

Booklets available at no cost

1. A free caregiver booklet on any topic available. Write or call for a booklet topic list to: NSC Education, Good Samaritan Hospital, 1015 NW 22nd, Suite 300, Portland, OR 97210 (503) 229-7348. You will also receive information on the next Caregiver Series, unless otherwise requested.

2. A free copy of Accidental Hypothermia: A Winter Hazard for the Old. Call or write: NIA Information Center, 2209 Distribution Circle, Silver Springs, CO 20910 (301) 495-3455.

3. A free copy of In the Driver's Seat—Some Questions and Answers

About river Training for the Stroke Patient. Send a self-addressed business-sized stamped envelope to: Educational Resource Dept., Moss Rehabilitation Hospital, 12th St. & Tabor Rd., Philadelphia, PA 19141.

4. A free copy of "Behavior Patterns and Health" (general health info.) Send a postcard requesting a single copy to: Clinical Center Communications, Building 10, Room 1C255, National Institutes of Health, Bethesda, MD 20891.

5. A support group information packet for any support group at GSH & MC. Write or call: NSC

Education, NSC 300, Good Samaritan Hospital, 1015 NW 22nd Ave., Portland, OR 97210.

6. A free copy of Safety for Older Consumers. Send requests to: Office of the Secretary, Consumer Product Safety Commission, Washington D.C. 20207.

7. One or both pamphlets: "High Blood Pressure: Things You and Your Family Should Know" (bilingual, Spanish & English) and "Questions About Weight, Salt and High Blood Pressure". Write or call: High Blood Pressure Information Center, 120/80 National Institutes of Health, Bethesda, MD 20892 (301) 496-1809.

8. A sample copy of the HIP (Help for Incontinent People) Report. Send self-addressed envelope to: HIP Report, PO Box 544, Union, SC 29379.

To continue getting the report, send \$5 for yearly subscription.

9. A free copy of The Right Place at the Right Time, a guide that helps older people locate, select and use long-term services. Write: AARP Fulfillment, 1909 K Street, NW, Washington DC 20049.

10. A free copy of The Doable Renewable Home, a guide to Making your home fit your needs. Write: AARP Fulfillment, 1909 K Street, NW, Washington, DC 20049.



Information Provided By:

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Try and try again

When Abraham Lincoln was a young man he ran for the legislature in Illinois and was badly swamped. He next entered business, failed and spent 17 years of his life paying up the debts of a worthless partner.

He fell in love with a beautiful young woman to whom he became engaged—then she died.

Entering politics he ran for Congress and was badly defeated. He then tried to get an appointment to the United States Land Office, but failed.

He became a candidate for the United States Senate and was badly defeated.

In 1856 he became a candidate for the vice presidency and was again defeated.

In 1858 he was defeated by Douglas. But in the face of all this defeat and failure, he eventually achieved the highest success attainable in life and undying fame to the end of time.

Try an omelet

Spanish omelet

1 can (7 oz.) Bumble Bee Solid White Tuna
1 medium onion, diced
1 medium green bell pepper, seeded, diced
1 clove garlic, pressed
1 tablespoon vegetable oil
1 can (15 oz.) tomato sauce
1/4 cup diced green chilies
1 tablespoon grated Parmesan cheese

1 teaspoon fines herbes, crumbled
1 teaspoon sugar
1/2 teaspoon salt
8 eggs
1 teaspoon ground cumin
1/4 cup butter
Dairy sour cream

Drain tuna. In saucepan, saute onion, green pepper and garlic in oil until vegetables are soft. Stir in tomato sauce, green chilies, cheese, fine herbes, sugar and salt. Simmer, uncovered, 10 minutes. Stir occasionally. Remove from heat. Stir in Tuna. Cover. For each omelet, beat 2 eggs with 2 tablespoons water and 1/4 teaspoon cumin. Melt 1 tablespoon butter in 7-inch omelet pan until bubbly. Pour in egg batter. Cook over medium heat, lifting edges to allow uncooked portion to run under and brown. When brown and firm, yet moist in center, slide onto serving plate. Fold in half. Repeat with remaining eggs. Spoon sauce over each. Dollop with sour cream. Makes 4 servings.

"IT
SHOULDN'T
HURT
TO BE A
CHILD"

Septic system needs proper maintenance

There's not a substitute for proper maintenance of a septic tank system, including regular pumping.

People purchasing expensive biological or chemical additives to aid or accelerate settling or decomposition of solids are spending money needlessly because the additives aren't necessary in a properly functioning system and won't eliminate the need for pumping.

But a properly installed and functioning septic system does not need frequent pumping.

In Oregon, a 1,000 gallon septic tank is used for a three bedroom home. If six people live in the same house, the tank will need pumping about every 18 months. But with a family of two, the tank needs pumping only about every 5.9 years.

Pumping frequency will vary not only by size of household but by appliances, such as a garbage disposal, used in the home. In addition, some septic tanks may be smaller if they were installed before the current rules and regulations became effective.

A chart giving estimated pumping frequencies in years by size of the septic tank and the number of people in a household has been prepared. The information is part of four new Extension publications dealing with septic tank systems and their maintenance.

The publications, prepared under a grant from the Farmers Home Administration, are available to the public without charge.

The four circulars are "Why Do Septic Systems Fail?" EC1340; "Septic Tank-Soil Absorption Systems," EC1341; "Holding Tanks," EC1342; and "Septic Tank Maintenance," EC1343.

Copies of one or all four may be obtained by contacting your local Extension Office.

Keep it clean briefs

Here's an easy cleaning technique to keep faucet fixtures shiny. Dab the fixtures dry whenever water is splashed on them. Water deposits will not form because water is not allowed to evaporate on the surface.

Shaking or vacuuming area rugs before laundering removes loose particles to make washing more effective.

After treating a spot or a stain on a washable item, launder immediately to wash away the stain and the stain removal product.

Here's another tip on the care of knives. Never soak them in hot water—prolonged moisture will eventually warp, roughen and even loosen wood handles. Instead, always wash knives quickly in hot soap or detergent suds and rinse, then wipe them dry at once.

Don't over-crowd the dryer with permanent press items. These fabrics need room to fluff away wrinkles. And do remove clothes promptly after the dryer stops.

In soft water, less detergent may be needed. In hard water, more detergent is needed to tie up the hardness minerals.

The power scrub cycle on dishwashers makes elbow grease a thing of the past. The cycle cleans the baked-on food and grease on casseroles, pots and pans. Hot detergent water and the heavy-duty cycle scrubs them clean and

shiny.

Disinfecting utensils and work surfaces after handling foods such as raw meat and poultry can minimize the risk of bacterial contamination. First, wash the utensils and surface thoroughly with hot, sudsy water. Then, make a solution of one tablespoon of chlorine bleach to one gallon of water, apply liberally and soak the items for 10 minutes. Rinse well with clear water.

Water workouts are less stressful to the joints and muscles. That's important if you're overweight, recovering from an injury, suffer arthritis or heart disease or tire easily.

Yet, water exercise meets your more advanced fitness needs, too. The water's resistance makes many movements harder to do and therefore, very effective at building strength and flexibility.

The water feels good, too, as it gently massages and refreshes you. You'll feel great afterward. Jump in...the water is fine!

Know your credit limit

Increasing your consumer credit may not be advisable even if a creditor is willing to loan you money or increase your credit card limit.

Before increasing the amount of consumer debt, determine how much credit you can safely assume. You need to study your credit situation.

How much credit you can safely assume depends on the amount of dependability of your income, the size of your family, your day-to-day expenses, and the amount of money you have available for emergencies.

One measure of debt is the debt to income ratio, that is the portion of your income that goes to pay for credit purchases. Generally, it is recommended that you not spend in excess of 20 percent of your take-home pay for repayment of consumer debt. Consumer debt, do not include your mortgage payment, explains Alice Mills Morrow, OSU Extension family economics specialist.

To determine the per cent of income you spend on consumer debts, add up all your current monthly payments for installment loans, credit cards, educational debts, car loans and other credit purchases. Next, divide your monthly take-home pay by 6.

If the total of your monthly payments is greater than 1/6 (about 17%) of your take-home pay, you have about as much consumer debt

as you can safely assume.

Some financial advisors suggest committing no more than 10-to-15 percent of take-home pay to consumer debts and recommend you should be able to pay the debts within 24 months. This may not always be possible, especially with car loan.

Some danger signals of too much consumer debt are:

You only pay the minimum bal-

ance due on credit accounts.

You cannot pay all bills each month, so you pay some and ignore others.

You charge more on accounts each month than you make in payments.

You use savings for day-to-day expenses.

You charge day-to-day expenses.

You receive past-due notices.

Financial planning necessary

Money isn't everything in a marriage, but how it's managed is important to the marital relationship.

Money management should enhance the marital relationship by making both spouses feel good about the relationship and themselves as individuals.

Each partner is likely to bring to the marriage different attitudes and feelings about money and how it should be managed. The couple needs to discuss what money means, priorities for its use and develop a budget for the first year.

It takes time, effort and communication to arrive at a common understanding about money.

There is no one way to manage money. Some couples pool all income and share expenses. Some pool part of their income for shared expenses and goals while each

spouse keeps separate funds for individual expenses and goals. Still others keep incomes separate and negotiate who pays which expense.

Whatever system is followed, it's important that each spouse have the opportunity to participate in the financial decision making and budgeting.

The OSU Extension Service's Warm Springs office has financial planning publications available to help couples make decisions. The publications include:

"Financial Planning: How to Prepare an Income/Expense Statement," EC1229.

"Financial Planning: How to Prepare a Net Worth Statement," EC1230.

"Organizing Your Family Records," EC1302.

"Financial Planning: Family Goals," EC1267.

Blackleg bacterin proves effective

Blackleg is a disease caused by Clostridium chauvoei and primarily affects cattle under two years of age and is usually seen in the better doing calves. The organism is taken in by mouth. Symptoms first noted are those of lameness and depression. A swelling, caused by gas bubbles, often can be felt under the skin as a crackling sensation. Occasionally, sudden death occurs with no symptoms observed.

Upon a post mortem examination, the infected area is composed of black, dead (necrotic) muscle which is pocked with gas bubbles. Diagnosis is based on the symptoms of lameness with a gaseous swelling under the skin in young cattle and is confirmed by post mortem and laboratory tests.

Prevention is readily accomplished by the use of Blackleg bacterin which over the years have proven very effective. Vaccination at less than 4 months of age will not produce a lasting immunity. Calves vaccinated at less than 4 months should be revaccinated at 5-6 months.

Malignant edema is a disease of cattle of any age caused by C.I. septicum. It occurs as a wound infection. The organism gains entrance to the body in deep wounds and can even be introduced into vaginal or uterine wounds in cows following difficult calving.

The symptoms are those primarily of depression, loss of appetite and a wet doughy swelling around the wound. Temperatures of 106 degrees or more are associated with the infection with death frequently occurring in twenty-four to forty-eight hours.

The disease can be prevented by the use of Clostridium septicum bacterin usually produced in combination with other bacterin.

Clostridium Novyi. Infections caused by C.I. novyi, called Black disease, in cattle, occur sporadically in cow-calf operations as they are more often seen under feedlot conditions. The route of infection and transmission are not known, however, it is thought to gain entrance into the body by a wound infection, or possibly taken orally.

Only sudden deaths are thought to occur and sick cattle are not generally recognized.

Clostridium novyi bacterin are available in combination with other clostridial bacterin and are generally thought to offer greater and more solid protection with two injections given four to six weeks apart.

Clostridium Sordellii is a sudden death disease of primarily feedlot cattle, infrequently seen in cows. The route of transmission is unknown, thought to be by mouth. No symptoms are observed as only dead animals are found.

The post mortem findings are somewhat specific, as they tend to be found in the area of brisket and throat, consisting of massive black hemorrhage and smelly muscle necrosis with no gas formation. No treatment is of value as sick animals are not observed.

Clostridium sordellii bacterin are available. The vaccines for these four diseases are often found together in compounds called 4-way or 7-way.

Special recipes add variety to daily menus

Banana-Orange Shake

1 8-oz. cup of low-fat or non-fat plain yogurt
1/2 cup orange juice
1 ripe banana

Combine all ingredients in blender and stir until smooth. Refrigerate.

for the diabetic....

Crunchy Huckleberry Muffins

1 1/4 cup flour
1 Tbsp. orange rind, rated
2 1/2 tsp. baking powder
1/4 tsp. salt
3/4 cup fresh or frozen huckleberries
2/3 cup skim milk
1/4 cup orange juice
1 egg
2 Tbsp. oil
2 Tbsp. granulated sugar replacement
1/4 tsp. ground nutmeg

Pour flour into a large mixing bowl. Add orange rind, baking powder and salt. Stir well. Stir in huckleberries.

In a small bowl, combine milk, orange juice, egg and oil. Beat slightly. Add liquid ingredients to dry ingredients all at once. Stir just enough to moisten dry ingredients.

Spoon batter into greased or

paper lined muffin-pan cups until 2/3 full. Combine sugar replacement and nutmeg. Sprinkle on batter.

Bake at 425 F for 20 to 22 minutes.

For variations, follow these suggestions. Prepare the above recipe as directed but make the following substitutions.

Crunchy Pineapple Muffins: Omit huckleberries. Drain an 8 oz. can of crushed pineapple, saving the juice. Substitute 1/4 cup pineapple juice for the orange juice. Add crushed pineapple to dry ingredients.

Crunchy Orange Muffins: Omit huckleberries. Drain an 8 oz. can mandarin orange sections, chop finely. Add chopped orange sections to ingredients.

Nine-Bean Soup

2 cups beans*
2 quarts water
1 (1 lb.) ham bone
1 large onion, chopped
1 garlic clove, chopped
2 bay leaves
1 (16 oz.) can tomatoes, cut into bite-sized pieces
1 (15 oz.) can seasoned tomato sauce

2 tsp. dried basil, if desired
1/2 tsp. dried leaf oregano, if desired
Wash and sort beans. Place in Dutch oven with enough water to cover by two inches. Let soak overnight.

Drain beans, add next five ingredients. Cover and bring to a boil. Reduce heat. Simmer for 1 1/2 to two hours or until beans are tender.

Add remaining ingredients. Simmer 30 minutes. Remove ham bone and bay leaves. Serve hot. Makes six servings.

* Any of the varieties of your choice, such as black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, lima beans, mung beans, pinto beans, soybeans, split peas or white beans.

Bean Burritos

4 cups refried beans (recipe below)
8 (9-inch) flour tortillas
1/2 cup chopped onion
4 tsp. taco sauce (approx.)
1/4 cup shredded Cheddar cheese (1 oz.)

Preheat oven to 200 degrees. Add 2/3 cups refried beans to center of each flat tortilla. Spread onion over beans; push into beans. Sprinkle 1/2 tsp. taco sauce over beans; sprinkle each with 1 1/2 tsp. cheese. Fold into oblong burritos; place on an ungreased bakingsheet. Heat 15 to 20 minutes or until heated through.

Add additional taco sauce to top if desired. Makes 8 servings.

Refried Beans

1 Tbsp. vegetable oil
1 cup chopped onion
2 16 oz. cans pinto beans or red beans
2 tsp. garlic salt

In large skillet, heat oil and cook onion until tender. Add beans and garlic salt. Mash beans with a potato masher. Cook over low heat, stirring frequently, 10 minutes or until dry. Serve as a side dish or use for bean burritos. Makes 8 servings.

Chicken/Garbanzo Sandwich

1 (8 oz.) can garbanzo beans, drained and mashed
2 oz. cooked chicken, diced
1/2 cup minced carrots
2 tsp. salad dressing or mayonnaise
1/4 tsp. salt, if desired
Dash each of pepper, ground sage and ground allspice
4 slices whole-wheat bread or two pita rounds cut in half

Combine all ingredients except bread in a medium bowl. Mix thoroughly. Spread mixture on two bread slices; top with remaining slices and cut in half, or fill pita halves. Makes four servings.

Oniony Burger

9 lb. lean ground beef
1 envelope golden onion soup mix
1 1/2 tsp. vegetable oil
1 cup very hot tap water
1 can (8 oz.) sliced water chestnuts, drained
1 package (16 oz.) frozen mixed vegetables (broccoli, green bean, pearl onions and red peppers or any combination)
1 jar (4.5 oz.) whole mushrooms, drained

Mix ground beef with half the onion soup mix. Form into four one-inch thick patties. Heat a large, heavy skillet over medium-high heat. Add oil and patties; cook 1 1/2 minutes per side until medium rare. Remove burgers to a plate; discard pan drippings. Add water and remaining soup mix to skillet. Bring to a boil; add water chestnuts and frozen vegetables. Cook, stirring occasionally, five minutes until vegetables are crisp-tender. Stir in mushrooms. Place burgers on vegetables, cover and continue cooking two minutes until burgers are warmed through. Makes four servings. 331 calories per serving.

Banana Yogurt Muffins

3 medium very ripe bananas, mashed
2 eggs, slightly beaten
1/4 cup plain low-fat or non-fat

yogurt

1/4 cup vegetable oil
1 cup flour
1 cup whole wheat flour
1/3 cup sugar
2 tsp. baking powder
1/4 tsp. cinnamon
1/4 tsp. salt
3/4 cup raisins

1/2 cup chopped walnuts (optional)
Preheat oven to 400 degrees F. Combine bananas, eggs, yogurt and oil in large bowl. Stir dry ingredients together in separate large bowl. Add banana mixture to flour mixture, stirring only until moistened. Add raisins and walnuts. Spoon into well-greased muffin tins. Bake 20 to 25 minutes or until lightly browned.

Walking Salad

4 medium-sized apples
2 tsp. lemon juice
1 cup fresh or frozen fruit such as sliced strawberries or bananas, blueberries or raspberries.
8 oz. vanilla yogurt
1/4 cup chopped walnuts

Slice top from apple, then core and hollow out. Brush the hollow with lemon juice to prevent browning. Combine yogurt, fruit and walnuts and spoon into apples. Refrigerate and serve chilled.