# earning geography at home can be fun

If you have a child under ten standing of positional words, like ars of age, this is a great time for "above," "below," "right," and "left." You can do this simply by ears of age, this is a great time for im or her to discover the wonders f geography. This doesn't mean tting down with a stack of books nd memorizing place names and ational capitals. For young childen, learning geography can mean tking a trip to the beach or livenig up a car trip by playing a license late game.

You can give your child a head tart on learning geography by ending for and using the Departient of Education's new publicaon, Helping Your Child Learn ieography (Item 466W, 50e). The ull-color, illustrated booklet is esigned to help kindle enthusiasm or the relationships between peole and places, the geographical nd cultural differences that make ach place special, and for just nowing where things are. It comes with a fold-out map of the United itates. You can get a copy of Helpng Your Child Learn Geography y sending your name, address, nd fifty cents to Consumer Inormation Center, Department 66W, Pueblo, Colorado 81009.

Learning about geography and iow it affects our lives starts when

With a new school year just

beginning, new shoes probably head

the list of your children's wardrobe

When it comes to your children's

Young feet grow rapidly and do

feet, the focus must be on new

not complete their development

until age 18. During these various

changes, feet need shoes that meet

their needs; shoes should not

change the feet. Many adult foot

problems can be traced to improp-

erly fitted shoes when young. Their

shoes forced the feet out of shape

when they were developing, ex-

plains Ardis Koester, OSU Exten-

sion textiles and clothing special-

shoes that fit.

saying the words when you talk to the child or give directions. For example, you might say "Please put the pan on the left side of the shelf below the sink."

Using your house as a center point, show your child which directions are north, south, cast and west. If you can see the sun rising or setting from a window, this will help. Make sure your child knows the direction he looks to see the sun rise is east. You can play games to reinforce this knowledge. Once our child can identify directions, hide a toy or a treat and give directions to find it. You might say Take five steps to the north, then fifteen steps to the east, and then look on the south side of the oak tree." Integrate different words and skills into the games you play. and make sure they are challenging enough to keep your child's inter-

Children can also learn to read maps. This way they can learn where relatives live and why it takes so long to get there. They hildren are learning to talk. Make might learn why they attend a cer-

shoes look good, they probably

won't fit their owner's feet this

passed on to someone else. Hand-

to the first child's foot and will

Most children outgrow their

shoes before they wear them out. A

child's foot can grow as much as

three sizes in just a few months.

However, from the time they begin

to walk, children need sturdy,

supportive shoes that fit properly.

tion in selecting shoes is fit. Always

take your children with you when

buying shoes. Have both feet of

The most important considera-

damage the next child's foot.

Fit childrens' shoes properly

community. If you're going on a trip, show your child the route you'll take to get there. Pick out license plates from different states, and use a map to show your child where those cars are from. Learning geography can be lots of fun!

Children can even make their own maps--whether it be of the layout of their bedroom, the road from home to school, or even of a place described in a book. Some books, such as Winnie-the-Pooh, have maps that make wonderful

When children understand geographical features on maps, they can learn how lakes, oceans, hills and mountains affect the weather. Maybe the cold wind that causes them to need a coat comes in from across a lake. Helping Your Child Learn Geography has directions for making a simple weather vane so your child can see where the wind blows in your neighborhood.

People of other regions may dress or build their houses differently from you. They may eat different food because their land and weather may be different. They may even speak a different language. You can fill out your child's knowledge of different cultures with pictures and books. Helping Your Child Learn Geography has a terrific resource list to help you get free or inexpensive maps, magazines, books, and even pen pals that can broaden your child's knowledge of the world.

When you send for your copy of Helping Your Child Learn Geo-graphy (Item 466W, 50e), you'll also get a free copy of the Consumer Information Catalog. Published quarterly by the Consumer Information Center of the General Services Administration, the Catalog lists about 200 free and lowcost federal publications on a wide variety of subjects.



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### Leaders essential

people do a better job with a product through the application of knowledge and information.

A balance of subject matter and life skills is essential to an individual's total growth.

The key to the success of 4-H is volunteer leaders. It is imperative that expanded roles of volunteers and paraprofessional staff, and the functions and the responsibilities of the professional staff, be clearly defined.

More specifically, the agent is responsible to assist adults and parents to support the local 4-H group by:

1. Creating awareness of 4-H and recruiting volunteers and

youth to participate; 2. Supporting volunteers in being effective in helping youth grow

and develop; and 3. Helping to design 4-H activities and experiences supportive tolocal 4-H groups.

## Let your artistic talents shine through clothing

Decorating everything from Ture your child has a good under- tain school by looking at a map of a of items on the market to assist you

in the shoe. Press the end of the

shoe with your thumb. There

ers of an inch between the child's

Examine current shoes for evi-

dence of wear, and look at your

children's feet when they first re-

move their shoes and socks. Pink

or red spots may mean that the

shoes are narrow, too tight, or too

Careful fit, good design, and

quality workmanship are features

you should consider when selecting

and buying shoes for children. It

pays to buy the best shoes you can

child resistant packaging. Insist on

safety packaging for prescription

medicines. Resecure safety feature

carefully after using. Safety pack-

Although last year's school Be sure to have the child stand up

year. And they should not be should be one-half to three-quart-

me-down shoes have been shaped longest toe and the end of the shoe.

shirts to tennis shoes has become very popular. There are a number

Stencil paint is available along with a variety of stencil patterns, or

you can cut your own designs. The designs can be painted using solid colors or shaded with one or more Slick paints are available in

bottles with a writing tip. These paints can be applied directly to fabric and dry to a shiny surface in about 4 to 6 hours. Puffy paints are painted on with

a brush. They are applied flat, and when heat is applied they puff to form a raised design. Thin layers are safe for washing, but heavy layers of the puff paint are not usually washed successfully.

Glitter paints are paints with pieces of glitter in them. They come in tubes or bottles. They dry in about 4 hours and have a sparkly

Watch calories

Popcorn labled "air-popped"

isn't necessarily low in fat. One "air-popped" brand (bachmans)

actually derives more than half its

calories from corn oil. Some other

brands contain cheese and are even

higher in fat. Plain unbuttered, air-

popped popcorn has just 30 calo-

ries per cup and almost no fat.

in popcorn

surface. These glitter paints are ironing excellent for highlighting accents and designing on dark-colored

Spatter paints are available in special bottles that use a spray action to spatter the paint over the fabric being painted.

Iron-on apliques are available in a variety of designs. There are usually 4 to 6 designs in a strip, and they can be used together or cut apart and used individually or in groups. When they are ironed on, the backing comes off and a velvety surfaced design is left.

There are a variety of set-on jewels and nail-heads available also. They require a special tool for application in some cases. In other cases the decorations can be glued on or applied carefully by hand. Some are designed to be applied by

Almost all of these creative trims can be washed using ordinary methods. In some cases it is recommended that the decorated item be turned wrong-side-out when it is being washed and dried. The paints are generally acrylic and are permanent after they dry.

It is recommended that all fabric items being decorated be prewashed to remove any sizing in the fabric. Sizing can prevent the paints from being properly absorbed into the fabric.

When applying the paints allow one color to dry before applying the next color. Place cardboard, foil, or wax paper between fabric layers to keep the paint from soaking through the other side of the garment. Allow the painted item to dry flat so the paints will

### each child maeasured every time. afford for your children. You can reduce home poisoning risks

To reduce the risk of poisoning:

1. Keep household products and medicines out of reach and out of sight of children, preferably in a locked cabinet or closet. Even if you must leave the room for only an instant, remove the container to a safe spot.

2. Store medicines separately

Use lean cuts

Some of the leanest cuts of beef

are select-grade round tip, eye of

round, top round, top loin, tender-

loin, and sirloin. A well-trimmed

three-ounce serving (after cooking)

of any of these cuts has fewer than

180 calories and less than 8 grams

of fat-and derives just 30% to 40%

of its calories from fat.

from other household products and keep these items in their original containers-never in cups or soft-drink bottles.

3. Be sure that all products are aging gives extra protection to properly labeled, and read the your children. label before using.

Always turn the light on when giving or taking medicine.

5. Since children tend to imitate adults-avoid taking medications in their presence. Avoid drinking medicine from the bottle.

6. Refer to medicines by their proper names. They are not can-

7. Clean out your medicine cabinet periodically. Get rid of old medicines by flushing them down the drain, rinsing the container in water, and then discarding it.

8. Ask for and use household substances which are available in

# Do you really need one?

A popular appliance on today's be helpful? market is the portable, motor driven food processor that will slice, shred, chop, knead, mix, grate and crumb recipe ingredients. There are about a dozen American and imported models on the market, with prices ranging from \$50 to more than \$250. Thanks to advertising, most everyone knows something about food processors, at least enough to wish there was one in the kitchen at home. But the question is, do you need one? If so, how do you make a selection?

Ask yourself these questions: · Do you normally prepare

· What tasks will the food processor perform that other appliances you already have will not?

· Is there a convenient space in the kitchen to store and use the food processor? · Who will use the food proc-

essor? Does that person have the time and inclination to learn how to use a new appliance?

· Will buying a food processor make the best use of your money at this time?

Only you can determine whether a food processor is a wise investment. For more information contact the Extension office.

#### Parental love means setting reasonable limits from a loving parent

Someday when my children are old enough to understand the logic that motivates a mother, I will tell them:

I loved you enough to ask where you were going, with whom and what time you would be home.

I loved you enough to insist that you save your money and buy a bike for yourself even though we could afford to buy one for you.

I loved you enough to be silent and let you discover that your new best friend was a creep.

I loved you enough to make you take a Milky Way back to the drugstore (with a bite out of it) and tell the clerk, "I stole this yesterday and want to pay for it."

I loved you enough to stand over you for two hours while you cleaned your room, a job that would have taken me 15

I loved you enough to let you see anger, disappointment and tears in my eyes. Children must learn that their parents

I loved you enough to let you assume the responsibility for your actions even when the penalties were so harsh they almost broke my heart.

But most of all, I loved you enough to say NO when I knew; you would hate me for it. Those were the most difficult battles of all. I'm glad I won them, because in the end you won something, too.

### Bike riding safety tips offered

Tips for safe bicycling with children aboard include:

1. Helmets that have been approved by either the Snell Memorial Foundation or the American National Standards Institute should be used for both driver and passenger, regardless of age. Check the inside of the helmet for these organization's seals.

2. Children under the age of one and children over 40 pounds should not be allowed to ride in bicycle

3. Adults with child passengers should not ride at night nor in high

traffic areas.

4. Only adults who are highly skilled riders should carry a child

5. Rear-mounted seats should have high backs, spoke guards, safety belts and padding. The child should be securely buckled in at all

6. A child should never be left unattended in a bicycle seat -- not even for one moment.

7. The child should be properly dressed; avoiding clothing or accessories that can get caught in the

### food where a food processor would Freezing saves time, effort, nutrition values, space

#### handle your preparation of foods WHY FREEZE? Freezing is the determines the quality and safety

simplest and less time consuming of all the food preserving alternatives, plus the quality of food is most like fresh - retaining the natural flavors. But, along with all food preserving, proper care and packaging are important factors when freezing foods. How you

of food items TO FREEZE FISH: First remove guts and thoroughly clean fish as soon as possible. It is better to freeze cleaned fish; you may freeze winter caught fish whole, just as soon as they come out of the

Basically, there are several techniques you could use when preparing your fish for the freezer. One way is to cut fish into fillets or steaks. Individually pre-wrap (double thickness preferred) each piece in cling wrap, forming at tight skin on the product. Then place individual wrapped items together into a larger master bag. A master bag could be a strong polyethlene freezing bag, foil or freezing paper. Never place more than 4 pounds of fish per master

Wrapping individual fish pieces minimizes the amount of air in the packaging. This will decrease the oxidation process (oxidation causes undesirable flavor and color changes in seafood) and allows for pieces to be thawed separately and more quickly.

For freezing fish whole, the best way is to freeze them immediately wrapped in a large plastic bag. As soon as fish are frozen, dip them in water to form a protective "glaze." The fish can then be rebagged and placed back in the freezer. This "glazing" in water will put a protective coat on the fish, decreasing the oxidation process. Glazing should be repeated every 5 to 6 weeks.

Another technique for small fish

is to place fish in a container (can or carton) and fill with water. If fish is not tightly packed in container, after fish is frozen, add ice cold water. The disadvantage to this method is a longer required time to thaw the entire package to get a portion of the fish.

\*The key factor for freezing fish is to exclude as much air as possible from the package.

STORING FISH: After the fish is properly wrapped, place the fish in direct contact with freezer floor or walls. This will allow for the fastest freeze. If packages take longer than 5-6 hours to freeze, they are to large

Packages should be stored at 0° Fahrenheit or -18° Celsius or colder. Do not allow temperatures to fluctuate. Therefore, keep fish as far away from the door as possible. STORAGE TIME FOR FISH:

Lean fish (cod, flounder, haddock, sole) may be stored in the freezer for 6 months.

Fatty fish (bluefish, perch. mackerel and salmon) has a storage life of 3 to 4 months. Keep in mind that a home freez-

er is designed for storage, not rapid freezing.

Rule of thumb - home freezers can properly freeze about 1-2 pounds per cubic foot in 24 hours. Therefore, do not over load the freezer. Also, do not pack in tightly unfrozen fish. Over packing and packing too tightly can reduce quality and freezing rate.

Date all frozen items. A good practice is "the first in-first out." THAWING FISH: Proper thaw-

ing is just as important as proper freezing. The quicker the product

is thawed the better. DO NOT THAW IN HOT WATER!! Thawing can be done in the refrigeratorbut will take a longer period of time. The best way is to place water-tight wrapped fish in cold running water. If properly wrapped the fish should be water tight. (When thawing large fish, surface spoilage can take place quickly when thawing at room temperature or in warm water).

Individual fillets and steaks can be thawed at room temperature. then in the refrigerator if they need to be held a few hours before cooking.

Fish-Vegetable Bake (Microwave method) 12 oz. Oregon cod, pollock or

Salt & pepper to taste 1/4 cup frozen chopped onion 1 to 2 tbsp. butter or margarine 1 package (10 oz.) or about 2 cups favorite frozen vegetable

1 tsp. Dijon mustard 4 tsp. tarragon, crushed 1 tbsp. chopped parsley (optional)

Cut fish into serving-sized pieces; season with salt and pepper and set aside. Microcook onion and butter in 2-quart microwave-safe dish at HIGH (100%) 2 to 3 minutes or until onion is tender. Stir in frozen vegetables, mustard and tarragon; mix well. Place fish on vegetables; cover with waxed paper. Microcook at HIGH 7 to 10 minutes or until fish flakes when tested with fork at thickest part. Sprinkle with parsley. Makes 2 to 3 servings.

## Horse digestive system explained

To buy good hay for meeting a horse's nutritional needs, it is necessary to understand something about the horse's digestive system. The digestive system is composed of a single, small capacity (2-4 gallon) stomach; the small intestine (the main site of absorption for carbohydrates, proteins, and fats); and the large intestine, which includes the cecum and the large and small colon.

Because of the small capacity of the stomach and the lack of a ruminant digestive system, good quality hay is important. The nutritional requirements of horses performing medium to heavy work cannot be satisfied by forage alone. However, roughage is essential for proper digestive function.

Horses are simple-stomach herbivores. The cecum and colon of the large intestine contain a microbial population that helps to digest fiber. The cecum, however, is located behind the small intestine, the main protein absorption site. The resulting nitrogen deficiency limits the microbial activity in the hind gut. Thus, horses cannot digest liber as well as cattle can.

Not only does the horse have a small-capacity stomach, but feed horse's digestive system. Most ents.

feeds pass from the mouth to the cecum within I hour. Therefore, if a feed is not readily digestible, the moves quite rapidly through the horse will not obtain enough nutri-

