

Take advice with grain of salt

Many so-called "experts" are giving misleading advice about what you should eat to stay healthy.

In recent weeks, new books promoting curative effects of foods have appeared in local bookstores. Don't assume that the information is accurate just because it's in print!

There is nothing magical about eating for good health. Healthy eating means including a variety of foods in your diet. Include fruits/vegetables, milk/milk products and meat/meat substitutes to get the nutrients that you need.

Be wary about promises that food is magic. Personal testimonials about food cures give people

great hope. However, the claims are usually exaggerated. If eating a food seems to have made a health difference. You may need to credit it to a placebo effect. When someone really believes that something

will happen, it may. But, that doesn't mean that it will work for the next person.

You can waste money by following the advice of an unqualified "nutritionist". Worse yet, you

could endanger your health if you fail to seek prompt medical treatment for diseases.

If something seems too good to be true, it probably is!

Insects increase in winter

Winter's lower temperatures chase small insects of all sorts into Oregon homes.

Many of these insect pests are a simple nuisance, but some can cause damage in the home.

Insects come in through open doors and windows or on firewood

and other objects carried inside.

Some of the more important pests include termites and carpenter ants, that can cause structural damage to the home. Insects that can harm clothing and household furnishings include earwigs, sowbugs and pillbugs, carpet beetles, silverfish, firebrats and clothes moths.

Insects that contaminate foodstuffs include ants, cockroaches, bran bugs and meal moths.

Non-damaging insects that migrate indoors to overwinter may include yellow jackets, spiders, centipedes, millipedes, box elder bugs and an assortment of insects that are found in and around firewood.

The key to controlling these

unwanted visitors is sanitation. Firewood suspected of containing insects should be left outdoors until burned.

A vacuum cleaning under furnishings, along the base of walls, in corners, and at the edge of the ceiling, will go a long way in controlling many insects in the home.

Control of pests that infest foodstuffs is similar. Keep all cereal products in glass or metal containers with tight-fitting lids. Keep food storage and preparation areas clean.

Spilled foodstuffs provide a ready source of food for insect pests. Don't forget to clean under and around the stove and refrigerator. The original containers in which most food materials are purchased, including pet food, are usually not sufficient protection to prevent an infestation of insect pests.

Store large amounts of flour, cereal products, dried fruits, or dry pet food in metal containers with tight-fitting lids.

Tank could help

You can lead a cow to water and keep it out of the stream.

A study last winter found that if cows had an alternate source of water besides a stream alone, they would spend less time in the stream, where they can wreak havoc on riparian soil and vegetation, water quality and fisheries.

Some environmentalists say, "Fence all the streams," to keep the cows out, this is extremely expensive.

A less expensive solution is first; what would happen if you set out a stock tank for cows to drink from? Would the cows stay out of the stream more of the time?

With a grant from the Governor's Watershed Enhancement Board researchers designed a simple experiment to look at the amount of time cows spent near a central Oregon stream if they also had an alternative source of water nearby. They compared this with

the amount of time cows spent in the stream when it was their only source of water.

The difference was dramatic. So far, researchers have found that in the winter, if an alternative water source is provided during the feeding, there is almost a 20-fold reduction in the amount of time a cow will spend time in a stream.

Each cow that had access to a water tank spent about one and one half minutes in the stream per day. In the pasture without a water tank, each cow averaged over 25 minutes per day in the stream.

Through next summer colleagues will try similar experiments to see if cows' time in stream areas can be reduced in other seasons of the year.

Ultimately what we hope to find out is where and how alternative water sources can be placed to best protect the streams.

Ventilation necessary

Now that the cooler weather means you'll be doing more craft and home improvement projects indoors, protect yourself with good ventilation.

Many common materials used around the home should be used only with adequate ventilation. Read the product labels carefully to determine whether or not the product can be used indoors or requires special ventilation.

Opening one window in a room is probably not enough to insure adequate ventilation. Open two or more windows, turn on a portable fan to create a draft out a window, and/or turn on a good exhaust fan to improve the ventilation in a room. Avoid working for too long with materials you know give off hazardous fumes.

Products which should be used only with good ventilation include paint strippers, glues and adhesives, paints, sealers, varnishes, strong cleaning products, fungicides and insecticides.

Dizziness, drowsiness or other symptoms of sickness are clues that your ventilation is not good enough. If any of these symptoms occur, get out of the area and call your doctor.

Pay special attention to children who may be helping or playing near the area where you are working on a project. Help your children develop an awareness of safe practices by explaining how and why you are improving the ventilation for your project area.

Boneless pork better

Compare the steps necessary for a retailer to get bone-in pork cuts ready for the meat case with the effort needed to prepare customer-ready boneless packages and it's easy to see why the boneless pork revolution is underway.

There's a lot more labor, and more costs, involved with bone-in cuts. With boneless cuts, meat managers don't have to touch a saw to trim a lot of fat consumers don't want.

With the boneless pork, we just portion it out with a knife, wrap it and it's ready for sale. With less labor, we get a value-added product for consumers that's worth more to us in the meatcase.

Boneless pork also offers longer shelf life, an important factor in the retail arena. For example, a bone-

less pork loin arrives at the retailer's door in Cryovac bags that have shelf-life of about 21 days compared with about five for bone-in loins.

If retailers run weekend specials on bone-in chips and sell less than expected, they're stuck on Monday. Their only choice is to put the chops in the freezer, and a lot of consumers don't like to buy frozen pork.

With boneless loins, retailers can open one or two Cryovac bags at a time as needed, with any left unopened able to be used the following weekend. With bone-in loins, retailers are more apt to underbuy to avoid having to go to the freezer. So boneless cuts help avoid out of stock rows in the pork meatcase, which equates to more sales and profits for the industry.

Packer, of Stop'n Shop, agreed that the Cryovac-packaged boneless pork lets retailers stock boneless cuts seven days a week, 52 weeks a year. He added that it also allowed retailers more flexibility in their meat purchases.

Marketing seminar set

The winter presents an opportunity of a lifetime. The Oregon State University Extension Service and U.S. Bank is presenting a "Grain and Livestock marketing Seminar." Dates for these events are January 8, 15, 29; February 5, 12, and 19, concluding with a field trip on February 26, 1991.

The seven sessions are listed below. The first five sessions are videotapes with instruction from Clark F. Seavert (OSU) and Curtis J. Fuszard (U.S. Bank). These sessions will begin at 1:00 p.m. at the U.S. Bank building on the corner of 3rd and Washington, The Dalles.

You can attend one or all of Sessions 1 through 6 at no charge. Session 7 may have a small fee to cover transportation.

Please call 1-800-874-0946 ask for Sally or 296-5494 or 386-3343. Again, there will be no charge for these sessions, however, knowing the number of individuals attending will be greatly appreciated. **Important**** As an added feature to this seminar, individuals may take these marketing sessions for college credit. Three credit hours may be taken for undergraduate or graduate credit. There will be a fee of \$99 for those who take it for the three college credit hours. Call Clark at the Wasco County Extension Office (296-5494) for

more details.
 Session 1: January 8, 1991 - "Planning the Farm Business"
 Session 2: January 15, 1991 - "Managing Price Risk"
 Session 3: January 29, 1991 - "Using Future Markets"
 Session 4: February 5, 1991 - "Using Agricultural Options"
 Session 5: February 12, 1991 - "Understanding Basics"
 Session 6: February 19, 1991 - "ARMS and GMX as a Marketing Decision Aid"
 Session 7: February 26, 1991 - Field Trip

Save energy now

October is American Energy Month. This is a good time to remember that energy used or

wasted is gone forever. The good news is that reducing energy use saves money, which will help offset inevitable increases in energy costs. Smart use of laundry appliances saves energy and dollars.

In the United States, 17 percent of the energy consumed by homeowners goes for heating water for household use.

Use warm and cool water settings as much as possible. For lightly soiled items use warm water; save hot water for heavily soiled loads.

Special features on the washer can save you money; for example, soak cycles help to remove stubborn stains in one washing. Instructions on the detergent box should be followed carefully because oversudsing causes the washing machine motor to work harder.

Conserve energy and dollars when drying clothes; don't overload the dryer or overdry the clothes. Your instruction manual gives the proper settings and drying times. On the other hand, don't dry just one or two items at a time. Of course, line drying, either inside or outside, is the ultimate energy saver!

Clean the lint filter on both washer and dryer after each load. Remove lint from the dryer outside vent.

To eliminate much of your ironing, remove all garments from the dryer as soon as the cycle is finished. Iron large amounts of clothes at a time to avoid heating the iron too often. Iron fabrics requiring lower temperatures first and work up to those needing higher heat. Use the lowest temperature that will do the job.

You are unique.... Celebrate You!

Celebrate you.
 You are worth celebrating.
 You are worth everything.
 You are unique.

In the whole world there is only one you. There is only one person with your talents, your experiences, your gifts.
NO ONE CAN TAKE YOUR PLACE!

We often underestimate our importance. God only created one you, precious in his sight. You have immense potential to love, to care, to create, to grow, to sacrifice, if you believe in yourself. I believe in you.

It doesn't matter your age, or your color or whether your parents loved you or not. Maybe they wanted to but couldn't. Let that go. It belongs in the past. You belong in the now.

It doesn't matter what you have been. The wrong you may have done. The mistakes you have made. The people you have hurt. You are forgiven. You are accepted. You are OK!

You are loved in spite of everything. So love yourself and nourish yourself. Be gentle with yourself, indulge yourself. And Celebrate you!

Begin now. Start anew. Give yourself a new birth. Today. You are you and that is all you need to be. You are temporary, here today and gone tomorrow. But today, today can be a new beginning, a new thing a new life.

So celebrate you.
 And live each day to the fullest.
 Get the most from each hour, each day, and each age of your life.
 Then you can look forward with confidence.
 And back without regret.

Be yourself...but be your best self.
 Dare to be different, and to follow your own star.
 Enjoy what is beautiful.
 Love with all your heart and soul.
 Believe that those you love, love you.

Learn to forgive yourself for your faults.
 For this is the first step in learning to forgive others.
 Listen to those whom the world may consider uninteresting.
 For each person has, in himself, something of worth.

Disregard what the world owes you.
 And concentrate on what you owe the world.
 Forget what you have done for your friends.
 And remember what your friends have done for you.

No matter how troublesome the cares of life may seem to you at times, This is still a beautiful world and you are at home in it, as a child is at home in his fathers house.

When you are faced with a decision
 Make that decision as wisely as possible,
 Then forget it.
 The moment of absolute certainty never arrives.

Above all remember that God helps those who help themselves.
 Act as if everything depends on you.
 Then pray as if everything depends on God.

You are a very special person and I am looking forward to knowing you better & sharing your successes.

Ruth Kahn

Check, clean air filters regularly

Two of the best things you can do for your room air conditioner are also the easiest—checking and cleaning the air filter.

The air filter collects dust, lint and other particles from the air before it passes over the cooling coils. A dirty filter is the number one cause of poor performance and service calls, say appliance experts from Whirlpool Corporation. By simply checking the filter regularly

and cleaning or replacing it as needed, you can help assure peak performance throughout a long, hot summer. For air conditioner maintenance, follow these steps:

- Disconnect the power cord.
- Remove the front panel and clean it with warm water.
- Dust the control panel with a soft dry cloth. Never use cleaners of any type.
- Remove and vacuum the fil-

ter. If it's very dirty, wash it in warm water and a mild detergent. Better still, replace the filter with a new one.

- Dust off the condenser coils and cooling fins on the outdoor side of the unit.
- About once a year, inspect and clean the coils and condensate water passages, check the fan, and oil the fan motor, if necessary.

Consider bleach in laundry

When used correctly, chlorine bleach can be a good ally when doing the laundry, say Whirlpool Corporation home economists. It joins the enemy ranks, however, if used improperly. Chlorine bleach helps with some soil and stain removal, whitens some fabrics and acts as a disinfectant.

To help keep your summer wardrobe at its whitest and brightest, follow these tips:

- First, read and follow garment care label instructions for use or no use of bleach.
- Use a bleach dispenser, if your washer has one. If not, dilute the bleach with one quart of water and

add it to the washer after it has filled with water.

- Never allow undiluted chlorine bleach to come in contact with clothing. It can damage color and fabric.
- Use chlorine bleach on white or colorfast cottons. Do not use it on wool, silk, acetate or rayon.
- Test an item's "colorfastness" by making a solution of one tablespoon of bleach and ¼ cup of water. Put a drop or two in an inconspicuous spot on the fabric (an inside seam, for example) and check it for color loss.
- For stains, mix ¼ cup chlorine bleach with one gallon of water in a sink or pail. Soak stained items in the solution for five minutes. Chlorine bleach is not effective on protein-type stains (egg, grass, blood). Use an enzyme pre-soak product for these.

4-H clubs open

It's not too late to sign up for 4-H. Currently we have twelve clubs actively running:

- Grooming
- Yarn Screening
- Beginning Beadwork
- Advanced Beadwork
- Pen Pal
- Quilting
- Baseball Card Collection
- Search & Rescue
- Story Telling

Beginning Cooking
 Shawmiking
 Basketball

Other clubs will not start until a later date, most likely in January. While others are put on hold due to no leader(s). To find out more about the clubs call OSU Extension/4-H Program and ask for Arlene and/or Tina. Or drop by our office and pick up a registration form.

Recipes offer variety, tasty alternatives

Squash Bread

- 1½ cups unsifted flour
- 2 tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 2 eggs
- ¾ cups sugar
- ½ cup oil
- 2 tsp vanilla
- 1 1/3 cups zucchini or yellow summer squash coarsely shredded, lightly packed.

Preheat oven to 350° F. Grease a 9 x 5 x 3 inch loaf pan. Mix dry ingredients, except sugar thoroughly. Beat eggs until frothy. Add sugar, oil and vanilla. Beat until lemon colored, about 3 minutes. Stir in squash. Add dry ingredients. Mix just until dry ingredients are moistened. Pour into loaf pan

Bake 40 minutes or until toothpick inserted in center of loaf comes out clean.

Cool on rack. Remove from pan after 10 minutes.
 1 loaf makes 18 slices.

Patlo Salmon Potato Salad

- 1 pint canned salmon
 - 1 pound can small potatoes drained and diced
 - ¼ cup minced green onions
 - ¼ cup chopped dill pickle
 - ½ chopped cucumber
 - ½ cup chopped celery
 - 1 tsp minced parsley
 - ½ cup mayonnaise
 - 1 teaspoon lemon juice
 - salt and pepper to taste
- Drain salmon. Flake salmon and mix with potatoes, onions, pickle, cucumber, celery, and parsley. In a small bowl combine

mayonnaise, lemon juice and salt and pepper to taste. Pour over salmon mixture and mix well.
 Makes 4 servings.

Salmon Macaroni Salad

- 8 ounces elbow macaroni
 - 1 small onion, finely chopped
 - ¼ cup chopped parsley
 - 1 cucumber, sliced
 - 1 pint canned salmon, drained and flaked
 - ½ tsp dry mustard
 - ½ cup mayonnaise or yogurt
 - salt and pepper to taste
- Cook macaroni according to package directions. Drain and rinse with cold water. Combine macaroni with remaining ingredients. Salt and pepper to taste.

Freeze that Coleslaw

Frozen coleslaw

- 1 med. cabbage, washed and shredded
- Add 2 tbsp. salt. Let set for one hour (more okay).
- Meanwhile bring to boil—
- 2 cups sugar
- 1 cup cider vinegar.
- Remove from heat and cool.
- Rinse salt off cabbage and squeeze out excess moisture.
- Mix with—
- 1 shredded carrot
- 1 chopped green pepper
- 1 tsp. celery seed
- 1 tsp. mustard seed
- Add cooled sugar and vinegar.
- Place in freezer cartons and freeze
- 12 servings.