

## We can learn much through information provided

We often don't realize how things have changed.

Consider the past recommendation for pregnancy and infant feeding. Smoking and drinking alcoholic beverages were "OK" during pregnancy. Pregnant women were not allowed to gain more than 20 pounds. Evaporated milk formula was the standard for infants who weren't breast fed. It was common to stay 5 days in the hospital after childbirth. And mothers prided themselves on how early they could feed baby solid food.

Research in the area of nutrition and pregnancy gives a solid base for health recommendations for pregnant women and infants.

Research shows that both mother and baby suffer from smoking and drinking alcohol. Health care professionals recommend no smoking or drinking during pregnancy. Both the mother and the baby will be healthier.

Research on pregnant women revealed that restricting weight gain often results in low-birth weight babies who have more health problems. Now women, especially thin underweight, are encouraged to gain up to 35 pounds.

Evaporated milk formulas did not contain all the nutrients the baby needed so solid foods were introduced as early as possible. Research found that the newborn baby-sitter those tract is not ready to digest anything but breast milk.

Today, commercially prepared iron-fortified formulas are recommended as an alternative to breast milk. They are nutritionally adequate so solid food is not started until infant is 5 to 6 months old.

Birth is recognized as a natural process, not an illness. With adequate prenatal care there are fewer births requiring hospital facilities. Many women have babies at home or in a home like birthing center instead of a hospital. Women selecting hospitals often go home the day after the birth and stay longer only when there are complications.

Of course, some things never change. Parents still try to get their babies to sleep through the night as soon as possible. They want them to walk and talk earlier and earlier. Research shows what to expect in the development of children. Parents are urged to learn about normal development and not expect children to perform beyond their capacity.

Look for reliable sources of information based on current research studies as the bases for today's health behaviors.



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

## Use care when refinishing

"Stinky," "harmful or fatal if swallowed," "vapor harmful," and sometimes "flammable." These are words that can describe a common household product, paint and varnish remover, if not handled properly. If you're planning to strip some wooden furniture, these tips from Consumer Product Safety Commission and the folks who make paint strippers will help you do it safely and effectively.

Before you begin, choose a good work site. If at all possible, use paint and varnish remover outside in a shady area. That way you'll get optimum ventilation, and you won't have to worry about the sun drying the paint remover before it has done its job. If you have to work indoors, open as many windows as possible to create cross-ventilation. Using a fan to aid in ventilation also can be a good idea, but it is important to read the instructions on the label first.

When you're going out to buy paint remover, buy only as much as you'll need. That way, you won't have half-used cans left in your basement. As a general rule, count on using a quart to strip a chair or a small end table.

Next, make sure you have all the necessary tools and materials. You will need newspaper or a dropcloth to cover the ground or the floor

underneath the piece to be stripped. Paint and varnish remover can be harmful to eyes and skin, so be sure you have safety goggles that completely cover your eyes, chemical resistant rubber gloves to protect your hands, and clothing that covers all your skin. If you're going to work on a piece that's at eye level or higher, don't forget a hat.

A wide, old paintbrush with natural bristles is a good tool for applying the remover. Don't use plastic bristled brushes, because the remover may melt them. A dull, metal putty knife works well to scrape the remover off. Finer-bladed knives or old strips of sheet will help you get the residue out of fine cracks or intricate scroll work.

Once you've prepared your work site and gathered your materials, you're ready to start. Pour the amount of paint remover you'll use into a metal can, then reseal the container tightly to prevent spills and excess vapor loss. Apply the remover liberally. Don't brush it on like paint, but lay it on as though you were frosting a cake. Take your time, covering only about two square feet at once. When you've covered that much, leave the work area and take a breather. Let it sit for 15 to 20 minutes so the remover has time to work. If at any time you feel dizzy, uncoordinated, or like you're getting a headache, leave the work area and get some fresh air.

When you come back, the sludge should scrape off easily with the putty knife. Wipe the sludge on a newspaper as you go. Once you have removed all the old paint, wipe any residual remover from the surface with a rag. Remember: your new finish won't stay on the wood unless you get all the remover off. When you've completely finished, dispose of the sludge, newspapers, and dirty rags in clean metal containers with covers.

## Bonding special

A strong bond between grandparents and grandchildren can add to the happiness and vitality of a family. The status given to grandparents in our society is earned by grandparenting—not just by virtue of their position in the line of relatives.

### Ten Best Gifts For Grandchildren

1. The gift of self worth.
2. The gift of example.
3. The gift of caring.
4. The gift of growing older gracefully.
5. The gift of knowledge.
6. The gift of change.
7. The gift of heritage.
8. The gift of hope.
9. The gift of happy memories.
10. The gift of love and acceptance.

### Nine Best Gifts for Grandparents

1. The gift of self worth.
2. The gift of pride.
3. The gift of caring.
4. The gift of contact.
5. The gift of laughter.
6. The gift of bridging.
7. The gift of completion.
8. The gift of renewal.
9. The gift of activity.

## Protect your antique textiles carefully

Cottons and linens can benefit from wet cleaning. Old silks should not be wet cleaned because of spots to finishes. Woolens may be wet cleaned but require more care than can be described here. Stains weaken fibers so it is best to leave them alone. Trying to remove a stain may create a hole.

Wet cleaning for small-to-medium sized textiles may be done in a flat area such as a large sink or bathtub. Large items may need an improvised tray made of boards and plastic sheeting. Support the textile while it is wet by laying it on clean, prepared fiberglass screening. Use the screen to lower the textile into the water and lift it out before draining away the soiled water.

Soft water or distilled water is recommended. Two to five soaks of 30 minutes each are suggested. If

the water becomes discolored, lift the textile out of the water with the screening, replace with fresh water, then replace the textile and screening. Repeat the soaks until the water remains clear.

Dry the textile by blotting with a light colored dry towel to remove excess water. Air-dry on a flat surface in a well-ventilated room. Never use a clothes dryer or hair dryer on an heirloom textile. Never iron a textile heirloom. An iron's intense heat, pressure, and weight can damage fragile fibers.

Ideally textiles should be stored flat. Use freshly-laundered, old cotton sheets and pillowcases or washed unbleached muslin to wrap textile heirlooms. Do not wrap in plastic bags as air circulation is cut off and moisture may collect. Do not use paper unless it is an acid-free paper obtained from a museum supply company.

Seal all wooden surfaces with polyurethane varnish. Raw wood surfaces contain naturally occurring acids that can damage the textile. Protect the textile from metal surfaces with sheeting or muslin. Never use pins or metal hangers as

they may rust and cause permanent staining.

Do not fold textile heirlooms if at all possible. If folding is unavoidable, stuff the folded edge with crumpled pieces of laundered muslin and fold in a different location each time the piece is handled.

Prevention is the best way to eliminate damage from insects. Vacuum to remove insects and eggs. Treatment with paradichlorobenzene moth crystals for two months at a time is effective. Do not allow the crystals to touch the fabric. Place the crystals above the textile being treated as the vapors fall downward.

Recent research indicates that the dichlorvos (DDVP) pest strips are damaging to textiles and should not be used around heirloom textiles.

Another way to combat insect infestations is to place the textile in the freezer for two months. While the textile is in the freezer, clean the storage area and use an insecticide such as diazinon on baseboards, corners, and floors of the room where the textile will be stored.

## Fabrics have long life if maintained

Upholstery fabrics, like other textiles, have a longer life if soils are removed regularly. Colors also remain more vibrant when a regular cleaning schedule is followed.

### \*Frequency of Care

Any type of stain or soiled spots should be removed immediately to prevent permanent damage. Removing dust should be done on a regular basis, with anywhere from once a month to once every six months being recommended. It depends on the use and location of the furniture piece.

### \*What Methods Should You Use?

**Vacuuming:** Vacuuming is recommended for regular maintenance. It can also be used in removing soils such as dirt, sand, etc.

**Powdered Rug Cleaners:** Some rug powders are also recommended for furniture fabrics. Shake powder over the surface, spread it evenly, allow to remain for an hour or as recommended by the manufacturer, then removed with vacuum cleaner attachment. It is not

recommended for dark colors since it may be impossible to remove all of the powder.

**Aerosol Upholstery Cleaners:** Some upholstery cleaners are available in a foam form. Be sure to follow the manufacturer's instructions given on the container. Generally, the cleaner is applied directly. Light scrubbing may be needed if there are any stains. After it dries, vacuuming should remove the cleaner. Be sure to test the cleaner on a concealed area to make sure it will not discolor or stain the fabric.

**Shampooing:** You may use commercial shampoos, following directions on the container. To make your own: 1. Add two tablespoons of mild synthetic detergent to a quart of water or 2. Add ¼ cup mild soap flakes to each quart of water. Use soap only if you have a good supply of soft water. With a fiber sponge, work up a heavy suds or lather. Squeeze the sponge dry of water, then apply suds to a small area at a time. Work the lather into

the surface, then rub with a cloth wrung out of clean water. Follow with a dry cloth and blot quite dry. Continue until all of the piece has been shampooed. Use water sparingly to prevent it soaking down into the padding. Allow to dry before using. An electric fan will speed the drying.

**Leather:** Use saddle soap or a mild pure soap to make suds and apply with a cloth using as little water as possible. Wipe off soap traces with a clean, damp cloth, and when thoroughly dry, polish with a soft cloth. Do not wax leather furniture.

**Plastic:** Mop up spills with a damp cloth. When necessary, you may wash plastics with lukewarm water and a mild soap or mild synthetic detergent. Rinse with a cloth wrung out of clear, warm water and wipe dry.

Most people expect a long life from the fabric they choose.

Continued on page 8

## Be sure to buy quality and fit

If you're in the market for some new clothes, but have a limited budget, look for classical styling and durable quality fabric in clothing that will last three to five years. Then build your wardrobe around these items.

Classical garments have silhouettes and lines that follow the body and look traditional. High fashion and fad garments have silhouettes and seams conforming less to the natural body shape and movement.

Durable quality fabric is tightly woven or knitted from smooth yarns. Some expensive fibers such as cashmere, camel, and angora aren't as durable as moderately-priced cotton, linen, wool, polyester and nylon.

Read the fiber content label and the permanent care label. Consider how you will care for the garment and how frequently care is required.

More of your clothing dollars should be spent on tops, such as jackets, shirts, and blouses because people notice these first. Skirts and slacks can be less expensive. Spend the least on accessories unless they are classic items wearable for many years.

Proper fit is essential because the most expensive and carefully chosen garment won't make you feel or look good unless it fits well. Some

fit guidelines that will help shoppers are:

- \* Be sure clothing is not too tight.

- \* Check for vertical, horizontal or diagonal wrinkles. Vertical wrinkles mean the clothing is too loose. Horizontal wrinkles mean the item is too tight. Diagonal wrinkles mean the garment was cut incorrectly.

- \* Make sure the shoulder line sits correctly on the shoulder.

- \* Sleeves on women's jackets or coats should come to the wrist bone when the arm is bent.

## Consider Kids....

If you are always behind, you'll convey your frantic feelings to your family. Breakfast at your house may not be perfect, but you can take extra steps to show your love. Have the breakfast table set, write a note and put into your child's lunch box, or give an extra hug.

Show your kids how much you really love them by insisting they ride buckled into a safety car seat and/or a safety belt and never, never, allow them to ride in the back end of a pickup.

## Are you preserving your valuable heirlooms for future generations?

Deciding on how to care for heirloom textiles will depend on if you are conserving them for future generations or wish to use and enjoy the textiles.

If the item is fragile and in poor condition, you may wish to store it carefully for the future. However, sturdy textiles, which have been properly stored, may be displayed carefully for enjoyment and sharing with others. Remember, however, displaying, using and caring for old textiles will shorten their life. Because heirloom textiles are perishable and become brittle with age, handling can cause damage.

Keep textiles as clean as possible. Dirt particles can cut fibers through friction and abrasion. The type of cleaning depends on fiber content, condition of the textile, and the type and amount of soil. Start with the simplest cleaning procedure that is the least damaging to the textile: airing to vacuuming to wet cleaning.

Airing should be done on dry days for two to three hours in a shaded location. Support the heirloom on a flat surface. Do not lay it on the ground. Do not shake or beat the textile.

Loose surface dirt can be removed by using a soft upholstery brush attachment and your vacuum cleaner. Protect the textile by using fiberglass screening which has been washed with soap and water and the edges covered with fabric binding or bias tape. Place the screening over the textile and vacuum through the screening with the yarn direction of the fabric. Avoid strong suction on painted-on gold, heavy pigment prints, beading, and sequins that might be lifted away.

Never launder a textile heirloom. Wet cleaning may be used with caution. Wet cleaning uses water, two or more soaks without agitation. Use of detergents or other chemical cleaning agents is

not recommended. Before using wet cleaning determine the colorfastness of the dyes, the fiber content, and the location of the dirt.

To determine colorfastness of the dyes, use an eyedropper to apply several drops of water to an inconspicuous location. Check each color. Let the fabric soak a minute or two then blot with a white tissue. If any color comes off

onto the tissue, do not do wet cleaning.

To determine fiber contents, remove a short section of yarn from both the warp and filling in an inconspicuous location. Using a tweezer, hold the yarn over a flame. Cellulosic fibers such as cotton, linen, or rayon will burn quickly even when removed from the flame, leaving only a fine gray

## Savings Bonds a smart way to save

Have you considered making U.S. Savings Bonds a part of your long-term savings plan? If you haven't, maybe it's time you did. Savings Bonds are safe. They offer competitive interest rates. They're tax-deferred and easy to buy. And if you're saving for your child's education, you just can't beat them. For most people, bonds redeemed to pay tuition bills aren't just tax-deferred; they're tax free.

That's right. Qualified people can redeem any U.S. Savings Bond purchased after December, 1989 tax-free, interest and all, if the money is used to pay for their child's school tuition. You qualify if you are single with an income less than \$40,000 per year or married and filing a joint tax return with an annual household income less than \$60,000. Married couples filing jointly with a total income less than \$90,000 are eligible for partial tax exemption. Interested? Two booklets from the Department of the Treasury can help you learn more. The Savings Bond Question and Answer Book (item 453W, 50¢) lists questions you might not even think to ask, and then provides the answers. And U.S. Savings Bonds: Now Tax-Free For Education (item 474 W, 50¢) gives you the low-down on why it's smarter than ever to start saving for education

today. To get your copies of these helpful publications, send your name, address, and the item numbers to R. Woods, Consumer Information Center, Pueblo, Colorado 81009.

Basically, a savings bond is a contract showing that you have loaned money to the United States, and that the United States will pay it back with interest. If you buy bonds now, you'll get Series EE Bonds. Series EE Bonds are available in denominations ranging from \$50 to \$10,000. You can get them at most commercial banks, many savings institutions, and maybe even through your employer's payroll savings plan. Savings Bonds are backed by the full faith and credit of the United States, and they can be replaced free of charge if they are lost, stolen, or damaged.

The purchase price of Series EE Bonds is one half the denomination. For example, a \$100 bond would cost \$50. They can be redeemed for their face value when they mature. The length of time it takes for a bond to reach maturity depends on its interest rate.

The interest rates on Series EE Savings Bonds vary with the market rate, but they go no lower than the minimum rate set at the time of purchase. At interest rates around 6%, bonds take approximately 12

years to mature.

You can find out semiannual market-based bond interest rates by calling, toll-free, 1-800-US BONDS. (in Washington, DC, dial USA-8888.) If you have other questions, send for a copy of The Savings Bond Question and Answer Book. It probably answers them for you.

With cost estimates for one year of higher education in the year 2006 ranging from \$17,000 to \$37,000, isn't it time you started planning for the future? And with safety, competitive interest rates, ease of purchase, and tax advantages to offer, shouldn't US Savings Bonds be a part of your plan? To learn more about interest rates and what restrictions might apply, send for your copy of U.S. Savings Bonds: Now Tax Free For Education. It'd be a shame to miss out on such a good deal.

When you send for your copies of The Savings Bond Question and Answer Book (item 453W, 50¢) and US Savings Bonds: Now Tax Free For Education (item 474W, 50¢), you'll also get a free copy of the Consumer Information Catalog. Published quarterly by the Consumer Information Center, the Catalog lists about 200 free and low-cost publications on a wide variety of subjects.

## Snack alternatives are available

A healthful diet allows for occasional treats. Here are a few trade-offs that will help you cut down on fat and calories when you splurge:

Instead of	Choose	Calories Saved	Fat Saved g
Potato chips, 2 oz	Pretzels, 2 oz	100	18
Cheese puffs, 2 oz	Popcorn, plain, air-popped, 1 oz (4 cups)	200	19
Oreos, 6 (2 oz)	Fig Newtons, 4 (2 oz)	80	8
Pecan Sandies, 4 (2 oz)	Graham crackers, 8 (2 oz)	80	14
Ritz crackers, 9 (1 oz)	Ry Crisp, 4 (1 oz)	80	9
Snickers, 2.2-oz bar	Sugarbaby caramels, 1.5 oz package	38	10
M & M's, 1.6 oz package	Peppermint Pattie, 1 piece (1 oz)	116	8
Starburst fruit chews, 2 oz package	Jelly beans, 2 oz	30	5
Fudge topping, 2 tbsp	Chocolate syrup, 2 tbsp	40	5

## Want hay?

John Campbell  
 3296 NW Elm Lane  
 Madras  
 475-3773

Rask Polled Hereford  
 Steve Rask  
 3020 NW Dogwood  
 Madras  
 475-2755

Gary Lytle  
 5990 SW Green Drive  
 Culver  
 546-9891

Jay Binder  
 335 Hillcrest  
 Madras  
 475-2592

Darryl Lewis  
 1400 SW Ashwood Lane  
 Madras  
 475-6022

Leonard & Kitty Fox  
 5920 NE Clark  
 Madras  
 475-3047

Mark & Pam Morlan  
 265 NW Juniper Lane  
 Madras  
 475-7317 (Work)  
 475-7562 (Home)