

# You can watch intake while dining out

Did you make a New Year's resolution to change your diet? If you're trying to cut down on fat and calories, dining out doesn't have to spell disaster. You can enjoy staying on your regimen if you choose the right restaurant and make good food choices.

A growing number of restaurants, corporate cafeterias, gourmet establishments, and even fast food chains are providing patrons with more nutritious food offerings. These include foods cooked without fat, more vegetables and fruit, more fish and poultry entrees, sauces on the side, salad bars and more wholegrain breads.

Healthy dining starts when selecting a restaurant. If possible, scan the menu first to see how foods are prepared. When they are "made to order," it is easier to request items prepared with less fat. Restaurants that offer a la

carte selections provide a better alternative than all-you-can-eat feasts.

Don't let your best dietary intentions crumble while enjoying a meal away from home. Follow these suggestions:

**Plan ahead.** Before leaving your office or home, take the edge off your appetite by drinking a glass of water or eating a piece of fruit, some raw vegetables or a salad. When you're famished, you're more likely to overeat.

**Order a la carte meals.** Ordering a full meal just because it costs less can mean getting more food than you need. The extras are often high-calorie, high-fat items such as French fries, potato chips and desserts. It's best to order what you want and no more.

**Watch for hidden calories.** Before ordering, ask how the food is pre-

pared. Watch out for frying, bread-ing and rich sauces. Since most high-fat sauces are added at the end of cooking, request that they be left off or served on the side.

**Beware of the salad.** Watch out for calorie and fat-laden items such as bacon, cheese, avocado, cold cuts. Order salad dressing on the side, so you can control the amount you eat.

**Go easy on the bread spreads.** It's fine to eat a roll or slice of bread with your meal. Keep in mind, however, that it's the topping that adds unwanted calories. Skip the butter altogether or spread it on

very thinly.

**Be dessert-smart.** Wait until you finish your meal before ordering dessert. Keep in mind that most restaurants have some type of low-calorie, low-fat offering such as fresh fruit. If not, settle on a cup of coffee or tea.

**Watch the alcohol.** If you plan to have wine with your meal, drink club soda or mineral water instead of the pre-dinner cocktail.

**Stay out of the "clean-your-plate" club.** Have your waiter remove your plate as soon as you finish eating. That way, temptation to pick at leftovers isn't there.

## Do you really need it?

Sales may offer an opportunity to buy items at reduced prices without sacrificing quality. They may also encourage you to buy things you don't really need. Be sure you really need or want a product before buying it at any price. Keep these points in mind when considering sales.

**Know store policies.** Know what type of sales are held, when various types of merchandise are reduced, whether sale items are returnable.

**Shop the first day and the last day of a sale when possible.** The first day offers the best selection and the last day may offer further price cuts.

**Know what you want and need.** Find out the original price of sale items and compare prices to be sure of getting real price reductions.

**Examine merchandise carefully.** Check sizes, colors, styles and condition of goods. Try on clothing. Sale items are usually not returnable.

**Consider costs for repairing sale items.** If merchandise is damaged, price cuts may not offset the cost of putting it in useable condition.

**Consider shopping expenses.** The cost of transportation, parking, meals, babysitters and the value of

time and energy may offset cash savings.

**Inspect seconds and irregulars carefully.** Irregulars have slight flaws which do not affect use and may be good buys. Seconds have flaws which may affect use.

**Check guarantees on sale merchandise.** Price reductions should not affect manufacturers' guarantees or servicing.

## An alternative to light bulbs

Fluorescent lights are not just for offices and factories anymore. Improvements have made them practical for use in the home as well.

With fluorescent lighting, consumers can reduce energy consumption considerably and save money, while enjoying the warm color rendition of incandescent bulbs.

Consumers save energy with fluorescent bulbs because they require fewer watts to provide the lighting. For example, a 40-watt fluorescent bulb provides almost as much light as two 100-watt incandescent bulbs, while using considerably less energy.

The initial cost is expensive, about \$10 for a fluorescent compared to \$5.55 for a 60-watt standard bulb. But the fluorescent bulb should last as long as nine standard bulbs. The homeowner saves the cost of replacement bulbs, which have a life span of 750 to 1,000 hours.

Fluorescent lights do require special fixtures. Adapters have been designed which permit them to be used in regular lamp sockets. Harp extenders can be used to create needed space in lamp fixtures where fluorescents are too large for the lamp shape.

The new size and shapes expand the potential locations for use. The compact fluorescent can be as small as six inches long. Stairwells and ceilings are two good places to use

fluorescent lighting.

Fluorescent lights may not be appropriate for all uses. For instance, they do not perform well in cold areas, so outdoor use is somewhat restricted.

Also, incandescents may still be preferred in areas where a more intense, direct light is needed, such as reading areas. Fluorescents give off a highly diffused light, while incandescents create highlights and shadows and add depth to a room.

## Art Club starts

Eighteen Madras and Warm Springs youth attended the first meeting of the 4-H Art Club. During the first meeting, club members learned about basic line and made their own picture frames. The club is filled to capacity for this year. Leaders are Susan Finley and Eraina Palmer. The club meets at the Jefferson County Fairgrounds.

## Clothing hints for vision impaired

Partial or complete loss of sight presents many challenges to persons who must adjust to this condition in everyday life. One challenge is the problem of dressing attractively. If limited vision is a problem for someone you know, suggest

these clothing hints:

Limit color choices to one or two color families that go well together, plus a neutral, so garments will harmonize no matter which ones are worn together.

An aid in identifying different

garments is to attach different kinds of pulls to zipper tabs.

Garments can be color coded with French knots in braille, such as a B for blue. French knots may also be used to mark the front and back of a garment.

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

## Who's who at OSU

Some people may be confused as to who works at the OSU Warm Springs Extension Office. Following is a listing of our employees and their titles.

Clay Penhollow—Extension Agent, Agriculture, CRD.

Mollie Marsh—Extension Agent (half time), Home Economics.

Deborah Scott—Home Economics Aide.

Arlene Boileau—Extension Intern, 4-H Youth.

Jeri Lynn Brunoe—Extension Intern (6.5 time), 4-H Youth.

Sophie Lynn Manion—4-H Youth Aide.

Eraina Palmer—Secretary.

We would like to welcome Sophie on board. We enjoy having her on our team. She will be working with Arlene on her 4-H program. Good luck Sophie!

We would also like to welcome Mollie back after her long leave. Mollie had a little boy named Adam and she has been home raising him during those important months since May. We are all glad to have you back Mollie, even though it is half time. Mollie will be in the office Monday, Wednesday and Friday mornings and Tuesday and Thursday afternoons.

## Tips for reducing use of hot water

Many people are interested in saving energy used in heating water in the home, but people are also interested in being well-groomed, which often requires at least some use of hot water.

Here are a few suggestions for reducing the consumption of hot water whether it is used for showering, hair shampooing, hand washing or other similar activity.

Without sacrificing cleanliness or comfort, consideration should be given to using water that is cold or cooler in temperature whenever possible in the interest of conserving energy and costs.

Encourage family members to

take quick showers instead of tub baths. Considerably less hot water is used during a quick shower, in many instances, about half as much as in a bath.

Consider installing some device that reduces the water flow at the shower head to save on the amount of hot water used and the energy required to heat it. There are different types available.

A flow restrictor placed in the pipe of the shower head is an inexpensive and easy-to-install unit that reduces the amount of water flow from the pipe to an adequate three to four gallons per minute.

There are water-saving shower heads that screw onto the shower arm. In addition to reducing the water flow, some models can be shut off while you soap up, others offer various types of spray.

Letting hot water run continuously while shampooing the hair, shaving or washing hands is a needless waste. Close the drain and fill the basin instead.

Stress to family members the importance of turning a hot water

faucet or any faucet all the way off as soon as they are finished using water. Water is wasted by failing to close the tap all the way.

Repair dripping faucets and pipe leaks promptly. A drip of one drop per second can waste almost two gallons of hot water per day plus the energy used to heat it. That totals approximately 700 gallons a year.



## Groom Club set

The 4-H Grooming Club held its first meeting January 22. The club will meet each Monday through March 5. Meeting place is the 4-H Center (in the basement of the old boy's dorm). Meetings are held from 3:30 to 5 p.m. Instructor is Arlene Boileau and various local resource persons.

# World's favorite tuber has interesting history, uses

February is Potato Lover's Month. Nearly every home in America enjoys potatoes in one form or another more than once a week. Following is a history and other information concerning that oh-so-lovable tuber we love to eat.

**—History—**  
\* Peru's Inca Indians were the first to cultivate potatoes in about 2000

B.C. The Incas had many uses for potatoes, which ranged in size from a small nut to an apple and in color from red and gold to blue and black. Raw slices were placed on broken bones, carried to prevent rheumatism and eaten with other foods to prevent indigestion. The Incas also used potatoes to measure time—correlating units of time

by how long it took potatoes to cook.

\* The Spanish conquistadores discovered the potato in 1537 in the Andean village of Sorocota. They took potatoes with them on their return trip to Europe, where the vegetable had a difficult time being accepted.

The potato, a member of the nightshade family, was considered by many to be poisonous or evil. It was thought to cause leprosy and syphilis and was considered a dangerous aphrodisiac.

With the help of Germany's King Frederick William, France's Parmentier and England's Sir Walter Raleigh, the potato was soon popularized throughout Europe. Frederick William ordered peasants to plant and eat potatoes—or have their noses sliced off. Parmentier worked with King Louis XIV to popularize potatoes in France. One of his feats was to prepare a feast with nothing but potato dishes, including potato liqueur. Among Parmentier's guests were Benjamin Franklin and Marie Antoinette, who wore potato blossoms in her hair. Potatoes were introduced to Ireland by Sir Walter Raleigh who was given 40,000 acres of land in Ireland by Queen Elizabeth I to grow potatoes and tobacco.

\* The first potatoes arrived in North America in 1621 when Captain Nathaniel Butler, then Governor of Bermuda, sent two large cedar chests containing potatoes and other vegetables to Francis Wyatt, governor of Virginia at Jamestown.

\* The first permanent North American potato patches were established in New England around 1719, most likely near Londonderry (now Derry), New Hampshire, by Scotch-Irish immigrants.

\* French fries were introduced to the U.S. when Thomas Jefferson served them at the White House.

\* During the Alaskan Klondike gold rush, potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C, miners traded their gold for potatoes.

\* On the South Atlantic Island of Tristan da Cunha, potatoes were once used as the country's unofficial currency.

\* Potatoes played a role in advancing color photography. French chemist Louis Lumiere used microscopic grains of potato starch fixed on 9" by 12" glass plates to create the first autochromes. Autochromes

were widely used until the development of color film in the 1940s.

\* The potato chip industry survived World War II despite severe rationing restrictions on virtually every material necessary to produce chips. The industry had itself declared an "essential" industry since chips were the only ready-to-eat, dehydrated vegetable available at the time.

**—Favorite Dishes—**  
Potatoes are popular around the world. Practically every country has its own potato specialty. Here's a sample:

Oat Cakes from Canada; Colcannon from Ireland; Potato Dumplings from Austria; Cariu-cho from Peru; Gnocchi from Italy; Raclette from Switzerland; Potato Tortilla from Spain and Fish and Chips from England.

Some of the best potato dishes we enjoy today were invented by mistake. Collinet, chef for French King Louis Philippe unintentionally created souffles (or puffed) potatoes when the king arrived late for dinner one night. As the king sat down, Collinet plunged already fried potatoes into some extremely hot oil to reheat them. To the chef's surprise and the king's delight, the potatoes puffed up like little balloons and a new recipe was created.

Potato chips were also invented by mistake. The year was 1853 and railroad magnate Commodore Cornelius Vanderbilt was dining at a fashionable resort in Saratoga Springs, New York. He sent his fried potatoes back to the kitchen complaining they were too thick. To spite his haughty guest, the chef sliced some potatoes paper thin, fried them in hot oil, salted and served them. To everyone's surprise, Vanderbilt loved his "Saratoga Crunch Chips," and potato chips have been popular ever since.

**—Uncommon Uses—**

Potatoes aren't just for dinner (or lunch or breakfast) anymore. Stevens Point Brewery in Wisconsin has introduced Spud Premium Beer—brewed with the all-American potato. A company in Nampa, Idaho markets Purena, a hand cream made with potatoes. And Al and Reed's Inc., in Idaho Falls, makes a sugarless, premium-style ice cream from potato flakes.

Folk remedies recommend using potatoes to: treat facial blemishes by washing your face daily with cool potato juice; treat frostbite or sunburn by applying raw grated potato or potato juice to the affected

area; to ease a sore throat by putting a sliced or baked potato in a stocking and tying it around your throat; and easing aches and pains by rubbing the affected area with the water potatoes have been boiled in.

**—World Records—**  
On August 25, 1988, Peter Dowdeswell set a world record for eating potatoes by downing three pounds of spuds in one minute, 22 seconds. Dowdeswell also holds world eating records for milk, pancakes, cheese, eels, ravioli, sushi, shrimp, prunes, spaghetti, jelly and gherkins.

Peter Tully of Australia holds the world record for potato chip eating consuming 30 two-ounce bags of chips in 24 minutes, 33.6

## Easy recipes offered

### Turkey Salad

½ cup low-fat cottage cheese  
1 Tbsp. lemon juice  
2 Tbsp. skim milk  
¼ tsp. celery seeds  
¼ tsp. dry mustard  
¼ tsp. dried whole thyme  
3 cups diced cooked turkey breast  
1½ cups thinly sliced celery  
1½ cups diced apple  
1 cup seedless green grapes  
1 (8-ounce) can unsweetened pineapple tidbits, drained  
Lettuce leaves  
2 Tbsp. slivered almonds, toasted  
Combine first six ingredients in container of electric blender, process until smooth. Chill.  
Combine turkey, celery, apple, grapes and pineapple in a large bowl; add cottage cheese mixture, tossing gently. Arrange lettuce leaves in a large serving bowl; spoon salad into bowl. Sprinkle with almonds. Yield: 8 servings (148 calories per main-dish serving).

### Easy Hot Chili

Vegetable cooking spray  
1 lb. ground chuck  
½ cup chopped onion  
1 (8-ounce) can tomato sauce  
1 cup water  
1 (10-ounce) can tomatoes and green chilies, drained  
2 Tbsp. all-purpose flour  
2 Tbsp. chili powder  
¼ tsp. ground cumin (optional)  
Coat a large skillet with cooking spray. Add meat and onion; cook until browned stirring to crumble meat. Drain well; pat with paper towels to remove excess grease.

seconds—without a dirnk. That record was set in 1969.

A Spanish omelette weighing 660 pounds was created with 5,000 eggs, 1,102 pounds of potatoes, 176 pounds of red peppers, 22 pounds of salt and 33 gallons of oil.

A single serving of mashed potatoes weighing 18,260 pounds was prepared from instant mashed potato flakes and water in a ready-mix concrete truck and poured into a 256-square-foot platform in Grand Forks, North Dakota before a Potato Bowl football game in 1982.

The record for the world's largest potato chip is held by Charles Chip Inc. who produced chips measuring 4" by 7" from outsized potatoes in February, 1977.

Wipe pan drippings from skillet. Return meat to skillet; stir in tomato sauce, water and tomatoes and chiles.

Combine flour, chili powder and cumin, if desired. Stir into beef mixture. Cover and simmer 20 minutes, stirring occasionally. Yield: 4 servings (243 calories per serving).

### Curried Rice Salad

½ cup cooked rice (cooked without salt or fat)  
¼ cup chopped celery  
2 Tbsp. minced chives  
2 Tbsp. finely chopped sweet red pepper  
¼ cup mayonnaise  
1 tsp. vinegar  
½ tsp. curry powder  
1 Tbsp. slivered almonds, toasted  
2 lettuce leaves  
Combine first four ingredients in a bowl. Combine mayonnaise, vinegar and curry powder in a small bowl, stirring until well blended. Add to rice mixture and toss well. Cover and chill at least two hours.

To serve, stir in almonds and spoon mixture over lettuce leaves. Yield: two servings; 101 calories per serving.

## Hey, Kids!

Local youth interested in joining a 4-H Rabbit Club should meet at the Extension office January 30 at 6:30 p.m. A 4-H Rabbit Club is being held in Madras and transportation will be provided.

## Spuds add variety to meals

### Orient Express

2 8-ounce potatoes  
1 6½-ounce can boneless, skinless salmon  
2 Tbsp. soy sauce  
1 tsp. lemon juice  
¼ tsp. oriental sesame oil  
Snipped chives  
Red pepper mix (optional)  
Wash, dry and prick potatoes with a fork. Microwave on high

power until just tender (8 to 10 minutes), turning once. While potatoes are cooking, drain and flake salmon. Add soy sauce, lemon juice and oriental sesame oil. Toss; set aside. Split open cooked potatoes. Squeeze gently to fluff. Top with salmon mixture, dividing equally. Sprinkle with snipped chives and red pepper mix. (Serves two; 374 calories per serving).

## 4-H clubs offered locally

Numerous local 4-H clubs will begin this month. Following is a listing of those clubs.

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

**4-H Dance**—Orthelia Miller and Helene Arthur will lead dance. They will be teaching fun dance steps such as modern dance and dances from other lands. They will then go on into Indian dancing.

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

**4-H Library**—Is new this year. Eli Johnston, who will be the leader, has had experience working in several libraries. Eli will tour her youth to different county libraries and teach them how to research material.

**4-H Range & Agriculture**—Leader, Clay Penhollow, will teach his club how to water, care, feed and vaccinate a cow and calf. Learn how nutrition effects the growth of cows and calves. Learn how to grow alfalfa and bale hay. Evaluate expenses, sale, value and profit or loss.

**4-H Search & Rescue**—Keith Baker, the leader, 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 Model Rocket Club**—4-H leader, Jay Binder, is ready for an "all systems go" adventure with kids who want to do hands-on explorations of engine thrust, recovery systems, stability, launch pads. Jay will welcome about 12 junior high age young people.

**4-H Tractor**—Leaders, Martin and Nancy Richards, are "warming the engines" to teach the operation of and care for tractors skillfully, safely and economically. Martin and Nancy have room for 12 junior and/or senior high age 4-Hers.

**4-H Rabbits**—Carla Fisher will be leading this club. Carla will introduce members to the life of rabbits. Whether long-eared or short-eared; black, brown, white or a color variation in between, rabbits can fit comfortably into many family situations.

4-H applications, project enrollment and health cards need to be filled out and returned in order to insure 4-H leaders and members.

Remember, there is always a spot for a new 4-H leader. Call the Warm Springs OSU Extension office at 553-3238 with names of people you believe would welcome the opportunity to lead a 4-H club.

4-H leaders are needed in Warm Springs for beadwork, cooking, fish-net making, sewing and shawl making.