

Plant strawberries when weather warms

Home-grown strawberries can be an outstanding treat, but before planting, find out which strawberries grow best in your area. Not all varieties grow equally well in all parts of Oregon. Two major types of strawberries are June-bearers and everbearers. June-bearers produce fruit only in the late spring or summer. Everbearers produce fruit in the June season and follow with a second

crop in late summer or fall. Only certified plants can be used in establishing a planting. Non-certified plants can carry disease and pests. Recommended June-bearing strawberry varieties are: Hood, Shuksan, Rainier, Olympus and Benton. Ever-bearing varieties are: Quinault, Fort Laramie and Ozark Beauty. When planting strawberries select

an area exposed to full sunlight. Avoid heavily shaded, cold, or wet areas and sites where roots of other plants may be competitive. The area should have good circulation and not be a pocket for cold and frost. A well-drained loam soil high in organic matter will hold moisture well and is best for root growth. If drainage is a problem, use tile and gravel to establish drainage

before any other preparation. Before planting, remove all weeds, till the soil and break up all dirt clods. If the soil is dry, moisten it well before planting. Water the plants immediately after planting. Keep the planting area well-tilled and free of weeds. Weeds compete with strawberry plants for water, nutrients and light. They also are host plants for insects and diseases.



Information Provided By:

OSU Warm Springs Extension
1134 Palute Street
PO Box 430
Warm Springs, OR 97761
(503) 553-3238/3239

Moles pop up in Spring

Mounds of fresh soil appearing in the home landscape are a good indication that moles are at work in your lawn or garden. Stop moles with traps, poison baits, or a combination of both. In the lawn or garden, a trap may be the best method because only a few moles are usually involved. No matter which method is used, mole control can be difficult. Traps or poison bait must be placed carefully in the main mole runway for best control results. Dig back along one of the lateral tunnels leading

from a mound until the main tunnel is located. In the main tunnel, dig a hole large enough to set the trap, place a mound of dirt under the tip pan of the trap and cover the hole with a box. Check the trap regularly and reset as needed. Other methods include digging out mole nests and shooting or stunning moles that are seen at work. Moles are sensitive to concussion. Smacking a shovel on the ground near the mole often will stun or kill it.

Remember how children learn

Planning fun, exciting and educational projects for children can be difficult. It helps to have an understanding of how children learn so you know what types of activities will stimulate them. Research shows that people learn best by doing. The 4-H motto is "Learn By Doing". Active involvement of the learner is the key, as the following information shows. Learners retain:

- *10 percent of what they read
- *20 percent of what they hear
- *30 percent of what they see
- *50 percent of what they see and hear
- *70 percent of what they say as they talk
- *90 percent of what they say as they do something

Senses used in learning:

- Seeing.....83 percent
- Hearing.....11 percent
- Touching.....3.5 percent
- Smelling.....1.5 percent

Tasting.....1 percent
The message is clear. Youth learn by doing. Challenge yourself to help them learn as effectively as possible. Involve your 4-Hers in every meeting, from planning, decision making and project development to evaluation. Active involvement will give your group ownership and a feeling of belonging: "our 4-H club", not "your 4-H club". You've probably become a 4-H leader because you enjoy working with children and you enjoy the activity you'll be teaching. As a leader, you'll be in a key position to help your club members feel good about themselves as they learn new skills. By giving your club members lots of encouragement and support as you teach them the mechanics of knitting, backpacking or gardening, you'll be helping them to develop their personalities as well as their skills.

Conference set

Promotional brochures about the 4-H summer week program will be in the mail soon. The program is scheduled for June 18-22 on the Oregon State University campus. The cost is \$125. All Jefferson County students in grades 7-12 are eligible to attend. Deadline is coming up soon, so sign up now at the Warm Springs Extension office. For a fun filled week at OSU campus in Corvallis, Oregon.

Try listening

God gave us two ears but only one mouth. Some people say that's because He wanted us to spend twice as much time listening as talking. Other claim it's because He knew listening was twice as hard as talking.

—Unknown—

Eleven year olds...

Do not like to keep records; see little value in them; need assistance and close supervision.
—Usually do best work when laid out in pieces.
—Have interests which change rapidly; jump from one thing to another.
—Are easily motivated, eager to try the new.
—Like to be with member of own sex.
—Like group activity.
—Quite active with boundless energy.
—Need guidance from adults to stay at task and to achieve their best performance.
—Admire and imitate older boys and girls.

Bad habits are like a comfortable bed easy to get in but hard to get out of

Recall ability

Methods of Instruction and Ability to Recall:

- Telling (when used alone) 3 hours later-70 percent, 3 days later-10 percent.
- Showing (when used alone) 3 hours later-72 percent, 3 days later-20 percent.
- When a blend of telling and showing is used-3 hours later-85 percent, 3 days later 65 percent.

Brochure available at Extension office

EC 761 has been recently revised. The circular includes information about managing laying hens and broilers, housing, feeding and needs of specialty breeds of birds. It also includes information about the economics of raising a few birds in the backyard. Copies of "Raising Small Flocks of Chickens" are available at the Warm Springs Extension Office.

Swap skills

You may have skills or items you can swap for things you need, the clothes you no longer wear, furniture you no longer need, or toys the children have outgrown may have value to others. Perhaps you can trade these unneeded items for the things you do need. What skills do you have that you could trade? For example, sewing or babysitting could be traded for transportation or repairs.

Livestock Day to be held in Corvallis April 28

The role of animal products in the human diet will be discussed by health professionals during the 1990 Livestock Day April 28 at Oregon State University in Corvallis. Dr. William and Mrs. Sonja Connor of the Oregon Health Sciences University will be the opening speakers. The Connors are authors of "The New American Diet," a current book discussing the role of saturated fat and cholesterol in heart disease. Dr. Connor, a physician, and Mrs. Connor, a dietician, will address the concerns about animal fats in the human diet. They will outline proper balances in the diet

"I know the cattle, from bull to calf"

I think that I shall never pass
Along a stretch of open grass,
That my eye won't find delight
When cattle graze within my sight.
For 'cattle' as a kind of stock I've learned to know without a block:
Bull, cow, calf, yearling, heifer, steer.
The cattle classes are all clear,
And when I look, I know I can describe the 'cow' that's on the land.
The bull, he is a brutesome beast;
For human kind he cares the least.
Among the cows, one month a year,
He falters not, his duty clear.
He glares at all with beady eyes,
His back a swarm of biting flies.
I'll not mistake his ponderous gait,
Or think that he's too overweight.
When in a bull field I must pace,
I'm watching him, prepared to race.

Get bulls in condition

The cow, she's 'mom' most udderly,
Her belly's broad and motherly,
Her big brown eyes have lashes thick-
The envy of many a human 'chick.'
Unlike the bull, who'll grunt and bellow,
A cow says 'moo' with manner mellow,
Unless she's desperate, her calf astray.
He composure all in disarray.
At times like that I know to try to keep my distance, slightly shy.
A cow that has not borne a calf yet
We call a 'heifer' in cattle etiquette.
A heifer's daintier than a cow,
Her tail is short, she's less a 'frau',
Her belly's trim, her udder light,
Her cares are few-she's more a sprite.
A heifer's not a creature mean,
She's just a cow that's still a teen.

Guard your cards

Alice Mills Morrow, Family Economics Specialist, suggest you take these precautions to protect your credit cards:
Check periodically to make sure you have all your cards.
Do not leave credit cards in your automobile.
When making a credit purchase, be sure your credit card is returned after the purchase.
If you have a card that operates a bank teller machine, memorize your personal security number. Do not carry it in your pocket or purse.
In a safe place, keep a list of all your credit cards, their numbers, and the address and phone number of whom to notify in case of loss.
If your cards are lost or stolen, immediately telephone all the card issuers so they can take steps to stop charges on the cards. Follow up the phone calls with letters.

Clean and fertilize gardens

With the spring growing season approaching, rhubarb and asparagus beds need some clean-up and preparation for this year's crop. First clear the beds of weeds and grass and then fertilize with a complete fertilizer, such as a 10-10-10 combination, at a rate of 1 pound per 100 square feet of planted area. Spring rains will take the fertilizer into the rhubarb asparagus root zone and get vigorous spring growth under way.

per-breeding conditioning program.

Bulls will be doing a lot of walking during the breeding season. They should be ready for it. One suggested method of improving physical fitness is to provide bulls with a large pasture to move around in and place their feed and water far apart. Additional bulls should be purchased 60 to 90 days prior to breeding. This gives the new animals time to adjust to new feed and surroundings and to establish a place in the social structure. By Garry Stephenson, Linn County Extension Agent.



These candles could light a darkened basement! Happy Birthday, anyway Clay! From all your friends!

Fun projects substitute for money

Plan family "fun projects" for making things or providing services instead of buying them. What are some "money substitute" projects your family might choose to reduce spending for: eating out, convenience foods, transportation, clothing, furnishings, household maintenance, recreation and gifts? Barter. The idea is to exchange goods and services without using money. This can be "I'll trade you tomatoes for apples" or "I'll trade you a suit for an oil change." It will take some thinking and planning to determine what your talents are and who would need them. Many publications feature "swap columns" which you can skim for bargains. Household items are not the only things swapped; your ser-

vices might be useful to someone else. Can you give someone a permanent or haircut in exchange for child care? A car pool is a form of exchange. Food can also be swapped. Getting in touch with the neighbor who has fruit trees would be worthwhile for the gardener who has only vegetables. Other swaps that are valuable are nursing, typing, dressmaking and any type of repair work such as carpentry, painting and auto repair. Read magazines and books from the library. Cancel book club memberships, magazines and newspaper subscriptions, especially those which remain unread for a long time. Share the magazines and newspapers you do buy with another family. Using money substitutes is one secret of spending less. Practice stretching your dollars by using the money substitutes of time, ability, knowledge, possessions and public goods and services. Here are some ideas. Look for unused or extra items you have and recycle them. Check for all types of items—foods, clothing and accessories, furnishing and equipment, household products, educational and recreational items including toys, sports equipment and tools. Design a calendar that lists the items to be recycled, person responsible, dates for finishing, and now the items will be used (for family or as gifts). If the items can't be recycled, then sell them at a garage sale, a thrift shop or give them away.

Scales may attack plants

Scales, unlike most pest insects, hardly move at all, but their lack of mobility doesn't keep them from ruining plants they attack. The stems and leaves of many ornamental trees and shrubs are often beset by scale insects. They do their damage by sucking juices from plant tissue. Scales also leave a black, soot-looking residue all over infested plants. Plants lose their vitality, leaves become pale and drop off and branches and sometimes entire shrubs are killed. Scales don't look like insects. They often resemble small specks of dirt on the surface of leaves and twigs. They have small, flat bodies varying in color from brown to

gold to white. Once scales settle in place, they don't move. A dark, soot mold on the leaves of such plants as camellias and holly is an indication that large numbers of scale insects are present. Once scales attach themselves to a plant, they are difficult to kill. But in the spring and summer when the scale eggs hatch into crawlers, a number of chemicals can be used to control them. Diazinon and malathion are recommended. Several spray applications may be needed through the spring and summer for complete control. Watch for scale damage on azaleas, rhododendrons, camellias, elms, hawthorne, holly, juniper and pine.

Consumer beware

Don't be taken: Beware of deceptive sales practices. Although few sellers use fraudulent practices, it's important to be on guard against them. Recognize and protect yourself from deception and fraud:
*Be cautious of "free" gifts or "fantastic" bargains.
*Don't let door-to-door sellers in unless you verify that they are from a reliable company.
*Be careful of low-priced items—they may be stolen.
*Read and understand a contract before signing it. Don't sign a blank contract or one with blank spaces.

Recipes easily prepared

Spiced cauliflower

1 Tbsp. vegetable oil (no cholesterol)
2 Tbsp. finely chopped onion
1 small clove garlic, crushed
1/4 tsp. ground ginger
1/4 tsp. turmeric
2 whole cloves
1 head cauliflower, medium size
Dash salt
1 tsp paprika
Heat oil in skillet. Add onions, garlic, ginger, cloves and turmeric. Stir and simmer for five minutes. Break cauliflower into separate flowerets. Cut lengthwise in bite-size pieces, add to spices. Cover and shake to coat each piece. Add 2 Tbsp. water and dash of salt. Steam over medium-low heat, shaking pan frequently. If needed, add more water. Cauliflower should be tender in about 10 minutes. Garnish with paprika.

Spinach salmon loaf

6 eggs
1 cup milk
1 tablespoon lemon juice
2 teaspoons dill weed
1 teaspoon onion salt
1 package (10 oz) frozen chopped spinach, thawed and drained.
2 cups cooked elbow macaroni (about 3.5 oz uncooked)
1 can (7.5 oz) salmon, drained and flaked.
In medium bowl, beat together eggs, milk, lemon juice and seasonings until well blended. Stir 1 cup

of the egg mixture into spinach. Evenly spread about 1 cup of the spinach mixture over bottom of greased 9x5x3-inch loaf pan. Layer 1 cup of the macaroni, 1/2 cup of the egg mixture, remaining spinach mixture, remaining macaroni, remaining egg mixture and salmon over spinach. Bake in preheated 350 F. oven until knife inserted near center comes out clean, about 50 to 55 minutes. Let stand 5 minutes. With spatula, gently loosen at sides. Invert onto serving platter. Cut into 3/4-inch slices.