

4-H/Youth Programs can provide a setting for all youth to:

- Enjoy
 - Explore
 - Investigate
 - and
 - Learn
- as they grow in**
- Sense-of-Self
 - Self-Confidence
 - Responsibility
 - Decision-Making Skills
 - Communication Skills
 - Leadership
 - Social and Recreation Skills
 - Cooperation
 - Community Concerns
- 4-H can do this for youth if we keep the focus on personal growth**
- Today's Challenge: How can we do this together?**

Combination appliances helpful at home

Americans love their appliances so much that they are constantly striving to fit more into their homes and their budgets. The appliance industry is helping to meet this demand by developing combination appliances.

Combination appliances have become very popular. And these appliances will continue to become even more popular in the future.

Combination appliances are those that combine two or more functions in one basic unit. They include:

- Stove units that include surface burners, grills, rotisseries, clocks and microwave ovens;
- Floor polishers that wash tile or linoleum and polish wood;
- Vacuum cleaners with attachments for shampooing upholstery and cleaning walls, polishing silver, spraying paint and sharpening knives;
- Electric can openers with knife sharpeners, radios or pencil sharpeners;
- Refrigerators with automatic ice-cube makers and beverage dispensers;
- Radios with clocks, alarms and tape cassette players; and
- Blenders that convert to food processors.

The appeal of combination appliances is that they often save space. They also allow consumers to get more appliances for their money.

For instance, purchasing a knife sharpener and can opener separately would cost around \$20. The combination appliance may sell for \$15 or less.

The expensive part of a combination appliance is the motor, which can be used for a variety of functions. That's why it often costs less to buy a combination appliance than to purchase separate appliances.

The disadvantage, however, is that when one part of a combination appliance breaks, the other function of the appliance may lose some or all of its convenience.

For instance, if the clock/timer breaks on an automatic coffee maker, the coffee maker then will function only manually. No more waking up to the wonderful smell of coffee brewed automatically while you were still asleep.

Before purchasing a combination appliance, consumers should ask themselves what they will do if one part of the appliance breaks. Will they have to replace the whole unit, will they be happy using just one function of the appliance, or can the defective part be repaired economically?

These questions become more important as the appliances move up in price. Combination range-

microwave appliance, for instance, can cost \$1,500. If the microwave oven breaks down, will the consumer be able to get by with the traditional range unit, until the whole appliance can be replaced?

Combination appliances may be costly or difficult to repair.

Consumers, however, seem to feel that the advantages of their multi-talented new appliances outweigh their problems. Look for more and more combination appliances to reach the marketplace in the future.

Are you planning to give someone a serger sewing machine this holiday season? If so, one of the best ways to shop is to let that person pick out what he or she wants.

There are many good sergers on the market, but some are easier to use than others. And some are better suited to a specific user's needs.

When shopping, future owners should learn what different models can do and compare that to their sewing needs. Ask if features such as the narrow rolled hem require special feet or throat plates and if they cost extra.

Find out about the service the dealer offers. Check on the dealer's classes, clubs, newsletters and other opportunities to help owners learn to use their machines.

It is also important that future owners sew on machines they are considering. They should take along pieces of fabric they often use. Try the various stitches on these fabrics. Note how the stitches look and how easy it is to change from one type of stitch to another. Also, adjust the tensions and thread the machine.

Shine, polish glass and more

To clean windows and mirrors to the max, use one of the following.

- Add four tablespoons of household ammonia to one quart of warm water. Use this cleaner for the removal of heavy, greasy soil found on glass surfaces inside homes.
- Add one tablespoon kerosene to two quarts of warm water for light greasy soil.
- Use two tablespoons vinegar to one quart of warm water. Vinegar is a mild acid which may remove the rust or lime deposits left on the outsides of windows. (However, a commercial rust remover containing oxalic acid or hydrochloric acid may be needed to remove a stronger accumulation.)

Before using any cleaner, dust windows first with a soft cloth or paper towel. Put on the window cleaner with a cloth or sponge. Rub dry and polish with a newspaper or cloth. Be careful not to spill cleaner on the window sash or sill.

900-numbers can prove to be expensive problem

The 900 number is a new, possibly expensive, twist in telemarketing—where you may pay for the sales pitch, along with the telephone call.

By dialing a 900 telephone number, you can: order products, hear Santa tell a story, vote in an opinion poll, get financial tips, talk to a willing stranger, and more. To do these things, you pay a flat fee for the entire call or a fee for each minute you stay on the phone.

If you know exactly what you are getting and how much you'll be charged, 900 numbers can be a

good way to do business or get information. But, the Federal Trade Commission (FTC) is investigating complaints that some consumers have been charged excessively for 900-number services or have not received the services advertised.

To avoid 900-number problems, the FTC offers these suggestions:

Know precisely what the 900-number will cost—before you make the call. Companies should state costs up front as flat rates or—if cost is per minute—the maximum number of minutes for the call. Unfortunately, even with this information, you still pay to hear sales pitches for bogus products or services.

Think twice before calling a 900-number for a "free" gift. You may see television ads or receive postcards or phone calls urging you to call 900 numbers for "free" prizes. Know that you pay for those "free" gifts when you make the 900-number call.

Don't confuse 900 numbers with 800 numbers. You pay for the 900-number call. The company pays for the 800-number calls.

Talk to your children. Make sure understand they shouldn't call 900-numbers without your permission.

Check your phone bill carefully any 900-number charges. This is a largely unregulated industry. Any business can get a 900 number. Make sure any charges on your bill for these services are accurate.

name or place with a color or object in your environment.

Keep a calendar in a centrally located place for important appointments and events.

Use a small note pad and pencil to record bits of useful information.

Organize tasks by setting out items and materials the night before and placing them by the door or in the car.

When you want to remember a routine task, such as turning off the coffee pot before work, say it aloud.

Use a timer or alarm wrist watch to remind yourself of when to take medication or to leave for an appointment.

Put bills, keys and important papers in special places.

Each person can learn to protect and train their memory skills. Protecting current memory capability includes the following: eat well, exercise, minimize medications, limit consumption of alcohol, laugh and smile and use your memory!

You need a little time and a healthy desire to learn in order to develop new skills in remembering. Use your memory or lose it!

Stop and focus on the task—meeting a new person, getting directions to a new building.

Look carefully at the person you are meeting or at other details such as where you parked your car.

Listen intently to names and details being shared.

Use visual imagery to link a

Clean gently

Here's a recipe for a gentle cleaner that will clean painted surfaces.

Add enough mild detergent or soap jelly to warm water to make light suds. Dust the painted surface thoroughly. Dip a soft cloth in the cleaning solution; wring it out. Wash a small area at a time. Rinse well with a damp cloth then wipe dry with a dry cloth.

Recipes offer tasty, tempting variety

Caramel Maple Pecan Sauce
(Canning Recipe)
1½ cups light corn syrup
2 cups maple syrup
¼ cup water
1 cup firmly packed brown sugar
3 cups coarsely chopped pecans, toasted

Combine corn syrup, maple syrup, water and sugar in a four-quart saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Simmer for five to eight minutes, stirring occasionally. Stir in nuts. Immediately fill hot pint or half-pint jars with mixture, leaving ¼-inch headspace. Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly. Process in boiling water canner for 10 minutes.

Apple Rum Raisin Sauce
½ pint (1 cup) canned applesauce
½ cup raisins
2 Tbsp. firmly packed brown sugar
2 tsp. cornstarch
1 Tbsp. butter or margarine
½ tsp. rum extract

Combine applesauce, raisins, brown sugar and cornstarch in a two-quart saucepan. Stir to dissolve cornstarch. Over medium heat, bring to boil and cook just until clear and thickened, stirring constantly. Stir in butter and rum extract. Serve as an accompaniment to pork or ham. Can be stored in refrigerator up to two weeks.

Microwave Apple Butter
4 pounds tart apples
¼ cup water
Sugar
1 tsp. ground cinnamon
½ tsp. ground cloves

Cut apples into quarters. Do not peel, core or seed. Place apples and water in a four- to five-quart microwave-safe casserole. Cover and microwave on high for 20 to 30 minutes, until apples are soft. Stir every 10 minutes. Put apples and liquid through sieve or food mill. Measure pulp. For every cup of pulp add ½ cup of sugar. Add cin-

Huckleberry Bread Pudding

This warm, nourishing breakfast, brunch or dessert dish illustrates the heartland cook's enduring talent for turning "just plain" ingredients into something special.

3 cups day-old bread cups (three to four slices)
1 cup frozen huckleberries, thawed and drained
6 eggs
1½ cups low-fat milk
1/3 cup sugar
1 Tbsp. grated lemon peel
1½ tsp. vanilla
½ tsp. almond extract

In greased 1½-quart casserole, toss together bread cubes and huckleberries. In medium bowl, beat together remaining ingredients until sugar is dissolved. Pour over bread cubes.

Bake in preheated 350°F. oven until knife inserted near center comes out clean, about 55 minutes. Serve hot, warm or chilled.

Sweet Potato Salad
4 medium sweet potatoes
1 cup pineapple chunks, drained
1 cup pecans, broken

Loss of memory caused by many different factors

Memory loss can occur at any age when life situations are stressful, individuals are ill or depressed or a person is not attentive to their surroundings.

Sociological factors which contribute to reversible memory decline include: living alone, grief, lack of attention to one's environment and inactivity. Memory retention can be increased when social activity is increased, a person learns new skills to enhance their memory and/or the grief situation is resolved.

Quality of health also affects memory retention. Excessive consumption of alcohol can lead to memory loss. Regular check-ups

with a doctor will help the individual determine whether memory loss is linked to a medical condition, disease or is a side effect of a medication or alcohol.

Memory loss is selective—certain types of information, such as numbers and directions, can be difficult to remember. It can be difficult to remember information gathered under stressful conditions or when the number of environmental distractions is high. By identifying what information or what situations make remembering more difficult, an individual can take steps to correct his or her loss more rapidly.

It's now sweater time!

It's time to dig out the wool sweaters now that there's a certain wintery nip in the air. You may also need to brush up on the dos and don'ts of sweater care.

Wool sweaters are easy to wash by hand but should not be machine washed because washer agitation causes felting shrinkage. Wool shrinkage is permanent, and the various remedies suggested from time to time cannot restore wool garments to their original softness, size and shape.

Wood sweater knits shrink because the scales of the fibers interlock as they are agitated or rubbed against each other during wear and laundering. This process cannot be reversed, so the best way to deal with wool shrinkage problems is to avoid them.

Tailored wool garments and many other wool items must be dry-cleaned. Most wool sweaters, however, can be laundered by hand.

Follow these suggested steps for successful sweater laundering:

1. Before laundering, trace the sweater outline on brown paper (an opened grocery bag works well.)
2. Dissolve a regular detergent in warm water, immerse sweater, allow to stand for three minutes, then drain. Do not rub, stir or agitate. If the sweater is heavily soiled, repeat the process.
3. Rinse with cool water. Gently squeeze out excess water and roll in

towel of a similar color.

4. To dry the sweater, first lay out the paper outline and cover it with clear plastic (such as an old dry-cleaner bag). Lay the sweater on top of the outline and block, or match, the sweater to the original shape. It may help to pin outside edges to the drying surface to prevent shrinkage as the sweater dries. Dry in a warm place away from direct sunlight to prevent color fading.

Wool sweaters require a long drying time because wool readily absorbs water. Find an out-of-the-way spot, perhaps a carpeted floor or throw rug. Notions departments of some stores sell net frames to place over the bathtub to use in drying sweaters. If the sweater can be blocked correctly, these frames may offer faster drying because air can circulate on both sides.

A fabric softener rinse may improve softness, but too much softener can make the sweater feel greasy.

Some wools are clearly labeled as washable. These fabrics have a special finish to prevent shrinkage from agitation and are found under the trade names of Superwash, H2O Wool or Wurlan.

Don't assume your wool garment is washable if it is not labeled that way. If you don't see it on the label, you'll need to take special precautions.

Change required for cold weather care of plants

With fall here and winter approaching, it's time to get out the cold season checklist for houseplants.

Cold weather alters the indoor environment, so for your houseplant's sake, adjust how you care for the plant accordingly. Houseplants usually aren't too vigorous during the winter because growing conditions indoors are often poor.

Houseplants require less water during the winter. Let the potting soil dry slightly before watering most plants. After watering, the soil should be moist, not saturated. Let any excess water drain from the bottom of the pot. Do not leave drain water standing in the dish or other container the plant pot sits in.

Also during winter months the fertilizer needs of indoor plants are less than in spring and summer months. Let houseplants go without fertilizer from late November to early April.

In addition, remove seed pods, wilted flowers and leaves from the plants and prune back long, straggly stems to within one-eighth inch of a leaf joint. Keep houseplants free of dust and pick off any insects that may be hiding on foliage or stems.

Some plants may need transplanting to larger pots to maintain their maximum growth. Most vigorously growing indoor plants require repotting every year or two.

To find out if a plant is pot-bound, examine the root system. Place one hand over the soil surface, turn the pot upside down, tap the rim softly against the edge of a table to loosen the soil and remove the pot. A solid mass of roots with

Use care with burning nightlight

The U.S. Consumer Product Safety Commission (CPSC) warns that fires can start when flammable materials touch a nightlight. Since 1980, CPSC has reports of 36 of these incidents, resulting in two deaths and three injuries. It appears that these nightlights were so close to a bed that falling pillows or blankets were able to touch the hot bulb of the nightlight and start a fire.

To reduce the chance of fire:

- Locate nightlight away from beds where the bulb might touch flammable material.
- Look for nightlights that bear the mark of a recognized testing laboratory.
- Consider using nightlights that have cooler, mini neon bulbs instead of four or seven watt bulbs.

State government conference set

The 4-H "Know Your State Government" Conference will be held April 3-5, 1991 in Salem. During this conference youth learn first hand about how the state government works.

Youth in grades 10 through 12 can become involved in this conference by contacting the Extension office.

Summer Week needs counselors

Youth who have completed at least one year of college with strong leadership skills and who have an interest in older youth are needed as counselors for Summer Week. Counselors will need to be available for Summer Week June 17-21, 1991. Contact the OSU Extension office for an application. Deadline is January 6.

To you and yours we wish the best of seasons and new year

Warm Springs Extension Staff



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