add to creamed mixture. Chill at least one hour. Form letters or shapes on lightly greased cookie sheet about ¼" thick. Bake at 350 degrees for about 10 minutes.

Margarine, oil not the same

Margarine and oil are both fats, but they don't have the same results in cookie baking. In fact, you will notice two differences if you substitute oil in recipes calling for margarine or shortening.

One difference is that cookies will feel and taste greasy when oil is substituted equally for margarine. That's because oil is 100 percent fat, while margarine is only 80 percent fat mixed with 20 percent water. A second difference is that oil cannot be creamed with the sugar like margarine; so less air is

incorporated into the batter. This changes the texture and density of the cookie.

If you want to substitute oil for margarine in cookie recipes, use less than the amount called for and expect a slight difference in texture. Oil does not contain the emulsifiers that shortening does, thus you may need to add an extra egg to your recipe when using oil in place of shortening. Be sure to use polyunsaturated oil, such as corn, cottonseed, sunflower, sesame or soy oil for better heart health.

Workshop offered Marketing logs, timber

On Wednesday, December 13, beginning at 7 p.m., the Deschutes County OSU Extension office will be offering a program to area tree farmers and ranchers on "Marketing Logs and Timber from Your Tree Farm."

"Prices for logs have continued to rise in the last year or so, making it feasible to harvest timber, particularly the smaller logs," says Stephen Fitzgerald, OSU Area Extension Forester. "The goal of this workshop is to provide information on how to go about getting the best offer for your timber."

The instructors for the workshop are Dr. David Cleaves, OSU Extension Forestry Marketing Specialist and Fitzgerald. Since many landowners sell timber on an

infrequent basis, this workshop will help landowners become familiar with the marketing process and help avoid some of the common pitfalls. The workshop will cover such topics as marketing strategies, market timing, methods of selling timber, getting competitive offers and how to compare offers using net stumpage value.

To ensure enough education materials will be on hand, you are asked to pre-register for the workshop by calling the office at 548-6088. The workshop will be held at the Deschutes County Fair Conference Room located at 912 SW Highland in Redmond. If you have any questions, please call Fitzgerald at the above number.

Keep tree fresh, safe

A fresh, green Christmas tree is usually the centerpiece of indoor holiday decorations, but it's important to remember that the tree does represent a degree of fire hazard depending on the care it gets.

The importance of keeping the tree as fresh as possible while it's in the home can't be overemphasized.

If the tree is to be stored for some time before being moved indoors, stand the tree trunk in a container filled with water. If the tree is to be displayed immediately, set the trunk in a tree-stand that is designed to hold water. And don't forget to saw a two- to three-inch portion off the bottom of the tree trunk to allow the tree to take up water.

After putting the tree indoors, fill the stand with water and keep it filled for as long as the tree remains in the home. Some tree-stands hold

only a small amount of water, so be certain to fill these stands every day.

Also: 1) Locate the tree away from heat sources in the home. 2) Place the tree away from doors. In the event of a fire, the tree could block escape from the room. 3) The cooler the room temperature, the longer the tree will stay fresh in the house.

Play it safe. Alert all family members to watch for dangers near the tree and in rooms where there are illuminated holiday displays. Try to restrict the use of lighted candles to the dinner table. Don't consider burning candles on the tree.

And avoid overloading electrical cords. Make sure your home's smoke detector is working properly and keep a portable fire extinguisher handy just in case.

container.

Conventional method to cook: Place in a single layer on a lightly greased baking sheet in a 250 degree oven for about 30 minutes.

Roasting Chestnuts in the Shell

Slash through the shells on the flat side of the nuts. Place cut side up on a baking sheet. Roast in a 400 degree oven until tender (about 20 minutes). Insert fork to test for tenderness.

Herbed Nuts

1 cup nuts
1 Tbsp. butter or oil
½ tsp. each thyme and oregano
1 tsp. parsley

Mix fat and spices and toss with nuts. Spread evenly in a glass pie plate, leaving center open. Microwave three minutes, stir, microwave three to five minutes more until coated and crisp.

Chilli Nuts

1 cup nuts
1 Tbsp. melted butter or oil
1½ tsp. chilli powder
¼ tsp. garlic powder

Microwave same as for herbed nuts.

Oriental Nuts

1 cup nuts
1 Tbsp. soy sauce
1 Tbsp. Dijon-style mustard
½ tsp. oil
½ tsp. honey
½ tsp. ginger
¼ tsp. garlic salt
Sesame seeds

Sit down, Relax

When stress begins to pile up during the day, take 15 minutes out (you can't afford not to) to sit by yourself and relax or do some exercise.

There's nothing like tension to send one on a binge to the refrigerator or cookie jar!

When it comes time to celebrate, down play food and drink. Birthdays, Christmas and other holidays are just as special with less food and more family interaction.

After tossing nuts with seasonings, roll in sesame seeds and cook until crisp.

Chinese Nuts

1 cup nuts
1 tsp. five-spice powder
½ tsp. salt
½ tsp. water
Stir well
½ tsp. sesame oil
Sprinkle over top and toss well. Follow previous instructions.

Add oranges

Who doesn't like to give and receive fresh citrus fruit and cookies during the holidays? Here's a recipe and gift idea that gives you three times the mileage too. "Three Way Orange Cookies" can be used to fill a cookie jar along with fresh navel oranges. Tuck in a few cookie cutters or attach them to the bow after wrapping in cellophane. Or combine apples, oranges and tangerines in the same manner for a new twist on an old favorite. Place all on a decorative cookie rack with holiday greenery and a bow for an extra special give-away gift.

Three-Way Orange Cookies

2 cups all-purpose flour
2 tsp. baking powder
¼ tsp. salt
2/3 cup butter or margarine, softened
¾ cup sugar
1 egg
Grated peel of two oranges
3 Tbsp. fresh squeezed orange juice
Chopped nuts, shredded or flaked coconut, colored sugar crystals, cinnamon, sugar, etc. for topping.

Sift together the flour, baking powder and salt. In a large bowl, cream together the butter and sugar. Add the egg, orange peel and juice; beat well. Gradually blend in the dry ingredients. Cover and chill for one hour or longer. Shape dough into one-inch balls or 3"x½" logs or roll to a ½" thickness and cut with lightly floured cookie cutters. Roll or sprinkle cookies with chopped nuts, coconut, etc. Place on ungreased cookie sheets. Bake at 350 degrees for 12 to 15 minutes. Remove and cool on wire racks. Make three dozen.